



## Why do I love hypnosis?

Linda Bennett

*www.lindahypnoqueen.com*

Many years ago I was “formally” introduced to hypnosis and I was immediately “mesmerized.” I was curious to know more and two weeks after my first “official” hypnotherapy session I was enrolled in school to learn to become a hypnotherapist. In the previous sentences I have used the words formally and officially. You may wonder why? This is because during my first hypnotherapy experience I realized that I was actually quite familiar with hypnosis I just hadn’t called it that. For quite some time, I had been using my imagination to relax myself and conquer my insomnia problem. Hypnosis had a mysterious air about it and I thought it was about someone else controlling you. I was about to find out that it’s not about another person controlling me, instead, it was using hypnosis to gain greater control of myself.

For years I had been at odds with myself. Saying I wanted to do one thing and then actually doing just the opposite. This was baffling to me. I am sure there are many of you reading this that have had the same experience. We make New Year’s resolutions just to abandon them before the first month of the New Year has ended. We question our own behavior saying such things to ourselves as. “What am I thinking, doing...?” “Why am I acting this way?” “Why can’t I stop this or that?” We are a mystery to ourselves.

I often fondly refer to myself as a spiritual archeologist or a reincarnated Sherlock Holmes (the Robert Downey Jr. version) Holmes is famous for his perceptive logical reasoning, his ability to adopt almost any disguise, and his use of forensic science skills to solve difficult cases. Like Holmes, I love digging to find the source of a problem and the hidden treasure. I have found that hypnosis has become my favorite tool for my particular brand of treasure hunting!

I believe the greatest treasure to search for are the resources hidden deep within us. Hypnotherapy has the ability to focus and center someone so that they can find the buried treasure within. Often our hidden riches are covered up with misconceptions, distortions and fabrications that have distorted our sense of self and our true wonderful nature.

I have found that I, my students and my clients have embarked on a journey of self-discovery through hypnotherapy and feel much better when they have traversed the terrain within and come to find the glistening jewel of their true amazing spirit.

Hypnosis works in a relaxed atmosphere and often resembles common trance like states such as being captivated by a good book that you lose all sense of time or you might be so wrapped up in a movie that you feel like you are right there, become emotional or be completely unaware that someone has walked into the room.

Hypnosis is safe, it's rewarding and can address difficulties from changing a bad habit, to relieving anxiety to lessening the effects of pain. Hypnosis is very much about how we act out what we believe to be true about ourselves. Sadly, many of us have hypnotized ourselves already. We've hypnotized ourselves into believing we are not good enough, un-loveable, and incapable in some area of our life. Once we believe in some negativity about ourselves then we tend to do everything we can to prove ourselves right. We love to be right! Hypnosis is a great way to reprogram our own minds to believing better about ourselves. Through hypnosis we direct our thoughts on what we want our outcomes to be instead of what we don't want. Through hypnosis, whether guided by a practitioner or self-induced, we direct the intention on the positive goals and outcomes desired. There is the understanding that one of the guiding principles of hypnosis is that the subconscious doesn't differentiate between reality and strong imagination – take for example an upcoming meeting with your boss. You start to anticipate the meeting and you begin to feel edgy and nervous as if the meeting was happening at that moment. You might experience heart palpitations, butterflies in your stomach and your body is responding physiologically to what is going on in your mind. Your mind is creating stress on your body.

Why not learn to control you mind and lessen the stress on your body? Hypnosis is really quite a pleasant experience. The most common thing I hear from subjects is that they have never felt so relaxed and they didn't think they could relax like that. There are numerous benefits from relaxation. Relaxation is perhaps the single most important key to health and well-being. It is one of the best remedies to stress. Stress is known to contribute to the development of disease. There are countless reports and studies that support the benefits of relaxation.

Hypnosis begins as the subject enters in to a pleasant state of relaxation, from there the process continues based on the clients intended goal. In this relaxed and focused state the client begins to experience clarity and finds solutions to problems. For many the experience of hypnosis will feel much like a normal dream state. Images will appear, often in a metaphorical or symbolic manner to later be interpreted by the client. Metaphors are the natural language of the subconscious mind. Metaphors can also simplify complex principles into imagery that the subject understands. Metaphors can help the subject to imagine themselves in particular situations and reflects everyday speech. By comparing an object or scenario to something the subject already holds to

be true can help them to resonate emotionally and reach their desired outcome more readily.

Hypnosis is safe, and can be an amazing experience for anyone open to it. For me it's been the greatest vehicle for manifesting my dreams into reality. Why not give it a try? Even if all you do is relax, you will benefit from the experience. Who knows what else you might gain from the process? Are you ready to do a little dream manifesting? If so, give your local hypnotherapist a call.

*For more information, contact Linda Bennett at <http://www.hypnqueen.com> or <http://www.heartsymbolpublishing.com> to purchase any of her books, CDs or digital downloads.*