

The background features a large, abstract graphic design. It consists of several overlapping circles in various shades of blue, arranged in a way that suggests depth and movement. Two thin, light blue lines intersect to form a large 'V' shape that frames the central text area. The overall aesthetic is clean, modern, and professional.

Beyond the Conscious Mind

The Magic of Hypnosis

Learn to use hypnosis in your everyday life to achieve results you never thought possible. Start living your dreams with the power of your unconscious mind.

C Michael Brannan
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Beyond the Conscious Mind: The Magic of Hypnosis

Introduction

Welcome to one of the most important book you will ever read! This book, divided into a 5 week course, can be the key to the kingdom of your heart's desires. These lessons teach you how to communicate with your unconscious mind and to take control of your feelings, your beliefs, your attitudes, your motivations and everything else over which your mind has control—that is just about everything.

Negative self-talk bothering you? Limiting beliefs stopping you from going to the next level in your business, personal life or self-development? Take control, live a life where you are in charge of your own destiny. Live a life of positive choice. These lessons will show you exactly how to accomplish that and so much more.

Enjoy, and if you have any questions or comments, visit my website at hypnosistraininglab.com and let me know your comment.

What is hypnosis?

So what is hypnosis, and what can hypnosis do for you? The word “hypnosis” is defined by different people in many different ways, but there are some common elements to most of the common ways of understanding hypnosis.

The word “hypnosis” is derived from the Greek word “hypno” meaning “sleep”, and hypnosis is often regarded as a kind of sleep. It is almost always associated with relaxation in common thought. Yet hypnosis is not sleep and is not always associated with relaxation. You can actually be quite active while in an hypnotic trance. We've all seen stage hypnosis shows where the subjects are up dancing around singing, dancing

and moving quite actively, yet they're all in a state of deep hypnotic trance. What they've done is use their imagination to create an alternate world, a world in which they really are Elvis Presley, they are the world's greatest singing group, or they are the world's greatest spy.

Many think of hypnosis as an altered state of consciousness. It is a state of mind altered from our ordinary, conscious awareness of things. Consciously, we can be aware of only a few things going on around us. In our normal conscious states, we respond to people talking to us. In your normal conscious state, when you are driving, you recognize when your car is near your exit, and move to the correct lane to get on it. In your normal, conscious state, you remember driving home from work, you remember stopping at the stop lights.

When you go into an altered state of mind, none of these things may happen. You may be completely absorbed in a television show, and simply not hear what is said to you. You may drive right by your exit with no awareness of it, or you may drive all the way home, get home, and wonder how you got there. These are all common experiences and are examples of everyday hypnotic states.

One definition of hypnosis is that it is a focused attention on a single idea. James Braid, an early pioneer in the field of hypnosis, tried to rename hypnosis as "monoideism." It's a mouthful of a word that never caught on. But it means "one idea." It focuses on one aspect of hypnosis, that the hypnotized subject is completely absorbed by a single idea. When the conscious mind is focused on a single idea, suggestions can more easily be given to the unconscious mind. You'll sometimes hear this explicitly as when the hypnotist instructs the people on stage to "focus only on the sound of my voice."

Another common definition says that hypnosis is a way to bypass the conscious mind so that you can communicate with your unconscious mind. This definition really

depends on the distinction between the conscious and the unconscious mind. There are many other definitions of hypnosis. But no matter what the definition of hypnosis, most regard hypnosis as a special state of mind in which it is easier for a person to accept suggestions, and to make changes in thought and behavior that can really improve your life.

It is an incredibly powerful method for self-development in almost everything you do. It can be used to improve your relationships with your family, improve your productivity, improve your creativity, improve your sports performance and much more. It can be used to end bad habits, whether those are bad eating habits, smoking or finger nail biting. It can help to end unreasonable fears and many more things. In hypnosis, you are able to learn new things at an incredible rate. This is why children absorb so much information so quickly: they are in a permanent state of hypnosis during the early years of their lives. They have not yet developed a “critical factor;” they simply accept what they are told.

At *Mindworks Hypnosis*, we say that hypnosis is a state of accelerated, unconscious learning, and we are the first to characterize hypnosis in this way. This characterization gets past the particular way the mind might enter this state (by focus on a single idea or by other methods), but puts emphasis on the positive effect of the state of mind. It is a state of mind where learning can be instant, permanent and transformative. Feelings, beliefs, attitudes and behaviors can change instantly, because the mind learns new feelings, beliefs, attitudes and more that create more positive responses for you. It is this new *learning state* that makes such incredible changes possible.

In this state, you can understand new things and learn new behaviors that help you make changes in your life. We all know times we've learned things quickly and easily. That was an hypnotic learning state. When you enter a state of accelerated learning, you are able to learn new habits, adopt new beliefs, adopt new feelings, and adopt new

attitudes about yourself, about other people and about the world. These new attitudes affect how you behave in the world, affect the things that you do and how you do them. When you learn to do the things that you want to do quickly and easily through hypnosis, you find adopting new habits very, very easy. That's what hypnosis is all about.

Hypnosis is about learning on an unconscious level. Things often just seem to “pop” into your conscious mind spontaneously. We've recovered lost objects with hypnosis. The most common kind of experience is that you just find yourself looking for the object somewhere (usually somewhere you “know it isn't” or somewhere you looked before), and just find it. It often doesn't raise itself to the level of conscious thought.

What does it feel like to be hypnotized?

Hypnosis is a completely natural and common state of mind. You go into and out of hypnosis every day of your life, so it feels like it's perfectly normal, because it is. Watching television or reading an engaging book can all be hypnotic. Who hasn't tried to rouse the attention of someone completely engrossed in some activity? It's sometimes really hard to get their attention. Have you ever driven right by your exit while you were thinking about something else? Have you ever “lost track of time” and what seemed like 10-15 minutes was actually an hour or more? Have you ever driven home and then just didn't remember the drive? Maybe you even wondered if you really stopped at the stop light? Have you ever put something down and then forgotten where you put it? These are all examples of hypnotic phenomena. We become so focused on a single idea that everything else just gets shoved aside.

What does it feel like to be hypnotized? Just take a moment to relax and close your eyes for a few seconds. Then open them. Or imagine lying in bed some lazy Sunday morning with nowhere to go and nothing to do. Just lying there, relaxed, and letting your

mind drift. That's what it feels like to be hypnotized. There is nothing "other wordly" or "zonked out" about the experience. It is completely normal and natural. Almost everyone finds hypnosis incredibly relaxing and peaceful.

By giving yourself a few simple suggestions, you can emerge from trance feeling alert, refreshed, full of energy and ready for the day. If you use hypnosis at the end of the day, you can just give yourself the opposite suggestions, that when you emerge from trance, you will feel ready for a good night's sleep, you'll go to sleep quickly and easily and will awaken refreshed, alert and full of energy. Improved sleep can be achieved with hypnosis, and think of all the benefits you can have from just a good night's sleep. That, and so much more, lies in just allowing yourself to really communicate with your unconscious mind.

History of Hypnosis

Hypnosis has been used for over 2000 years. Egyptian sleep temples were healing, hypnotic temples, where priests would take people into hypnotic trances for the purpose of rapid healing. Some of the inductions are actually recognizable as hypnotic inductions to this day!

Hypnosis continued to be used from the time of the ancient Egyptians from the time of the Greeks and through the Romans the Middle Ages and up to the present time. It achieved differing levels of acceptance during the centuries from the Egyptians to modern times. Unfortunately, this powerful tool for change and self-improvement remains shrouded in fear, suspicion and skepticism in our own age.

Hypnotism has always been shrouded in mystery. Practiced only by priests in ancient Egypt or other selected groups in centuries up to now, its utility has only recently started making its way into the mainstream. Hypnotists continue to battle the academic world,

which pretends that techniques cannot work unless they have a theory for them or unless they invented them! Don't let them fool you, don't let them stop you from doing something incredible, something that can help you get everything you truly want in life faster and easier than you ever thought possible.

The modern history of hypnotism starts with Anton Mesmer (1734-1815), and has suffered a difficult history since then. Mesmer achieved fame throughout Europe in the 1700's for his novel methods used to heal. He toured Europe demonstrating his method to thousands, and achieved spectacular therapeutic results. His fame spread throughout the European world.

The terms "mesmerism" and "mesmerized" continue in common usage to this date and show the influence Mesmer has had on the development of hypnosis. Mesmer believed that he could transfer a kind of "animal magnetism" to help people heal.

Mesmer's fame grew to such an extent that a Royal Commission was set up in France to examine Mesmer's methods and claims. Members of the commission included such notables as Benjamin Franklin, Antonie Lavoisier and John Guillotine. Unfortunately for Mesmer, the commission decided he was a fraud because they could not discover any fluid transferring between Mesmer and the subjects.

The commission set up to evaluate Mesmer's claims decided that it was essentially a fraud and the effects that he was creating had nothing to do with animal magnetism. In part, they concluded that any beneficial effects were the result of self-suggestion. How the history of hypnotism may have changed if they had followed up on that idea! But what the commission did not do, others would. It is now understood that Mesmer's success resulted from the use of suggestions and hand passes (now called "mesmeric passes" and used by hypnotists to this day). The suggestions and hand passes created a trance state, and suggestions for healing resulted in just that—healing.

Hypnosis survived into the present day largely through the work of stage hypnosis. Stage hypnosis carried on the tradition of hypnotic inductions demonstrating the power of the mind to create alternate or parallel realities. The healing use of hypnosis has always been regarded as suspect. Even today many medical and psychological experts have rejected hypnosis as an effective way to help people make changes if they want to make. They'd rather you spend years talking about your childhood, your parents and whatnot, rather than help you make the changes you want to make, quickly and easily.\

It's not their fault, though. They are doing what they were taught to do, and what they teach others to do. The way they do their work has become an unconscious habit, passed down from one generation of therapists to the next. It's a slow process to see them change, adopting more effective ways of creating change. It's almost like a "generational phobia": we once had a client who had a phobia of spiders. She learned the phobia from her mother, who had learned it from her mother! Our client started seeing the phobia in her daughter and decided 3 generations of a spider phobia was enough. Her phobia was gone in just a single session of hypnosis.

Stage hypnosis shows and Hollywood have given a lot of false impressions about what hypnosis is. Hollywood, or "Hollyweird," as we like to say, furthered a lot of myths about hypnosis, and sometimes these myths prevent people from coming in and using hypnosis to make the changes beneficial to them.

Myths of Hypnosis

Hypnosis has been shrouded in mystery, misunderstanding and fear for centuries. Some of the myths are part of the culture, handed down from person to person based on absolutely nothing other than fears. Television shows, movies and popular cultural

continue to exploit the fear that people have for hypnosis. This only reinforces the popular misconceptions of hypnosis that continue to generate fear.

I'll Become a Mindless Robot if I'm Hypnotized

So what are some of the myths of hypnosis? One of the biggest myths is that you lose control when you're in hypnosis. This just isn't true. Hypnotized people remains in full control of their faculties, their awareness of what's going on, and they are able to reject suggestions or even emerge themselves from trance. You do not lose control under hypnosis. While in hypnosis, the subject remains in complete control of all of his faculties—he is aware of everything going on around him, hears the voices of the hypnotist and the other sounds around him. Think about stage shows: the stage volunteers must hear everything the hypnotist says in order to carry out the suggestions.

Stage shows perhaps help along this misconception about hypnosis, but mostly because of a misunderstanding of what really happens during a stage show. You see, in a stage show subjects are volunteering to go on stage and perform various hypnotic skits. The stage volunteers have all seen or at least heard about what is expected in a stage show. They volunteer, wanting to do the skits. They want to be the stars, they want to show off, they want to be the life of the party. It's hardly surprising how well they usually carry out the skits. It's a good excuse for doing what they want to do anyway: "I couldn't help it, I was hypnotized!"

I once attended a stage show in Las Vegas. Prior to the show the hypnotist showed on screens various suggestions. Some suggestions were common ideas of stage hypnotists' suggestions, things like "bark like a dog," or "cluck like a chicken" that are rarely used today (if they ever were). Even though there was absolutely no hypnosis involved, 15 or 20% of the audience still followed the suggestions. You see, the people

are there to have fun and to enjoy the show, and do things on stage that they may never otherwise get a chance to do. It's fun for the volunteers, and if it's not something that will be fun, you don't volunteer. I doubt I could count the number of people who volunteer again and again to go on stage for a stage show.

To the audience however it may seem that the subjects are acting against their will, and doing things that they wouldn't otherwise do. In fact, however, they are doing exactly what they volunteered to do.

Hypnosis Will Make Me Tell All My Secrets

Another myth of hypnosis is that hypnosis is a truth serum and you will reveal all of your deepest, darkest secrets. Nothing could be further from the truth. A hypnotized subject may lie, may remain silent or tell the truth as they choose. Many stage shows will have one of the hypnotized volunteers lie about something. The skit may have one of the subjects pretend to be a secret agent, and when the hypnotists ask him about what he's doing, he'll lie about it as secret agent would.

I Wasn't Hypnotized—I Heard Everything You Said

Some people think that when they're hypnotized they won't be able to hear or understand what's going on around them. In fact, under hypnosis, your senses are much more heightened than they are normally. You hear more, see more, and are more aware of your surroundings than you are in a normal conscious state.

When you're hypnotized, your senses are actually much more aware than when you are in your normal conscious state. The reason for that is that, in hypnosis, your conscious mind is bypassed and is not interfering with your perceptions. It's not filtering out things that it normally would. That's why stage hypnotists always want the audience to be

completely silent when they hypnotize the volunteers. Whispers or conversations in the audience can sound quite loud to the volunteers and can stop them from going into a deep trance.

Hypnotherapy clients will sometimes think they weren't hypnotized because they "heard everything." Of course, they heard everything. The session wouldn't be of much use if the client didn't hear what the hypnotherapist said!

In truth, you will hear and be aware of everything going on around you, and you will likely remember everything as well. A hypnotherapist may sometimes deliberately create amnesia in a client for some specific reason, but amnesia is certainly not an automatic result of being hypnotized.

Only the Weak Minded Can Be Hypnotized

Another myth of hypnosis is that only the weak minded can be hypnotized. Nothing can be further from the truth. To go into a deep hypnotic trance requires a creative use of your imagination, your intelligence, and your ability to concentrate. In fact, the more intelligent you are, the more you're willing to use your ability to imagine and concentrate, the easier it will be to go into a deep hypnotic trance. The only thing stopping you from going into a trance is you. Many people choose not to go into a trance because they believe one of the myths about hypnosis. When you get past the myths and really decide to "go for it" you'll find hypnosis very easy to achieve. It is a completely normal and natural state that we all in fact go into every day.

If I'm Hypnotized, I Might Never Wake Up

Some people are afraid of hypnosis because they fear they will never "wake up" from trance. Millions and millions of people have been hypnotized and every single one of

them has emerged from trance. If a hypnotist was simply to leave the room and leave you alone you would emerge from trance all on your own. If you were completely exhausted when you got hypnotized, you might drift off to sleep and wake up after a good rest.

The best way to experience hypnosis is simply to let go of all those fears, those old concerns that held you back from experiencing a wonderful state of relaxation and accelerated learning. During this course, we will show you how to enter a deep state of hypnotic trance, give yourself positive suggestions for achieving your goal, and emerge yourself from trance feeling alert, refreshed, feeling absolutely wonderful in every way. Hypnosis is simple and easy. You don't need to spend long periods of time to get wonderful results. You can spend as little as five minutes a day to be well on your way to achieving your own goals, the goals that you have decided are important to you.

What can hypnosis be used for?

Hypnosis can be used for almost anything. We have a saying at MindWorks Hypnosis: if it involves the brain, hypnosis can help. Pretty much everything you want to do involves your brain. Hypnosis has been used for everything from pain relief, to losing weight, to smoking cessation, to sports improvement, to improve study habits and many, many other things. There is really no end to what it can be used for except the limitations of your imagination.

Here is a partial list of some of the things that hypnosis is been used for:

1. weight control
2. smoking cessation
3. pain control
4. childbirth

5. stress release
6. accelerated learning
7. improved memory
8. improved confidence
9. improved relationships
10. improved golf
11. improved basketball
12. overcoming negative fears
13. changing negative beliefs
14. acquiring new beliefs that help you achieve your goals
15. much, much more....

You get the idea—if it involves the brain, hypnosis can help you with it. The reason is that hypnosis is a way to communicate with your unconscious mind. It is your unconscious mind that controls your behavior, keeps habits going, breaks habits and learn incredibly fast.

Hypnosis has a better success rate for many of these things than other types of counseling or the use of drugs. What's more, hypnosis is absolutely no side effects, where drugs often have serious side effects, including death.

Advantages of Using Hypnosis

Hypnosis crushes other methods of self-development in terms of its overall effectiveness, usefulness and simplicity. Hypnosis has been used for centuries to improve health, to improve performance in all aspects of life, to relieve stress and anxiety, to end bad habits and to end phobias. During the 19th century, hypnosis was

used as the only anesthesia in hundreds of painless amputations and other medical procedures. It is used for painless, natural childbirth and to speed the recovery time after operations. The list is almost endless.

Unlike drugs, hypnosis has no negative side effects. When you read labels on so many drugs, the potential side effects are incredible—anything from kidney failure, liver failure and more. It is perhaps a little depressing depression or even thoughts of suicide. It is rather alarming when you read that one potential side effect of an anti-depressant is thoughts of suicide. On the other hand, hypnosis has no negative side effects. You can tell yourself how you want to feel when you emerge from trance, and reliably feel exactly as you have told yourself.

Hypnosis works fast. Perhaps you know someone who has “been in therapy for years,” and is still waiting for the change that will likely never happen. In hypnosis, we do not attempt so much to uncover and endlessly analyze the “why” of a bad habit or some other behavior. Rather, we work directly to change the behavior to something more desirable. Using hypnosis, we are interested in you getting what you want, not an endless and generally unproductive investigation into “why?” Understanding what motivates a behavior can, of course, be quite useful. Knowing what a person thinks and feels right before engaging in a behavior can be useful as well. But an academic inquiry into “why” is not always the most productive approach to fast and lasting change work. You just don’t need to know why the dishes are dirty in order to wash them. They’re dirty, you want them clean: wash them.

For example, my wife used to have a spider phobia. She knew the exact moment in her childhood when she developed the phobia and exactly how the phobia arose. It didn’t help to change it one bit. What helped was teaching her brain a new way of responding to spiders other than fear and panic. When her brain learned a new response, the

phobia was gone and has been gone for over nine years now. We have gotten the same result countless times in our own clinical work.

Suggestibility Tests

It's time to start the hypnosis! In this, week 1 of the 5 week training, we'll introduce you to some "suggestibility tests," and give you a method of self-hypnosis. The tests really show the connection between the mind and the body, and that what happens in the mind can have obvious effects on what happens in the body.

The psychology literature has shown that the brain cannot really distinguish between something that is vividly imagined and reality. We'll illustrate that with the first suggestibility test. You can experiment with this yourself, just use your powers of imagination and creativity to get the right effect.

The suggestibility tests here are standard in the hypnotic literature. They are quick, easy and illustrate how your mind works. Go ahead and experiment with them yourself.

Lemon Test

Imagine a nice firm lemon in your hand, Feel the weight of the lemon, feel it as though it is really there. Notice the weight, the texture of the skin, breath in through your nose as you smell that special scent of the lemon. Imagine you are cutting the lemon open, exposing the nice, juicy insides of this wonderful, fresh smelling lemon. Imagine you are holding the lemon up to your nose—that's right, bring your hand to your nose, and take a nice deep breath through your nose as you continue to feel its weight and texture, see its juices running out, imagining how it is to taste it now.

Now that you've read the directions, experiment with it. When you do, you'll notice that your mouth waters, that you can smell and taste the lemon, even though there is really no lemon there. Cool, huh?

Your mind can create an experience for you exactly as if the lemon were there! Cool, huh?

Finger Vice Experiment

Here is another suggestibility test, and if you've ever gone to a stage show, you've likely seen this one in action. Interlace your fingers and clasp your hands together, palm against palm. Squeeze your hands together, and then raise the index finger of each hand. The fingers should be separated by at least an inch.

Look steadily directly between your two fingers.

Now, imagine magnets are in each finger, pulling the fingers together. It's like there is a vice closing, driving the fingers together, closer and closer...closer and closer. The vice tightens or the magnets grow stronger and stronger, pulling your fingers closer and closer together.

Now that you've read the directions, experiment with it. Try it with your friends. Just go through the set up and give suggestions of the fingers drawing closer and closer together, that they are being drawn together as if powerful magnets are pulling the fingers together. Notice how fast the fingers start closing together

Next Week

This week's lesson has talked about hypnosis, what it is, how it feels and some history that will prepare you for the weeks ahead. We've demolished the myths of hypnosis so

you know hypnosis is safe and effective. You know that hypnosis works with your unconscious mind, the storehouse of habits, beliefs and attitudes. You've learned that by changing these, you can propel yourself forward—you can eliminate bad habits, get good ones and acquire mindsets that propel you to the next level and beyond.

Be excited about next week: you'll learn all about self-hypnosis, how to take yourself into an hypnotic trance and how to use that trance to start making positive changes. You'll see just how pleasant and relaxing the trance experience can be, and you'll be excited to go on to week 3 and beyond to learn more about hypnosis, and everything you can do with it.