

# **Hypnosis: What Is It ... and Why Is It So Effective?**

*By Gayle North*

Hypnosis, one of the oldest and most natural modes of healing known to man, is considered to be a potent and safe adjunct to medicine as well as an effective procedure for positive personal growth. Hypnosis can be used to improve general functioning – to make you feel better mentally and physically.

## **The Process of Change**

The mind has a huge capacity for change. Why then, do we struggle so with changing old negative habits and behavior patterns? The answer to this question can be found in The Law of Reversed Effect.

If I tell you “Do not think of a purple moose”, what is the first thing you think of? If you tell yourself not to smoke, the same effect is experienced. As you try harder and harder, creating nervous tension in the process, the bad habit keeps growing stronger rather than weaker. This Law applies to the insomniac who tries to go to sleep, as well as to the food or cigarette addict who tries to control eating or smoking by “reasoning” with his will power.

## **The Will vs. The Imagination**

*These issues respond to imagination - not willpower. Will power is a function of the conscious mind, whereas the subconscious mind is influenced by the imagination. In any battle between the imagination and the will power, it is the imagination (or the belief of the subconscious mind) that invariably wins – there are no exceptions. This means that the harder you try to change a habit, the less chance you have of doing it – unless the old outmoded beliefs are updated and the imagination is engaged in creating positive new images of the desired results.*

Regarding this, I refer to Emile Coue who observed that when the will and the imagination are working together, the results are not merely the power of the one plus the other one. The two working together have the force of one multiplied by the other. He also discovered that we have the power and ability to direct this awesome force for our benefit ... through hypnosis.

## **What Can Be Accomplished With Hypnosis?**

With the cooperation of the will and the imagination, changes happen naturally without the familiar struggle. Remedial changes are made by removing the blocks so that we can, with ease, *stop smoking, lose weight, release unreasonable fears, insomnia, control pain, etc.*

The same methods can be used for transformational growth; *increase self-confidence, improve memory, increase relaxation and eliminate tension, communicate more effectively, control blood pressure, improve personal performance, concentration, overcome grief, increase the ability to earn and hold onto money, etc.*

Your own creative mind knows what is needed to bring about the desired results. The trained Hypnotherapist serves only as a guide for connecting you with your own wisdom.

## The Myths Unveiled

Hypnosis is not in any way harmful, but it is completely understandable for a person with no experience with hypnosis to have some reservations

The questions that new clients ask me are usually related to stage hypnosis or false movie portrayals of hypnosis.

Therefore, I respond to a questioning client: "The people who are on stage volunteered to participate didn't they? They knew that in doing so they would be acting silly and being funny didn't they?" They are generally uninhibited, fun-loving people who enjoy making people laugh and are willing to respond to the suggestions they are given.

The real fact is that a hypnotized person will simply not accept an objectionable suggestion. I could demonstrate this by saying to a hypnotized subject "Go to the corner please and stand on your head". The reaction of the hypnotized subject would, of course, be "No way!" In this sense, all hypnosis is self-hypnosis.

*Once a person has experienced therapeutic hypnosis, all of these fears are put to rest and actually seem absurd. During hypnosis we are in full control of ourselves, aware of the environment and completely capable of making judgments consistent with our personal values and goals.*

## Hypnosis Feels Familiar

An experience with guided hypnosis brings with it a sense of familiarity because when we daydream or focus on a movie to the point that we lose track of time temporarily, we experience hypnosis. We are most often in a hypnotic state while performing routine tasks like housework or driving. There is nothing mysterious about the hypnotic state. It is a very natural part of our experience in everyday life.

**In fact all major changes in our lives are accomplished in "altered states" where we can be in touch with our most creative mind. It is in this state that we imagine or "see" the vacation we are planning, create a model for a new business, or pray in complete faith for a friend.**

*Guided Hypnosis is the most efficient way to purposely get in touch with the part of ourselves that allows us to orchestrate and integrate new patterns of behavior. The professional Hypnotherapist serves only as a guide or coach in the process of discovery. The desired change is achieved as a partnership utilizing powerful tools - together - to create a positive result.*

---

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

[changeiseasy@montanasky.net](mailto:changeiseasy@montanasky.net)

[www.PositiveChangeInstitute.com](http://www.PositiveChangeInstitute.com)