

## Hypnosis: Helping you Help Yourself

Always viewed with great suspicion and once regarded to be at the heart of witchcraft, Hypnosis has made a long journey to be counted amongst one of the sciences today. Even more fulfilling is its new role of helping people to enrich and empower their lives. What is Hypnosis? Hypnosis is thought by many as a method by which the mind is placed in a state that makes it very responsive to external suggestions. Generally however, it is a state of highly focused concentration when you are oblivious to your immediate surroundings, focusing instead on something completely different, within or even outside your immediate realm. You would have experienced this many times; while watching TV, reading an engrossing book, listening to music or simply when you were happily daydreaming. Only recently has it been recognized, that this state of mind could be used to identify and address the problems that are preventing us from realizing our full potential. How is Hypnotic Power used? The persuasive powers of hypnosis have been utilized for many years now to help people get over their fears, build their self-confidence and move positively towards their goals. The technique of Hypnotherapy is just an application of the various hypnotizing methods to help tap the power of the subconscious, more specifically to identify and bring out your problems, so that they can be duly addressed. During hypnotherapy sessions, you are induced into a trance state and through the medium of creative visualization efforts are made to first relax and then guide you into recognizing all your powerful, positive abilities. Slowly but surely, your self-confidence is built; your vision is made clearer enabling you to discover new solutions for yourself and to make the positive changes that you need in your life. In this entire journey, it is your mind power that is being tapped and the hypnotherapist through the hypnotic process merely guides your mind towards the right direction. In fact, you are in control at all times, even during the hypnotic process accepting only those suggestions which you are convinced will help you achieve your goals. Who and How Can Hypnosis Help? Anybody who strongly desires a change for the better, who is willing to work hard and take the steps necessary to achieve that change, can go in for and benefit from hypnosis. The wide range of areas in which Hypnotherapy can be used today is a testament to how much progress it has made. From simple goals like weight reduction and fitness, sleeping better, improving your bowling or golfing skills to major ones like quitting smoking, enhancing memory skills, reducing stress and improving self-confidence, Hypnotism can help you achieve all of this. In fact, it is even being used very effectively in the cure of fears and phobias as well as in natural childbirth. Hypnosis has influenced the lives of many people in significant ways and as its potential to bring out the power of the mind is revealed, there will be more and more people who will turn to Hypnosis to change their lives for the better.

## About the Author

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