

Hypnotherapy and Hypnosis: A Learner's Guide

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Introduction

How often have you felt stuck -- stuck in a habit, stuck in a situation, stuck in a feeling, stuck in a fear, or just thought *something* holds you back from reaching your highest potential? Or perhaps you have seen others struggling, stuck, unable to move forward in their lives, unable to achieve their goals.

How often do you desire to expand or improve upon something you already enjoy about yourself?

If you are anything like the rest of us, probably a lot. And if so, you desire to change your situation because it is not the best it could be. You have felt the pain of living a life less than you know you can. You know you can do more, are more, than the things holding you back from reaching your highest dreams.

Perhaps you've read self-help books and found some useful ideas, but the same old habits of thought and action pop back in when you try to act upon those ideas. Perhaps you've thought— "That's great for them, but will it work for me?" So, you are left with the same questions: "How can I change it? How can I move beyond who I am now to create the real me, to create the person I want to be?"

And beyond helping yourself through your own struggles, you know how you could help others achieve the goals they want to achieve. Perhaps you have overcome difficult struggles or seen others struggle and you want to show them how to get a better life for themselves. Perhaps you have acted as a friend, a counselor to your friends, to strangers, and others find you to be a source of inspiration and change.

What if you could learn the most effective mechanism for change in just a few days? How would you feel to know that whenever you feel "stuck," you have the tools to create change? How would it feel to know how to create positive change in others in the shortest time possible?

It's your unconscious mind

No matter what struggles you have, or how you feel about those struggles, you are truly a child of all the experiences you have had in your life. You are a child of all the things you were told as a child, all the beliefs you've acquired over the years, and so much more. All those ideas, whether useful to you now or not, are still in your mind, your unconscious mind, directing your behavior. These old mindsets even drive your behavior in ways that you consciously oppose. Have you even done something that you knew you shouldn't? We all have.

We all have our struggles. They may seem insurmountable; in truth, however, they can vanish almost instantly when you learn to really control your mind.

Your *unconscious mind* is directly responsible for every aspect of your perception and life experience, from the big picture down to the nitty-gritty details. It even determines your level of interest in what is written here, as well as everything you are thinking and feeling now. And because you are reading this, that means you are ready to start making real changes in your life and helping others make changes in their life as well.

If the mind is so influential, just imagine what kind of impact a profound, healthful, and positive change could have on your entire experience by just changing your mind—quickly, easily, and permanently?

Changing your mind...

Changing your mindset, changing how you look at the world, how you think of yourself, how you think of your abilities can be fast and almost effortless. Certain techniques work directly with the unconscious mind, or the part of your mind that is limitless, creative, expansive, and omnipotent. It is the portion of your mind that truly governs your actions, your beliefs and virtually every aspect of your life. It's why you do things you consciously know you shouldn't: your unconscious mind is driving the behavior. And **when you change your unconscious mind, you change everything.**

You have likely tried to make changes in your life by changing your conscious mind—by using “willpower” and some such thing. It doesn't work well. It's not your fault—the real secrets for genuine change aren't widely known yet, but those who know them, will always use them. From athletes to poets to creative geniuses, all use the same basic patterns in creating their successes.

Most techniques focus on changing the conscious mind, the thinking, rational, analytical, logical, and linear part of your mind. But your unconscious is far more resourceful than the conscious mind, and it can quickly and easily provide solutions to problems that you cannot simply think your way out of. If you could have “thought your way out” of whatever problems you are having now, you would have done so long ago.

Millions of counselors remain employed on the premise that one can consciously think their way out of problems. However, that practice is flawed in itself: If people could consciously think themselves out of problems, logic would always take over, and problems would cease to exist. And nobody would believe they need to see a counselor.

To give a simple example: we have had a client who had a phobia of **dinosaurs**. We all know, of course, that the chance of encountering a dinosaur is none, zilch, nada, but that doesn't stop the fear. The fear is housed in the unconscious mind, and it is by changing the unconscious mind that the fear is eliminated. How powerful would it be to learn to change your unconscious mind, quickly, easily and reliably?

Working with your unconscious mind through hypnosis is like being “counseled” by a Genie. You can achieve or change anything you desire, and the Genie will figure out how to make it happen. Forget wallowing in problems and *trying* to improve your life. Instead focus on taking charge of your life and exploring the endless possibilities!

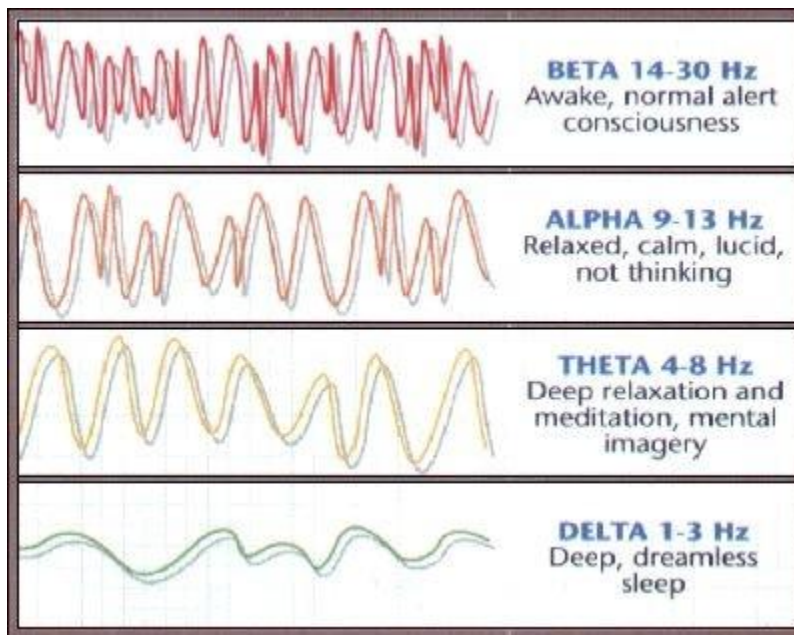
Hypnosis has been used for centuries a way to communicate with the unconscious mind: to give it suggestions and guidance for developing new habits, new ways of thinking that truly propel you to new heights. **Hypnosis is the doorway to genius.**

Now, What Exactly is Hypnosis?

Hypnosis is a state of mind in which your unconscious is highly receptive to suggestion. It is a common, everyday experience, but is often not recognized. When you recognize it, when you learn to use it consciously and deliberately, there are few limits to what you can accomplish.

People pass through a hypnotic state multiple times per day. Losing track of time is one example of hypnosis at work. Almost all learning is hypnosis. It's why children learn so much, so quickly: they are almost always in an hypnotic state.

Trance naturally occurs when one is focusing intensely, meditating, falling asleep, or waking up. It also occurs for a brief moment during confusion, shock, or fear. Scientifically speaking, this is because the hypnotic states trigger a change in the speed of a person's brainwaves.



When you feel completely awake and aware of what is going on around you, you are experiencing Beta frequency brainwaves (14-30 Hertz).

When you are in a deep sleep, you are experiencing Delta frequency brainwaves (1-3 Hertz).

Hypnotic trance occurs between Beta and Delta frequencies, in the Alpha and Theta frequencies (4-13 Hertz), with slower brain waves corresponding to deeper states of trance.

Despite the frequent occurrence of trance, its true power is not typically utilized by the average person. However, a hypnotherapist works by inducing a state of trance in order to assist clients in making specific, beneficial changes.

Putting the Myths of Hypnosis to Sleep

You've probably heard a lot about hypnosis—much of it is likely false. Hypnosis is safe, fast, and effective and has been used for centuries to help people with everyday problems. Here are some of the most common myths of hypnosis.

- **Hollywood-"Hollyweird" Hypnosis:**

Perhaps you have seen some representation of hypnosis on television or in a movie. Unfortunately, Hollywood enjoys portraying hypnosis as mind control, a form of coercion, or devious manipulation. All of that is false!

During hypnosis, all of your morals and values remain intact, and your unconscious mind protects you from doing anything that you do not truly want to do. A suggestion is a suggestion -- something that you choose to accept or not, regardless of whether you are in a trance or awake.

The difference is that hypnosis allows your limitless, expansive unconscious mind to take center stage, while your conscious mind steps aside. Therefore, the suggestions bypass the analysis and criticism of the conscious mind (the part that has continuously failed at solving the problem at stake). Instead, hypnosis works with the unconscious mind to create the healthy, beneficial, self-maintained outcome you desire. You don't even have to "know" how to get there.

Placing a suggestion into the unconscious mind is like typing a destination into a GPS. Show it what you want, and it will take you there as the path unfolds.

- **Hypnosis is truth serum:**

Some people believe that while in hypnotic trance, they will feel compelled to spill the beans on all of their deepest, darkest secrets.

A secret is a secret because its keeper does not want anybody else to know. That said, we can trace back to the fact that: *your unconscious mind protects you from doing anything that you do not truly want to do.*

If you want to keep your secrets, you will. In fact, hypnotized subjects even retain the ability to lie or remain silent whenever they choose.

- **Not everybody can be hypnotized**

There is actually a slight bit of truth in this myth... if we twist it around--not every hypnotist has the proper skills, knowledge, and training to hypnotize every subject. That is why it is important to get your hypnosis training from skilled instructors in a live setting.

To illustrate, many hypnotists only know and practice one or two hypnotic inductions (methods of inducing hypnosis); progressive relaxation and the Elman induction are common. Yet, in reality, there are far more to choose from, including instant inductions, non-verbal inductions, Ericksonian inductions, and covert inductions (which are great for people who believe they cannot be hypnotized!).

Someone with great talent and a solid knowledge of hypnosis could even create an improvisational induction using any idea they please! You can even hypnotize someone with a shoelace or a straw!

- **You might get stuck in trance forever**

Yeah...they have a special ward in every hospital for people who get stuck in trance forever. You have never seen it or heard of it though....shhh, those wards are a secret!

Ridiculous satire aside, remaining in trance forever is simply impossible. Remember, trance is a natural state of mind that you already enter and exit multiple times per day. In fact, if a trance is induced and no hypnotic suggestions are given, your mind will automatically cause you to "wake up" or emerge from trance within a few minutes.

- **Hypnosis Creates Amnesia**

This is not generally the case. Hypnosis in and of itself never creates total amnesia. However, suggestions can be given for amnesia, usually for entertainment or fun, but a responsible hypnotist will always provide their subject with a latter suggestion that allows them to re-remember the information forgotten. And again, if the subject does not wish have amnesia, their unconscious mind will reject the suggestion.

In the context of hypnotherapy, you may or may not remember all of what was said and experienced during hypnosis. That is perfectly normal!

A hypnotherapist may make suggestions to consciously forget some (or all) of what was said and experienced in hypnosis to protect the work from conscious mind interference, but this is *only with your consent*.

- **Only Unintelligent or Weak- Minded People Can be Hypnotized**

This is the complete opposite of the truth! It has actually been proven that the more intelligent a person is, the easier they are to hypnotize.

"Strong-minded" people are easier to hypnotize as well because they are usually highly driven to achieve what they desire. So, if they are being hypnotized to achieve something that they really want for themselves, they are likely to focus on the hypnotic suggestions with great intent.

What Can Hypnosis Be Used For?

The answer is simple: If it involves a brain, hypnosis be used to create change!

Here is a brief sampling of the endless applications:

- Accelerated Healing
- Accelerated Learning
- Achieve your Goals
- Anxiety Reduction
- Belief Changes
- Breaking Habits
- Pain Management
- Improved Confidence
- Creativity
- Charisma
- Conversational Skills
- Dating
- Positive Thinking
- Memory Improvement
- Fear of Dentists
- Fears: Spiders, public speaking, heights, etc.
- Fear of Success
- Sports improvement—golf, basketball, football, etc.
- Healthy Eating
- Meditation Enhancement
- Motivation to Exercise
- Motivation to Study
- Obsession
- Past Life Regression

- Perfect Focus
- Relaxation
- Self-Hypnosis
- Social Confidence
- Sleep Perfectly
- Smoking Cessation
- Stop Procrastinating
- Stress Management
- Teeth Grinding
- Test Anxiety
- Time Management
- Weight Loss

A Brief History of Hypnosis

Hypnosis has been practiced for more than 2000 years, dating all the way back to Egyptian healing temples, where priests would use hypnotic healing trances on their guests. Some of the inductions that were used are highly similar to the hypnotic inductions of today.

Hypnosis eventually made its way into the minds of the Greeks and the Romans, who then created sleep temples, which were similar to the Egyptian healing temples. These sleep temples functioned like psychological hospitals -- dream analyses were used to determine "treatment", while chanting and meditation were used to induce trance.

From there, hypnosis was primarily utilized by priests or members of select groups. And still, today, it is fighting to win the hearts and minds of the academic community. Unfortunately, some scientists and psychologists continue to reject the possibility that they are incorrect. The funny thing is: hypnosis could be used to change that limiting belief...if only they would allow us to be of assistance.

The advent of modern hypnosis really occurred when a young medical doctor, Anton Mesmer (1734-1815) gained reputation throughout Europe for achieving extraordinary therapeutic results through unconventional methods.

It turns out that Mesmer was "wrong" -- he believed that he caused his subjects' healing through a phenomenon known as "animal magnetism". As Mesmer passed magnets up and down a subject's body, the healing supposedly resulted from the magnetic energy that was emitted from the subject.

However, Mesmer actually induced trance from the way in which the magnets moved up and down the patient's body, as well as his signature Mesmeric Pass, which is still used by hypnotists today! He then made suggestions for healing, assisted by the fact that healing was presupposed in his practice. His patients met with him expecting to be healed, and they assumed that the magic really was in the magnets.

In Mesmer's time, bloodletting was a common practice throughout Europe. Therefore, he would puncture a patient's vein, allow them to bleed, make passes over the incision with a magnet, and then the bleeding would stop.

One day, Mesmer was bleeding a patient and he could not locate his magnets. So, he found a stick and passed it over the incision like a magnet, and the bleeding stopped!

Even though this may have seemed like a miracle back then, we now know that passes made over the incision was simply a non-verbal suggestion for hypnotic trance and healing, causing the bleeding to stop.

Before long, the French King appointed a Board of Inquiry to determine if "Animal Magnetism" was a real phenomenon. This Board included Antoine Lavoisier, Benjamin Franklin, and John Guillotine; and the majority agreed that "This fellow Mesmer is not flowing anything from his hands that [is visible]. Therefore, his mesmerism must be a fraud."

Even though Mesmer's work was not recognized at the time, it eventually was. As more and more intelligent and influential people caught on, the field of hypnosis flourished.

Learning Hypnosis

You now have a sense of the power of the mind and hypnosis. Selecting a good hypnosis course need not be overly difficult. Here are some things to look for:

1. Do the instructors just teach or are they involved in day-to-day clinical work as well? You want instructors who see clients on a daily basis, keeping their skills honed razor sharp. You want instructors who have created significant techniques themselves rather than merely copying the techniques of others.

At Mindworks Hypnosis, we see clients every day, making changes and improving their lives quickly and easily. You can read our testimonials at <https://www.mindworkshypnosis.net> and <https://www.seattlenlptraining.com> to register for the course. We are perhaps the most innovative hypnotists in the area, using our skills to enhance the lives of many.

2. Should I learn hypnosis online or with a live class? The answer is easy: learn with a live class. While mere information can be gotten on videos, hypnosis in the end is a hands on skill set. It is important to watch and model techniques done correctly to learn to do them correctly. The video guy can't jump out of the screen to correct you! How many sports figures learned to play their sport solely online? None. They all have coaches. They all have people watching and giving suggestions about their performance. Online or videos or books are useful to learn ABOUT hypnosis. If you want to learn to DO hypnosis, then a live training is required.

3. What about a certificate? A certificate is important as it shows what you have accomplished, but you want to make sure that the certificate means something, not just something purchased on the net for a \$9 course (yes, they are out there). You want to be recognized as a hypnotist through legitimate third-party organizations.
4. Read reviews. Any good trainer will have numerous testimonials on their website about their success. Read our website at <https://www.mindworkshypnosis.net> and <https://www.seattlenlptraining.com> and see the power of change we have brought to so many people. In fact, many successful hypnotists in the Seattle area started out right here. Join them, be the success you can be.
5. Does the instructor use hypnosis to teach hypnosis? Hypnosis is a state of accelerated learning. We actually use hypnosis to teach hypnosis. Each class is ended with a "hypnotic interlude," reinforcing the material learned, and allowing it to come to consciousness when it is needed.

Remember, success is just a trance away! Join the trance today at:

<https://seattlenlptraining.com/learn-hypnosis/>

Read more about us and hypnosis at:

<https://www.mindworkshypnosis.net>

All the best,
Connie and Michael Brannan