



[www.UnchainYourLife.com](http://www.UnchainYourLife.com)

# UNLOCKING THE SECRET ADVANTAGE OF HYPNOSIS



Denver Lee Harris



**A**re your bad habits becoming increasingly irksome? Wouldn't you love to erase the mental blocks that are keeping you from achieving the success you desire? The good news is that you can get on the fast track to becoming the person you want to be by using hypnosis.

***Hypnosis works because it allows you to tap into the part of the mind that controls 90% of your beliefs, attitudes, thoughts, and actions – your subconscious!***

Your subconscious is like your autopilot. It runs things without you having to consciously think of every command.

For example, when you breathe, you don't *consciously* direct every muscle that expands or contracts to pull in and push out the air. When you walk, you don't *consciously* tell your muscles to pick up each foot and put it back down for every step. Your subconscious handles all of that for you.

In the same way, your subconscious also directs your habits and other actions based on information it has accumulated and stored throughout your life. It even causes conscious thoughts and physical sensations based on that same data.



Since your subconscious mind is your control center, hypnosis can save you a lot of time by letting you speak directly to your subconscious. ***If there are things about you that you'd like to change, the fastest way to go about it is to use hypnosis.***

This eBook will give you an







understanding of the mysterious world of hypnosis: what it is, how it works, and how it can help you reduce pain, eliminate stress, overcome fears, break your bad habits, and achieve your greatest desires.

## HYPNOSIS MYTHS

Before we talk about what hypnosis is, let's take a look at what it isn't! If you're like most people, what you've heard about hypnosis is actually based on myths, fantasy, and fiction.

Part of the reason for these myths is the way hypnosis is portrayed in the movies ("You're getting *sleeeeeeeepy*.") and by attention-seeking charlatans ("Run around the stage flapping your wings and clucking like a chicken.")

***Here are some of these misconceptions dispelled with the true facts:***

1. **Hypnosis is magic.** False. Hypnosis doesn't use any type of magic or spells. ***It works naturally*** with the way your body and your brain already operate.
2. **Hypnosis puts you to sleep.** False. ***When you're hypnotized, you're fully awake and conscious.*** Your brain is in a very relaxed state, but, rather than being asleep, you're actually extremely focused.
3. **People can hypnotize you against your will.** False. The only way you can be hypnotized is if you ***believe you can be hypnotized, want to be hypnotized, and actively participate*** to make it happen by entering into a fully relaxed state.





4. **Others can control you when they hypnotize you.** False. This is a very common misconception about hypnosis. Although the effect of your limiting beliefs in your conscious mind is minimized, ***you're still very much in control.***
- ***No one can make you do anything that you're morally or ethically opposed to.*** For example, if they tell you to rob a bank, you won't do this if you believe that stealing is wrong. In fact, such a suggestion will bring you out of your hypnotic state.
  - ***What about the clucking chicken antics?*** In a hypnotic trance, some people will do such silly things because the learned inhibitions of their conscious mind relax enough to allow the creative forces of their subconscious to dominate.

Normally, the only things that keep you from acting like that are your learned social conventions, such as, *"You look stupid when you do stuff like that."* This is a limiting belief that resides in your conscious mind.

***Think of this:*** When you were a small child, you weren't embarrassed to be creative like this. In fact, it was often encouraged. But as you got older, you learned that it's not such a good idea for adults to behave that way ***simply because of what others might think.***

So when you're hypnotized, suggestions for doing things that simply make you look silly might work with you. On the other hand, if you're diametrically opposed to it, such a suggestion might just bring you out of your trance instead.





# WHAT IS HYPNOSIS?

Hypnosis is a mental state whereby you can easily absorb new ideas into your subconscious.

In this state of mind, the limiting beliefs of your conscious mind are subdued, while the imagination and creativity of your subconscious mind are enhanced, allowing you to be highly accepting of new ideas. In hypnosis, you tune out all distractions and focus sharply on the subject matter at hand.

***There are varying degrees of hypnosis.*** Becoming engrossed in a good book or movie is a type of natural hypnosis. You tend to tune out everything and become mesmerized by the story.

Hypnosis works so well to tune out external stimuli that it's now an accepted method of anesthesia in some types of surgeries, blocking out the pain.

***Hypnosis is, in effect, a guided meditation.*** First, you're guided into a state of deep relaxation, where you can then focus on what you want to accomplish.

## HOW DOES HYPNOSIS WORK?

Innovations in science have been instrumental in helping us determine what happens in our brains during hypnosis.

Your brain puts out different electrical signals for different mental states, whether it's agitated, alert, in varying stages of relaxation, or asleep. We've learned which areas of the brain control which functions, and we can also determine which parts of the brain are more active at any one time.

***Extensive testing on people in a hypnotic state has shown us the following:***







1. In hypnosis, a person puts out the brain wave frequencies of the most relaxed state before sleep.
2. In this state, the left cerebral cortex, which controls reasoning, deduction, logic, and learned inhibitions, shows very little activity.
3. On the other hand, the right cerebral cortex, which controls imagination and creativity, shows heightened activity and electrical impulses.



These tests corroborate with scientific methods that during hypnosis ***we can virtually bypass the limiting beliefs of our conscious mind*** to relay our desired ideas and behaviors directly to our subconscious.

Once our subconscious accepts these new ideas, it can then direct our thoughts and actions to conform to the new data, attitudes, or beliefs.

## HISTORY OF HYPNOSIS

Hypnosis was “invented” in the late 1700s by Franz Anton Mesmer in his search for a new method to heal his patients of diseases. Although his methods were very different from what we now use today, he was the pioneer in the field of hypnotism.

His methods were known as “*mesmerism*” from his last name, and became popular – so popular, in fact, that this is where we got the term *mesmerize*.



In 1843, James Braid, a surgeon, renamed this field of study *hypnotism*.

The word comes from the name of the Greek god of sleep, Hypnos, because of the sleep-like qualities of hypnotism. His research provided a new impetus into the study of hypnotism for healing disease.

In the 1920s and 1930s there was another renewed flurry of research. Then, in the 1960s and 1970s a researcher named Milton Erickson brought the field into its own, providing many of the methods that are popular and effective today.

Erickson brought hypnotism into the mainstream, showing us how we can use it to accelerate desired changes and promote our physical and mental well being.

## BENEFITS OF HYPNOSIS

Hypnosis can help you overcome fears, pains, stresses and anxieties. It can help you break bad habits and develop good ones. It can reduce the symptoms of disease. Hypnosis can help you eliminate your mental blocks to success and encourage successful actions.

***In short, hypnosis can help catapult you into living the life you desire!***

**Here are some examples of how you could use hypnosis to benefit you:**

1. **Reduce your pain.** Do you have a physical condition that causes you a lot of pain? Are you suffering adverse side effects from your pain medication? You can reduce or eliminate your pain with hypnosis.
- ***Ask your doctor about using self-hypnosis for your pain therapy.*** Some doctors and physical therapists today recommend this over taking drugs for effective pain control.





- Hypnosis can even help you with the pain of severe injuries so that your body can heal quicker.
  - If you're contemplating a surgery, ask your doctor to recommend an anaesthesiologist who uses hypnosis instead of drugs. Hypnosis has been accepted by the American Medical Association as a viable anaesthetic during surgery for over 50 years.
  - If you're expecting, ***learn how you can use hypnosis for childbirth*** and avoid potentially hazardous side effects of drug anaesthesia.
2. **Overcome your fears and anxiety.** Perhaps you have a fear of flying or you're nervous about speaking in public. These types of fears can affect many aspects of your life and career. Many fears can even result in nightmares, but you can free yourself with hypnosis!
  3. **Eliminate your bad habits.** You can lose weight and keep it off, stop biting your fingernails, avoid procrastination, and get rid of all your pesky habits by using hypnosis!
  4. **Sail past your mental blocks to success.** Do you find that you're always coming up just short of success in every endeavor? What's stopping you from succeeding? It may very well be you! Discover your mental blocks to success and stop them with hypnosis.
  5. **Get rid of your stress.** Has too much stress bogged you down lately? Stress can cause serious health issues! Hypnosis can help your mind deal with stress in positive ways so you feel refreshed, energetic, and healthy again.







**6. Conquer your addictions.** Do you have an addiction to nicotine, caffeine, sugar, soda, or more serious drugs? Hypnosis is an effective tool in overcoming addictions so you can take back control of your life!

- 7. Find your lost memories.** If you're unable to remember something of great importance, perhaps a traumatic experience has blocked your access to it, try hypnosis. Your subconscious mind is where those memories have been stored, and hypnosis can be your key to unlock them!

## ARE THERE ANY NEGATIVES TO HYPNOSIS?

The biggest problem you may encounter with hypnosis is that ***you have to want the desired change*** to occur in order to enjoy permanent results. For example, do you really want to quit smoking? If you don't, then even hypnosis won't work to stop your addiction.

Remember, with hypnosis, you're still awake and in control. ***No one can make you do anything you don't want to do!***

There are times ***you may want to work on increasing your desire for the change*** you're trying to effect before you use hypnosis to make the change.

## TIPS AND STRATEGIES FOR SELF-HYPNOSIS

Now that you have a better understanding of hypnosis and how it works, you may be wondering how you can access this wonderful strategy to improve your life.

Go to [www.UnchainYourLife.com](http://www.UnchainYourLife.com) or [www.DenverHarris.com](http://www.DenverHarris.com)

- Denver Lee Harris

