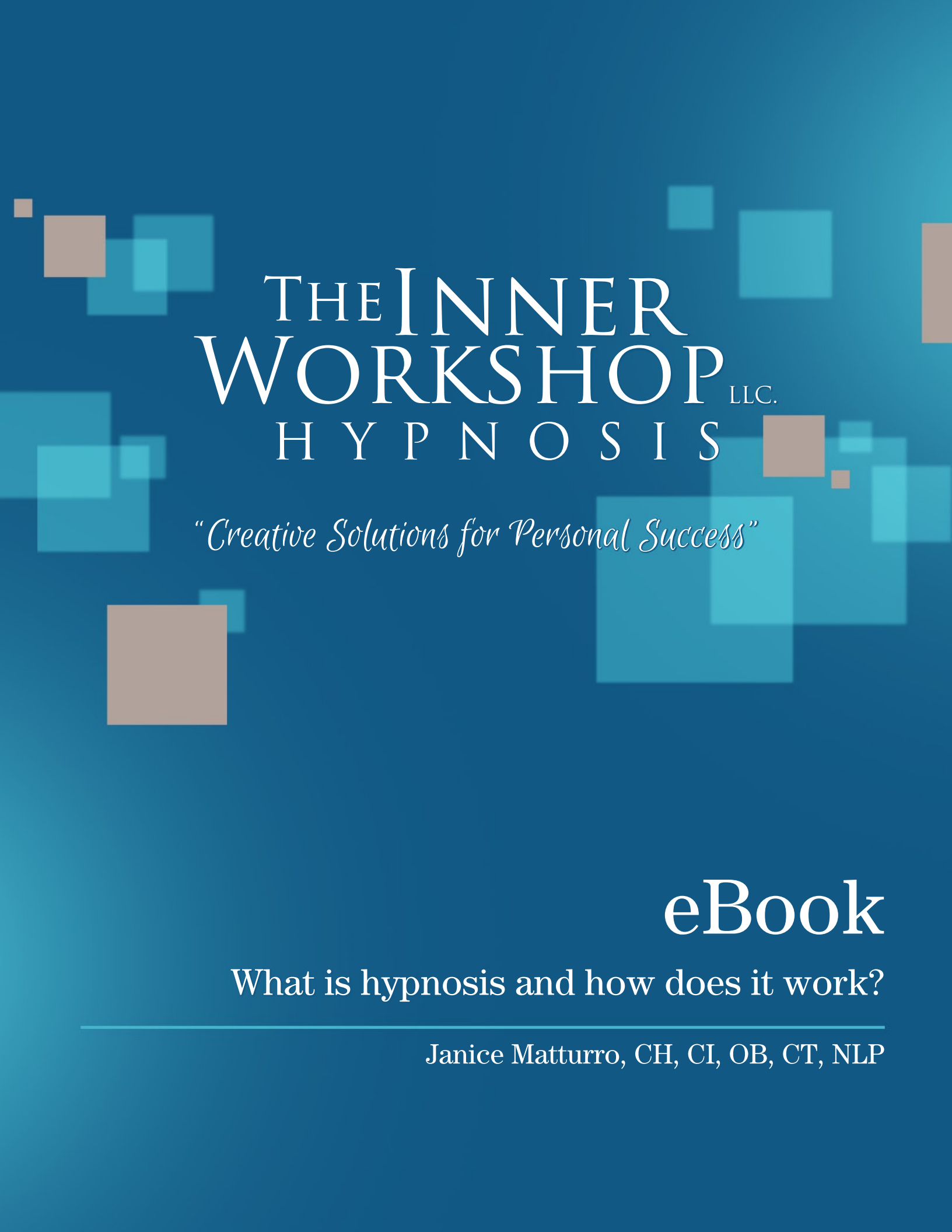


The background of the entire page is a solid dark blue. Scattered across this background are numerous squares of varying sizes and colors. The colors are primarily shades of blue (from light to medium) and a muted brown or taupe. These squares are positioned at different depths, creating a layered, geometric effect.

THE INNER WORKSHOP^{LLC.} HYPNOSIS

"Creative Solutions for Personal Success"

eBook

What is hypnosis and how does it work?

Janice Matturro, CH, CI, OB, CT, NLP

THE INNER WORKSHOP^{LLC.} HYPNOSIS

"Creative Solutions for Personal Success"



Janice Maturro, CH, CI, OB, CT, NLP
THE INNER WORKSHOP, LLC.

www.TheInnerWorkshopHypnosis.com

What is hypnosis and how does it work?

Hypnotism is the science and practice of inducing Hypnosis. Hypnosis is a state of mind that accesses subconscious rather than normally regarded conscious behavior.

When one is in a state of hypnosis, one is in an altered state of consciousness ~ similar to the state experienced when daydreaming ~ that results in the conscious mind being bypassed, so to speak, and the subconscious mind being engaged. It is a state of deep relaxation and heightened awareness.

Since all hypnosis is self-hypnosis, the hypnotist serves as a guide. The hypnotist facilitates the hypnotic experience and presents ~ in the form of suggestions ~ self-empowering concepts and ideas that support your efforts to succeed. Thus, the subconscious mind and the conscious mind work in harmony toward your success.

Hypnosis is a natural state that you experience throughout the day. In fact, right before you fall asleep and wake up, you enter a type of hypnotic state. Here are some other facts about the state of hypnosis:

- Hypnosis is safe and effective
- When you are in a state of hypnosis, you remain in control and can awaken at any time you desire.
- You cannot get stuck in the state of hypnosis.
- The hypnotist cannot make you do anything against your will.
- You cannot be hypnotized if you do not want to be hypnotized.
- Motivation and willingness to follow the hypnotist's directions are essential components of a successful hypnosis experience.
- You will remember your hypnosis session.
- Anyone with average intelligence can be hypnotized.
- You will reject any negative suggestions.
- Because hypnosis is a familiar and natural state of mind, you may not realize that you were hypnotized.
- Hypnosis is an altered state of consciousness, not the absence of consciousness. If you expect to become unconscious, you may not realize you were hypnotized.
- You can talk and open your eyes while under hypnosis.

To achieve lasting results with hypnosis, you are required to participate in your personalized program -- this may require practicing self-hypnosis and/or listening to reinforcement recordings between sessions at home.

Richard Bandler and John Grindler created NLP in the 1970s. NLP is Hypnotic in its origin and style, based on the work of Virginia Satire, Dr. Milton Erickson, and Fritz Pearl -- all of whom were successful "change workers," who approached their work with their clients from differing vantage points and modalities.

Bandler and Grindler developed NLP not as theorists, but rather as change workers, who desired that the application of NLP would have real, measurable effects in their clients' lives.

Neuro-Linguistic Programming - often referred to as NLP (and which we will refer to from this point on) means the following:

Neuro: Refers to how one thinks, imagines, feels.

Linguistic: Refers to language and how one communicates - internally and externally in the world.

Programming: Habituated patterns of emotions and behavior (positive and negative).

NLP presupposes that each person builds his/her own "maps" of reality -- i.e., worldviews. We develop these worldviews through perception, and perception is filtered by what we believe, value, how we use our senses, our experiences, et cetera.

An NLP Practitioner holds a specific set of presuppositions:

1. The Map is not the Territory: (As discussed above.)
2. We are always communicating
3. The meaning of the communication is the response that you get.
4. Requisite variety. The element in a system with the most flexibility will usually be the controlling element.
5. People always make the best choice available to them.
6. Every behavior is useful in some context.
7. Experience has structure.
8. People already have most of the resources that they need.
9. There is no failure only feedback.
10. If what you are doing is not working, do something else.

NLP employs **solution-oriented** and **resource-oriented** techniques for change. Simply stated, NLP helps one to move from problem states to solution states of being and behaving, and from unresourceful states to resourceful states of being and behaving.

An NLP Practitioner employs time-tested NLP Techniques and tools that assist clients in achieving their personal and success goals. Some of the ways that NLP helps one to achieve their personal and success goals are as follows:

1. Eliminate Fears
2. Eradicate limiting thoughts and beliefs
3. Reduce situational-stress
4. Enhance Confidence, Self-Esteem, and Self-Belief
5. Improve Motivation

6. Eliminate Procrastination
7. Generate New Behaviors
8. Integrate Congruence
9. Eliminate Unwanted Habits
10. Improve Sales Performance
11. Improve Athletic Performance
12. Helps You to Live your BEST Life Story.
13. Improve Personal Relationships
14. Express Authenticity
15. Improve Public Speaking
16. Enhance Acting Skills
17. Let Go of the Past
18. Support Healthy Eating Habits/Exercise Habits
19. Clarify Your Goals
20. Enhances Positive Self-Communication

-----To name a few -----

Hypnotism and NLP can be employed separately or together into a client session. There are times when it is advantageous to integrate an NLP Technique into formal Hypnosis, but formal Hypnosis is not necessary for NLP to be effective. NLP, as mentioned, is hypnotic in and of itself.

THE INNER WORKSHOP^{LLC.} HYPNOSIS

The Inner Workshop, LLC is dedicated to your personal growth and success, offering integrative hypnosis, self-directed motivational and success strategies that support your efforts to live your **BEST** life story.

Contact us to schedule a confidential consultation today!

~

Visit our website for more details.

www.TheInnerWorkshopHypnosis.com