

Hypnosis coach--9 mistakes in choosing one and how to avoid them by K. A. Swenson.

HOW TO ACCESS THE POWER OF YOUR SUBCONSCIOUS MIND.

At the very basis of anything you will ever be involved with, the definition of words and phrases makes not only what you are considering understandable, it sets (spoken and unspoken) terms and conditions for your expectations.

Should you ever consider learning about hypnosis, here is my layout of where your successes and failures will lie:

1) There is no such thing as a hypnotist, as all hypnosis is self-hypnosis.

The hypnotist is just a coach, a trainer.

If you do not hear that from the person you are considering doing business with, then he doesn't understand his status with you.

2) Stress and its effect on you and your ability to learn hypnosis (or anything else for that matter).

Besides having the attribute of being able to degrade your health and quality of life, stress can take a normally functioning human down to a level where they cannot button their own shirt or access their own very basic knowledge to perform tasks or operations that they had done successfully in their past.

The basic stress level and stress level about learning about hypnosis must be addressed, 1st and foremost, before the benefits of hypnosis can be duplicated in the students life.

3) A calm, focused state of awareness and sleep.

Modern life and electric lights have us as a society living in a world that would be unsustainable and unrecognizable to our forefathers.

As we disrupt our sleep patterns from the natural cycle of night and day, besides the myriad of effects lack of sleep has on your health, if the student cannot concentrate from lack of sleep, or falls asleep as a result of relaxing in the hypnosis session, the lack of sleep is a barrier to learning self-hypnosis.

If a person cannot relax and follow suggestions due to the effects from lack of sleep, the lack of sleep must be addressed and solved before the benefits of hypnosis can be added into the students life.

Your hypnotist has to have you well rested so you can easily go into state.

4) Rote learning

Listen and repeat.

I tell you what to say.

You repeat back to me what I said.

I call you smart.

As the conscious mind is the gatekeeper to allow what will go into the subconscious mind, the essential and most basic transaction you have to master is how to navigate with your

conscious mind in order to gain access to the power of your subconscious mind.

If a person cannot have a rote method to train themselves to access the power of their subconscious mind they will never become successful at self-hypnosis.

If your hypnotist does not have a procedure and an infrastructure to teach you how to put yourself into state you need to look for another teacher.

5) Types of inductions.

In history, there may have been times when 1 induction could be used with a group of people, based on common language and culture.

Here in America where many of us do not share a common language due to religious, cultural and educational differences

and

due to the confusing nature of what hypnosis is

and

what people THINK hypnosis is

and

what peoples experience of what hypnosis may be

and

due to the limiting nature of the conscious mind

The student needs to learn a variety of inductions to understand (meaning emotionally comprehend) what hypnosis is and how to apply the concept of hypnosis in their life.

If you are unable to have a functioning, working, practical way to put yourself into trance and

give yourself a suggestion, then studying hypnosis will be of no practical use or beneficial effect to you.

6) The modern phenomena of the middle class. The people who populate the Upper-class have always known how to maintain and gain in order to be a part of their class and maintain the class structure.

As a part of the American experiment we have added a 3rd status or class to the historical struggle between the Bourgeois and the Proletariat.

It is galling to me to consider that you have to be sold on bettering your life.

Is it galling to you?

Consider just a fraction of the benefits of hypnosis:

Having more money.

Having more love.

Having more success.

Having more happiness.

Having better health.

Having an attitude that things will "just work out in your favor".

Being able to get more from "the systems".

Learn hypnosis!

Perpetuate and grow the Middle-class!

(You may even choose to become part of the Upper-class!)

7) Religious prejudices and fears.

A long time ago when Franz Anton Mesmer was bringing hypnosis into the modern lexicon there was an catholic Priest named Father Johann Joseph Gassner from Austria that was bringing similar fantastic results into the public view using (different than Mesmer) unorthodox procedures.

The reaction that Father Gassner caused from some people is one that still shows up today in our modern era, namely that phenomena that cannot be explained or understood is derided or cursed as being "of the devil".

--(none of the things I am talking about here is new)--

Here are some trance references from the Bible:

Numbers chapter 24 verse 4

Ezekiel chapter 4 verse 24

Daniel chapter 8 verse 18

Daniel Chapter 10 verse 9

Acts chapter 10 verse 10

Acts chapter 22 verse 17

After reading all of these, if you still have some kind of fear based on a 300 year old self-induced intellectual ruse whose origins came from stupidity and superstition, that you simply cannot overcome, even after realizing that hypnosis is a self-induced (self-induced means you do it to yourself) phenomena that uses your own God-given equipment (God-given means you were born with it) then you are too dumb to continue with the concept of hypnosis. Close this white paper and hide under your bed. There is no hope for you.

8) The phenomena of "reality" as presented by the popular press.

The term "media" is a word used in our American culture to alternately describe or name our popular press, as in radio/TV/newspaper/magazines/books/the internet.

Where the term media is important is that back in ancient history during the Achaemenid empire in Persia, all the news that would come to the King would go through the town of Media 1st and be censored so as to not upset him.

You and I get censored news and we have to sort out the truth as best as we can.

The reason why news, information and its source(s) are important, is to identify and describe the effects of a phenomena that I

cannot place exactly where or when it started and is prevalent now, namely that we as consumers are responsible or culpable for the problem, situation, scenario or fact presented in that particular media.

Ludicrous perhaps, yet powerful.

As somehow, what is presented in that form of media, is somehow our responsibility, or a reflection on us, or our fault, or our making, or a result of something we said, did, or felt or perceived.

As suggestion and repetition are very powerful to us as humans.

The very basic facts that I want you to take away from this paragraph is:

1) Hypnosis is a natural phenomena. You already do it. It is a part of your standard equipment.

2) There is nothing exotic or mysterious about hypnosis. It is only a calm, focused state of awareness (and sometimes you use this to take advantage of the fact that you are susceptible to suggestions).

And nothing in the media or popular press can change these facts.

So, your facts that you hold about hypnosis are what is important, not what you read or hear about in the popular press.

9) Fear and trust.

Bigger fears--some examples are:

Fear of the dark.

Fear of spiders.

Fear of the IRS.

Lesser fears--some examples are:

Reticence in mentioning an insight or an observation to a loved one.

Not telling an acquaintance their collar is crooked in public because you don't want to intrude into someone's business or embarrass them.

Subtle fears you won't say out loud--some examples are:

Self esteem issues.

Self respect issues.

Fears of intimacy.

You don't trust your hypnotist so you won't open up to him or to the process.

The very basis of why I have set my hypnosis business up the way that I have is to position myself in your life in such a way that you will be successful in learning how to put yourself into state so you are able to access the power of your subconscious mind.

When this happens you will be happy and satisfied.

Then you will send your friends and family to me so I can teach them how to do it too.

Your trust = your success.

Your success = my success.

www.learnselfhypnosis.us

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