

What is Hypnosis?- Transcript

Hey there, I'm Candace Avila, clinical hypnotist and founder of Namastehypnosis.com. In this video, I'm going to talk to you about what hypnosis is and what it's like to be the person under hypnosis.

Hypnosis is basically a state of trance. You have been in hypnosis or a state of hypnosis many times before. It is perfectly normal. Everybody everywhere goes in and out of different states of trance or hypnosis all day long. You go into hypnosis when you're reading and you're very, very engrossed in what you're reading and so much so that somebody could come in the room and talk to you and you really hear them, but you're not listening. You kinda know that they're there talking to you, but you're so engrossed, you're not paying attention to them. It's when you go to the movies and you were having these physical reactions to the movies, you're laughing, you're crying, you're maybe even feeling scared because you're so engrossed in the movie.

We know the movie is not real, and yet we're having these reactions. You're in a state of hypnosis when you drive from one point to another and you don't really consciously remember how you got there and you get a little wiggled out because they're like, "oh my God, I totally wasn't paying attention." Actually, you were paying attention. It was your subconscious brain. We'll talk about this a little bit more. Just say it was your subconscious brain that was driving that car and getting it where it needs to go, but your conscious brain was off somewhere else, so another way, another variation of hypnosis is to have been in meditation.

If you meditate, that's a form of hypnosis. If you have really prayed deeply, this too can be a form of hypnosis, so it's really any situation where your level of focus and concentration is so deep that you become less aware of everything else or other things that are going on around you.

The difference between all of those things and being hypnotized or working with a clinical therapy hypnotherapist such as myself is that we're doing this on purpose. All of those examples that I gave you were situations where you went into some level of hypnosis, but unintentionally and without having a purpose for that.

But in clinical hypnosis, you have an issue, problem, or challenge you want to resolve. Maybe there's something you want to improve. Maybe there's something that you want to change and so this is going to be a very purposeful act and we'll come back to that in just a moment.

Let's talk just a little bit more about how hypnosis actually works. I want you to think of your brain as being like your computer, so you have the surface, let's talk about it. We have the screen of the computer that you're looking at right now and then you've got the inner workings of the computer, the programming. So the programming of your computer is running and making your computer go and it's going through all these processes as you open and close different apps and perform different functions and it's doing that automatically, but you're looking at the screen.

The screen is where these things are showing up. Okay. Let's compare that to the brain. So we

have the conscious part of the brain and we have the subconscious part of the brain. Some people call that the unconscious, I prefer to call it subconscious, doesn't really matter. We're all talking about the same thing. Okay? So the conscious part of your brain only runs 10 percent of you. It is the stuff that's going on on the surface, like the stuff that you see right now on your computer monitor or your iPhone or whatever you're looking at.

It's what you see on the surface and it's only 10 percent of you or 10 percent of what's running you. The conscious brain makes decisions, has thoughts. You're very well aware of those. Just like when you type into your computer, you're typing things in, it's showing up on the screen. It's an intentional thought. It's considered the critical and analytical part of the brain.

That's where your reasoning resides. It's the part of the brain where you're making decisions. You're actually just thinking and you're aware of your thinking. So when you go into meditation, this is because you're trying to clear your mind to follow your thoughts, right? You're trying to get your brain to quiet down. You drop down into the subconscious brain.

So let's talk about the subconscious mind. The subconscious brain is the part of the brain that has within it all of your habits, all of your beliefs, and it's where your imagination resides and it's controlling all of your bodily functions. Anything that you were doing automatically without having to think about it. Just the fact that I'm holding my hands right here. This was not something I thought this was just something I did.

This is a program running in my brain that's saying, "hey, you know you're talking. Hold your hands up." Whatever. I don't know, but it just happens, right? So your subconscious brain, this 90 percent of your brain has been filled with, let's call it programming, since you were born, by everything you've heard, everything you've seen, everything that you've read since you were an infant and when you came into this world, you were a blank slate. A blank slate.

In fact, there are only two things that babies are afraid of. One is being dropped, and the other is of loud noises and that's it. There are no other fears in them. Any other fear that you have for an example is something that you developed. It is something that you've learned, as is many of your habits, all of your habits, things that you learned. So in hypnosis, what we want to do or what our objective is, is to take you into a state of deep relaxation.

So the critical brain kind of tunes out to everything. Anything else that's going on, and is no longer actively thinking thoughts but is just receiving. Just focusing on the sound of my voice and receiving the information that I'm providing. What is that information? Well, it depends on why you come to see me as a clinical hypnotist. Obviously

So what is it like for the client? The client just feels deeply relaxed. Well now let me backup. I think it's a different experience for everyone. Some people hear everything that I'm saying. Some people remember nothing and they go back and they listen to their audio recording because I give an audio recording to all of my clients have the session afterward or it's a downloadable pdf. So you've got it all the time. And they're amazed at what I actually said.

Some people think they heard it, but then they realized that they didn't hear it when they go back and they listen to the recording. Some people feel that they go in and out, and so what that

is, is that they're going into a deeper state of hypnosis and then I come back up a little bit and then they go into a deeper state, and they come back up a little bit.

The thing is, it doesn't really matter what level you're in, how much you hear, or if you hear everything, or if you hear nothing. It works regardless. As the hypnotist, I know that you're in the state of transcending, that you're exactly where you need to be for the work that we're doing.

So again, what is it like to be in hypnosis? It's deeply relaxing. You may feel like you had a nap, but not really. It's pleasurable, you know? It's certainly not painful, and it's certainly not scary, or anything to be afraid of. It's really quite nice. You could compare it to meditating, I suppose. If you've ever done a meditation for a while, you know deep one, it's just like that, or a guided imagery perhaps that you've done. It's just like that. So that's what hypnosis is. That's how it works.

And that's what it feels like to be in a state of hypnosis. And if you have any other questions, I am happy to answer them for you. There may be a video here for you on Youtube that can answer the question for you as well. I invite you to look around my channel and see what else you can find that's interesting. And by all means, "like" my channel, give it a thumbs up, and if you want to give hypnosis a try, go to namastehypnosis.com and we'll set up a free strategy call so we can find out exactly what's going on with you and how I can help you. All right, take care. Have a great day. Bye-bye.