

# Hypnosis Revealed:

Create Positive Change in Your Life

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## 5 Hypnosis Myths Exploded

OVER the years, hypnosis has picked up all sorts of weird associations from stage hypnotists, the media and superstition. This is a great shame, because in reality, hypnosis is your single most effective tool for change. Hypnosis is your birthright, and you should know how to use it so it doesn't use you. Here we dispel the biggest hypnosis myths.

### **Hypnosis Myth 1)** All hypnosis is the same

As with anything, hypnosis can be good, bad or indifferent. The most common is old-style authoritarian hypnosis of the type "You are getting sleepy, you are feeling confident". Unsurprisingly, this sort of hypnosis doesn't work well with many people. Good hypnosis uses subtle psychological principles and advanced communication patterns.

It's like the difference between a football coach who thinks you'll perform best if he yells at you, compared with the more elegant style of a great leader who knows that to get the best from his people, he needs to understand motivation, to cajole, encourage and reward.

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### **Hypnosis Myth 2)** Subliminals work

Subliminals are words that you can't hear. Common sense says they shouldn't work, and there's no research proving that they do.

### **Hypnosis Myth 3)** Some people can't be hypnotized

The only reason you can't be hypnotized is if you are incapable of paying attention due to extremely low IQ or brain damage. That's not to say that every hypnotist can hypnotize you however. The more flexible the hypnotist, the more effective she will be with the largest number of people.

### **Hypnosis Myth 4)** Hypnosis is something weird that other people do to you

If you couldn't go into hypnosis, you wouldn't be able to sleep, to learn, or get nervous through 'negative self hypnosis'. (You know when you imagine things going wrong and it makes you feel anxious? Well that's self hypnosis!)

Hypnosis is simply a deliberate utilization of the REM (Rapid Eye Movement) or dream state. We're not giving people medication here – if it wasn't a natural ability, hypnosis wouldn't work!

**Hypnosis Myth 5) You lose control in hypnosis**

Crazy news stories, stage hypnotists and gossip have created the illusion that you lose control in hypnosis. In fact, when hypnotized, you are relaxed and focused – and able to choose to get up and walk away at any time. You choose to give your attention to the hypnotist, and you can withdraw it at any time.

If you have been scared of hypnosis in the past, this article has hopefully convinced you to at least give it a try. But remember, ensure what you're getting is the real thing. Visit [www.hypnosisdownloads.com](http://www.hypnosisdownloads.com)

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## Reassuring Reasons why Hypnosis is your Friend

Believe the hype or think for yourself

For too long [hypnosis](#) has had a bad or 'difficult' press. If a person doesn't understand something they have 3 options open to them.

- 1) They might be skeptical and therefore save the trouble of looking further and possibly benefiting.
- 2) They may conclude it is dangerous and to be avoided at all costs.
- 3) They may spend time discovering the truth behind the hype.

If you don't know much about a topic it's easy to be suspicious. Some people assume hypnosis is akin to a carnival side show, others consider it mystic mumbo jumbo or 'mind control.' For those who look beyond the hype the truth is far more illuminating.

### **The most powerful tool you possess**

There are potentially huge benefits for those who use hypnosis as part of everyday life. When you understand hypnosis you start to see its potential to improve human performance in the physical, emotional and intellectual realms. For me, rumor, gossip and suspicion weren't good enough.

I determined to learn all I could about hypnosis - I learned every fact and practiced every technique under the sun. I took several training courses - some good, some terrible. I invested thousands of hours of devoted study to hypnosis and discovered just what is possible. I hypnotized friends, neighbors and work colleagues. Hypnosis greatly changed things for me on a personal level

### **How hypnosis helped me**

I used to be shy. Thanks to hypnosis I can now talk to thousands at a time and can approach anybody calmly and confidently.

I used to have poor concentration and procrastinate; thanks to hypnosis I can instantly motivate myself.

I used to find physical work outs and exercise exhausting but because of hypnosis I am now in the best shape of my life.

Incidentally I also stopped myself blushing with hypnosis. Now if ever I have a difficult call or conversation coming up, something I may naturally feel reluctant to do (you know the kind of thing) I spontaneously self hypnotize and rehearse the upcoming situation feeling good, with myself remaining calm. In this way I habitually set my own emotional 'blue prints' for up coming situations. Having said that it's naturally that some people have concerns or half digested 'hand me down' ideas regarding hypnosis. A common one is the one about 'mind control.' However what does this really mean?

### **Why you are more in control of yourself in hypnosis**

If someone expresses concerns about being 'controlled' in hypnosis what they mean is they don't want to be like a robot, an automaton that is forced to obey the every whim of the hypnotist. We can't help but influence others but we don't control them. To understand why you need to understand hypnosis better.

### **So what is hypnosis like?**

Hypnosis isn't like a coma. It's not unconsciousness - more a subtle shifting of consciousness. In hypnosis, you can still think logically but you also have access to the 'software' of your mind so that you can update instinctive emotional and physical responses. In fact the hypnotized subject (not the hypnotist) calls the shots. When I hypnotize someone I need to go at their speed and respond to their needs and expectations. Hypnosis will give you more control in your own life because of what it enables you to do.

### **How can I be so sure?**

Because over the decades I've seen all kinds of people, all ages and from all backgrounds turn their lives around thanks to hypnosis. When you use hypnosis for yourself it improves confidence in all kinds of ways. When you use it to change other's lives it just blows you away. This is what I mean.

When I first hypnotized someone to feel no sensation in a painful arthritic arm it was an incredible feeling. When I first cured life long phobias quickly and comfortably I was astounded. When I stopped hardened alcoholics from drinking and even got a heroin addict off the stuff and back into mainstream life again I started to feel angry that people could just associate hypnosis with entertainment.

With the aid of hypnosis I (and many people I have trained and worked with) have helped severely depressed people feel strong and positive again. The rewards and satisfactions are hard to describe. I'm going to take a stand against ignorance and short sightedness around hypnosis and here's why.

### **Why you need to reclaim hypnosis for yourself**

Hypnosis is your birthright. It's nature's optimum learning tool. In fact to learn and perform anything well you need to experience a natural focusing of attention, a natural kind of hypnosis. To be successful hypnosis needs to be your companion and friend.

Successful people use it naturally all the time because hypnosis is natural. It's the way we learn new responses. Unlike medications its side effects are purely positive - one expectant mother I worked with to feel relaxed during child birth later reported that she was also more relaxed when flying!

Hypnosis is easy to learn and every body can benefit. Hypnosis is a safe environment to 'try out' new behaviors and emotional patterns before you experience them for real. So the young man can ask a woman out for a date many times in calm relaxed hypnosis so that by the time he does it for real it feels real and natural and relaxed. Sports people who use hypnosis learn new quicker and more accurately. So hypnosis gives you more control of yourself and your life, it's natural and gives you instant benefits and it's a way of 'trying on' and establishing new patterns of emotional response and behavior, Hypnosis enables you to develop yourself as a human being.

HypnosisDownloads.com offer a free course called '[Learn Hypnosis in 5 Days](#)'.

Article by Mark Tyrrell of [Hypnosis Downloads.com](#).

## 7 Public Speaking Survival Tips

**I used to be terrified of public speaking** - now it's natural and fun.

Dry mouth, fast heart, sweaty palms, blank mind - yeah I've been there! It's easy to fear public speaking. But I was never just content with overcoming fear. I wanted to be a great speaker. What I needed was a way of calming down and applying simple techniques and strategies to talk like a pro.

**When I'd learned to relax (more of that later) I learned and applied the following four steps.**

1. Reassure your audience - they need to know you know your stuff and you are human!
2. Hook them by being interesting and relevant. Tell them why what you are saying is relevant to them.
3. Inspire them by giving them information and ways of seeing that are new and applicable.
4. Leave them on a high by telling a story them encapsulates your central message.

**How do you become confident enough to apply the four steps?**

Here's some tips some of which are practical some of which are to do with the way you think about your public presentations and also how you can start to change the way you feel about them.

### **Tip One**

Breathe your way to calm. When you breathe out you relax that's why people sigh when they're stressed.

Breathing in without breathing out causes hyperventilation and worsens anxiety. Just before your speech take five minutes breathing in to the count of seven and out to the count of eleven (quick count-not seconds!). On the out breath hold it a second before breathing in again. This will produce quick and lasting calm. Remember extending the out breath calms you down.



## **Tip Two**

You have a responsibility as the presenter but relax you don't carry all the responsibility. Presenting is a team effort. Audiences are responsible for politeness, extending their attention and attempting to learn. It's not all you-it's a meeting of two halves. Never mind how they judge you. How do you judge them?

## **Tip Three**

Use metaphor and stories. We all experience life metaphorically. The most technical logical person spends at least two hours a night dreaming! Talk detail if necessary but present patterns with metaphors. Folk from 4 to 104 love stories. Use em.

## **Tip four**

Captivate attention by using words that evoke all the senses. Describe how things look, sound, feel, smell and taste. Paint pictures and sensations in their minds with your words.

## **Tip Five**

Vary your voice tonality and speed of delivery. Keep them alert and engaged. Convey energy when need be and slow down when you need to 'draw them in close.' You are the conductor to their orchestra. And pepper your talk with humor. Your willingness to be funny shows personal confidence and confidence is contagious.

## **Tip Six**

Tell them what they are going to get. What they are currently getting and then what they have got from you. Sell your sizzle!

## **Tip Seven**

Watch and learn from other great speakers until compelling, relaxed speaking is a part of you.

Rehearse positively. You need to rehearse how your going to feel as well as what you are going to present. Don't think about your forthcoming presentation whilst feeling nervous as this creates an instinctive association between fear and presenting. This natural negative self-hypnosis is very common with nervous speakers.

Hypnotically rehearse your speech whilst feeling relaxed. This produces the right 'blueprint' in your mind. In fact when you do this enough times it actually becomes hard to be nervous!

All great speakers know how to use great self-hypnotic rehearsal. Hypnosis changes attitudes and can bring emotion under control. I used hypnosis, to change my instincts around public speaking. Now I just can't get nervous whether it's 50 or 500 people. The world needs great communicators. Go for it!

[Cure your fear of public speaking](#) at HypnosisDownloads.com

Article by Mark Tyrrell of [Hypnosis Downloads.com](#).

## 7 Ways to Soothe your Shyness

Shy people instinctively know that they are missing out. Shyness equals lost opportunities, less pleasure and fewer social connections. Shyness can be crippling but there are tried and tested ways to make it a thing of the past.

When I was fifteen I was shy. I recall an attractive girl attempting to engage me in conversation. My shyness made me focus on me instead of her. I heard my own voice but not hers and I thought about what I was trying to say instead of what she was trying to say.

The formula for shyness is "too much focus on the self" plus anxiety. To make it even more unpleasant, sometimes when you are feeling shy you experience physical sensations which 'hijack' your calm logical self.

My pulse raced, my mouth dried up and I felt like the village idiot! I couldn't think what to say so I said nothing apart from making barely audible grunting noises! Cary Grant eat your heart out! When I detected pity in her eyes (or was it contempt, or boredom) I mumbled my excuse and got out of there. I hated being shy and was determined to change it.

### **How shyness is developed and maintained**

Shyness really is a combination of social anxiety and social conditioning. To overcome shyness you need to learn to relax socially. This enables you to direct your attention away from yourself and gives you the space to practice certain conversational skills. In most cases, the heightened emotions of socializing when young simply condition the sufferer to respond to social events with fear, instead of excitement and pleasure.

Relaxed socializing is so pleasurable, not to say productive, but it is an advantage denied to many until they learn to relax. To start reducing your own shyness, I want you to absorb the following tips and ideas and start to put them into practice:

**1)** Think about the way you feel and behave around familiar people you are comfortable and spontaneous around. It's that feeling transferred to new people and situations that equates to your emerging social confidence.

**2)** Focus your attention away from yourself. Sure, you can think a little bit about how you are coming across, but if all your focus is on your own words and feelings then you might as well be by yourself. Notice what other people are wearing and make a mental note, listen to their

conversation, imagine where they might live, make a point of remembering names. Not only does this give you more to talk about, it also 'dilutes' social anxiety leaving you feeling calmer.

**3)** Ask people open questions. Many people like to talk about themselves and will find you interesting if you find them interesting. Ask questions that require more than a 'yes'/'no' response such as 'What do you like about this place?' rather than: 'Do you like this place?' Once they've answered use 'add-on' questions connected to the first such as: 'What other places do you like in this city.?' Next you can express your views. This is a great way to get the conversation going. If the conversation doesn't 'take' then no matter, you've done your bit.

**4)** Stop trusting your imagination so much! Have you ever had an imaginary picture in your mind of a holiday destination only to arrive and find the reality is different from the way you had imagined? That's how reliable imagination is. Stop imagining what others think. I do lots of public speaking and I've long since stopped trying to second guess what others think of me - it's just too painful. Besides, what a person thinks about you has a lot more to do with who they are than who you are.

**5)** Stop using 'all or nothing' thinking. The 'completely this/completely that' style of thought occurs when you are emotional. People who are depressed, angry or anxious see reality in terms of differing extremes, simplistic all or nothing terms. An angry person is 'right' and you are 'wrong'; the depressed person feels like a 'failure' while others are a 'success'. In reality, life is composed of infinite gray areas. So stop fearing that you might say the 'wrong' thing! Or that people will 'hate' you. Once you start to relax more socially you'll notice much less black or white thinking because anxiety actually causes you to think in all or nothing terms.

**6)** Take your time. You don't have to blurt things out. Ask questions and if questions are asked of you can take time to consider your response (within reason). Don't just blurt out what you think might be the 'right' answer. A slow answer is a relaxed answer.

**7)** Finally, use hypnotic rehearsal. Hypnosis is the quickest way to change your instinctive/emotional response to any situation. Only think about meeting others when your mind and body is relaxed. This conditions you to associate relaxation with being around new people. In fact you'll find that when you relax deeply enough often enough whilst hypnotically rehearsing being comfortable around others you'll reach the point where you just can't be shy any more! This is what I call a 'happy inability!'

I now love meeting new people and suspect that my current social confidence would be unrecognizable to my fifteen year old self.

[Overcome shyness now](#) at HypnosisDownloads.com

Article by Mark Tyrrell of [Hypnosis Downloads.com](#).

## Improve your self confidence in 15 minutes

I used to be frighteningly under confident in social situations. And although people who know me now would never believe I used to doubt myself so much I literally had to learn confidence until it became a natural part of me. I can tell you relaxed optimistic confidence is just, well so much more fun.

**Here I'll tell you about the things that made the most difference to my confidence levels...**

Some people have naturally high levels of confidence but everybody can learn to be more confident

Firstly, it's important to get a clear idea of what self confidence really means, otherwise you won't know when you've got it! So, self confidence means:

**1) Being calm.** For every situation in life you need to run on the appropriate level of emotion. Too much emotional 'leakage' into a experience can spoil the experience. You make great strides towards confidence when you begin to relax in a greater range of situations.

**2) Being cool.** The second part of self confidence is about being able to relax with uncertainty. To be 'cool' in a situation really means relaxing with not knowing how things will pan out. If you truly tolerate uncertainty, you can do pretty much anything.

**3) Not being too concerned with what others think of you.** You know when you imagine what some place is going to be like before you go there but when you get there it is totally different to your imagination? That's how reliable your imagination is! Stop trusting your imagination so much. I've long since stopped bothering to imagine what others think of me because so often I've turned out to be wrong.

**4) Being specific - where do you want confidence?** 'Confidence' is meaningless until you tie it to something specific. You are already confident that you can read these words or can switch a light on and off. So you don't need more confidence everywhere. To get what you want in life you have to establish exactly what you do want. Where do you want confidence in your life? Think about the specific situations now and write them down. You're beginning to steer your brain towards confidence.

**5) Understanding that what you expect is what you get.** Your brain is an organ that needs clear goals to work towards. When a task has been set in your brain it will do everything it can do

to bring about the completion of that task. If you've tried to recall someone's name but can't, hours later you'll often find their name pops into your head.

The 'trying to recall' experience set the task or blueprint for your brain's future subconscious behavior which eventually produced the name for you - when you weren't thinking about it consciously. You can use this natural mechanism to start feeling more confident. But, to ensure you set the right task for your subconscious mind, the next point is vital.

**6) Don't task your mind with negatives.** Instead of: 'I don't want to screw up' (which sets the task of 'screwing up' for your brain), set the blueprint for what you do want! Your brain doesn't work towards what to do by being told what not to do. And nature has given you a wonderful natural tool to set the right task blueprints with.

**7) Use nature's goal-setter:** Now you understand how vital it is to set the right task for you brain, you need to know how to do this reliably. Good hypnosis will strongly 'program' the right blueprint in your mind through the use of your imagination. If you powerfully imagine feeling confident and relaxed while in a relaxed hypnotic state it will be hard for your unconscious mind to do anything else. The blueprint for relaxation has been set firmly into your subconscious mind.

### **3 simple strategies to get you feeling confident quickly:**

**1)** Think specifically of the time/place/situation you want to feel confident in. Remember 'confidence' doesn't mean anything until you attach it to something specific.

**2)** Focus on words in your mind right now that describe how you do want to be in that time and place. Maybe words such as 'calm', 'relaxed' or 'focused'. Remember your brain works on clear positive instructions.

**3)** Close your eyes for as long as you like and think about how those words feel. Then, imagine the situation itself and rehearse it in your mind feeling confident and relaxed. This way you set the right blueprint or 'task' for your unconscious mind.

You can repeat this often to make it more effective and use it with as many areas of your life as you need to. If you listen to a hypnotic cd or download that can make the benefits even more powerful (see my profile below). So if you feel like you'd be blessed with less confidence than some other people you can start redressing the balance by using your mind in the right way right now.

It took me years to learn how to be more confident - now you can do it in a fraction of the time.  
Good luck!

[Boost your confidence now](#) at HypnosisDownloads.com

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