



The Secrets of Hypnosis

Leaked Chapters

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WHAT IS HYPNOSIS?

In the most simplistic terms hypnosis can be described as an altered state of consciousness. Most people think of hypnosis as being in a trance like state, but that's not really an accurate description. When you're in a hypnotic state you are really in a super-relaxed state of mind where your conscious mind is so relaxed that you're not thinking at all about normal everyday things. Being hypnotized allows you to connect with your subconscious mind and pull up memories, experiences, and other events that played a significant role in your life or in your development.

Usually a hypnotic state is induced by a trained therapist or medical professional but there are courses that you can take that will teach you how to hypnotize yourself. If you are going to try hypnosis for medical treatment you might want to get a professional to start the treatment and then if they work for you learn how to hypnotize yourself so that you can continue the treatment on your own whenever your condition flares up. While you are in a hypnotic state the therapist or medical professional will create what is called a hypnotic suggestion. The hypnotic suggestion is what tells your subconscious what to change.

So for example if you are being hypnotized to help you deal with your alcohol addiction a hypnotic suggestion telling your brain that you no longer need alcohol to function combined with physical treatment for the withdrawal symptoms that you'll experience when you stop drinking should make you entirely free of alcohol dependency. Your body will no longer crave it once you have detoxed and after a hypnotic suggestion telling you that you don't need the alcohol your mind won't be convinced that you can't function with it.

Doctors aren't entirely sure how the brain creates a hypnotic state only that a hypnotic state exists and can be induced in most people. Hypnotic suggestions aren't an easy fix to medical problems, and many times using hypnosis for medical treatments requires several sessions in order to be fully effective. But there is a growing amount of evidence that using hypnosis to treat hard to treat conditions, especially the kind of medical conditions that have psychological components, can be a very effective way to help an individual create lasting changes in his or her life that will improve health and wellness.

Conditions that don't seem to respond to other treatments usually respond well to hypnotic treatment. If you don't really approve of Western medicine or if you just prefer a more holistic approach to your health care you can try using hypnosis to treat everything from Asthma to pain caused by medical procedures like bone marrow biopsies, Breast Cancer treatment and wound cleaning and stitching. For people that are highly susceptible to hypnosis sometimes hypnosis can even replace anesthesia that would typically knock a patient out during surgery. It's not common practice to hypnotize someone before surgery but for people that have had bad reactions to anesthesia medications hypnosis is one option.

CAN EVERYONE BE HYPNOTIZED?

One of the most frequently asked questions when it comes to Hypnosis is whether or not everyone can be hypnotized. Some people are adamant that they can't be hypnotized and are convinced that hypnosis will never work for them. So what's the real answer? Is it impossible for some people to be hypnotized the way that they claim? The answer is yes, and no. Everyone can be hypnotized, theoretically, so there's no physical reason why everyone can't be put into a hypnotic state. But there may be psychological reasons that someone is resistant to being hypnotized which might make it very difficult for that person to relax enough to enter a true hypnotic state.

Usually people who are certain that they can't be hypnotized have a deep seated need for control and think that if they allow themselves to be hypnotized they will be giving up control so they will never allow themselves to relax enough to get to the hypnotic state. But you never give up control of your mind or body during hypnosis and you're never unconscious. Your conscious mind is just very deeply relaxed and letting the subconscious mind come to the forefront. So people that are very sure that can't be hypnotized really can be hypnotized but not until they let go of their belief that being hypnotized means giving up control of themselves to someone else.

Another reason that people have trouble entering a hypnotic state is the particular therapist that they are working with. In order to be able to relax in the very deep way that is necessary in order to become hypnotized it's critical that the person being hypnotized trust the therapist implicitly. If there is any discomfort or mistrust on the part of the person that is being hypnotized he or she will not be able to relax enough to get into the hypnotic state and the treatment won't work.

So when it comes to hypnosis medical experts and psychotherapists along with alternative health practitioners agree that everyone can be hypnotized, but not everyone wants to be. Wanting to be hypnotized and being open to the hypnotic process is very important. It's also important that the person who is going to be hypnotized feels comfortable with the person doing the hypnotizing. So if you go to a psychologist or an alternative health practitioner to get help to stop smoking but you are uncomfortable with that therapist in any way then it won't work. That therapist won't be able to hypnotize you.

Because of that finding the right hypnotherapist for you, someone that you feel totally comfortable with, is extremely important. Later on we'll look at how you will know which hypnotherapist is right for you and what you should ask a hypnotherapist before you start treatment with that person to make sure that the therapist is well trained, experienced, legitimate, and right for you.

STAGE HYPNOSIS

When most people think about hypnosis the image that they have in mind is of Stage Hypnosis. Stage Hypnosis is done like a magic act, where the hypnotist stands on stage and chooses people from the audience to be hypnotized. Once he has chosen some volunteers he hypnotizes them on stage in front of the audience and while they are under hypnosis he makes them do silly parlor tricks such as cluck like a chicken, or bark like a dog when someone says a particular word.

He might make them act in other silly or inappropriate ways and then he will snap his fingers or count to three and they will come out of the hypnosis with no memory of what they did while they were under hypnosis. He might even plant a few “post hypnotic suggestions” so that they will continue to do the activity even after they are no longer hypnotized.

But stage hypnosis is exactly that – staged. Stage hypnosis uses a combination of many different factors and strategies in order to make it appear that the people on stage are being hypnotized but in reality that’s an illusion and they are never actually hypnotized at all. Just like magicians stage hypnotists use a lot of subtle manipulation techniques, sleight of hand, trickery and some good old-fashioned luck in order to sell the idea that people are really being hypnotized.

There are a variety of psychological factors that come into play in a situation where stage hypnosis is used. Just being in a group with a lot of other people will make people more compliant. They will unconsciously seek the approval of the group. People with certain types of personalities are also more likely to seek the spotlight making it very likely they will volunteer to be hypnotized. Once they are selected and get up on stage they will be very susceptible to the wiles of the hypnotist out of a desire to please him and the group and the desire to get the attention of the group.

Stage hypnotists scope out their audiences very carefully. Have you wondered what makes a stage hypnotist or a magician choose the people that he or she chooses to participate when the part of the show geared towards audience participation comes around? Those selections are made to appear random but in actuality they’re anything but. Those performers are very well trained in the art of reading people and they are looking for particular kinds of people to use in their act.

The real art of the magician’s or hypnotist’s show isn’t the tricks that the audience sees; it’s the tricks that they don’t see. Stage magicians and hypnotists use three main strategies when they plan their show, select audience members, and

perform their show in order to make sure that each show goes smoothly and convinces the audience that their tricks and the hypnosis are real.

HOW STAGE HYPNOTISTS FOOL THEIR AUDIENCES

In the most basic terms there are three different strategies that stage hypnotists use on a regular basis to fool their audiences. Without these basic strategies and a very keen understanding of human psychology, along with an innate and well-developed ability to read body language and to read people stage hypnotists and magicians would never be able to convince people that their acts were real. The three most basic types of strategies that stage hypnotists use to pull off a successful show are:

1. They count on the audience to act in a certain way – It is basic psychology that the people on stage will want to get the attention of the rest of the audience and play to that audience. So the hypnotist uses basic suggestions knowing that the audience participants will act out in ways that they normally wouldn't do because of the need for peer approval and the desire to entertain. Those actions can then be claimed by the hypnotist to be the result of his or her hypnosis.

2. "Testing" volunteers – In order to make sure that the subjects chosen to go up on stage and be "hypnotized" are the most compliant in the group and the ones that really want to be the center of attention and want to perform the hypnotist will ask the audience to perform a series of small tasks under the guise of making his or her selection of participants. By asking the audience to clap or whistle the hypnotist can separate out which people are most likely to respond to an order.

By asking the audience who is willing to go on stage the hypnotist is able to determine which audience members really want to be the center of attention. From there the hypnotist can whittle the group down more and more by asking them more questions and asking them to perform other acts. Eventually the hypnotist will end up with a panel of people on the stage that he or she is sure want to perform, want to be the center of the attention, are highly susceptible to the power of suggestion, and take direct orders well. Once those people are assembled it's not hard for the hypnotist to use the last method of deception to convince people that the show is real, sleight of hand.

3. Sleight of hand – This is the part that makes everything look real to the audience. By using subtle manipulations, props, the power of suggestion, and a lot of quick thinking the hypnotist is able to pull off the illusion that the people on stage are hypnotized and that their actions are being dictated by the hypnotist.

In addition to these strategies stage hypnotists have an entirely different back of tricks that are used to make sure that once the audience members are brought

on stage they act as if they are really hypnotized and under the control of the hypnotist. After all, the whole show will flourish or flop based on how well the people on the stage perform. So how do hypnotists make sure that the people on stage will provide a good show?

THE TRICKS THAT STAGE HYPNOTISTS USE

Once stage hypnotists separate out the audience members that are the most likely to perform well and make them look good there are more tricks that they use in order to make sure that things go smoothly. Since everything on the stage is essentially improvised this is the critical part of the show for a stage hypnotist. If things go wrong on stage, the show will fall apart. So in order to make sure that everything goes the way it should and to make all the audience members on stage play along the stage hypnotist uses:

Off mic conversations – The audience members that aren't on stage won't be able to hear any conversation between the hypnotist and the audience participation members unless the hypnotist is wearing or carrying a microphone. So all the hypnotist needs to do is lay down the microphone or take off their headset microphone in order to have a discussion with the audience panel. Under the guise of showing them to their seats on stage the hypnotist can ask each one to play along or give directions about what he or she wants each audience member to do on stage. Because the audience members are participating in order to get the approval and attention of their peers the hypnotist can be fairly sure that they will play along.

Turning a phrase – By using either indirect or direct phrases the hypnotist can tell the audience member what he or she wants that person to do without actually telling them what to do. Using an indirect phrase such as “You can't walk because your feet have turned into 20 ton weights” is indirectly telling that person not to attempt to walk and to act as if their feet have suddenly gotten extremely heavy. Using indirect phrases and then not challenging the audience member to act in the opposite way, such as telling them to try and walk, sets up the illusion that the hypnotist is trying to create.

Using direct phrases is deceptively simple and set works every time. Telling a member of the audience participation panel “when you hear the bell ring you'll bark like a dog” clearly gives the audience member orders about what behavior they are supposed to perform. Then the hypnotist rings the bell, the audience member barks as he or she was told to do, and the audience ooh and ahhs over the power of the hypnotist.

Professional illusionist tricks – Professional illusionists can do many amazing things that look magical or mystical when really they are nothing more than sleight of hand and basic physics. Certain magic tricks and illusions look a lot

more impressive than they are and are actually quite easy to do, especially when you have the full participation of the audience member doing them. These tricks are what professional hypnotists use to create the most memorable and “show stopping” parts of their hypnotism shows.

STAGE HYPNOSIS VS. HYPNOSIS FOR HEALTH

Because of the trickery used in stage hypnosis the idea of using hypnosis as a legitimate therapeutic tool took a long time to catch on in the West. People automatically assumed that hypnosis was fake, just like stage hypnosis was fake. But as the study of psychology grew and scientists, doctors, and behaviorists began to understand more and more the impact of the connection between the mind and the body on the physical health of a person the idea that a true hypnotic state really did exist began to fascinate the medical community.

Early studies that were done using hypnosis had mixed results, probably because the researchers were not fully trained in how to use hypnosis and how to get patients and subjects relaxed into a true hypnotic state. Once they were able to get people into real hypnotic states they were amazed at the results that were possible using nothing more than deep relaxation and the power of hypnotic suggestions.

Even after hypnosis began to be embraced by the medical community the public at large took longer to convince. Today there are still believe who believe that stage hypnosis is all hypnosis is and that if they go to a hypnotherapist for treatment they will be giving up their free will and letting someone else take control of them. Many people regard hypnosis as New Age hooey that doesn't have any real medical value but nothing could be further from the truth. In today's fast paced high stress world using hypnosis and deep relaxation is the perfect treatment for many of the illnesses that people suffer from since so many of them are caused by the high stress lifestyles of modern people.

The medical field and the psychological field are still studying hypnosis and are finding new ways to apply hypnosis as a therapeutic tool all the time. Already hypnosis is being used to treat many common physical and psychological conditions. Hypnosis is also often used in criminal justice to trigger the memories of witnesses to crimes and to help people heal from traumatic events.

Sports are the newest field to embrace hypnosis as a therapeutic tool. Sports medicine specialists are finding that the deep relaxation techniques used in hypnosis can help athletes become more focused and help them work through pain, anxiety and other problems. Using hypnosis improves their performance and their concentration and helps them become better, more successful athletes.

So if you've never seriously considered using hypnosis for medical purposes or to improve your general health before isn't it time that you took another look at hypnosis for health? There are a lot more benefits to using hypnosis to improve your health than you might be aware of. Let's look at some of the top benefits of using hypnosis for health.

THE TOP TEN BENEFITS OF HYPNOSIS

So how can hypnosis really help you? What are the benefits of going through hypnosis? Those are the questions that most people ask when they first consider going to see a hypnotherapist. Because Hypnosis is considered an unconventional treatment in the West some people are a little apprehensive about considering it as a treatment. But when you think about these benefits that can come from Hypnosis you'll see it's really worth it:

1. Hypnosis can treat addictions – Food, alcohol, drugs, smoking, it doesn't matter what you're addicted to Hypnosis can help you kick the addiction. Hypnosis combined with physical treatment to get rid of your body's physical addiction to whatever you are addicted to is proven to help break addictions for good so that you don't relapse and become addicted again within a short time.

2. Hypnosis can help you lose weight and keep it off – Sounds too good to be true right? But it's not. Hypnosis has been proven to be 30% more effective than just dieting when it comes to weight loss. Medical professionals speculate that Hypnosis helps people who are hanging onto the extra weight for psychological reasons or people that overeat for psychological reasons eliminate their psychological need for extra fat or extra food which makes it easier for them to lose weight.

3. Hypnosis can help manage chronic pain – If you have a disease that leaves you in frequent pain like Fibromyalgia or Arthritis then you already know that sometimes it feels like nothing will stop the pain. When drugs and diet don't help you manage your pain Hypnosis can. In many different scientific studies Hypnosis has been proven as an effective pain management technique. So if nothing else is working for you when it comes to controlling your pain, or if you don't want to take prescription painkillers, you should try Hypnosis.

4. Hypnosis can help reduce stress – Stress is more than just annoyance. Stress can cause serious illness in people like heart disease, high blood pressure, obesity, diabetes, and sleep disorders. If you have a lot of stress in your life and you feel like you can't get it under control by using diet and exercise then it's time to think about Hypnosis. Because Hypnosis involves putting you in a deep state of relaxation it gives your mind and body a chance to experience the relaxation that they desperately need.

5. Hypnosis can help deal with childhood issues – Childhood issues.

Everyone has them. From serious abuse or other problems in the home to lack of self esteem or a need to be successful at all costs the issues and problems that you experienced as a child might still be impacting you today and causing you to make bad decisions or to not take very good care of yourself. Hypnosis is a great way to work through childhood issues and replace those negative messages about yourself with positive ones.

6. Hypnosis can cure sleep disorders – Millions of people suffer from sleep disorders that range from full insomnia to night terrors, wakeful sleep, sleepwalking, and the inability to fall into REM sleep which your body needs. Sleep disorders can cause a wide range of other problems like obesity and addiction to either sleeping medications or to caffeine or other stimulants in an effort to keep the body going even though it's exhausted.

Sleep disorders are notoriously hard to treat. Many sleep disorders have an associated psychological condition that makes it necessary for people to get both psychological and physical treatment in order to be able to get some sleep. Hypnosis can help treat the psychological problem that is causing the sleep disturbance while at the same time it puts the body in a deeply relaxed state that helps the body and mind become rejuvenated.

7. Hypnosis can promote deep relaxation – If you have ever tried meditation you know already the great things that relaxation does for the mind and body. You can become more creative, better at problem solving, less irritable, and you can reduce your risk of health problems like heart disease or high blood pressure significantly if you meditate or relax regularly.

But if you have trouble relaxing, or if you never seem to be able to relax deeply enough to really feel refreshed, then you should try Hypnosis. Hypnosis is a wonderful way to experience truly deep relaxation that will make you feel much healthier.

8. Hypnosis can help you change your behavior – Are you the kind of person that is always snapping at others? Do you get irritated and angry often? Do you have trouble managing your anger? Hypnosis can help you change your behavior patterns so that you can be healthier and happier.

Often behavioral patterns are learned in childhood, but a hypnotic suggestion given while you're in a deep hypnotic state can help you get rid of those old messages telling you to behave in certain ways and replace the with messages to act in new, more appropriate ways. If you are trying to recover from the effects of a dysfunctional family or an abusive childhood using Hypnosis to help eliminate the unhealthy patterns that you learned to survive can be very therapeutic.

9. Hypnosis can help recover buried memories – All of the experiences that you've had throughout your life are buried in your brain somewhere. If you have lost touch with the parts of your brain that hold memories of your childhood Hypnosis can help you go back and remember the things that you need to remember in order to know why you act the way you act now. Typically this is used to help people that were abused as children understand their behavioral patterns but there can also be happy memories that you have forgotten as a result of an injury or accident that can be recovered with Hypnosis.

10. Hypnosis can help treat Anxiety and Depression – Many people are reluctant to take medication to treat Anxiety and Depression because they don't want to become dependent on medication. Other people just can't seem to find a medication that works for them. Hypnosis is a drug free and very effective way to calm Anxiety and to treat the symptoms of depression. By using hypnotic suggestions to eliminate the triggers of Anxiety and Depression people that suffer from Depression and Anxiety can sometimes find 100% relief from those conditions by using Hypnosis.

THE TEN MOST FREQUENTLY ASKED QUESTIONS ABOUT HYPNOSIS

Since not a lot is known about Hypnosis in the West and it's still not a commonly used therapy, even though it's becoming more common, people always have a lot of questions about Hypnosis and how it's used. According to medical experts, alternative health care practitioners, and Hypnotherapists these are the most frequently asked questions about Hypnosis:

1. Will I still be in control of myself?

This is what most people are afraid of. They are terrified that if they really submit to the relaxation of hypnosis and go fully into a trance like state that they will no longer be in control of themselves and can be easily controlled by the person that is hypnotizing them. But be assured that you are still fully in control of yourself when you are hypnotized. You are still conscious, but your conscious mind is extremely relaxed. No one can take control of you and make you do stupid things while you're hypnotized unless you allow it.

2. Am I surrendering my free will if I get hypnotized?

Absolutely not. When you are in a hypnotic state you are more aware and more focused on yourself than you are in a normal state. You are not giving up your free will or allowing anyone to turn you into a "zombie" that will do their bidding.

Despite what you've seen in the movies hypnosis doesn't make you the slave of the person hypnotizing you.

The person hypnotizing you also can't make you fall in love or out of love with someone else, make you change any essential part of who you are, or do anything that you don't want to do. You are in full possession of all your faculties throughout the hypnosis session and you are not under a "spell" or in anyway under the direction of someone else. The things that you've seen in movies or in stage shows where people get "hypnotized" and run around acting like chickens or saying silly words on command is not real hypnosis. You will never do anything while you are hypnotized that you wouldn't do under normal circumstances.

3. Can I be hypnotized without my consent?

This is another area of concern for a lot of people that don't know a lot about hypnosis. But don't worry. No one can hypnotize you without your consent. It just plain won't happen. Hypnosis isn't magic. Hypnosis is a state of very deep relaxation. If you don't want to be hypnotized then you won't be able to relax and you won't enter a hypnotic state. The process of entering a hypnotic state takes some time because it will take time for your body and mind to reach the deep relaxation that is necessary for hypnosis. You can stop the hypnosis session at any time during that process if you're not comfortable or if you don't want to be hypnotized.

You've probably seen hypnosis done in movies or on TV where the person doing the hypnotizing snaps their fingers and the other person immediately falls into a trance and is incapable of doing anything but what they are told. That's not how hypnosis works.

4. What happens if I can't come out of hypnosis?

It's physically impossible for that to happen, because you are not unconscious at any point during the hypnosis. You will be in a deeply relaxed state but fully conscious and you can come out of that state at any time that you want to. You can also come out of that state when given a verbal cue by the hypnotherapist. Sometimes when you get the verbal cue to come out of your hypnosis you may not want to because the relaxed state you are in feels so good. When that happens it may take you a few minutes to return to your normal awareness but that is only because you want to stay in the relaxed state, not because you are being forced to stay in it or because you can't come out of it on your own. You are always in control, even when you are deep in a hypnotic state.

To get the full Package of "The Secrets Of Hypnosis" click on the image below.



Take care!

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