

Conceive, Believe, Achieve

Have you ever wished you could rejuvenate yourself physically and mentally without actually going to sleep? Would you like to play a better game of golf or tennis without committing yourself to costly lessons or extra practice sessions? Do you want to quit smoking or lose those extra pounds, but lack the motivation or willpower to even get started? Or perhaps you would like to be more creative, have a better self image or remain calm in stressful situations.

Actually you can do all of these things, and much more, by using an often misunderstood technique that we all have at our disposal. It is the most intense and powerful technique in the world to program change, overcome a problem, accomplish a goal, or have mental or extrasensory experiences.

Almost every culture has, in its own way, stumbled upon this tool for exploring deep layers of consciousness. Each culture has explained these extraordinary states in accordance with its own beliefs and has surrounded its discoveries with its own names and structures. But underneath the different words remains a strong thread of similarity, a general idea which keeps recurring throughout history. There are states of consciousness different from both ordinary waking and sleeping. These less common states combine aspects of both waking and sleeping in unique and potentially valuable ways.

WHAT IS IT?

It has gone by many names down thru the years, including a variety of religious names. Some have called it the power of suggestion, selective awareness, focused concentration, or mind control. Others have called it meditation. The medical community and now the lay public, call it HYPNOSIS.

You are already familiar with the state of hypnosis although you probably do not realize it. You go through these altered states of consciousness, or brain wave levels, a minimum of twice a day - when you are crossing over into sleep and when you are awakening.

With the invention of machines that measure the changing electrical patterns of the brain, it has been found that certain states of mind correspond to certain measurable patterns on the machine. Brain researchers and medical

practitioners have divided the brain into four levels of cycles per second of activity.

BETA: Full consciousness or full awareness.

ALPHA: Crossing over into sleep at night, beginning to awaken in the morning, light hypnosis and meditation.

THETA: Early stages of sleep. Deep hypnosis and deep meditation.

DELTA: Full to deepest sleep.

There is no place else to go. Hypnosis can't put you into anyplace than these areas of cycle per second brain wave activity. For most people, hypnosis is a mid-alpha range activity and although you are definitely in hypnosis, you remain fully aware of everything that is going on around you. If someone walks into the room while you are experiencing self-hypnosis or hypnosis, you will hear them and sense their presence.

Hypnosis and meditation are a matter of setting aside the conscious mind and narrowing the attention span down to one thing, just as you do when you are beginning to go to sleep at night.

Most people generally do not understand the state of hypnosis and thus are wary of it. They think of it as being some mystical form of mind control, entertainment, or perhaps even magic. They have observed the average stage hypnotist take advantage of public gullibility, playing up the "strange powers" of "hypnotic eye" advertising, implying he has "psychic forces" which can influence and hypnotize anyone from eight to eighty. What has happened is that the hypnotist has employed carefully thought out methods for choosing only excellent subjects. Because he works with only good subjects, it makes him appear to be exactly what he claimed – a man with extraordinary powers, capable of taking over the minds of others. Of course, this isn't true. Further facts about hypnosis:

1. Directly proposed hypnotic suggestion cannot make you do anything against your morals, religious beliefs, or self-preservation. If such a suggestion were given, you would either refuse to comply or would wake up.
2. The ego cannot be detached under hypnosis, so secrets will not come out while in a trance, and you wouldn't do anything you would not normally do if you felt relaxed about the situation.

3. The best hypnotic subjects are not unintelligent people, in fact, the more strong-willed, intelligent and imaginative a person is, the better hypnosis subject they will be.
4. There are many overlapping levels of hypnosis, but for the sake of simplification they are broken down into the following three:
 - a. *Light Trance* – the subject becomes very relaxed, although they will probably not feel they are hypnotized. The majority of people achieve this level easily.
 - b. *Medium Trance* – the subject becomes totally relaxed and is completely open to suggestion. They can feel or re-live any suggested event. They may be aware, to a degree, of what is going on around them, but it will distract them from the hypnotist's voice.
 - c. *Deep Trance* – one person in ten achieves a *somnambulistic* level. Stage hypnotists seek to work with subjects capable of this deep level.

HOW DOES IT WORK

Actually, hypnosis is a matter of setting aside the conscious mind and narrowing the attention span down to just one thing, or to put in more simply, concentrated attention in a state of relaxation.

We often refer to the conscious and subconscious mind, however only one mind is thought to exist and the conscious and subconscious are said to merely be different aspects, or layers, of the same mind, with only one dominant at a time. When you are awake, your conscious mind dominates, when you are asleep or in a deep hypnotic state, your subconscious mind dominates, or is in control.

The conscious and subconscious minds have different functions. Your conscious mind screens your environment through the five physical senses of sight, taste, touch, hearing and smell. It interprets the meaning and significance of incoming stimuli and triggers appropriate responses as behavior. Your conscious mind reasons inductively, from cause to effect. It analyzes ideas, screens ideas critically and brings isolated facts and principles into meaningful relationships. It is the scientific aspect of mind.

Your subconscious mind acts as a delicately balanced mechanism which directs, regulates, and controls all of your autonomic and involuntary functions and processes of your body. It reasons deductively, from effect back to cause. It uses intuition and ESP for problem solving. It is non analytic and has no critical factor. Operating in the manner of a computer it accepts all information it receives indiscriminately, regardless of its positive or negative value.

When entering the state of hypnosis you are temporarily bypassing the conscious or “critical” mind and dealing with the subconscious. Any suggestions you receive while in this state go directly to your subconscious, resulting in the accomplishment of goals for health, happiness and self improvement with far less effort than normally required.

Anyone can be hypnotized, even you. Once you overcome your apprehension, through understanding the truth about hypnosis, it is an easy experience . . . one in which you will awaken feeling more relaxed, at ease and more at peace, than before going into hypnosis.

What your mind conceives and believes, it can achieve. When you are in touch with your subconscious mind during the state of hypnosis, suggestions coupled with visualization, can improve any area of your life, allowing you to experience life as the healthy, happy, successful human being that is your birthright.