**The Essence of Hypnosis** has no copyright, please feel free to share it.

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One of the things I love about the fact that anyone can write a book now, is the fact that many books that are being published are much more simple in design. They are not long drawn-out books that consist of 250 pages simply to be able to call it a book. As a matter fact, just the other day I listened to an audio book that was a “summary” book. It was all of the things that the author wanted to say, without all of the statistics, studies and stories that went along with it. I loved it! Because in less than an hour, I had heard everything that the author wanted to say, rather than taking 8 hours to listen to that same audio book. So I’m going to call this a booklet – a shortened version.

What you will find here is exactly that. Precisely what I want to say and nothing more. Of course, I can add stories, examples and statistical research to every single thing that I’m talking about, but I won’t … all of that is easily found on internet sources.

**Super uncomplicated**

So, I’m going to make information as super uncomplicated as possible for anyone that’s reading this book , it’s not going to take you hours to read it. This information is the essence of hypnosis in simple easy to understand language.

**YOU ARE A MAGNET**

That’s right. YOU, personally, are a magnet just like the earth is a giant magnet that holds all of the objects on the earth in place by the force of gravity.

Imagine a horseshoe magnet with the two open ends of the horseshoe completely covered with nails all of them attached to the horseshoe magnet in a random fashion. The magnet doesn’t care if the nails are attached in one direction or another, the only job of the magnet is to exist and randomly attract metal objects within its magnetic range.

The earth is exactly the same. It has lots of jobs and one of those jobs is to emit a magnetic force that holds things in place. So that when you set a hammer down in one place, that is where you will find it when you need it next time. Where you set your cell phone down, is where you will find it next time, you are looking for it … all thanks to the magnetic pull of the earth. And so on with every other object.

The magnet doesn’t’ care what it attracts, it just does its’ job. The earth doesn’t care where you set your hammer or cell phone down, it just does its job of holding your items in place.

The same thing is true for your subconscious mind. It is your magnet.

You are a bigger magnet than the horseshoe and a smaller magnet than the earth and your magnetic pull is just as INVISIBLE as the magnetic pull of the horseshoe and the magnetic pull of the earth.

You can’t see it and most of the time you are not even aware that it is always working for you, and yet it’s very helpful to know the principles of the magnet when you drop a package of nails in the grass and they scatter on the ground. It makes it easy to pick them up and put them back in the box if you grab a magnet and move the magnet over the area to attract all the scattered nails and then put them back in the box. Now, you have used the magnetic field of the horseshoe to gather them, then you used the magnetic field of the earth when you put them back in their place and they stay where you put them.

The magnet that is your subconscious is comprised of your unseen thoughts. Just as you can’t SEE the magnetic pull of the earth – you can’t SEE the magnetic pull of your thoughts.

Those thoughts are transmitted outward by you mind. Just like the horseshoe and the earth. Every single thought, 60,000 per day is the estimate, makes up one tiny portion of the magnetic pull that emanates from you. It’s similar to electricity … a power source that cannot be seen and yet you use it every day to do a multitude of tasks.

**The MIND is the essence of who you are,** comprising the grand total of your experiences and your THOUGHTS ABOUT THOSE EXPERIENCES. This is key. Therefore, one person can go on a roller coaster and feel the thrill of the ride when another person on the same roller coaster is petrified. Our thoughts ABOUT something interpret that event. These thoughts act as an invisible magnet that goes with us no matter where we go. Unlike the hammer or the cell phone, they never get lost or misplaced. They are always with us doing the work that they were designed to do, creating, molding, and shaping our life.

Scary isn’t it?

Who would have believed that thoughts have that much power! And then the next thing that happens is even more scary**. Out body always follows our thoughts**. That is right. We do not find ourselves at the grocery store wondering why we are there. Of course not! First, we have a thought “Oh I’d really like some avocados” and THEN we go to the grocery store. We do not find ourselves out taking a walk and wonder how we got there. Of course not! First, we think “I feel like taking a walk” and our body follows our thoughts.

Now it gets even scarier.

If you grew up hearing the adults in your family saying “Everybody in our family has high cholesterol. I don’t know why but we do” Then it is quite likely that your body is going to do exactly what it has been told from when you were little. Even more importantly is what state you were at the time you heard that being said.

Children as a rule spend most of their time in early childhood in a state of ‘pretend (Theta Brainwave)’, almost completely unaware of the messages that are being spoken around them. In that drifting, relaxed hypnotic state of mind, they are absorbing continually. You have heard it said of a child “He/she is like a sponge!” and they ARE!

The good news is: as an adult you get to *choose* your thoughts and your thoughts and perspectives can change if you **want** them to. Desire is key here.

**What is hypnosis?** Put very simply, hypnosis is highly focused concentration when relaxing. That’s it! It is THAT simple ….

**Anytime the mind is highly focused, it is capable of change.** When someone ‘gets’ a phobia, it is because they got frightened of something and their mind was highly focused on what was frightening them. And of course the opposite is true, when the mind is highly focused on something extremely positive, it becomes a positive powerful change.

We are all in and out of various stages or levels of awareness as each day unfolds…sometimes we are highly focused at the computer, as I am right now … and sometimes we are doing a mundane task that requires very little attention to what we are doing.

This happens when someone is driving. The subconscious mind has learned and stored all of the rules of driving for you on the hard drive of your mind. Your subconscious takes over as you drive and gets you to your home … while your conscious mind is thinking about something else – maybe about work or what you are going to do after you get home – and sometimes you don’t even remember driving home!!! Ever pulled into your driveway having absolutely no idea how you got there!!!! THAT is how POWERFUL the subconscious really is – it is always protecting you.

**Choosing what you want:**

Early in my career as a hypnotherapist, a gentleman came to the office with high cholesterol.

As a matter of fact, his cholesterol count was over 400! He was not overweight. He was physically active. He lived on a farm and ate healthy food. I asked him why he had such high cholesterol and he said “ I don’t know…everybody in my family has high cholesterol” !

We did a hypnosis session, and I gave him a recording to use each night as he drifted off to sleep. (Everyone goes through a natural state of hypnosis – twice a day – when waking up and when falling asleep) Six months later his cholesterol had dropped about 100 points We did another session and once again I gave him a recording and he fell asleep with it every night. When he went for his annual physical, he got a printout of his lab reports and brought the printout to my office so I could see it. His cholesterol was down to 205! I asked him if he wanted to get it lower and he said, “no. I’m fine with where it was at.”

His doctor was astonished and so was he. His weight and eating habits had nothing to do with his cholesterol level, it was a result of his thoughts and ideas acquired since childhood.

This man made a conscious decision that he wanted to demagnetize those old thought from when he was a kid and replace them with a belief that serves him.

It’s easier than you might think to do this, because the mind is a computer system that is constantly updating with new information. It happens without you even realizing it. Hypnosis is simply using the power that is already built into your mind and directing the mind to what you want rather than letting it happen randomly. That is it – really, it’s that simple. It is YOU having a DESIRE to make something better.

**What is the mind?**

THE MIND directs the magnet. Whatever is being projected from your mind is what the magnet is attracting.

How it works. Whatever your mind is focused on … whatever thoughts you have continually and repeatedly going through your mind is what you are attracting. If you are asking the question “why is this is such a crappy day?” the answer to that question is what your mind is going to be attracted to. And if you’re asking, “why is this such a magnificent day?” then that is what your mind is going to be attracted to. It is that simple.

**Using the internet to find hypnosis sessions** that fit exactly what it is you want to accomplish in your life, is a powerful tool. Many people have the misconception, that if the person creating the audio says something in this session that they do not want in their life, that the mind will accept that unwanted thing. And nothing could be further from the truth. Your subconscious mind is always there to protect you! It is a large mainframe computer that is always watching out for your best interest. The subconscious mind knows you better than anyone else because it is YOU.

I heard about a man who volunteered to go up on stage for hypnosis stage hypnotist. (Stage hypnosis is entertainment/clinical hypnosis is professional change work) During the show the hypnotherapist had the people in the group imagining that they were on a beautiful beach and it was hot with the sun beating down. Everyone on the stage was opening their shirt collars and waving with their hands to cool themselves off.

Then the hypnotist said that he was carrying a tray of margaritas and passing them out to all of the participants. When the hypnotist got to one particular man, even though the man was in hypnosis, he raised his hand and said, “I’m an alcoholic and I’m not going to have one of those margaritas!” Your personal subconscious mind is always protecting you, even in the state of hypnosis.

So, when you are **searching for free material** on the Internet you will find a couple of things.

**Number one:** is that professional clinical hypnotherapists are always trying to put their best foot forward. They are trying to get business from you. And that means that they are not putting junk on the Internet. In my experience, the hypnosis sessions that are posted on the Internet their top quality. So, feel free to use the resources that are available for free.

**Number two**: find a session that appeals to you. If the voice does not appeal to you or the background music or anything at all that is just not right for you, then go on and continue searching. Almost any area that you want to explore for improving your life is available on the Internet for free.

**Number three**: when you find a practitioner that you connect with, go to their website, and find out what other tools they have available. They may have more audios that have been created with a specific purpose in mind. So, if you are looking to enhance your health or increase your financial stability or to improve your self- esteem, look to see if that practitioner can help you resolve the issue.

The mind is involved in every single facet of your life. Whether its beauty or health, youthfulness, or finances. You are a continual magnet that is constantly projecting out from yourself what it is that you want, need and desire.

**Using audios:**

**Different kinds of hypnosis:**

There are all kinds of ways to put yourself into hypnosis. When you are driving home after work and you pull into the driveway or into your garage and you have absolutely no idea how you got there. You are in a state that we call “driving hypnosis”. It is a time when you simply put your subconscious mind on autopilot and your body automatically does the rest.

When you first learned how to drive a car, you probably hesitated to put the key in the ignition and then had to stop and to think “now what do I do?” And you had to think about putting your foot on the brake and then think about putting the car in reverse. And you slowly began the process of learning to drive a vehicle.

Then three months later your subconscious mind had formed a habit and a pattern of easy comfortable driving. You got into the car, and you did not even think about it. You simply put the key in the ignition, and you drive. You simply taught the Computer System (the subconscious) of your mind to drive and it does it automatically. Now that the subconscious mind knows how to drive you can actually think about something else while you’re driving. And that is “driving hypnosis”.

When you are **exercising** and you get into that comfortable “flow” or in the field of bodybuilding it’s called “a pump”, that too is a state of focused concentration, in other words, hypnosis.

There is also a state of hypnosis when people are **writing** and are more involved in a deeply creative process. I met a man recently who is an accountant. And he told me that there are 42 lines on the graph paper that he uses for entering numbers. So, each morning before he started his day, he would take a piece of graph paper and simply sit down and write 42 times what it was that he wanted that day. Some mornings he would write “I am focused.” He knew that it was a form of self-hypnosis…he was training his mind.

You can also go into that comfortable relaxed state when you are on a quiet peaceful walk. It can be a time of introspection or meditation. There are books written about walking hypnosis.

So, as you become aware of these various states of mind that you float in and out of each and every day, you become empowered. Knowing that you create your reality **within any and all of these various levels** of consciousness. So, what are you daydreaming about? What is on your mind when you are in these various mindsets during the day?

And then the next question to ask is: what do I want my life to look like? What is there that I would like to change or improve?

**There is no vacuum in the mind.**

The majority of my clients come to the office to reduce anxiety or stress. And once that is accomplished then the next question becomes, “what do you want to fill that mind space with?”. There is no vacuum in the mind. Once the anxiety is removed, those negative thoughts that create worry and stress, then that mind space needs to be filled with something. And it is good to know ahead of time, before the anxiety is being released, what it is that you want to fill that mind space with. In other words, asking yourself the question “what do I want my life to look like?”.

The options are limitless … you might want to fill that time with thoughts of health and well-being – fill it with upcoming goals and accomplishments …only you know what is right for you.

**Hypnosis also happens while you read.** In this area too, you can be asking the above question. “What do I want my life to look like?” You can read horror stories that create anxiety in the body, or you can read something that is soothing to the mind. Personal growth and success books are powerful way to program your mind.

And finally, **television puts you into a state of hypnosis.**

Think about it. You are getting into a relaxed state of mind … sitting down on the couch and not thinking about anything in particular. And then the news comes on. And all of that negative is flowing right into your subconscious mind. I cannot even count the number of people that I have heard interviewed on Oprah’s podcasts talk about the fact that they no longer listen to the news. Not ever! Because the news is 95% negative, it creates an imbalance in perspective and creates fear.

I thought I was the only one that did not watch the news until I started listening to Oprah podcasts and I came to find that a leading authority in the area of the mind and consciousness almost always avoid the news. They are conscious of what they are feeding their body and conscious of what they are feeding their mind. A positive mind does not happen by accident. A negative mind can happen very much by accident simply by consuming television.

Another interesting fact about the subconscious mind is that it absorbs it does not reason or sort. In other words, whatever you put into it the subconscious mind it accepts as true. When a news event happens, such as an abduction or murder, and its repeated on every television station and news channel all day long, every hour of the day. If that news is playing in the background, the conscious mind can say “all that’s right, I heard about that event earlier in the day”.

But at the subconscious level, the subconscious mind is saying “it’s happening again!” “it’s happening again!” “it’s happening again”. So, at the subconscious level it creates fear even though the event happened only once, the subconscious is creating a pattern of fear.

So the last question is: if we spend all of this time in actual states of hypnosis why would anyone need a clinical hypnotherapist?

The biggest reason a clinical hypnotherapist can be helpful to you or to anyone is to get you on the right track. Someone that is trained in methods of releasing anxiety and stress can help you get to a neutral beginning point. Working with the mind is just like working with anything that is physical. When the bucket of the subconscious mind is filled with anxiety thoughts, that bucket needs to be emptied before you can begin filling it with what it is that you want.

Once the bucket is emptied and you start filling it with positive thoughts of what it is you want to create in your life, then you gain momentum. And things just keep getting better and better. And the good news is, that the subconscious mind can be cleaned out much more rapidly than one would think. When you make the decision to clean out a closet that has been overstuffed and a overfilled with garbage or things that need to be gotten rid of, it doesn’t take very long to clean it out once you decide.

And make no mistake about it. The subconscious mind is always listening. Quite frequently I will have someone who calls for an appointment and when they arrive at my office, I ask them “Have you started feeling better?”. And they look at me with an astonished expression as if to say, “How did you know I was already feeling better?”

I tell them that the subconscious mind is always listening. And the moment that they **took action** and scheduled an appointment they were already putting the subconscious mind on notice, that they were going to be making positive powerful changes.

The subconscious mind is the part of the mind that never shuts off because it is running the whole show inside our body.

There are times when something traumatic happens even though that event lasted perhaps just a few moments or minutes in the actual life of the individual, the subconscious mind registers it as a drastic trauma … it becomes what we call PTSD. And that can happen from a single incident that lasted only a few moments, or a prolonged situation such as going to war and being in a war torn country for an extended period of time. The subconscious absorbs everything.

So the subconscious mind is a communication system within your body/mind. As well as monitoring trillions of calculations every second within your body, it is also your communication system with the energy that is around your body. A Communications System that extends into the unseen energy all around you.

I remember reading about a research project where a group of scientists took a cotton swab and swabbed the inside of a man’s mouth, getting just a few particles from the inside of the man’s mouth on to the cotton swab. Then they put the cotton swab in a petri dish and transported it 5 miles away. They gave the man, 5 miles away, a glass of ice water to drink. And the moment he drank the ice water the cotton swab, 5 miles away, turned cold.

Then they move the cotton swab to 10 miles away and repeated the process. The same thing happened; the cotton swab got cold. They continued moving the cotton swab further and further away from the man and every time the cotton swab turned cold when he took a drink of ice water. Finally, when the swab was 50 miles away, and they discontinued the experiment.

Our subconscious mind is a broadcasting system, and it works not only within our body/mind, but it communicates with all energy around us.

That being said, what that means to those who are spiritual or religious is that the subconscious mind is our communication system with whatever kind of belief system that you have. Whatever you believe is the source of life, (God, Source, Energy, Buddha) the subconscious mind is your communication system with that source.

**People who meditate** are using the subconscious mind … simply sitting in the silence with themselves.

Someone who does clinical hypnosis has been trained to not only get you into a hypnotic state but will be able to teach you how to relax into the state on your own. The so that you can relax into the receptive state by choice and, not by accident in front of the television set.

So how can you create your life using hypnosis?

The answer is amazingly simple. You do it exactly in the same way that you created anxiety or stress in your life. By repetitive thoughts.

By using the tools that are outlined here – choosing a method that most appeals to you – you can experience profound change in a rather short period of time. Choose between self-hypnosis books, CDs, downloads, writing hypnosis, walking hypnosis, even chanting and mantras are a hypnotic state that releases stress.

I studied hypnosis textbooks for years before I finally went for training. I chose to go to Arizona to study under Mary Elizabeth Raines. While we were in the training, she asked the students if there was anything that they wanted to change in their life, if there was any particular topic that she should use while she was demonstrating various styles of hypnosis.

I raised my hand quite enthusiastically! And I said to her, “I want you to tell my subconscious mind every night as I sleep, I automatically receive a perfect chiropractic adjustment”. At the time I was going to a chiropractor two times a week and honestly it felt like I should be going every day just to keep my alignment in place. And I was frustrated. So, throughout the entire time of training, this delightful woman, demonstrated hypnosis techniques and always included the suggestion that every night as I sleep my body would experience a perfect chiropractic spine alignment adjustment.

I was staying in a hotel during the training. I was disappointed that I was not feeling like my body physically was an alignment. I could not figure it out.

When I flew back to Minnesota and I laid down in **my own bed** at home, that is where I felt the relief. And day after day my body felt better and better and what did I do? I created a hypnosis audio for myself (you can do this too with your phone) so that each night as I went to sleep, I was reminding my subconscious mind that I wanted to have a perfect chiropractic spine alignment as I slept. And indeed, after that I rarely needed an adjustment.

Sometimes I would just go for a quick chiropractic checkup. One time I went to the chiropractor and she told me that there was nothing out of place and I just smiled and finally I told her what I had done. She was absolutely astonished that the mind could make that much of a physical change.

Another thing that I realized, was that in my mind the chiropractic spine alignment had to happen in my own bed at home. So, in the future when I was working with clients who had sleep disorders, I make sure to give their mind, the suggestion that they would sleep peacefully all night long **no matter where they were sleeping**. Whether it was in a hotel room or at a friend’s house or a relative’s house.

The body and mind are a unit. There is no separating the two. What happens in the body happens to the mind and what happens in the mind happens to the body. If there is trauma in the body, it is also created in the mind. If there is happiness in the mind it creates positive powerful feelings in the body. Every thought we have affects the body. If you are thinking negative thoughts they manifest in the body as a feeling of anxiety or stress. Our thoughts, feelings and emotions always affect us physically.

We know that our body is affected by the stress of our thoughts because people go to a Physician for anxiety. The Physician will give them a medication to calm down the body. And that might be fine for a time, and yet it does not resolve the thought process that caused the physical issue.

I never help people make decisions on the medications that they are taking … that is not my area. However, quite frequently after beginning to clean up the closet of the mind of anxious thoughts, the client themselves recognizes that perhaps it’s time to cut back on a particular medication because their body is telling them that they are feeling better.

**Hypnosis is a rapid change modality.** By that I mean, that by directly accessing the subconscious mind, that process of cleaning up the closet can happen quite rapidly. Signs and symptoms of anxiety can be relieved in a matter of weeks if the client follows through and uses recordings that have been sent to them for self-hypnosis at home.

And this is where we come back to the discussion about free tools that are available on the Internet. They are powerful. The secret is simple repetition. Like learning to drive a car. Doing it every day over and over until a habit is formed at the subconscious level. Once that new habit is in place, the momentum keeps it going. In other words, making a commitment to change your life for six weeks, using recordings every single day, is a life changing event. You are not going to have to use recordings every day for the rest of your life, but if you’re willing to commit to a six-week self-improvement program, you will be able to change your life in ways that you presently may not even be able to imagine.

**Self-hypnosis books** are powerful tools you can use to create your own life. Basically, a book on self-hypnosis will give you a script for the induction/deepener and you can record it into your phone or other recording software. Then, you choose from a menu of various possible scripts …which is the change work part of the session and record that. Then you record the emerging portion or bringing back to full awareness part of the script and there you have it? Your very own self-hypnosis recording. Basically, with the use a cell phone app, this can be done by anyone.

“Hypnosis while you read” is a powerful technique similar to “hypnosis while your write” and it is a fabulous tool, especially for people who are analytical and need to keep their hands and mind busy while their subconscious is absorbing.

I used this technique with a client who had a physical issue – he was very analytical and was quite committed to the process of fixing his issue. I gave him a printed page on card stock, so it was easy to hold. I also printed it on colored card stock so that as it sat next to his nightstand, he would not forget to read it out loud each night before bed. The results were amazing, and he electronically sent the positive medical test results along with slides and actual x rays - that showed complete remission from the issue he was addressing.

This is probably one of the easiest self-help tools available to all – simply a script to read out loud each night before bed.

1) As you read this page repetitively, your mind relaxes and the thoughts and words simply flow into the deeper subconscious mind – also,

2) you are doing it before bed in that natural time of hypnosis and

3) you are reading it out loud and all night long your subconscious is going to be processing those thoughts of health and well-being.

You can do it.

Now let’s get back to the subject of being a magnet. The thoughts that you have going through your mind are sending messages out from your body and these messages are unseen. We can’t see a thought, we can’t see an intention, we can’t see a magnetic field, and we cannot see gravity… All we can see is the results.

Each and every day you experience two very deep times of hypnosis. **Hypnosis is the mind space between sleep and awake.** Think back to a morning when you woke up and you were lying in bed with your eyes close yet and you just felt so comfortable and so relaxed. You could hear everything that was going on in the room and yet you had not yet really started planning the activities for the day. That is a natural state of deep hypnosis. And that time in the morning can last anywhere from 5 to 10 minutes as you just lay there comfortably in your bed.

The same thing is true at night when you are going to sleep. You are going from wide awake down through that magical state of hypnosis where you’re feeling comfortable and relaxed and can still hear everything in the room, and then gently you flow into sleep and an even deeper sleep.

In that space of hypnosis, the subconscious mind is figuring out for you exactly what it is that you want. Albert Einstein took a nap every day sitting in a chair. As he slept, he held two metal ball bearings in one hand. As he would drift off to sleep, he would be thinking about his most pressing issue at that moment. As he would fall into a deep sleep his hand would drop; the ball bearings would LOUDLY hit the floor and wake him up. He did this intentionally! He KNEW that his mind was working on the answer … because he knew the power of the subconscious mind … when the ball bearings would wake him up from a deep sleep he would almost always have the answer or the solution to what he was working on.

Albert Einstein was USING his natural state of hypnosis to get what he wanted and so can YOU!

These are the four steps of a hypnotic session:

1. Induction: relaxation and quieting the mind
2. Deepener: take that state deeper toward sleep
3. Suggestion (The real work) phase: what you want to accomplish
4. Emerging: coming back to the here and now.

The very best thing you can do during the suggestion phase is to agree with all those positive thoughts (the change that you desire)

What does DESIRE mean? Well, basically it’s really REALLY wanting what you are asking for. This desire causes you to be completely focused on the session with a deep yearning to get what you want. While you are listening to the session, the best thing you can be saying to yourself in your mind is “Yes! I WANT this!”

After overviewing all of these methods for changing your mind you may be asking the question: Is my mind really THAT easy to change?

Yes, it is. Just think about all of the commercials you have heard on television for a particular kind of breakfast cereal – studies show that these boxes of cereal are not chosen randomly by the mind – that some form of advertising has directed your choice without you perhaps even realizing it.

Subtle forms of hypnosis techniques are used in advertising on a regular basis, including political campaigns and pharmaceutical advertising – all of these people or companies looking to secure your patronage.

Self hypnosis books give you a little bit more choices…you can choose the **induction** and the **deepener** and the **story** (the suggestions) and the **ending** – but what is important is the ‘**suggestion work’** that’s in the middle. This is the heart of what you DESIRE.

The induction, deepener and ending are just like a bun you might get at McDonalds – it simply hold the important part – the suggestion work that is in the middle.

The story is just the bun that holds the meat. It keeps the conscious mind entertained while the real work is being done at the subconscious level.

I hope that this simple text has given you an overview of different ways to use the subconscious mind to get what you want most out of life!

Cathy