



# How Does Hypnosis Work?

**The Science Behind Trance & Why It's So  
Effective At Breaking  
Life-Long Negative Habits**

Did you know that hypnosis is just a form of focused relaxation that allows access to the unconscious mind?



Hypnosis guides your attention away from the everyday world so you can concentrate on a goal, such as overcoming a fear or quitting smoking.



What you experience when you're hypnotized is called an altered state of consciousness.



So you're awake, but you're not paying attention to the "conscious" world in the same way.



Instead, your thoughts are focused inward and you go into a mild trance.

## Fact 1



The word "*hypnosis*" comes from the Greek word *hypnos*, which means sleep. This is because it appeared that subjects who were hypnotized were asleep. However, when you practice hypnosis, you must be awake for it to be effective.

## What Is A Trance?

A trance is the term for the state you enter when you undergo hypnosis. It might sound mysterious or like a frightening form of mind control, but it's neither of those



## Fact 2



### Trance is a natural state

You've most likely already experienced trance. It can occur when you're doing something routine and your mind wanders, like staring out the window on a rainy day.



In fact, whenever your mind drifts or wanders, you're experiencing a light trance. Some people call it daydreaming.



When you're hypnotized, this trance state is induced on purpose.



It's simply another state of consciousness, somewhere between being awake and being asleep.

# What Happens During Hypnosis?

Hypnosis naturally and safely helps you achieve a number of goals in a relatively short time by guiding you through a process where you:

## 1. Relax

When you're relaxed, your mind no longer is in alert mode or searching for new information



## 2. Remove Resistance

By blocking out distractions, trance removes your natural resistance to change



## 3. Bypass The Critical Conscious Mind

When you bypass the conscious mind, you stop your natural habit to analyze everything



## 4. Access The Subconscious Mind

As you're distraction free, now you can focus on what you want to change by making powerful suggestions to encourage lasting change



# Examples Of Powerful Suggestions To Encourage Change

- .You have all the energy you need
- .It's easy for you to stop biting your nails
- .You find it easy to drift off to sleep at night
- .You make solid business decisions
- .Your marriage is strong and secure
- .You're confident and sure of your abilities
- .You always stand up for yourself
- .You're able to achieve the goals you set for yourself
- .You love yourself unconditionally
- .You're a strong and successful person



## Fact 3



You can't lose control of your mind and you can't get stuck in a trance. Either your hypnotist will bring you out of the trance, or you'll come out of it naturally by yourself.

# The 3 Main Elements Of A Hypnosis Session

01

## Induction

- Here you relax the body and mind. The more relaxed you are, the easier it is to enter a trance.
- This is achieved using a combination of slow and deliberate breathing, counting and visualization.



02

## Change

- Once you're relaxed and your attention is focused inward, you're able to accept suggestions without distractions.
- The hypnotist's suggestions are spoken aloud to your unconscious mind.
- As long as your unconscious mind believes these suggestions are beneficial for you, it accepts them easily and creates your life from then on to reflect the new changes.



# 03

## Exit

- This is where you come out of the trance and return to your normal waking state.
- The exit phase is often linked to the type of induction used. To exit the trance, your hypnotist may simply count up from 1 to 5.
- At each number the hypnotist may give you suggestions about coming back, for example, you feeling refreshed, relaxed, simply fantastic.



### Fact 4



In order for hypnosis to work, you need to be motivated to make changes. Hypnosis doesn't work if it's against your will!



# What Type Of Techniques Does A Hypnotist Use?

The hypnotist will use carefully chosen language to help address your issue, and a particular tone of voice to soothe you.



They'll repeat important words to make sure they get through to the unconscious mind.



Depending on the length of the session, the hypnotist might embed suggestions within a story using metaphors to break down any remaining barriers.



During the session, the hypnotist may make use of post-hypnotic suggestions. These are vocal cues that prime you to act at some point in the future.



## For example:

“And from the moment you wake up, you will only eat at meal times. Whenever you get hungry between meals, you drink fresh, pure water. You have no interest in unhealthy food and only eat balanced meals that nourish and sustain your body.”

Hypnosis works because the change is made at the unconscious level, which is where all your habits are stored and run your life. Hypnosis is 100% safe, and is very effective at changing deep-rooted issues and habits... fast.

If you'd like to experiment with hypnosis on your own, and find out how to use it for general relaxation and stress relief – check out this easy 6-step formula to self-hypnosis: <http://bit.ly/1xlQKuj>

To learn more about self-hypnosis, hypnosis, hypnotherapy and hypnosis training courses, visit the Hypnosis Training Academy:

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