



**Hypnosis: Who It
Will Work For
And Why It Will
Work For Them**

**By
Alan B. Densky, CH**

Introduction By Alan B. Densky, CH



Hypnosis, thanks to the stage, television, and many movies, the very word conjures up an image of a bearded and diabolical hypnotist swinging a pocket watch in front of his zombie like subject's face. Or of people who are barking like dogs or clucking like chickens, or acting in some other strange manner.

Too bad! Because the misconceptions caused by stage and TV have frightened many away from benefiting from this wonderful and powerful modality that is just as natural as breathing.

This e-book is a conglomeration of a number of articles that I've written and published over the years (about 100 in total). I've assembled these articles in a logical order, first covering generalities that everyone will want to read about, and then progressing onto the use of hypnotherapy and Neuro-Linguistic Programming to alleviate specific symptoms.

If, after reading the articles, you have specific questions about which of my programs would be the most appropriate for you or your children, please feel free to write to me at the email address below.

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The History Of Modern Hypnosis

Modern hypnotherapy began with Franz Anton Mesmer, 1734-1815. Mesmer invented a system called Animal Magnetism or Mesmerism. A system of healing based on a belief that a disturbance of equilibrium of an invisible universal fluid that is spread throughout the body causes disease in humans. His magnetic re-adjustment of this fluid served to cure diseases.

Mesmer would pass various magnetized items over the body and face, which he believed, magnetized these invisible fluids back into position and cured the disease. Hence, Animal Magnetism. Although Mesmer produced the hypnotic state innumerable times, he was quite unaware of the fact.

Mesmer's method was to sit facing his subject. He would take the subject's hands into his own and stare deeply into the subject's eyes. Within fifteen minutes he would release his grip and begin to make stroking passes over the patient, keeping his fingers a few inches from the subject's body. He started at the top of the head, stopping at the eyes momentarily where pressure was placed then stopping at the chest, stomach and finally the knees. About fifteen passes were made. If a desirable effect were evidenced, Mesmer would continue with the séance. If not, the patient was asked to return for another session.

When Mesmer's practice grew to unmanageable proportions, he evolved a theory. Magnetism could be stored in certain objects, which would then emanate therapeutic vibrations. He used flowers, trees and tubs of water. As Mesmer's popularity grew, the mission of extending relief to the unfortunate gave way to entertaining the rich. Mesmer built a showplace in which to treat his patients.

"In one room, under the influence of rods issuing from tubs filled with large bottles - the said rods applied upon different parts of the subjects' bodies - the most extraordinary scenes took place daily. Sardonic laughter, piteous moans and torrents of tears burst forth on all sides. The subjects were thrown back in spasmodic jerks, the respirations sounded like death rattles, and terrifying symptoms were exhibited. Suddenly, the actors of these strange performances frantically or rapturously rushed towards each other, either rejoicing and embracing, or thrusting away their neighbors with every appearance of horror."

*"Another room was padded, and presented a different spectacle. There, women beat their heads against the padded walls or rolled on the cushion covered floor in fits of suffocation. In the midst of the panting, quivering throng, Mesmer dressed in a lilac coat, moved about halting in front of the most violently excited and gazing steadily into their eyes, while he held both their hands in his, bringing the middle fingers into immediate contact to establish the communication. At another moment he would, by a motion of open hands and extended fingers, operate with great current, crossing and uncrossing his arms with wonderful rapidity to make the final passes."***

You weren't in if you hadn't been mesmerized. His unorthodox practices were his downfall and caused complete rejection of his works. Mesmer begged the Academy of Science in Paris for a proper evaluation to be made of his work. In 1784, they appointed an official commission consisting of three well-known scientists; Lavoisier, Bailly, and the American Ben Franklin. These three scientists dipped their hands in Mesmer's magnetic bath, and as they expected no reaction, they received no reaction. They concluded that Mesmer was a fraud and the hysterical outbursts were caused by the imagination of the patients. They were really unaware that they were "right on the money". Mesmer returned to Vienna and died broke and discredited.

The Marquis de Puysegur was a student of Mesmer's. While the Marquis lived on his estate in wealthy retirement, he kept himself entertained by magnetizing peasants just as his former Master had done.

During his experiments, the Marquis discovered new phenomenon, unknown to his mentor. The Marquis was working with a young peasant named Victor. Victor had a lung condition, which caused him extreme amounts of pain. Under magnetization, Victor fell into a state of relaxation, which was marked by the absence of his extreme pain.

While he was in the hypnotic state, Victor spoke. The Marquis realized the importance of this new phenomenon and began to experiment with it. He converted his patient's thoughts to peace and tranquility and suggested the absence of pain. Victor's pain diminished. The Marquis named this state of mind, Artificial Somnambulism; a state of mind similar to sleep produced artificially in an entirely awake person. During this state the thoughts and reactions of the patient are subject to the direct suggestion of the operator.

Dr. James Braid was a well-known surgeon in Manchester. He is known as the Father of the Scientific Evaluation of Hyp-notism. In 1841, Braid observed a public demonstration of magnetism and decided it was all an act. He was very curious and so he watched a second demonstration. This time the magnetizer convinced him beyond a doubt that the subject was under control.

Braid was a skeptic and a scientist. He dis-counted the magic fluid theories and decided that there was a physical cause. His theory was that a continued tiring of the sense of sight could paralyze optic nerve centers, causing a con-dition similar to sleep. Braid experimented with people, having them fix their gaze upon the neck of a vase. His subjects fell into a deep state of relaxation. Braid called this state of mind, "Hypnosis" and the method used to cause this state of mind, "Hypnotism". He coined these words from the Greek word "Hypnos" which

means sleep. Several years later, Braid decided that hypnosis was not sleep and tried to change the name to "Monoidealism". However, the term "Hypnosis" has stuck to this day.

Professor Azam, in France, duplicated Braid's experiments stressing the claim it was possible to produce anesthesia under which surgery could be performed with a minimum of pain and shock.

Over the following years there were several theories as to what hypnosis was actually all about. Eventually, it was found that hypnosis was based on indirect suggestion.

Myers introduced the Theory of The Subliminal Self, suggesting a sort of dual personality dwelling beneath the threshold of consciousness. This hypothesis eventually became known as the Theory of The Subconscious Mind

Hypnosis - The Truth Finally Revealed

The Definition Of Hypnosis

Hypnosis is a state of hyper-suggestibility where the conscious and subconscious (unconscious) minds dissociate. It is a state of mind where the subject is more likely to accept the operator's suggestions. That is the technical definition.

But a description rather than the definition of hypnosis may be easier to understand. In general, hypnosis is characterized as a state of increased relaxation where the conscious mind becomes subdued and ideas and suggestions can be introduced to the unconscious more easily. Notice that I said "in general," meaning for most people, but not everyone.

You have been in hypnosis often without even realizing it. Hypnosis is the alpha level of consciousness. You pass through this daydream like state as you fall asleep at night. And you pass through it again as you awaken in the morning. Research has proven that if you watch much television, you are in this alpha state for two-thirds of your viewing time. If you have ever watched a sad TV show and reacted with a tear in your eye, you have been hypnotized by the television.

You entered a state of increased suggestibility where you uncritically accepted the suggestion of sadness on the TV screen and reacted with a sad emotion, your tear. In other words your reasoning ability, which is contained in your conscious mind, was bypassed. You did not reason that the show was just a play; you accepted the action as being real. So you reacted with real emotion.

Who Can Be Hypnotized?

It has been found that all normal people are hypnotizable to a greater or lesser extent. People with less than a 70 I.Q., those of the moron level or lower, generally are not hypnotizable. People who are in an active state of psychosis generally are not hypnotizable. Most senile people are difficult or impossible to hypnotize.

I have found in my own private practice dealing with a large number of retired people, as old as 85 years of age, that hypnosis is a potent and beneficial method for most people. The person's motivation is the key to success.

Do I Have To Be A "Deep" Subject For Success?

For the therapeutic applications of hypnosis we most often deal with, depth of any kind is not required. You can be the lightest possible subject and still receive all of the benefits from hypnosis that the deepest subjects will obtain. I strongly feel that over the years, far too much

importance has been placed on how deep a subject is. If the subject is deep, it could be beneficial. This however, is not necessarily the case.

Actually, with the latest hypnotic techniques like Ericksonian Hypnosis and state of the art "NLP" (Neuro-Linguistic Programming), depth is one of the least important aspects, which contribute to success.

Are There Any Dangers In Hypnosis And Self-Hypnosis?

There are basically no dangers to the practice of self-hypnosis. It is impossible to "get stuck" in hypnosis. The worst thing that could possibly happen while a subject is in hypnosis is that she might fall into a natural state of sleep for 20 or 30 minutes. She would awaken rested and out of the state of hypnosis.

Misconceptions About Hypnosis

There are many misconceptions about hypnosis. Most of them are due to the stage and television acts. Ironically, it is because of the fact that the television can hypnotize you that these misconceptions are so strongly entrenched in people's mind.

Is Hypnosis Sleep?

The largest misconception about hypnosis is that it is sleep. Nothing could be further from the truth. If you are asleep, you are unconscious. If you are unconscious, you cannot hear anything. If you cannot hear anything, then the hypnotist cannot help you. Hypnosis is a state of keen awareness. The subject is wide-awake and aware of everything around her. This misconception stems from the stage hypnotist's use of the word "sleep" as analogous to the hypnotic state. When the old time hypnotist swung the watch in front of the subject's face, he told the subject that she was getting "sleepy." He then told the subject to go to sleep. What he meant was to go into a hypnotic sleep; not a natural sleep.

Is There A Hypnotized Feeling?

The second largest misconception is that there is a hypnotized feeling. There is no hypnotized feeling. I repeat, there is no hypnotized feeling. Most people feel very relaxed when in hypnosis, as relaxation seems to be the essence of hypnosis. Some people feel heavy. Some people feel light. Some people have other sensations and feelings. Other people have absolutely no feeling that they are in hypnosis, and believe they have not been hypnotized when they most definitely have.

Can The Hypnotist Control Me?

NO! The hypnotist cannot make you do anything against your will. There is always an observing ego state. Should the hypnotist make an offensive suggestion; this ego state would

reject the suggestion. You will probably come out of hypnosis if the hypnotist makes an offensive suggestion.

Can The Hypnotist Make Me Divulge All Of My Secrets?

You will not divulge any secrets under hypnosis unless you want to do so. The hypnotist does not have any control over the subject. Quite the contrary, the subject has more control over herself since at this time she has control over her own subconscious mind. The subject can easily reject any suggestion the hypnotist makes, no matter how simple or complicated the suggestion might be. The subject can open her eyes, emerge from the state of hypnosis, and walk out of the room at any time she chooses.

Must People Tell The Truth When In Hypnosis?

NO! People can lie when in hypnosis.

Do Hypnotists Have Special Powers And Vibrations?

This is a common misconception. The hypnotist does not have any special powers, nor does he have any special vibrations with which to hypnotize you. Actually, all hypnosis is self-hypnosis.

The hypnotist leads the subject into a state of hypnosis. In other words, the ability of hypnosis is in the subject.

Why Do People Fail To Reach Their Goals Using Hypnosis?

Perhaps the greatest reason for the inability to reach ones goals through hypnosis is an inadequate amount of practice where self-hypnosis is concerned. The greatest reason for the return of a symptom or "relapse" is the premature discontinuance of hypnosis with the Hypno-technician.

While self-hypnosis is important, it is generally the hetero-hypnosis with the hypnotist, which has the greatest impact upon the subconscious mind. This is because of the training and experience of the hypnotist vs. the lack of training and experience of the client.

Some people are penny wise and pound-foolish. They mentally set an amount of time, or money that they are willing to spend for help. And then they prematurely discontinue their sessions because, "I can't afford it." Or, "I didn't lose 50 Lbs. in two days." If a person or method is really helping one to make their desired changes, then it is priceless and it should be continued.

It is for this reason that follow up hypnosis is generally recommended even after a symptom seems to have disappeared completely. Self-hypnosis should be an ongoing affair on a daily basis. Ultimately, YOUR SUCCESS IS UP TO YOU!

Will I Be Better Off Hiring A Hypnotist, Or Will Purchasing A Recorded Program Work Better?

That is an excellent question. Normally I would recommend that you utilize the services of a reputable hypnotist. The reason is that by meeting with you, a good hypnotist /NLP'er will be able to customize his approach to your personality and your favored representational system - the way you favor taking in information through the senses to make sense out of it and react to it.

In my opinion, 99% of the recorded hypnosis programs available today are strictly Traditional Hypnosis, and consist of only one or maybe two sessions of it at that. Traditional Hypnosis is nothing more than a set of direct commands: "If you eat a brownie you'll barf." "You won't have cravings," etc. This technology has an exceptionally poor track record of success because everyone of our generation has been taught to question everything. That's why you, your friends, and your kids usually do the opposite of what they are told to do.

The programs available thru Neuro-VISION have overcome those shortcomings by utilizing a mix of Traditional Hypnosis, Ericksonian Hypnosis, NLP, and the Neuro-VISION Video Hypnosis technology. These are all technologies that are designed to eliminate the resistance factor. In fact, Neuro-VISION and the NLP technology that it's based on, do not utilize suggestion at all. They rely on using the thought processes that have created a problem, to eliminate it!

All of the Neuro-VISION programs are multi-session products. They all have six to eight different sessions, so you are exposed to a broad range of methodology. We don't use the one shot "one size fits all" -- "do-or-die" approach. It takes a lot of work to make this type of program, but the high success rates are well worth it.

Having private sessions with any Hypnotist / NLP'er who has enough experience to be able to actually help you can be very expensive. By contrast, purchasing any of the Neuro-VISION products is actually very reasonable, and you can repeat the sessions whenever you want to, for as long as you want to, or need to. For those who want a very personal experience, I can make a custom recording for you. I'll personally talk to you on the telephone for an hour or more to learn about you before I custom record your program.

We create our own reality by making the decisions that we make. So ultimately it is up to each of us to learn how to create the reality that we want, rather than the reality that we hate. Therefore, the next move is up to you.

The Strange Phenomena Of Hypnosis

There are many strange phenomena of hypnosis. Some of these are muscle catalepsy, positive and negative hallucinations, amnesia and anesthesia. These strange phenomena, that may be produced while a subject is in a hypnotic state, are directly related to the depth of hypnosis.

Depth of hypnosis can be visualized and imagined by comparing the hypnotic state to a swimming pool. Some people like to swim on the surface of the water, others like to swim under water anywhere between the surface and the bottom of the pool. Those people who swim on the surface are shallow subjects. Those who swim between the surface and bottom are anywhere from medium to deep hypnotic subjects. Generally the deeper a subject is in hypnosis, the more quickly the subject will accept post-hypnotic suggestions. Also, the deeper a subject is, the more phenomena of hypnosis that may be produced.

The following chart is broken up into six categories: Whereas Category (Depth) 1 would be the lightest state of hypnosis, Category (Depth) 6 would be the deepest possible state. This scale of depths is commonly referred to as the Aron's Scale, as the man who devised it is Harry Aron's.

<u>Depth</u>	<u>Phenomena</u>
NORMAL WAKING STATE	
1.	Eye catalepsy First level
2.	Arm and hand catalepsy Second level Small muscle group catalepsy
3.	All muscle groups catalepsy;
	a. Aphasia (name or number block)
4.	All of the above phenomena +
	a. Analgesia (light anesthesia)
	b. Positive olfactory and gustatory hallucinations
	c. Amnesia through strong direct suggestion
	d. Pseudo-age regression
	e. Automatic writing
5.	All of the above +
	a. Post-hypnotic amnesia without suggestion Anesthesia
	b. Positive hallucinations of all sensory perception
	c. Age regression
6.	All of the above +
	a. Negative sensory hallucinations
VERY DEEP HYPNOSIS	

The first four levels of hypnosis are termed mnesic or memory retaining levels. The fifth and sixth levels are amnesic levels in that generally a subject will emerge from hypnosis without any conscious memory of what took place during the session.

The fifth level of hypnosis is termed somnambulism. The sixth level is termed profound somnambulism. Less than 20 percent of the population is capable of reaching the somnambulist levels. Approximately 60 percent of the population fall into the medium depth levels of three and four, and approximately 20 percent of the population fall into the first and second levels of hypnosis.

The phenomena in level one, Eye Catalepsy, is defined as the inability to use the eyelid muscles through suggestion. Catalepsy refers to a rigidity of the muscles.

In the second level of hypnosis, more muscular control is gained in that arm and hand muscles may be made rigid or cataleptic through suggestion.

In the third level of hypnosis complete muscular control is gained in that any muscle group in the body may be made cataleptic through suggestion. This is the level which is necessary to make a person's entire body rigid so that he may be stretched between two chairs and then have heavy weights placed on his body as is done in many stage and television shows. However, I strongly urge you not to attempt any such demonstration. You are not invulnerable when in hypnosis. Even though the phenomena may be produced, there is no guarantee that you will not herniate a muscle or damage your spine.

Aphasia is the ability to block the pronunciation of a word such as a name or number. The subject is able to think the word in his mind but not pronounce it through his vocal chords.

In the fourth level of hypnosis, it may be suggested to a subject that he has forgotten his own name and he will. It may be suggested to him that he will have amnesia for any particular information and this will generally be the case. Automatic writing is a technique where a subject is consciously unaware of what his hand is writing. This is a technique which may be used to get suppressed or buried information from the subconscious mind.

Pseudo-age regression is a greatly increased recall of past events. It differs from true age regression in that there is not an actual re-living of the events with all the emotion that was originally encountered. Analgesia is a light anesthesia, a numb-ing where the sensation of pressure can be felt but pain has been eliminated. Positive olfactory and gustatory hallucinations refer to the fact that a person can actually taste or smell something, which does not exist at the moment through suggestion and imagination. Example: A person visualizes himself eating a tuna fish sandwich. He actually smells and tastes the tuna fish as he visualizes himself eating it.

In the fifth level of hypnosis, positive visual and auditory as well as kinesthetic hallucinations are possible. A subject can see things, which do not really exist. He can hear a bell ring through suggestion or feel something, which he is only hallucinating visually.

True age regression can be accomplished. The subject feels as though he has been placed in a time machine and believes that he is actually re-living previous experiences complete with all the emotion that he originally experienced.

In the sixth level of hypnosis, it is possible to produce negative hallucinations of all senses. Example: A person who stands in front of the subject becomes invisible; a loud noise is not heard; a table is not felt; an odor is not smelled or a food has no taste.

I would like to emphasize at this point that even though a subject may fail depth tests, this does not mean that the subject is not truly at that depth or that hypnosis is not a good method for self-improvement for that particular individual. The various depths of hypnosis are extremely arbitrary in that some subjects will pass some of the tests at a particular depth and fail others while they are able to pass depth tests for a deeper level. I am presenting this information to you solely as an education.

Hypnosis & NLP Formula For Success

Have you ever tried to eliminate a negative behavior, only to fail? There is a long list of common problem behaviors that people often try to change or eliminate. Perhaps the most common are: Overeating and weight loss; quitting smoking; giving up chewing tobacco; nail biting; increasing self-confidence; overcoming insomnia and sleeping better; improving memory; and managing stress.

What The Mind Causes, The Mind Can Cure

If you stop and think about it, all of these negative behaviors are the result of negative thinking. In other words, you think yourself into all of these behaviors, or at least you think yourself into feeling stressed, and that can cause these behaviors. And since you think yourself into these behaviors, you can think yourself out of them as well. But in order to successfully think yourself out of them, you will need to know the "Formula For Success."

Desire

You're probably reading this article because you want to change something about yourself. And that's convenient because the first element in the Formula For Success is that you must want or desire to change. If you have read this far, at least some part of you desires a change.

Belief Is Required For Motivation

Before anyone can change or eliminate a negative behavior, that person must be motivated to do so. Merely wanting a change is not sufficient. Motivation comes from what we believe. If we believe that something very important to us will get better or "become enhanced" if we make a change in our behavior, we will feel motivated.

Conversely, if we believe that something very important to us will be in jeopardy if we don't make a change in our behavior, we will also feel motivated to change.

Some simple examples of these beliefs would be: If I lose weight I'll be able to get a date or find someone to love me. If I quit smoking I'll be healthier and won't have to worry about cancer. If I stop biting my nails my hands will be a lot prettier. If I can improve my memory, I can graduate with honors.

Technologies That Can Create The Beliefs That Lead To Motivation

Neuro-Linguistic Programming - which is commonly known as NLP offers strategies that can instantly create the element of belief. You can learn more about this by reading the article "How To Get Motivated To Exercise Using Hypnosis And NLP."

Decision

The dictionary defines the word "Decision" as making up one's mind / a verdict or judgment. When you believe something that gives you a powerful feeling of motivation to make a change, you will feel compelled to make a decision to change or eliminate a negative behavior. Decision is the key that unlocks the door to taking action.

Action

The dictionary defines the word "Action" as an act or deed / to do or perform. Taking action means that rather than just thinking about making personal changes, you will actually take steps to bring about your desired changes.

Self-Talk

One of the reasons that most people fail to change or eliminate a negative behavior is because of their self-talk. Self-talk is important because very often it is part of what caused the negative behavior in the first place.

I'd like you to think about this for a moment. Let's say that you want to quit smoking. The first thing that you are likely to say or think to yourself is, "I'm not going to smoke anymore." It's common for people to tell themselves what they aren't going to do. Unfortunately, when we tell ourselves what we are not going to do, we are actually programming ourselves to do it!

Self-Talk Exercise

Say the following to yourself: I can't see blue. I can't see polka dots.

I'll bet your mind showed you the color blue, and then it showed you polka dots. That's because when we tell ourselves what we aren't going to do, or what we don't want to do, or what we won't do, in order to make sense of it our mind must show us doing what it is that we wish to stop doing.

And when we see ourselves in a behavior, our mind gives us a compulsion to generate that behavior.

Summary

In order to eliminate a negative behavior, we must first want or DESIRE to eliminate it. BELIEF is the element that leads us to MOTIVATION. MOTIVATION leads us to DECISION. DECISION is the key to ACTION.

NLP is a technology or "tool" that we can use to facilitate beliefs, motivation, decisions, and actions.

When we tell ourselves what we are not going to do, we make a mental picture of ourselves in the behavior that we want to eliminate. And that mental image gives us a compulsion to create the unwanted behavior.

So if we want to eliminate a negative behavior, rather than tell ourselves what we won't do, we must always tell ourselves what we will do.

To quit smoking say, "I can live without them."

To eliminate cravings for fattening food or to quit smokeless chewing tobacco say, "I can live without it."

To manage stress say, "I'm relaxed and calm, both mentally and physically."

To fall asleep quickly and overcome insomnia say, "I fall asleep promptly, and sleep soundly and restfully throughout the night."

Hypnosis, What Is It And How Does It Work?

The AMA accepted hypnosis in 1958 as an effective method for treating stress, and stress related symptoms. It's also used for the elimination of pain; to increase the ability to focus concentration to learn faster; eliminate irrational fears and phobias, and much more. But does it really work, and what should a person look for when seeking a therapist, or purchasing hypnosis tapes & CDs?

There are many different hypnotic methods that are used to reach the unconscious mind to invoke change. Each method has its strengths, and it's weaknesses. Every person is different, so it stands to reason that the best results will be obtained by utilizing the methods that each person will respond to.

The word hypnosis is a general term that is often improperly used. Hypnosis is a state of mind where the conscious mind becomes subdued, and one has greater access to the unconscious.

There are many different methods that are used to guide a person into this state of mind that we call "hypnosis." And once that person is in the hypnotic state, there are many different schools of "hypnotherapy." I'm going to define the word "Hypnotherapy" as the therapeutic methods that the hypnotist or hypnotherapist uses to treat the subject's symptoms.

Most hypnosis tape vendors offer programs that consist of standard traditional hypnosis techniques. A few vendors offer much more modern and effective Ericksonian hypnosis techniques. And fewer still offer NLP or Neuro-Linguistic Programming techniques. There is only one vendor that can offer the most modern and effective technique, which is called Neuro-VISION®. Neuro-VISION is a Video that utilizes the latest NLP mind patterns to produce instant change in an individual.

With "Traditional Hypnosis ("traditional hypnotherapy")," we simply make direct suggestions to the unconscious mind. In case you are wondering, as far as I'm concerned, the term unconscious, and subconscious are interchangeable - they refer to the same part of the mind. This type of hypnosis works well for someone who generally accepts what they are told without a lot of questions.

Most hypnosis tapes sold today are based on "**Traditional Hypnosis**" techniques. The reason for this is that it really doesn't take much training or experience to write a script and just tell someone what to do. Unfortunately Traditional Hypnosis is not very effective for people who are critical or analytical in their thinking processes.

By contrast, **Ericksonian Hypnotherapy and NLP** (Neuro-Linguistic Programming) Techniques work far better for most members of today's generation! This is because today people are taught to question everything, rather than just follow the flock. So these methods do work very well on people who are critical or analytical in their thinking processes.

These methods are much more effective at reaching and influencing the unconscious. However, it can take years of training, study, and most of all experience to learn how to apply these techniques effectively. This is a challenge that is only accepted by the truly dedicated Hypnotists.

With "**Ericksonian Hypnosis**," we use little stories, called metaphors, to present suggestions and ideas to the unconscious mind. This is a powerful and effective method, because it usually eliminates the blockage of and resistance to suggestions that is often caused by the conscious mind. There are two types of metaphors, "Isomorphic," and those of the imbedded command or "interspersal" nature.

Isomorphic metaphors offer direction to the unconscious by telling a story that offers up a moral. The unconscious draws a one-to-one relationship between elements of the story and elements of a problem situation or behavior. For example, if a child is telling a lot of lies, the parent might tell the child the story about the "Boy who cried wolf." The unconscious would draw a parallel between the boy in the story and the child, and realize that telling lies could lead to disaster, so the child would probably stop lying.

With the **Embedded Command technique**, the hypnotist tells an interesting story that engages and distracts the conscious mind. The story contains hidden direct suggestions that are usually accepted by the unconscious. For example: While the client is in hypnosis, he might hear the hypnotist say something like: I'm going to tell you a story about ...a beach that **has feelings. Isn't that ...strange to... you?** It's a warm summer's day, and... the beach **feels great.**

The hypnotist pauses, shifts his voice tonality, and emphasizes the bolded text. The unconscious recognizes a "Selectional restriction violation." Beaches can't have feelings. So it's like the unconscious says to itself: "Wait a minute, a beach can't feel anything, so that must mean that I'm supposed to feel great." Since the suggestions are embedded in a story that is distracting the conscious mind, it's unlikely that the conscious will realize that it has just received a command, so it won't block it or resist it.

Process Instructions direct the unconscious to find a memory of an appropriate learning experience from the past, and then apply that experience to making a change in the present.

With "**Neuro-Linguistic Programming**" (NLP), rather than using suggestions, we use the same thought patterns that are creating a problem, like an excessive appetite or stress, to eliminate the problem. NLP in the hands of an experienced practitioner can be very effective.

NLP Anchoring: Have you ever heard an old song and had it trigger feelings from the past? When you originally heard the song, you were feeling those feelings, and they unconsciously became attached to the sound of the song. So the song became an Anchor for the feelings. Now when you hear the song, it triggers the same feelings again.

Anchoring can be a very useful technique. Suppose that you have a memory of being commended for having done something well in the past. If you go back into that memory, you'll be able to recreate the feelings of self-esteem that you had at that time. If you touch two fingers together while you re-experience those feelings of self-esteem, that touch will become an anchor for the feelings of self-esteem.

Now suppose that you want to create motivation to stick to a diet and lose weight. If you make a mental image of yourself with a thin, sexy body, and simultaneously trigger the anchor - (press the two fingers together again), your unconscious will attach the feelings of self-esteem to the image of you with the thin body and your level of motivation to lose weight will increase dramatically.

NLP Flash: This is a very powerful Neuro-Linguistic Programming technique that can be used to "flip" things around in the unconscious, so that thoughts and experiences that used to trigger feelings of stress actually trigger relaxation instead.

The NLP Flash Technique is also extremely effective for extinguishing conditioned responses. For example: If a smoker has a cigarette while drinking coffee, his/her unconscious will pair the two behaviors together so that he/she automatically gets a craving for a cigarette anytime he/she has a cup of coffee. The Flash will cause the smoker's mind to disassociate the image of a cigarette from the cup of coffee so that he/she does NOT get an urge to smoke just because he/she is drinking coffee.

With "**Subliminal**" programs, the recording has two tracks. One track contains a cover sound that is heard by the conscious mind. The cover sound could be anything from music to nature sounds. The second track contains direct suggestions that are heard by the unconscious mind. These suggestions are repeated hundreds of times during a session.

Subliminal programs can be played in the background while you are working, or watching TV. You don't have to stop what you are doing and relax like you do with hypnosis or NLP.

Subliminals can be an addition to hypnotic programs. But Subliminals will never replace Hypnosis or NLP because they are not as effective! They don't even come close!! Some studies have claimed that it can take up to 80 hours of listening to a subliminal recording before it will have any effect on many people.

The last form of hypnosis that we're going to discuss is **Video Hypnosis**. Video hypnosis is the most effective form of hypnosis! The techniques used in the *Neuro-VISION*© videos are based on the Neuro-Linguistic Programming technology, which works based on the utilization of a person's existing thought processes instead of post-hypnotic suggestion.

Over 70% of the population learns much more quickly and easily by seeing, rather than by hearing. Think about it. If you feel an urge to eat or smoke when watching television, it's because your mind recorded the video image of either food in your hand, or a cigarette in your hand, and then associated that image, with the image of the TV. You never spoke to yourself and told yourself in words to associate them together, did you? And that's why the *Neuro-VISION* Video Hypnosis technology is so effective.

Have you ever watched a child sit mesmerized in front of a television, completely entranced by the images on the screen? If you have every tried to get the attention of a child in this state of mind you probably found they were oblivious to everything going on around them. The video image was so powerful, so compelling, that the child was literally HYPNOTIZED by it.

Video has an amazing ability to alter and compel behavior. TV advertisers have known this for years and have capitalized on it! Advertisers spend billions of dollars to send messages to you, convincing you to part with your hard-earned money to buy their "new and improved" shampoo or the New Year model SUV.

Video advertising works because it reaches your unconscious mind. You see it. You hear it. You also unconsciously accept the messages into the unquestioning part of your brain. Video

Hypnosis is not hypnotic in the traditional sense, relying on the spoken word. However, if you've ever cried when watching a sad movie, then you yourself know how effective video hypnosis can be at reaching the unconscious mind.

Thanks to computerized digital optics and *Neuro-VISION*, we can now apply hypnotic video technology to invoke desired behavioral changes in an effortless manner.

There Is A Secret Formula That Guarantees Success!

For most people, the road to personal change and self-improvement is a long and winding trail filled with difficult barriers. Drug companies in particular have capitalized on and created massive fortunes because of the elusive search for the "Magic Pill" that will fix everything. As it turns out, there is a secret formula for success, and it begins in the human mind.

One of the presuppositions of NLP (Neuro-Linguistic Programming) is that "there is a positive intention behind all behaviors." And based on that presupposition, when it comes to successfully eliminating negative behaviors, there is formula that we must always keep in mind. I'll let you in on the secret in a minute. But first, I have a riddle for you to solve.

Riddle: A minister made his son drink lye, which burned out his vocal chords. What was the positive intention behind his behavior?

If you are like 99.9% of the clients who have come into my office since 1978, you'll indignantly say something like: "There's no positive intention behind that behavior." But you would be 100% wrong. To answer this riddle, first you have to separate the behavior from the positive intention of the behavior.

The minister's son was cursing. And the minister believes that if a person curses, his soul will be condemned to Hell. So the answer is that the minister was burning out his son's voice box so that he couldn't curse. So he was saving his son's soul from being condemned to Hell.

The secret formula for success works as follows:

We must always respect the positive intent behind every behavior. If we have a compulsion to use a behavior that we don't like, we can easily get rid of the compulsion to use that behavior providing we find another behavior to substitute in it's place that is as effective and available at accomplishing the same outcome, but is more consciously acceptable to you. This is called a **Reframe**.

When clients come into my office, one of the first things that I do is to take a thorough case history. Let's say that they come in and ask me to help them overcome their appetite.

Conventional wisdom tells us that the two main reasons that people eat excessively are: (1) for relaxation and pleasure; (2) because eating can be a conditioned response. For instance, if a person eats while they are watching TV, they will develop a conditioned response, and thereafter, every time they sit down to watch TV, they'll get cravings and an urge to eat.

However, the above answer only takes into consideration the possible positive intention behind the eating behavior. What if they also have another behavior that is involved in the equation? For example: What if being fat is also a behavior for this person? I can hear your mind grinding right now as you think, "Being fat isn't a behavior, it's just the outcome of eating too much. You are crazy!"

Sorry but you could be 100% wrong. Remember the rule: There is a positive intention behind all behaviors. Here is one simple classic textbook example that will illustrate the fact that being fat can be a behavior. It can be a behavior because it can accomplish positive outcomes.

Example: A woman is deeply in love. Her boyfriend breaks up with her, and breaks her heart. Her unconscious mind wants to protect her emotionally and prevent her from having her heart broken again. So it motivates her to get fat to keep her out of relationships. That way she won't get her heart broken again. The point is that everyone is totally different. And sometimes there are hidden elements at work causing compulsive behaviors. These are elements that are different for each person.

Here is another example: A woman comes into my office complaining of an uncontrollable urge to overeat at dinnertime. During my case history, upon questioning, the woman explains how she was never been able to satisfy her father.

We did an age regression, and one of her earliest memories was of eating dinner with the family. And dad was insisting in a very loud voice that she clean her plate, even though she was full. So she cleaned her plate out of fear, and dad commended her for eating everything. It was one of the only times in her life that she could recall her dad telling her that he was happy with her.

Shoot forward to present day. Dad's been dead for years, but the unconscious program he installed is still working. She still has a compulsion to clean her plate, even if she is feeling stuffed, because by cleaning the plate she is getting dad's approval, and eliminating her fear!

So if you are having a problem making personal changes, keep in mind that there is a positive intention behind all behaviors. And keep in mind "The secret formula for success," its called Reframing.

Reframing is normally an NLP technique. But it can also be induced hypnotically using Ericksonian process instructions. It's one of the many techniques that are utilized in the Neuro-VISION audio programs.

To clarify, in the case of compulsive overeating: We ask the unconscious to assume the responsibility for finding another behavior to substitute in place of being fat, that is as effective and available at accomplishing the same outcome, but is more consciously acceptable to you. This is called a **Reframe**.

Abort Asthma Attacks With Self-Hypnosis

Allergies are one of the most common medical disorders affecting Americans today. An allergy is an immune system response to an environmental stimulus. The body incorrectly identifies the stimulus as harmful, and attempts to protect it, causing the symptoms of allergic reaction. The most common symptoms include a running or itching nose, irritated eyes, coughing and wheezing.

One very prevalent type of allergy is asthma. It is a chronic allergy that directly affects the lungs and air passageways in the body. The airways are easily aggravated by allergens and a thick lining of mucus builds up. Allergens and other stimuli can bring on an asthma attack, including temperature changes, humidity changes, smoke and pollen. Typically, an asthma attack consists of a number of respiratory symptoms, including coughing, wheezing, chest tightness and difficulty breathing. Another asthma symptom is shortness of breath.

Symptoms of an asthma attack are caused by the airways reacting to the allergen or trigger. When exposed to a trigger, the airway becomes irritated and constricts, causing the respiratory symptoms. These symptoms can range from mild to life threatening, depending on the severity of the allergy. Any asthma symptom can be frightening, and should be taken seriously.

Asthma is most often diagnosed in childhood, as symptoms tend to manifest by the age of 5. Currently, it affects around 10% - 12% of all children, and has been steadily increasing. There is no definitive known reason for the increase, but risk factors include exposure to cigarette smoke, other allergies and a history of other respiratory infections. Also, the odds of being diagnosed are increased in males and African Americans.

Presently, there are many types of asthma medication and treatments that can effectively reduce symptoms. Two main types of asthma medication are fast-acting medicine to treat symptoms during an attack, and controlling medicine, which is taken regularly to reduce the chance of having an attack. Short-acting Beta-2 Antagonists (SABAs) are bronchodilators, which is a type of fast-acting medication that helps to open air passages and ease the symptoms of an attack, and are typically administered through asthma inhalers. This type of medicine does not treat the inflammation that causes an attack, but is effective when taken during an attack, and will last for three to six hours after administered.

Controlling asthma medication is taken regularly and treats the underlying causes of attacks. The most common types of this medicine are asthma inhalers containing a steroid that reduces inflammation in the airways and lungs and Long-Acting Beta-2 Antagonists

(LABAs). The effects of long-acting asthma inhalers typically last for twelve hours, and can help reduce the number of attacks that occur during sleep. Many pharmaceutical medications have very severe side effects for some people.

One type of asthma treatment, alternative therapy, is currently becoming more popular. Some alternative approaches focus solely on preventative care, such as not smoking during pregnancy or around children, incorporating a selenium-rich diet or removing sources of allergens in the home. Other treatments include losing weight, increasing Omega-3 consumption, decreasing Omega-6 consumption, acupuncture, relaxation techniques and hypnotherapy. It is important to note that any type of alternative therapy is intended to be used in conjunction with medical advice, as fast-acting medications are often required for an acute asthma attack.

One treatment program that is becoming more popular is hypnosis or hypnotherapy. Hypnosis treatment for asthma has the goal of causing relaxation, which can help to prevent or reduce your symptoms when having an attack. Other alternative types of asthma treatment also employ relaxation as a way to combat symptoms, such as with meditation programs.

Using hypnosis, the individual can treat the emotional aspects of an attack, which have the ability to make it much more severe. It is only human nature to become scared or feel threatened when we feel our air supply being cut off. This instinctual reaction actually can and will heighten the severity of an attack. Similar feelings of fear and apprehension about having an attack can actually bring on an attack. These emotional causes and reactions are handled with the asthma treatment method of self-hypnosis.

Self-hypnosis has been proven to be extremely effective asthma treatment. With a trained hypnotist, or using one of the many hypnosis asthma CDs available, an individual can slowly slide into a relaxing state, and begin to take control over their own body. One of the most effective techniques is to learn how to use self-hypnosis to actually abort an impending asthma attack. The self-hypnosis method of asthma treatment is enormously successful, and can work well for those who cannot take or do not want to take prescription medication regularly. Which asthma treatment you choose depends both on the severity of your symptoms and what type of treatment works well for your symptoms.

[Learn about Hypnosis & NLP CDs to decrease or abort Asthma Attacks](#)

Medical Research And Weight Loss Hypnosis For Success

Medical science research at Tufts-New England Medical Center has proven that all diets are effective if you can stick to them. Atkins - low carb; The Zone - low glycemic index; Ornish - low fat; Weight Watchers - low calorie.

But researchers have also proven that almost no one can stick to any diet because of his or her appetite. So to be successful with a diet, weight loss requires appetite suppression.

Webster's Dictionary defines "Appetite" as: "The desire for gratification of some want, craving, or passion." So "appetite" is eating and drinking for relaxation and pleasure.

Many people confuse appetite with hunger. Hunger is defined as "The body's call for nourishment." In other words, when the body needs sustenance, that's when you feel genuine hunger. By that differentiation, it is almost impossible for a person who is overweight to "be hungry."

However, it is possible for you to have feelings that you interpret as "hunger." And the stomach contracting in expectation of being fed causes those feelings.

When you were an infant and you became cranky, your mother would put a bottle into your mouth to calm you down. You would get distracted, become calmer and often go to sleep. That sequence of events was repeated hundreds of times so that your unconscious mind was programmed: When something goes into your mouth, you get relaxation and pleasure from it.

Now that you are an adult, if you feel tense or anxious, you crave something in your mouth for relaxation and pleasure - food!

People Also Get Cravings and Urges Because Of Conditioning.

When you associate consuming food with any other action, the other activity will trigger cravings for food and a compulsion to eat. This is called a conditioned response. For example: If you eat when you drive your car, you will automatically get an urge to eat each time you drive your car.

What About Compulsive Overeaters Who Eat Because Of Emotional Reasons?

We define a compulsion as an "irresistible impulse." One of the presuppositions of NLP is: All behaviors are driven by a positive intention. In other words, our mind only motivates behaviors that benefit or protect us in some way. So in NLP terms, being fat is a behavior when it provides a positive outcome for us.

You must be wondering what the possible positive outcomes of being fat could possibly be. The list is as long as the list of people who have an appetite that is out of control. But I'll give you a classic example: A person gets their heart broken in a relationship. So to protect the self from getting the heart broken again, the unconscious motivates the self to become fat to keep the self out of relationships and prevent another broken heart.

A big secret to suppressing your appetite is called reframing. With an NLP six-step weight loss reframe, we respect the fact that the unconscious is pushing us to consume extra food for relaxation and pleasure. And if we are eating compulsively because being fat is protecting us, we respect that also.

In an NLP reframe we compromise with our subconscious mind. In the scenario of eating for relaxation and pleasure, we ask our subconscious to assume the responsibility for substituting some other behaviors. The alternate behaviors must be as effective and available at providing the same relaxation and pleasure. But they must also be more acceptable to us on a conscious level. When the unconscious is motivating us into alternate behaviors that provide the relaxation and pleasure that we require - we lose our appetite on this score.

If you are an emotional eater we do an additional reframe. We ask your unconscious mind to assume responsibility for finding new behaviors in place of being overweight. These new behaviors must be as effective and available at providing the same positive outcomes. But they must be behaviors that are more consciously acceptable to you. When your subconscious mind is motivating you into alternate behaviors that provide the same protections that you require, you lose the urge to overeat.

As far as feeling cravings because of conditioning (conditioned responses), we utilize various NLP and hypnotic techniques that erase those conditioned responses. That breaks the connection between the behaviors, and dissolves the urges and feelings of compulsion.

As soon as your appetite has been eliminated and any compulsion to overeat has been dealt with, you can easily stick to any diet that you chose on an indefinite basis so that it becomes a permanent lifestyle change.

Compulsive overeating and appetite suppression is a complex topic. I can only broach the surface of it in this article. You can read several additional articles on this topic on the Neuro-VISION website.

[Learn about Hypnosis & NLP CDs for Weight Loss](#)

Weight Loss Through Appetite Suppression Using Hypnosis CD's

Weight loss is the decrease of bodily fluids, fat, adipose tissues and lean mass leading to a reduction of your body weight. Appetite is a desire to eat and drink for pleasure. It significantly differs from hunger, because hunger is felt when your body doesn't have enough reserves to sustain itself and therefore calls for nourishment.

Appetite is often mistaken for hunger, but they are two different things with different causes. Hunger is a natural signal that your body needs nourishment and it would be unhealthy to try to fight it. Appetite, however, is mostly triggered by psychological factors and does not respond to any physical need.

Indeed, stimulation of the mouth is a source of comfort and pleasure, which is why some people like to chew gum for example. It is the same reason that might explain why people like to have a cigarette in their mouths, or why they can feel hunger without actually needing to eat.

This comfort and pleasure might be unconsciously sought after by the mind when experiencing a stressful situation, which is why stress and anxiety can often create the urge to eat. Our mind also often unconsciously associates two actions together, so that every time you do one of these actions your brain creates the urge to do the other at the same time. Thus you might feel the urge to eat when around friends, sitting at a table or watching TV. Weight gain is also a common side effect of many drugs.

Even a small appetite problem can be seriously disabling and a potential health hazard. Not only can it make you increasingly self-conscious about your body and appearance, it may endanger your health on the long term. Excessive appetite can cause obesity, respiratory difficulties, musculoskeletal problems, high blood pressure, cholesterol and life threatening conditions such as cancer, diabetes and gallbladder disease.

Having control over your appetite would allow you to easily get back in shape and get significantly healthier. You would not have to constantly worry about dieting anymore, nor about the nutritional properties of your food. You will be able to eat what you want, when you decide to.

Many different drugs claiming to help control appetite or lose weight have been put on the market over the past few years. A lot of these miracle pills will at best only have a placebo

effect. Others have shown better results but sometimes had to be withdrawn from the market because of their dangerous side effects. Most of these drugs have a chemical structure similar to that of amphetamines and present the same dangers. But there are also natural ways of achieving weight loss that do not have any adverse effects, such as weight loss through hypnotherapy.

Most people will tell you that only diet or exercise are effective ways of losing weight. This is true to a certain extent, but it is nearly impossible for an active person to stick to a diet or find the time to exercise and it is also hard to find the necessary motivation. Moreover, neither dieting nor exercise can fight the psychological factors triggering appetite. This means they will not reduce your appetite, and that you will have to suffer from this urge to eat all the time, without being able to satisfy it.

This is why weight loss hypnosis has seduced many people trying to lose weight. Weight loss through hypnosis CD's will work on a psychological level and can help you lose your appetite. But hypnotherapy weight loss CD's can also give you the willpower you need to go out and exercise. Through suggestion, weight loss hypnosis will help you find this motivation effortless!

Weight loss hypnosis allows you to reduce your appetite in order to lose weight. This means it will be much easier to lose weight because weight loss through hypnosis will help you to eliminate the cravings for unnecessary nourishment. With hypnotism for weight loss, your unconscious mind will be programmed to adopt the eating behavior of a naturally thin person. In other words, weight loss hypnosis will use the power of your unconscious to alter your eating habits.

Weight loss hypnosis sessions can eliminate the unconscious associations which can trigger the urge to eat, and will induce appetite reduction. Self-hypnosis weight loss, like all methods using hypnosis, will also allow you to become much more relaxed. Weight loss through hypnosis can thus quickly relieve you from any urge to eat that might be caused by anxiety.

To summarize: Even though appetite is often mistaken for hunger, it does not respond to any physical need for nourishment but is strongly influenced by our emotional state. As such, weight loss hypnosis is much more effective than diets that only focus on physical factors. And unlike drugs, it is free of adverse side effects. Weight loss through hypnosis is a safe, efficient and effortless way to gain control over your appetite and lose weight.

[Learn about Hypnosis & NLP CDs for Weight Loss](#)

Mental Depression And How To Talk Yourself Out Of It

Some people call it the 'blues' and some people call it the 'pits' and some just call it 'feeling down in the dumps'. But whatever you call it, it doesn't feel very good at all.

The Most Common Types Of Depression:

Major Depression, which is characterized by a sad mood, sleep disorders, and the lack of desire for food. Often when a person is in a major depression, there is a total lack of motivation and drive and the sufferer doesn't want to participate in life. Some people are completely disabled by depression, and some even consider suicide.

Dysthymia: This is a less severe form of long-term depression that generally does not totally disable the individual. But it prevents the person from feeling motivated and functioning at optimum levels. Sometimes people who are suffering with Dysthymia also suffer from Major Depression, and when this occurs it is referred to as double-depression.

Manic Depression is also known as Bipolar Disorder. This type of depression is less common than the first two. It involves cycles of the Manic state, alternated with the depressed state. This is often a long-term recurring disorder. Sometimes the mood swings are very rapid. But more often they tend to be gradual.

There are many variations of depression; the above are only the three most common.

Some of the symptoms of depression are:

Sadness; anxiety; pessimism; Insomnia and sleep disorders; guilt; feelings of worthlessness; weight loss; fatigue; restlessness; headaches; pain; and thoughts of suicide.

Sources of Depression:

Some types of depression run in families. Living in a stressful environment can lead to a depression. A trauma such as a serious loss, financial problems, or problems in a relationship can also precipitate a depression.

Women are twice as likely to become depressed as men are, but scientists do not know why.

If you are suffering from depression, you will want to consult with your physician. He may prescribe drugs for you. But you should keep in mind that every drug has side effects.

Wouldn't it be amazing if you could control and eliminate your depression just by thinking certain thoughts? I know that this might sound too simple, but very often, various types of depression are simply caused by thinking negative thoughts.

Don't believe me? Then test it out! It's really quite basic and simple. Just use your imagination to think about something that you find very sad or troubling. Go ahead, think about it right now! Then come back to this article.

Okay, so what happened? If you really got into it and visualized the sad situation, you began to feel sad and a little depressed. And the longer you allow yourself to stay in that thought pattern, the sadder you will feel. As you stay in those thoughts and keep feeling sadder, you lead yourself into a gradually deepening depression.

The good news is that if you think about a happy memory, then you will displace that sadness and depression and replace it with happy feelings. Listen closely now, because here are the solutions to eliminating your depression: Our persistent thoughts spring forth from our unconscious mind. These are the thoughts that we find ourselves automatically thinking about throughout the day.

If the persistent thoughts that keep popping into your head are about your problems or sad experiences, then you increase your levels of stress, anxiety, and depression.

Now here is the 'Light at the end of the tunnel': Since hypnosis is a medium that we can use to change our unconscious thoughts, my NLP and self hypnosis stress management CD's will rapidly alter the way that you think, feel, and behave. The beauty here is that the same exact techniques that work for stress management also work just as well for eliminating depression!

Listen to me now, because I'm going to tell you exactly why and how it's going to happen. Hypnosis is a natural state of mind. Actually, it's the Alpha state of consciousness. We pass through the Alpha state as we fall asleep at night. And we pass through it again as we awaken in the morning. We also enter the Alpha state when we are imagining and daydreaming.

The unconscious mind is the seat of our emotions, and it's like a computer; the input controls the output! Hypnotherapy is an excellent tool for reaching directly into the unconscious mind and reprogramming it to automatically divert away from negative thoughts, and towards positive thoughts. It's a tool that allows you to bypass the consciousness to create positive expectations, which will then create positive feelings. You can overcome depression through hypnotherapy.

[Learn about using Hypnosis & NLP CDs to cure Depression](#)

Exercise for Weight Loss and How To Sustain Self-Motivation

If you've already made the difficult decision to lose weight - congratulations! For many people, making the commitment to their own well-being is the hardest part. But despite self-motivation, many people find they don't know what exercises to do for weight loss.

There are three major types of exercise: aerobic exercise, such as walking, running, biking; flexibility exercises, such as yoga and other forms of stretching; and strength training, including weight lifting and resistance exercises.

Of the three types, aerobic and strength training will help you burn the most calories. Since weight loss is dependant on either taking in less calories or burning more, it's best to focus on these at first to ensure your self-motivation continues as you drop pounds.

Fitness experts generally agree that 30 minutes of aerobic exercise three times a week should be your initial goal, but it needn't be continuous: two 15-minute blocks works equally well. You can build up the time and frequency as you progress.

But many people whose self-motivation has urged them to begin an exercise for weight loss program often overlook the importance of strength training. Aerobic exercise will burn more calories at first, but weight lifting will increase your muscle mass, and muscle burns more calories than fat. In fact, a pound of muscle requires 35 calories a day to function at rest; a pound of fat requires just two calories for the same function.

The fitness consensus used to believe that to "build" muscle, you should do fewer reps (3-5) at higher weights, and to simply "tone," doing higher reps (12-15) at lower weights was best. But the fact is that there's no such thing as "toning." The definition that comes with what's mistakenly called toning happens because you have lost the layer of fat covering your muscle, making it more visible. The size of the muscle underneath depends on how strenuously you strength train.

The tenet of strength training is that you must "tear down" the muscle so it can rebuild and repair itself afterward. In fact, you don't build muscle while you're working out but rather in the days afterward when it's "resting."

The general rule for strength training is that you should begin with three sets of 8-12 reps at a weight that leaves your muscle group nearly incapable of completing one more rep at the end

of the set. Then you can rest for 30 seconds to a minute before beginning your next set. Don't be discouraged if you're not able to do all of the reps on every set. In fact, you can use that to help you gauge when to add weight to your sets. If you find you are completing each set of reps without any muscle strain, you will want to add weight.

Self-motivation is what compelled you to begin your quest in the first place, but many people have a difficult time sustaining the pace. It helps to know that the source of each of our motivations is a belief. Think about it: If you did not believe that the gnawing sensation in your stomach meant that you were hungry, you would not feel motivated to eat.

Figuring out what ideas motivate you is imperative to sustaining commitment to weight loss, because when you feel powerfully motivated, you will exercise consistently.

Thanks to NLP (Neuro-Linguistic Programming), a form of hypnosis that can be used to create exercise motivation, it's a lot easier to learn how to believe these new ideas than you probably think. You may have a desire to exercise for weight loss but, over time, that desire by itself probably won't be enough to keep you going. And exercise hypnosis motivation therapy can help.

Your first task is to figure out the most important things in your life. We call these things highly valued criteria. Your most highly valued criteria are usually intangibles; money wouldn't be highly valued criteria, but the freedom, fun, or security that money can provide would be.

Next, figure out what you need to believe to feel motivated to exercise. For this step, it's important to remember that logic has nothing to do with belief. Things don't have to be logical for you to believe them. As a matter of fact, they rarely are.

Just figure out what you need to believe to feel motivated to exercise no matter how ridiculous it may sound. When you have, you may find you already have a belief that contradicts this new idea. That's okay.

While it's valuable to understand what motivates us, exercise hypnosis motivation therapy can put these ideas to work for you to ensure that your self-motivation endures. Hypnosis for motivation does this by modifying the computer codes in your brain so you actually believe these motivational ideas.

Our belief systems are based in our unconscious mind. The unconscious is like a computer, and computers don't reason. The input controls the output. The NLP techniques used in exercise hypnosis motivation therapy can make you believe almost anything.

You start out by making a picture in your mind that illustrates something that you already believe, such as, "I love my children." Then you learn how to calibrate the elements or 'Submodalities' of that mental belief picture.

Next you make a mental picture that illustrates your motivational idea. Let's say you're your motivational idea is, "If I exercise, then I'll look great and my marriage will improve." Then you learn how to adjust the Submodalities of this mental image to match the Submodalities in your calibrated belief picture. It's just that easy. Conversely, if you have a belief that is holding you back, you can use the same technique to change that belief to doubt.

Hypnosis for motivation that uses NLP can give you something of an internal personal trainer. Using an exercise hypnosis motivation program ensures that the enthusiasm you began your weight loss goals with stays with you until you reach your objective and then helps you maintain that objective.

[Learn about using Hypnosis & NLP CDs to build motivation](#)

Facial Tics and Facial Twitches: How To Eliminate Them

Facial tics are brief, repetitive, sporadic spasms of facial muscles. They can be extremely diverse, but the most common ones are eye blinking, facial grimacing, mouth twitches, nose wrinkling, squinting as well as throat clearing and grunting. Such tics are often symptomatic of nervous disorders such as Tourette syndrome. They usually occur during childhood and can disappear within a few weeks, but some may last indefinitely.

The causes of facial tics are still poorly understood, but some things are thought to trigger or worsen the symptoms. Tics can be caused by some nutritional deficiencies such as a lack of magnesium, but they can also very often be symptoms of other conditions such as Tourette syndrome, whose causes are most likely neurological, and, to a certain extent, genetically inherited. Stress and anxiety have also been shown to provoke and significantly increase the frequency of facial tics.

Facial tics can be hard to live with especially for children. Teachers, schoolmates and even sometimes parents, might not understand how difficult it is to hold back the tics, especially for a long period of time such as a class. People will most often just ask the child to "quit it", or might even mock him or her for having tics.

From eye blinking to facial grimaces, tics always feel inappropriate and embarrassing for both children and adults. It is also exhausting to have to try to control them all the time. This obsession can cause you to become overly self-critical or to lose self-confidence and can lead to social anxiety.

It is however possible to get rid of this embarrassment and to avoid people's awkward stares. There are ways to considerably reduce, and sometimes totally cure, facial tics, in order to restore your peace of mind and enjoy a fully normal life. You would never have to worry again about facial grimaces or controlling any of those annoying twitches.

Facial tics are usually left untreated or, in some severe cases if the tics are proven to be caused by Tourette syndrome, patients may be given antipsychotics, which are also used to treat conditions such as schizophrenia, attention deficit disorder or obsessive-compulsive disorders. These drugs were not designed to cure facial tics in particular and may not always be efficient.

Furthermore, they are well known for their numerous adverse effects both on the short and long term. Depression, insomnia, weight gain, sexual dysfunction, anxiety are only a few of the numerous undesirable side effects which can be caused by such drugs. Some of them can

even worsen tics in the long run! But there are however other ways of dealing with facial tics that are entirely natural and free of negative side effects.

Methods that use hypnosis and NLP (Neuro-Linguistic Programming) have been designed particularly for the purpose of treating facial tics. They can help you reduce them over time. In order to understand why these methods works it is important to remember that tics are not a purely physical disorder and are not entirely involuntary either. They are a response to an unconscious urge to perform the movement of the tic. This urge unpleasantly builds up as you try to hold back from performing the movement. Such urges also increase in both frequency and intensity when the patient feels stress or anxiety or when placed in certain situations.

Facial tics are a way to relieve pressure when you are feeling anxious or are placed in a stressful environment. This unconscious association can be cured with hypnosis and NLP because they are able to change the behavior your unconscious mind triggers when facing certain situations. In severe cases, the therapist will eliminate the facial tic by suggesting the unconscious make you twitch your toe instead. When the toe twitches it is not visible or apparent to the people around you. Hypnosis also allows you to become much more relaxed overall, so it is a stress relieving experience. It will help you get rid of both the stress and anxiety that worsen facial tics.

Facial tics come in many different forms: nose wrinkling, eye blinking, squinting, mouth twitches, facial grimacing, grunting or throat clearing. If tics have physiological causes, there is also as we have seen, very strong emotional factors. Stress and anxiety are doubtlessly the most important of these factors. Tics have their roots in the unconscious mind as a response to states of stress or anxiety; with self-hypnosis and NLP you will be able to alter this association. Stress and anxiety can also be effectively fought on the long term with the relaxing, stress relieving methods of hypnotherapy, which will considerably reduce the occurrence of facial tics.

[Learn about using Hypnosis & NLP CDs to eliminate facial tics](#)

How to Overcome Insomnia in 8 Quick Steps

Insomnia is one of the more common symptoms of stress and depression. While clients come to my office with a wide range of symptoms to eliminate, most of them have a sleep disturbance in addition to the symptom they have come to eliminate. Whether you have had a hard time falling asleep, or you fall asleep promptly and then awaken later and are unable to fall asleep again, you have insomnia.

There Are Four Types Of Insomnia

Psycho-reactive Insomnia: This is caused by tension. The subject gets into bed and begins to think about the activities that went on throughout his day. He may think about what he has to do tomorrow. He may be thinking about some other problem. His mind is keeping him awake with worry. In addition, he may begin to worry about getting to sleep because he has to waken in the morning. He may worry that he may become ill or die from lack of sleep.

Endogenous Insomnia: This is caused by a discomfort within the body ranging from indigestion to pain.

Exogenous Insomnia: This is caused by external disturbances such as noise or a partner's snoring. This is the easiest type of insomnia to cure.

Functional Insomnia: This is caused by a functional problem in the subject's sleep-wakefulness center in the brain.

Psycho-Reactive Insomnia: This is caused by stress and worry.

Many people have had insomnia of such long-standing that they also develop an irrational fear or phobia of getting into bed. They are afraid to get into bed because they expect to lie awake. This negative expectancy will bring about insomnia all by itself. An understanding of the human organism is the first pre-requisite in bringing about a cure to insomnia.

1. No one has ever died from or become ill from lack of sleep. The body and mind will get at least the minimum amount of sleep that it needs, no matter what. If you lose some sleep one night, the next night you will get some additional sleep to make up the loss.
2. We all have an internal clock. This internal clock brings about an apex of fatigue in cycles. Although the cycle is different in each individual, it generally runs between four and six hours. In other words, every four to six hours, you will have an apex of fatigue, and this will be when it will be easiest for you to fall asleep. After the apex of

3. fatigue, you will experience a renewed feeling of energy and at this time it will be quite difficult to fall asleep.
4. Although subjects complain of not having slept a wink all night, it has been proven in sleep laboratories that we all sleep during the night. Sometimes the subject feels that he has been lying awake thinking, but actually he has been sleeping lightly -and dreaming.
5. Trying to fall asleep: There is a law of nature called The Law of Reversed Effect. It says that if you try to do something, you will get the opposite. The harder you try, the more you will get the opposite. So, trying to fall asleep will insure that you will remain awake. It would be better for you to try to remain awake!
6. Alcohol will put you to sleep: This may be true; as alcohol is a depressant. However, as soon as it wears off, you will abruptly awaken and it will be harder than ever to fall asleep.
7. Sleeping pills can help: During sleep it is the dream phase of sleep in which you get your rest. Sleeping pills suppress the dream phase of sleep. That is why one generally awakens more tired than before going to sleep after using sleeping pills. You will get more rest by lying awake quietly than you will from narcotic induced sleep. In addition, one builds up a tolerance to this type of medication so that more and more is needed. In addition to the tolerance, an addiction to this type of medication is also likely.

Effecting A Cure

1. Find out when your time of greatest fatigue is in the evening. At least an hour before your time of greatest fatigue, take a warm bath, slightly warmer than body temperature, soak and relax for 20 minutes or so. (It is important to note that a shower just won't do.) A bath is strongly recommended.
2. Have a warm beverage, preferably not coffee or tea.
3. Discontinue thoughts of problems that you have, or what needs to be done tomorrow. If you are worried about forgetting what you have to do tomorrow, write it down.
4. Stay away from stimulating thoughts and television shows. If you must read, then read something that is boring.
5. Reserve your bed for sleep. Do reading and television watching from a chair only.
6. Get into bed at least 20 minutes before your apex of maximum fatigue. Once in bed, if worries begin to pop into your mind, tell yourself, "I'll think about it tomorrow, I'll think about it tomorrow". This will go a long way toward eliminating excessive thoughts and can be repeated several times. Do not try to make your mind blank. Do not try to fall asleep. Just allow yourself to rest.
7. For Endogenous Insomnia, you should eliminate the discomfort to the best of your ability.

8. For Exogenous Insomnia, make the room as quiet as possible. If your partner snores, you can move to another room. Running a fan motor can also help in-duce sleep as it will tend to cover up outside noises and the monotonous drone of the fan generally proves to be very relaxing.

Hypnotic Therapy For Psycho-Reactive And Functional Insomnia

In addition to the steps outlined above, you will want to practice self-hypnosis every day. To that end, Alan B. Densky has created his exceptionally powerful "Sleep Like A Baby!" program. This program combines together Traditional Hypnosis, Ericksonian Hypnosis, and NLP techniques, and it has produced a near 100% success rate.

It is important to note that if you are doing self-hypnosis for some other symptom, the insomnia will probably go away all by itself within a week or two. In at least 75 percent of the cases that I treat, insomnia dissipates without any direct suggestions.

If, however, you have been working on another problem for a week or two and your in-somnia has not gone away by itself, it is recommended that you discontinue the hypnotic therapy for the other problem at this time and work on the insomnia instead. Work on one problem at a time.

This does not mean that if you are on a diet, you should discontinue the diet. It merely means discontinue the hypnotic therapy for the diet until the insomnia has been eliminated.

[Learn about using Hypnosis & NLP CDs to eliminate Insomnia](#)

Increase Concentration and Recall, Overcome Test Anxiety

Many bright children get school grades that just don't seem to reflect their intelligence. They do their homework, participate in class, but still get lousy test grades. Parents often mistake poor performance on tests for lack of study and preparation, but this frequently is not the case. Often, test anxiety is a primary source of poor grades.

Students who experience test anxiety may study at home until they can recite the answers to potential test questions backwards and forwards. But when they walk into the classroom and sit down to take the test, their minds freeze. They are unable to recall the information that, only a moment before, was clear in their minds. They experience performance anxiety, and can focus on nothing but the possibility of failure.

Hypnosis to improve memory and recall has been a successful method for helping parents assist their children to overcome test anxiety. Standard techniques, such as self-hypnosis

memory improvement, may work well for older students who are not overly analytical or critical thinkers. These programs, which are able to help students improve memory and recall and decrease their test anxiety, are widely available.

Those children who are inquisitive and bright, however, may struggle with using traditional forms of hypnosis to improve memory and recall. This is because they question concepts and work to understand procedures such as self-hypnosis memory improvement. These students will usually benefit much more from advanced techniques such as Ericksonian hypnosis or even Neuro-Linguistic Programming (NLP) for test anxiety.

NLP for test anxiety uses several simple behaviors to help the brain perform a complex task. One of the NLP methods taught to students is a technique called anchoring. With anchoring, clients are taught to remember a time when they felt a sense of accomplishment and self-esteem. As they mentally re-create those feelings, they are instructed to touch two fingers together while experiencing those feelings. This creates an anchor (or trigger) for the feelings.

Once the clients have successfully installed an anchor for self-esteem, they are instructed to visualize themselves taking a test. As they make this mental movie, they are instructed to trigger the self-esteem anchor by touching the two fingers together again. The unconscious then connects the emotions of self-esteem and achievement to the act of taking a test. The end result is that the client feels a lot more confident about their ability to take tests, and this gives them a positive expectation of success. It also makes them feel relaxed during the actual test, so they are able to easily recall information.

Through this process, NLP and memory recall techniques assist students to improve their concentration during difficult situations like testing. NLP for test anxiety helps the child to become calmer and focus on remembering the information they have learned. This allows them to recall the information that they studied so thoroughly.

Another approach to using Neuro-Linguistic Programming for test anxiety is to teach the "Flash" technique. Students are taught to use this method to relieve anxiety and stress. Through coaching, they learn to instruct their minds to automatically exchange stressful thoughts for relaxing thoughts. Soon, clients who use NLP for test anxiety realize that they find it very difficult to focus on stressful thoughts; as their minds automatically flash them away for relaxing thoughts instead!

A combination of NLP and memory recall strategies can be very useful in calming test anxiety, as well as improving memory recall. Using NLP for test anxiety, as well as memory

recall, allows students to maximize their ability to remember and learn new information. This can be critically important in an age of "information overload."

As a society, our minds are bombarded daily with information from television, radio, the Internet, family, friends, newspapers and books. Sitting in a classroom throughout the day, students are even more susceptible to this problem. Strategies such as NLP for test anxiety can also be used to help them remain calm and sort through this deluge of information. NLP and memory improving methods help them to focus on critically important information, and to remember it rather than the overwhelming amount of trivial information that accompanies it.

Students who are successful in using NLP for test anxiety will also find these techniques to be useful for relieving stress and improving concentration in many areas of their lives. For example, NLP and memory techniques can help people remember names or important dates or events. Often, older students who use Neuro-Linguistic Programming for test anxiety report that these valuable techniques greatly improve the quality of their work and social lives as well.

Parents who are concerned about their children's difficulties with test grades and school performance should research the benefits of NLP for test anxiety. These techniques have been demonstrated to be very successful for the majority of bright young children who suffer from this problem. In addition, caring parents can use NLP and memory recall strategies to help their children become better prepared to begin new careers.

Summary: Neuro-Linguistic Programming for test anxiety helps children concentrate better and improve test scores. NLP and memory recall techniques are also beneficial in many other areas of life, including career and social settings. You can search for a local Certified NLP Practitioner who can help your child with Neuro-Linguistic Programming for test anxiety. But it can prove far less expensive and just as effective to purchase one of the high quality NLP and hypnosis programs that are available on CD.

[Learn about using Hypnosis & NLP CDs to increase concentration, retention, and recall](#)

Self-hypnosis Can Break The Nail Biting Habit

Nail biting, is related to skin picking and hair pulling. Skin picking, hair pulling, and nail biting are labeled as Obsessive-Compulsive Disorders. Nail biters often keep their hands hidden behind their backs. Nail biters often feel social embarrassment and experience out-of-control feelings at times. At times they may wonder why they can't stop and they also question whether or not they are crazy.

Biting usually happens when people are in one of two modes. Some people do it in an automatic way, as if they are in some kind of altered state and not really thinking about what they are doing. Usually, they are immersed in some other activity at the same time such as watching TV or working on the computer, etc. For others, their main activity at the time is the actual picking or biting, and they will frequently interrupt their other activities to engage in it.

There is a strong commonality in the various purposes behind hair pulling, skin picking, and nail biting. At the most basic level, these symptoms satisfy an urge. Many people report an uncontrollable feeling of needing to do them. Pulling, picking or biting also seems to deliver a pleasurable or relaxed sensation.

When sufferers feel stressed, pulling, picking or biting has a kind of soothing effect on their nervous systems, and reduces levels of stimulation. On the other hand, when they are bored or inactive, they seem to provide a needed level of stimulation to the nervous system. This may account for why so many people who have these habits find it so hard to stop. It simply "feels good" at the time, no matter no matter what the outcomes are.

Even if you suffer from more than one of these habits, do not despair. These symptoms can be overcome if you have the motivation. More important is learning to "de-stigmatize" yourself. You are not crazy, helpless, morally weak or totally out of control, even though you may feel like you are at times. Once you become aware of the fact that you are just a person who simply happens to have a problem, you can make serious progress.

Skin picking and nail biting are chronic problems, so there currently isn't a 'cure', but you can find a recovery if you are willing to work at it. Therapy for nail biting consists of three parts.

Therapy For People Who Bite Their Nails

To start with, nail biting is a stress related habit. So the first part of the hypnotherapy is to teach the individual how to be more relaxed at all times. To that end, I have found that traditional hypnosis, Ericksonian hypnosis, and Neuro-Linguistic Programming techniques are usually quite effective. That's because the very essence of hypnosis is relaxation. The biter

can learn to apply several different methods to enhance both the relaxed state, as well as his/her overall feeling of relaxation and well-being.

The second part of the therapy teaches the individual to become aware of this unconscious habit. Suggestions can be given to the subconscious mind to make the conscious mind aware that you are about to bite your nails. Then you get to consciously decide whether or not you are actually going to bite them.

There are also several other powerful techniques. As an example, we can help the client to set up an "Anchor" or trigger so that he/she can momentarily mentally step outside of him/herself. This is an excellent technique that will effectively relieve the compulsion to bite.

The third part of the hypnotherapy is to eliminate the compulsion to bite. There are NLP techniques that actually program the client with a compulsion to reject biting his/her nails.

With this particular behavior, being realistic is very important. First, you have rehearsed the unwanted habit hundreds or even thousands of times. You will need to accept that the urge to bite your nails will not be overcome in a few days.

Second, you are fighting the fact that it feels good to do, and it offers a lot of short-term satisfaction and either stimulation or soothing feelings. It can take a little time to overcome, but I believe it is well worth it. Experience has shown a number of techniques to be quite effective!

[Learn about using Hypnosis & NLP CDs to cure the nail-biting habit](#)

Hypnosis As A Treatment For Pain Relief

Pain can be defined as an unpleasant sensation that can range from mild, localized discomfort to agony. This sensation contains both physiological and psychological elements. It often results in a lack of enthusiasm and energy. People feel exhausted and emotionally distressed. This sensation can negatively affect work, home, and social relationships.

When the body is injured, it releases hormones that signal the brain that something is wrong. The brain interprets this signal as pain, and notifies the person of the injury. The individual then responds to the painful signal, and acts to relieve it. Sometimes, however, the brain receives a painful signal when there is no physical injury. This can occur when the sensation has a psychological, rather than a physical, cause.

One way to relieve painful sensations is by using medications. Non-narcotic medications, such as Tylenol or Aspirin, prevent cells from releasing chemicals responsible for notifying the brain of painful stimuli. Narcotic painkillers, in comparison, directly connect to neurons in the brain and tell them that the problem has already been resolved. Narcotics, such as morphine and codeine, can be very addictive and create dependence problems in those who use them for long periods as pain management tools.

The body also releases substances known as endorphins. These are natural painkillers released by the brain's cells that tell the body that it does not ache. Runners, for example, release endorphins when they run long distances; this is the source of the "runner's high" often discussed by those who are running enthusiasts. People who enjoy participating in other sports experience a similar endorphin release. Sometimes, athletes are able to run or play in spite of an injury because of the presence of these endorphins in their body.

Another way to treat painful experiences is by using distraction, or guided imagery. People are instructed to focus on an image or to imagine a secure and comfortable place that offers freedom from the hurt they are experiencing. Alternatively, music or other activities can be used to provide this distraction. These techniques are often used with persons experiencing chronic lower back pain.

People can also experience a reprieve by using hypnotherapy and Neuro-Linguistic programming techniques. These natural pain relief techniques can allow people to obtain relief from various disabling conditions, including migraines and other chronic, debilitating headaches or throbbing neck pain. Many people are able to significantly limit, or completely eradicate their use of medications by using these techniques.

Traditional hypnosis pain alleviation techniques work most effectively for people who are open to post-hypnotic suggestions. A trained hypnotherapist assists the client to enter a deep state of relaxation. While in this state, the client is acutely aware of the suggestions being offered by the therapist.

The hypnotherapist may suggest that the client focus on other activities or tasks, and that change of focus will diminish any feeling of discomfort. In fact, the mere use of the word discomfort during a hypnotic session versus the use of the word pain can radically reduce any sensation of

pain. Many clients achieve excellent results, and they can be taught to practice self-hypnosis for pain relief to gain personal control of their situation.

More analytical clients generally require either an Ericksonian hypnotherapeutic approach, or an NLP approach in order to bypass their conscious resistance to suggestion.

The hypnosis pain treatment approach can also be used to program the brain to release endorphins, which can induce a state of light anesthesia, which is referred to as analgesia. This state can also be used to assist women to experience natural childbirth without the use of drugs that may harm the infant. It also helps to provide natural arthritis pain relief in long-term sufferers.

Hypnotherapy can also be used to induce a state of complete anesthesia in a percentage of the population. This is referred to in medical literature as hypnoanesthesia. In days before general anesthesia became widely available to patients, many surgeons performed major surgery under hypnoanesthesia.

Neuro-Linguistic Programming (NLP) can be used to assist people who tend to think critically or analytically. Professionals assist clients to perfect a very useful technique utilized by NLP, known as the 'Flash'. The Flash allows clients to train their unconscious mind to automatically divert away from a painful sensation, and to focus on thoughts that will create relaxation and comfort. People who have mastered this skill find that they are no longer able to focus on the pain, because their minds instantly exchange it for thoughts that produce comfort.

Both NLP and hypnosis are technologies that offer entirely natural methods of pain relief. They assist people to avoid using pain medication or decrease their dependence on these drugs. Both persons who are very suggestible and those who are critical thinkers can benefit

from these types of programs. Furthermore, both have demonstrated high levels of effectiveness in helping people to experience respite from their pain.

Today there are many options available for receiving this type of help. Professionals routinely charge from \$150.00 to \$200.00 per hour. Anyone who has sought out this type of treatment will tell you that the money spent was well worth it. However, another more affordable course of treatment may be to consider one of the high quality hypnosis CD programs that are available.

Summary: People experience both physical and psychological pain. Many treatments are available, including narcotic and non-narcotic pain medications, as well as guided imagery and distraction techniques. The most consistently effective methods of relieving painful stimuli, however, are NLP and hypnotherapy.

[Learn about using Hypnosis & NLP CDs to diminish or eliminate all types of pain](#)

Magical Phobia Treatments

Imagine a life controlled by fear and anxiety, where every movement is scrutinized and even the smallest decision is agonized over. Hours are spent examining daily tasks or situations that most people endure easily. According to the National Institute of Health, approximately 40 million adults in the United States who suffer from anxiety disorders live this kind of existence.

Concordantly, about 18 percent of Americans have some form of a panic disorder, obsessive-compulsive disorder, generalized anxiety disorder or phobias, such as a social phobia, agoraphobia, or a specific phobia, which embody common fears of things like elevators, heights or germs.

Are you among them? Many people aren't sure how to tell if their natural concerns have morphed into a phobia. A phobia is classified as an irrational fear or dread. When someone encounters a phobia trigger, they may become panicked with increased heart rate and respiration. Commonly, they may begin to feel a choking sensation or their palms get clammy. They might also hear ringing in their ears and find they are unable to focus on their surroundings.

Like any unpleasant sensation, people will go to great lengths to avoid the experiences, things or settings that cause them. If a person has a social phobia, they will evade people, or if it is a common phobia, such as spiders or coffins, people who have a phobia will seek to elude those triggers.

The anxiety disorder phobia can be one of the most complicated to solve because subsequent issues often result from the anxiety phobia relationship, such as depression or substance abuse. In fact, the majority of people who suffer from one anxiety disorder often develop other anxiety disorders.

Though it can be helpful to visit with a mental health professional to diagnose your phobia and understand the cause of it, the most important step is entering into treatment for the anxiety and phobia. There are several therapies for effectively easing a phobia, including drugs, talk therapy, systematic desensitization, hypnotherapy, and Neuro-Linguistic Programming.

Normally, drugs for anxiety and phobia treatment include sedatives, which actually worsen the problem because they do not address the fundamental cause of the phobia. Other mental

health professionals prefer to use talk therapy; however, talking about or even thinking about the situation or environment of the underlying anxiety phobia can cause a panic attack.

Traditional hypnosis—which is simply helping the subject reach a relaxed state of hypnosis and then giving post-hypnotic commands or suggestions—can be very effective if the person is open to it. However, many people with phobias reject the notion that they will be more relaxed and at ease when they are faced with the situation or environment that triggers anxiety from the related phobia.

Given the challenges and even setbacks of other types of treatment for phobias, systematic desensitization can be an effective treatment. It is the process of gradually desensitizing a person to the trigger that causes the anxiety disorder phobia and resulting panic attacks.

For instance, if a person wants to overcome a phobia of dogs, she is asked to first sit and think about a dog until she is comfortable with the image. Then, she is given a picture of a dog to view. Perhaps she progresses to holding a stuffed dog and so on until she is able to be in the presence of a canine without the panic symptoms—possibly even pet it.

The key point is that, after each step, the client acknowledges that nothing bad happened and that she is safe. If at any time she feels fear or panic, the therapist asks her to revert to the previous step until she has regained a sense of security.

Fortunately, there is a way to make this process less painful and frightening: Systematic desensitization can be performed while the client is in a relaxed state of hypnosis. While in a relaxed hypnotic trance, the woman would be asked to perform the same actions, but she would actually be feeling very peaceful as she visualizes herself feeling relaxed and comfortable in the anxiety-provoking situation.

Just like live systematic desensitization that occurs without the benefit of hypnosis, if she experiences any anxiety regarding her phobia, she is instructed to step back to the previous step. The only drawback is that this method can require a fair amount of time to bring relief from a phobia.

The fastest and most effective way to eliminate a phobia is a Neuro-Linguistic Programming technique called a Visual / Kinesthetic Disassociation. It often cures the client of a long-term phobia in just one session. The technique actually programs the client to disassociate, or mentally step outside of themselves at the point that they would normally begin their anxiety attack. The process literally separates the subjective feelings from the mental images that cause the panic attack in the first place.

Conclusion: While any phobia treatment that someone undertakes will require work and commitment, systematic desensitization coupled with hypnosis can offer an effective cure. But the NLP Visual / Kinesthetic Disassociation can offer an answer that almost seems magical by allowing the client to overcome the phobia quickly with significantly less—perhaps even no—discomfort or panic.

[Learn about Hypnosis & NLP CDs to eliminate all phobias](#)

Self-Confidence, What Is It And How Do I Get It?

A social phobia is a fear of interacting with others on a social level. Examples would be imagining others are looking at you while waiting in line at a checkout, talking in front of other people, or even fear of talking on the phone.

Self-confidence is an attitude, which allows individuals to have positive, yet realistic views of themselves and their situations. Self-confident people trust their own abilities, have a general sense of control over their lives, and believe that, within reason, they will be able to do what they want to do.

Self-confidence is an attitude that is learned through experiences. When a person experiences success, that person will tend to expect to be successful. And that expectation will cause a feeling of confidence.

For example: A young man wants to learn how to be a prizefighter, so he takes lessons, and gets a manager. His manager will not put him into the ring until he has built up enough stamina and skill. And even then, the manager will only put him up against a competitor that he knows his fighter can beat. When his fighter beats the opponent, he is successful, and starts to gain confidence in his abilities.

With each contest, the manager puts his fighter up against an opponent who is a slightly better fighter than the last, but not good enough to beat his man. By the end of the third fight, the young prizefighter begins to expect to win his fourth, and so his confidence continues to grow. This scenario continues to repeat itself. And as long as the fighter wins, his expectations of success, and his feelings of self-confidence will continue to grow.

Similarly, a young lady who is afraid of heights wants to learn to dive into a swimming pool from a high diving board. So she finds a diving coach who asks her to jump into the pool from the first step of the ladder up to the high board. The first step of the ladder isn't very high, so the young lady feels no fear, and she jumps from that step, and lands in the water unharmed.

Next, the coach has her jump from the second step of the ladder, and so forth. I think that you are beginning to get the picture. With each additional step up the ladder, since the girl was successful on the previous step, and this next step is only slightly higher than the last, the fear factor is negligible, and the girl expects to be successful. When she jumps in and lands unharmed, the girl's confidence grows, and her expectation of success on the next step up the ladder increases.

If a person who has a long history of success and feelings of self-confidence does fail, they still tend to expect success the next time out. Conversely, when a person who is weak in the self-confidence department fails, they tend to lose confidence, and begin to expect failure, which can become a self-fulfilling prophecy.

Having true self-confidence doesn't mean that individuals will be able to do everything. People, who have true self-confidence, usually have expectations that are realistic. Even when some of their expectations are not met, they continue to be positive and to accept themselves.

People, who are not self-confident, tend to depend excessively on the approval of others in order to feel good about themselves. They tend to avoid taking risks because they fear failure. They often put themselves down and tend to discount or ignore compliments that they do receive.

Conversely, self-confident people are willing to risk the disapproval of others because they generally trust their own abilities. They tend to accept themselves; and they don't feel they have to conform in order to be accepted.

Just because a person feels self-confidence in one or more aspects of their life, doesn't mean that they will feel confident in every part of their life. For example, a person might feel confident about their athletic ability, but not feel confident where members of the opposite sex are involved, such as in a dating situation, or social relationships.

Self-Confidence, How Is It Developed?

Many factors affect the development of self-confidence. Parents' attitudes are crucial to the way children feel about themselves, particularly in their early years. When parents provide acceptance, children receive a solid foundation for good feelings about themselves. If one or both parents are excessively critical or demanding, or if they are overprotective and discourage moves toward independence, children may come to believe they are incapable, inadequate, or inferior.

However, if parents encourage a child's moves toward self-reliance, and they are not overly critical when the child makes mistakes, the child will learn to accept herself, and will be on the way to developing self-confidence.

A lack of self-confidence is not necessarily related to a lack of ability. A lack of self-confidence is often the result of focusing too strongly on the unrealistic expectations of

others, especially parents and friends. The influence of friends can be more powerful than those of parents in shaping the feelings about one's self.

Assumptions that Continue to Influence Self-Confidence

In response to external influences, people develop assumptions; some of these are constructive and some are harmful. Several assumptions that can interfere with self-confidence and alternative ways of thinking are:

ASSUMPTION: I must always be successful at everything that I do. This is a totally unrealistic assumption. In real life, each person has their strengths, and their weaknesses. While it's important to learn to do the best that one can, it's more important to learn to accept the self as being human, and fallible. Feel good about what you are good at, and accept the fact that no one knows everything, or is an expert at everything.

ASSUMPTION: I must be perfect, and loved by everyone, and satisfy everyone. Again, this is a totally unrealistic assumption. All human beings are imperfect. It's better to develop personal standards and values that are not completely dependent on the approval of others.

ASSUMPTION: Everything that happened to me in the past, remains in control of my feelings and behaviors in the present.

ALTERNATIVE: While it is true that your confidence was especially vulnerable to external influences during your childhood, as you grow older, you can gain awareness and perspective on

what those influences have been. In doing so, you can choose which influences you will continue to allow to have an effect on your life. You don't have to be helpless in the face of past events.

Here are some Strategies for Developing Confidence

Emphasize Your Strengths. Give yourself credit for everything you can do. And give yourself credit for every new thing that you are willing to try.

Take Risks. Adopt the attitude of: I never fail, because there are NO failures. However, sometimes I learn what doesn't work, and once I've learned what doesn't work in a given situation, I can try something else.

Use Self-Talk. Use self-talk as an opportunity to counter harmful assumptions. Then, tell yourself to stop and substitute more reasonable assumptions. For example, when you catch

yourself expecting perfection, remind yourself that no one can do everything perfectly, and that it's only possible to do things to the best of your ability. This allows you to accept yourself while still striving to improve.

Self-Evaluate. Learn to evaluate yourself independently. Avoid the constant sense of chaos that comes from relying too much on the opinions of others.

How Can Hypnosis Help Increase Feelings Of Self-Confidence?

Because self-confidence is a trait that is learned and rooted in the unconscious mind, both hypnosis and NLP can be invaluable tools. Both modalities can make it possible to quickly change the negative beliefs one has that are causing them to see themselves in a negative light.

NLP has some especially powerful tools for quickly modifying belief systems. When a person believes that they are a winner, they feel confident, and this feeling literally makes them a winner. Many of these tools are used in the Neuro-VISION® Self-Confidence! program. You can read the review of this program submitted by three independent reviewers at the Personal-Development.info site in England.

[Learn about using Hypnosis & NLP CDs to build self-confidence](#)

How To Quit Smoking With NLP & Hypnosis For Motivation

If you are someone who is trying to quit smoking, you know how hard it is to overcome this harmful addiction. However, it is possible, and half of all adult smokers are able to succeed and quit smoking forever.

Many smokers have successfully quit smoking cigarettes by replacing them with new more positive habits, without having to suffer through withdrawal symptoms. By far, the easiest and most effective method to quit smoking and accomplish this end is stop smoking hypnosis.

Stop smoking hypnosis is one of the most commonly practiced forms of hypnotherapy. It is often cited as a tool to quit smoking along with strategies such as nicotine replacement therapy (the use of nicotine patches or gums) and other popular methods. It works to end the smoking addiction by combating cravings to smoke, motivating you to stay committed to quitting, and promoting relaxation and stress relief so you will not be tempted to smoke.

The smoking addiction has both physiological and psychological aspects. The physiological addiction is a physical addiction to nicotine that the body develops. This aspect of the addiction is what causes the withdrawal symptoms that make it initially seem near impossible to quit smoking. However, this is a short, temporary phase in the overall process of quitting smoking, lasting only between three days and one week. By the end of this period, your body adjusts to normal, nicotine-free functioning. Based on thirty years of experience, I believe that the physical addiction to nicotine makes up only ten percent of the smoking addiction.

By far the most challenging part of quitting smoking is overcoming the psychological addiction, which are the mental and emotional aspects of smoking. I believe this represents ninety percent of the cigarette addiction.

When you develop a smoking habit, you develop an unconscious desire to smoke in certain situations, such as every morning after breakfast. This is called a conditioned response. Stop smoking hypnosis helps eliminate the unconscious associations that cause you to crave cigarettes, thereby eliminating the conditioned urge to smoke. Hypnotherapy also helps you stay motivated to quit smoking by reinforcing the beliefs that gave you the desire to quit smoking in the first place.

Smokers get stuck in the habit of following a ritual of lighting up and smoking. This is why many people who attempt to quit smoking using nicotine patches or gums alone have such a difficult experience. They quickly overcome the physical withdrawal, but they have no replacement or relief for the ritual of smoking, which has become a habit and comforting

source of stress relief. Stop smoking hypnosis techniques eliminate this mental addiction and serve as stress reducers as well. As a relaxation tool, hypnosis helps effectively relieve stress and anxiety so you will lose the cravings for cigarettes.

By adding some powerful NLP (Neuro-Linguistic Programming) techniques, stop smoking hypnosis can keep you motivated to stop smoking by training your unconscious mind to focus on the benefits of quitting.

Eliminating tobacco benefits you in many ways. Within days of quitting, body parts damaged by smoking begin to heal, damaged nerves re-grow, and your sense of taste and smell improves. Within weeks, blood circulation and lung functions improve. Within one year, your risk of heart disease is less than half that of a smoker. Within five to fifteen years, the risk of stroke is the same as a non-smoker. Your risk of death from lung cancer and numerous other cancer risks have decreased, and your risk of heart disease is the same as someone who has never smoked.

Despite the dangers of smoking and the health benefits of quitting, some smokers never overcome their harmful addiction. For the most part, this is because they've never really made a decision to quit. Other smokers are afraid to experience withdrawal symptoms or let go of the smoking habit.

But quitting smoking does not have to be the agonizing process that makes so many smokers reluctant to even attempt quitting. Hypnosis is a very simple, natural method of quitting. Hypnotherapy is a powerful tool for curbing the cravings for cigarettes, providing powerful motivation, and promoting relaxation and stress relief to completely eliminate the psychological part of the smoking addiction.

Hypnosis techniques to stop smoking can be easily learned from the specialized self-hypnosis programs that I developed after decades of experience using hypnosis, NLP, and Neuro-VISION video hypnotherapy to help people quit smoking.

Stop smoking self-hypnosis programs make it easy to quit smoking forever because they break the smoking addiction in a process that helps eliminate cravings and the desire to smoke. Whatever your motivation is for quitting, hypnosis makes it easier to focus your mind on these reasons, which makes you feel a powerful urge to quit.

Quit smoking hypnosis programs eliminate the urge to smoke. Although quitting smoking can be a painful and unsuccessful endeavor for some, those who utilize stop smoking

hypnotherapy CDs have a far greater percentage of success because it makes the process easier. It is the most effective method for smoke cessation.

[Learn about using Hypnosis & NLP CDs to easily quit smoking](#)

Building A Personal Development Plan

What personal issue troubles you the most? Are you too uptight or easily stressed? Do you work too hard? Do you struggle with an addictive personality? Are you compulsive about details, or do you forget them too easily? Building a personal development plan will help you to improve those aspects of your personality that you want to change.

Personal development is the process by which people become more aware of their own strengths and weaknesses. They seek to solve problems and improve interpersonal relationships by capitalizing their strengths and minimizing their weaknesses. Before an individual can successfully accomplish this, however, he or she must take a serious look at problematic aspects of their personality and determine how to change them.

Creating a formal personal development plan requires honesty, perseverance, and hard work. First, evaluate your strengths and weaknesses as honestly and openly as possible. Then, decide which of these you are willing to work hard to change. Making these difficult decisions is a part of personal values development. Next, you must be willing to work to change those aspects of yourself that are least congruent with your own personal values.

Building a personal development plan often requires input from another, trusted person in your life. Find someone who knows you better than anyone else, and ask that person to offer his or her perception of your strengths and weaknesses. Explain your interest in self-improvement, and ask this person to help you in your quest for personal development.

Many self help books offer personal development tips that are extremely general. While these can sometimes be of use, they aren't always very helpful in specific situations. Furthermore, it is almost impossible to construct a formal personal development plan without interaction and feedback from a trusted professional.

Other traditionally used techniques for self-improvement include behavior therapy and support groups. Although these can be helpful, they can only assist people to focus on those aspects of negative attitudes and behaviors of which they are aware. These approaches focus on the symptoms, rather than the actual root, of the problem.

A newer, more effective way to help people deal with personality issues and capitalize on their strengths is personal development hypnosis. Hypnotherapists can use this therapy to assist clients to develop a formal personal development plan. These professionals help people to objectively identify their weaknesses and to focus on creative, effective ways to work toward self-improvement.

Often, people who are critical thinkers or resistant to directional suggestions find the traditional forms of self help hypnosis to be less effective than people who are very suggestible do. For these critical thinking individuals, Ericksonian methods of personal development hypnosis, as well as Neuro-Linguistic Programming (NLP) are much more effective. These methods are very successful in helping analytical people work toward self-improvement.

People who struggle with stress in their lives often benefit greatly from self help hypnosis. During the therapy session, either through regression or simply the increased recall that is

possible through hypnosis, the client may be able to explain some causes of stress that are subconscious and pervasive. After learning about the causes of the client's stress, a professional hypnotherapist can then offer personal development direction that will help the client to eliminate stress from his or her life. Often, simply becoming aware of the causes is enough to motivate and encourage many people to work toward resolving these issues.

Individuals who struggle with addictions to food or tobacco often benefit from Ericksonian or conventional traditional types of self help hypnosis as well. Through hypnotic suggestion, they become less psychologically dependent on food or cigarettes to deliver feelings of peace and tranquility. Furthermore, hypnotherapy practitioners can help clients conquer the unconscious associations between food, cigarette smoking, or tobacco chewing and pleasurable activities such as reading or watching television.

Developing a successful personal development plan may take the help of a detached third-party professional. The challenge is to be able to honestly identify one's strengths, and to use these strengths to overcome undesirable weaknesses. Many people have difficulty even admitting their weaknesses to themselves; they struggle even more with discussing these weaknesses openly in behavioral or group therapy.

Self-help hypnosis is an ideal tool for helping people to address these problems at the unconscious level, where they originate. Professionals who practice this approach can also help clients by offering direct or indirect suggestions for helping them in their quest for personal development.

Summary: Most people have some aspect of their personality or behavior that they would like to change. Conventional self-improvement books and behavioral therapies that try to help people form a personal development plan are limited by their inability to address the problem behaviors in the unconscious mind, where the problems originate. Personal development hypnosis that uses either traditional or Ericksonian methods is an ideal therapy for helping

clients to overcome their weaknesses by focusing on the root, rather than the symptoms, of the problem.

Since many people are reluctant to admit their shortcomings to others, or they lack the necessary funds to afford the help of a therapist, quite often hypnosis recordings made by a competent hypnotherapist who is proficient at Ericksonian Hypnosis and NLP can be very successful.

[Learn more about using Hypnosis & NLP CDs for personal development](#)

Break Your Smokeless Tobacco Addiction Hypnosis & NLP Will Make It Much Easier

The addiction to smokeless tobacco is easily as dangerous and debilitating as the addiction to smoking cigarettes. In fact, many believe that it is even more insidious.

Part of the problem is that sports heroes have glamorized the use of dip or chew. Many who chew tobacco started as early as nine years of age! By the time many of these children turn eighteen, they are dying from throat and mouth cancers.

While a person with lung cancer can look normal, the face of a victim of mouth cancer can be an awful sight. Imagine how a face looks after having a jawbone cut out, or the lips or tongue surgically removed. Usually the surgical butchering of the victim's face is all for nothing, because many die within a year or so anyway.

Doctors tell us that the physical part of the Nicotine addiction is broken after abstaining for seven days. But the psychological part of the addiction is far stronger and may take a much longer time and a lot more effort to overcome, which makes it very difficult to give up smokeless tobacco.

How To Break The Smokeless Habit

There are three distinct factors to a chewing habit. Two of the factors are emotional/mental, and one is physical.

Part A: You Dip For Relaxation And Pleasure.

When you were a toddler and you got cranky, your mother would put a pacifier into your mouth to distract you from that upset. You would get distracted, become calmer, and often go to sleep. That sequence of events was repeated dozens of times so that your unconscious mind was programmed: When something goes into your mouth, you get relaxation and pleasure from it.

Now that you are fully-grown, if you feel upset, you crave something in your mouth for relaxation and pleasure - dip!

Part B: Dipping Tobacco Is A Conditioned Response.

Remember Pavlov? He rang a bell every time that he fed his dogs. After a few repetitions, he could just ring the bell, and that would trigger the dogs to salivate.

When you connect together dipping with any other behavior, the other behavior will trigger cravings for chewing tobacco and a urge to chew. This is called a conditioned response.

For example: If you chew when you drive your car, you will automatically get an urge to chew each time you drive your car.

Here is exactly how this conditioned response gets programmed into your unconscious: If a person chews smokeless tobacco and simultaneously drinks a cup of coffee, the mind takes a picture of the tobacco in the hand, and connects it to the cup of coffee. Thereafter, every time the

person has a cup of coffee, his mind fills in the missing part of the picture. It flashes an image of the dip, and the dipper gets a craving for smokeless tobacco.

You may not be consciously aware of the mental image of the smokeless tobacco, because it may only be at the unconscious level of mind. Just as you are unaware of what you are seeing through your peripheral vision until something draws your attention to it. But the image is there, creating a craving for chewing tobacco.

Part C: There Is A Physical Addiction To Nicotine, But

After having worked with several thousand people for tobacco addiction I give you my guarantee that the physical addiction to tobacco is the weakest part of the addiction. In fact, I believe that it is only ten percent of the addiction to tobacco. I believe that ninety percent of the smokeless tobacco addiction are the mental and emotional parts! (Parts A and B).

Here Is What This Means To A Person Who Dips And Who Wants To Quit.

What this means is that after you have eliminated the tension that causes you to chew smokeless for relaxation and pleasure (Part A) . . . and when you erase the conditioned response of feeling compulsions for chew when having a cup of coffee, driving, or finishing a meal, etc. (Part B) . . . then you can break the addiction to chew without requiring willpower, and without having to experience withdrawal symptoms or weight-gain.

Self-hypnosis will make it easy to break the addiction to smokeless because it takes care of Parts A & B! Here is how:

Part A is where you dip for relaxation and pleasure. It's your thoughts that create feelings of stress. Moreover, people invariably play mental movies in their mind's eye. If the movie is negative, it creates a feeling of stress.

We can use different NLP techniques to train the mind to instantly and automatically take those tension creating mental images, and quickly exchange them for relaxation producing mental pictures and movies. This manufactures relaxation and pleasure, and obliterates the tension that creates the oral urges and compulsions for chewing.

Because of the elimination of feelings of tension, the person who is quitting doesn't feel the compulsion or need to substitute food in place of the smokeless tobacco. So quitting without weight gain is possible.

Part B is where you dip smokeless tobacco because dipping smokeless becomes a conditioned response to many different activities and locations. Remember in the earlier example how smoking became unconsciously associated with other activities and environments so that each time people get into that activity or environment, the mind flashes an image of smokeless tobacco in your hand, and the image of the smokeless tobacco in your hand causes an urge to chew smokeless tobacco?

There are efficient and powerful hypnosis methods that can effectively erase those conditioned responses so that your subconscious will lose the cravings for chew, and the compulsion to dip. As a matter of fact, you can even get a compulsion to reject chewing.

To summarize, when we utilize certain NLP methods, it becomes very easy to stop chewing without withdrawal or weight gain. And many of these hypnotic methods do not even depend on post-hypnotic suggestions. They depend on training the unconscious mind to use the same thought processes that the subconscious mind is using to create the addiction to dipping smokeless, to eliminate the mental addiction.

[Learn about using Hypnosis & NLP to easily break the smokeless tobacco addiction](#)

Anxiety And Stress: Natural Methods To Eliminate Them And Relax

More than ever, scientific research is confirming the fundamental responsibility stress can play in causing and aggravating different physical and emotional disorders. In the June 6, 1983 issue of Time Magazine, the cover story labeled stress, "The Epidemic of the Eighties." It also said that stress is our leading health problem. And there is no doubt whatsoever that the world has become even more complicated and stressful in the past twenty-five years since that article was written.

Many surveys indicate that most adults perceive themselves to be under a great deal of stress. Authorities in the field estimate that 75 - 90 percent of all visits to primary care physicians are for stress related problems.

Most adults report that their job is the major cause of their stress. And stress levels have also increased in children as well as the elderly population for reasons including: Peer pressures that often lead to everything from cigarette smoking to drug and alcohol abuse; the wearing away of family and religious values and ties; increased crime; threats to personal safety; and last but not least social isolation and loneliness.

Stress contributes to diabetes, ulcers, low back and neck pain, hypertension, strokes, heart attacks, and ulcers. This is because of the increased sympathetic nervous system activity and a flood of cortisol, adrenaline, and other hormones. Chronic stress has been associated with impaired immune system resistance. Stress can contribute to anxiety, depression, and its varied effects on the body's organs.

The American Heritage Dictionary defines "stress" as follows:

"To subject to physical or mental pressure, tension, or strain"

It defines "tension" as follows:

"Mental, emotional, or nervous strain"

It defines "anxiety" as follows:

"A state of uneasiness and apprehension, as about future uncertainties"

And it defines "depression" as follows:

"The condition of feeling sad or despondent"

It defines "clinical depression" as follows:

"A psychiatric disorder characterized by an inability to concentrate, insomnia, loss of appetite, anhedonia, feelings of extreme sadness, guilt, helplessness and hopelessness, and thoughts of death."

One thing is for sure; our thoughts can be the chief source of our feelings of stress, anxiety and depression. In other words, what we think about, and our attitudes and points of view about our experiences create our feelings. So if we can learn to change our thoughts, attitudes, and points of view, then we can eliminate our feelings of stress, anxiety, and depression and replace them with a more positive state of being.

Since the beginning of time, people have sought out methods for releasing stress. The pharmaceutical industry seems to have a pill for everything. And to that end the industry has developed a wide array of tranquilizers from Valium to Xanax. If you choose to utilize drugs for relief, please be sure to read the fine print and learn about the side effects, which often include addiction and dependency. Unfortunately, these types of drugs attempt to treat the symptoms, rather than the cause. So as soon as one stops ingesting them, the symptoms can return.

A more intelligent way of eliminating tension, stress, anxiety, and depression is to work on the root cause, which as I said above, is usually our thought processes. Now, here is the good news. The very essence of hypnosis is relaxation. The AMA accepted hypnosis in 1958 as an effective method of treating stress and stress related symptoms. And unlike drugs, there are absolutely no negative side effects.

Hypnosis is the Alpha level of consciousness. It's the daydream like state of mind that we pass through as we fall asleep at night. And we pass through it again as we awaken in the morning. There are hundreds of different ways that we can guide ourselves into this state of tranquility, from progressive relaxation to visual imagery to listening to hypnosis CD's.

Once in the hypnotic state, we can communicate with our unconscious mind, which is the seat of our emotions. And it becomes easier to accept new ideas and points of view that can help us to dissipate anxiety, or even prevent it from occurring in the first place.

NLP (Neuro-Linguistic Programming), which is a modern form of hypnosis, offers several excellent techniques for eliminating stress. Perhaps the most effective technique is called the "swish" pattern – or the "flash" pattern. After using this technique, your unconscious will automatically use negative, stress producing mental images, as triggers for relaxation producing mental images. In other words, your stressors will automatically trigger relaxation!

To Summarize: Tension, stress, anxiety, and depression can be triggered by our thoughts. So by changing our attitude and point of view towards our situation and our experiences, we can eliminate these feelings at the source. Hypnosis and NLP are natural tools that we can use to help us change our attitude and point of view to quickly eliminate the root cause of these negative feelings.

[Learn about using Hypnosis & NLP CDs to eliminate anxiety and stress](#)