

# **All About Hypnosis**

**A Powerful Tool for:**

- **Weight Loss**
- **Smoking Cessation**
- **Stress Relief**
- **Pain Control**
- **Achieving Your Goals**

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# **All About Hypnosis**

## **A Modern Hypnosis Guide**

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## **Introduction**

I want to thank you for learning all about hypnosis and joining me on this journey. Every year I work for thousands of people and educate them about the value of hypnosis.

In this booklet it is my desire to reveal to you how you can take control of your life and achieve your goals with remarkable ease. This book can guide you to higher personal and professional satisfaction.

I know these are strong claims. Coming from a skeptical and scientific background, I hesitate to even suggest such benefits, however the data is irrefutable.

On this page it may be too early for me to tell you this, but your life may never be the same.

You see, you hold in your hands a tool that will allow you to tap into the power of your mind, to control your destiny and enrich your life and the lives of others.

This tool does not take a lot of time, nor is it expensive. It only requires a small investment of your time and willingness to experience its usefulness. Nothing more.

I'll see you on the path.

## What is Hypnosis?

Most people are use to the image of hypnosis that is portrayed in the movies and on the television. This is a far cry from the actual state of hypnosis.

Hypnosis is a natural state of mind that each of us experience every single day. Have you ever found yourself engaged by a project that focused all your attention on the task at hand and time seemed to fly by?

Have you ever tried to speak with somebody who was working behind a computer keyboard and you had trouble getting his or her attention? That is a natural state of hypnosis.

Here is a simple definition of hypnosis that most researchers agree on:

*“The ability to follow suggestion without conscious intent.”*

You may be interested to know that in the laboratory setting, researchers have used hypnosis to create false memories, hallucinations and alternative behavior in people so that they could be studied and analyzed.

Let’s consider those studies and the recent hypnosis knowledge that has come to light.

## Recent Hypnotic Discoveries

Over the last several years there have been significant advances in neuroscience, which has allowed us to more effectively study hypnosis. In fact, science has developed instruments for studying hypnosis. This has allowed hypnosis to come out of the dark ages and enjoy its current mainstream success.

One of the cutting edge tools that is used to study the hypnotic state is called a Positron Emission Tomography (PET) scan. It records an actual image of the brain, during the brains thought process.

It is found that hypnosis produces a very specific pattern of activity within the brain. It shows an increase blood flow in the right anterior cingulate cortex.

Based on the tasks of the right anterior cingulated cortex, this suggests that there is an internal focus. This brain activity is very different from normal and waking states. Let’s consider brain wave activities.

There are four types of brain wave classifications.

They are:

- Beta
- Alpha
- Theta
- Delta

Beta waves are the normal waking consciousness state. As you read this book, you are in beta. Beta is a

state where you are wide-awake and aware of your surroundings.

Alpha waves are a slower pattern that are found when people relax, listen to music or meditate.

Theta waves are present just before and after you awaken from deep sleep. They are also present during the hypnotized trance state.

Delta waves are deep sleep. Delta allows you to rejuvenate and dream.

Using the PET scan, scientists have made some exciting discoveries regarding hypnosis. For instance, some people have concluded that hypnosis is simply imagination. This is now proven to not be the case. It has been determined there is absolutely no relationship between hypnosis and imagination.

While in a state of hypnosis, many people experience auditory (sounds) and visual hallucinations. This is the reason people often times connect imagination with hypnosis.

Using the PET scan, researchers have discovered different regions of the brain are utilized during hypnosis which differ from the regions of the brain exercised while using imagination.

That means when a person imagines a sound, the activity is located in a different place in the brain. When that same person experiences a hypnotic hallucination, the brain activity is recorded in an entirely different area.

Studies done at McMaster University in Ontario, Canada used a PET Scan to record the brain activity of hypnotized individuals who imagined a scene and then who experienced a hypnotic hallucination scene.

Researchers found that auditory hallucination and imagining a sound are both generated within each of us. However the hallucination in hypnosis, like that of real hearing, is experienced as being received from an outside source.

Researchers then tried to isolate the area of the brain responsible for this different brain response pattern while in hypnosis.

Eight subjects were studied by the University in Ontario, Canada during this amazing session. During the session, each person heard the exact same audio track while the PET scan recorded the brain activity. The brain activity was studied during four different circumstances:

1. While they were listening in their normal waking state.
2. While they rested and listened to the audio track.
3. While they just imagined to hear the audio track.
4. While they were in a hypnotized state responding to suggestion to hallucinate the audio track, although it was not actually playing.

The research revealed the region of the brain called the right anterior cingulate cortex was just as active while the volunteers were hallucinating as it was while they were actually hearing the track.

In comparison, the right anterior cingulate cortex was not active at all while the volunteers were imagining they heard the audio. Clearly something tangible is going on!

*Hypnosis had completely fooled the right anterior cingulate cortex area of the brain into registering the hallucinated voice as genuine.*

## **Hypnotic Myths**

Some people erroneously believe that in order to be hypnotized you must be weak willed. Numerous studies have shown that hypnotizability is completely unrelated to that characteristic. Hypnotizability has nothing to do with gullibility, submissiveness, imagination or being weak willed.

In fact, the stronger your will, the better your concentration, the faster the easier you go into a trance state.

Some people believe that in order to be hypnotized you must put forth effort. Studies have shown this is also incorrect. Most hypnotized people say, "It just happened."

In fact, often times, if people are having trouble experiencing hypnosis it is because they are trying too hard. It's when they relax and try less, hypnosis happens!

## **Can I Be Hypnotized?**

Some people say, "hypnosis sounds wonderful but I don't think I can be hypnotized!"

Well, they may be surprised to learn that they already experience hypnosis on a daily basis. Let us look at examples of daily hypnosis.

Have you ever found yourself completely immersed in an activity to the exclusion of everything else? That is a natural trance state.

Common examples of this are:

- while watching a movie and becoming transfixed in the plot
- reading a book and been so transfixed that you did not hear someone come in and speak with you
- driving down the freeway and experiencing highway hypnosis

Hypnosis is not witchcraft, manipulation or magic. It simply is a tool that will allow you to tap into the power of your mind.

## **What Is Required to Be Hypnotized?**

All that is required to be hypnotized is willingness and a minimum of an IQ level of 60.

## How Does Hypnosis Work?

Hypnotic change works through the power of suggestion. In order to fully understand the how, it's important to discuss the mechanics of your conscious and subconscious state.

Each day we fluctuate between the conscious and subconscious state of mind.

Recall the last time you operated your vehicle. Perhaps it was while you were going to work, shopping or to the doctor's office. Think about that trip. Do you recall the details of that drive? I doubt it. Most people do not consciously drive their vehicles.

For most people driving is something done in our unconscious mind. You don't say to yourself, "I must put the vehicle in gear, release the parking brake, check over my shoulder for oncoming traffic, signal to turn left, release the steering wheel to right the vehicle and stay in this lane."

Driving is typically done unconsciously. Your subconscious is aware of everything that is happening but consciously your thinking about things you need to do, thinking of things you want to watch on television later, or things you wished you would have said or done.

We tend to multitask, all day long. We easily and naturally move between the conscious to the subconscious.

*Hypnosis allows us to place suggestions directly into the subconscious mind and what takes hold in the subconscious is automatically acted on by the conscious mind.*

## The Personal Benefits of Hypnosis and Common Hypnotic Applications

What changes would you like to make?

Would you like make changes in your:

1. motivation
2. confidence
3. attitude
4. focus
5. goal orientation
6. stress levels
7. weight
8. smoking habit

With hypnosis you can. In fact, specific behavior change is the most common use of hypnosis.

Most people try to make behavior changes based on self-discipline and will power. The problem is this is an inefficient and ineffective way to facilitate long-term change.

Hypnosis is much more effective.



## **How It Feels To Be Hypnotized**

I'm sure you have seen zombie-like characters in the movies and on television who are supposedly in a hypnotic state of mind. This common misconception can create resistance for those who are being hypnotized for the first time.

It can be hard to allow yourself to relax if you think that under hypnosis you surrender all control of your behaviors to the hypnotist.

In fact, when you are hypnotized, you are in more control than when you're in the normal daily state. You become internally focused, and your surrounding environment becomes less important and insignificant.

If for any reason there were an emergency or your attention was needed, you would immediately emerge yourself to respond appropriately.

Emerge means to come to a full waking state.

People in a hypnotized state may appear to be asleep, but the biological state of sleep is very different from hypnosis.

While your body is relaxed, your mind will be fully alert and aware of the suggestions it is receiving. All outside stimulus will become irrelevant. Your focus will be directly on the words of the suggestions you are receiving and your breathing will be light and rhythmic.

You may have a distorted sense of time. You may feel like you have been in hypnosis for just a couple minutes, even if it has been sixty to ninety minutes.

Now that you know what it feels like, it's time to learn....

## **How to Hypnotize Yourself**

It is now time for you to experience self-hypnosis. In this booklet we only have the room to cover one technique.

Following the self-hypnosis instruction I will coach you on where, when and how to apply this technique for it's maximum effectiveness.

It is easiest to break down the self-hypnosis process in 5 components:

- 1) Mindset
- 2) Induction
- 3) Deepening
- 4) Suggestions
- 5) Awaken

## 1) Mindset

You must be willing to be hypnotized. Your mindset should support your hypnosis session by focusing on the goal you wish to achieve regardless of whether that is a specific change in your behavior (goal oriented such as weight loss) or just simple relaxation. Consider the goal of your session, the outcome you desire and be expectant of reaching your goal.

## 2) Induction

The induction is what you will use to turn your focus from external to internal. The induction will allow you to tap into the power of your mind to reach your desired outcome by programming your subconscious. And we know what is programmed on a subconscious level will automatically be adopted by your conscious mind.

Here is your self-hypnosis induction:

Close your eyes and slowly relax each muscle in your entire body. Consciously direct yourself to relax every muscle from your toes, feet, calf, over your knee, up your thighs, your mid-section, your lower back, your upper back, your shoulders, down your biceps, over your wrists, all the way to the tips of your fingers, up through your neck, over your jaw, through every muscle in your face and around your eyes.

Allowing every muscle to relax from the top of your head down to the tips of your toes.

*Just allow yourself to systematically relax and enjoy it.* Don't be in a hurry to complete this process. Depending on your time constraints it should take from two to eight minutes.

Tell yourself, "the more I relax the deeper I go, the deeper I go the better I feel. I'm growing more and more relaxed with every easy breath I exhale."

Don't force it to happen; the more you let go, the easier it is. Just allow yourself to completely release all tension.

Now, think of a time when you were relaxed. Maybe it was on a vacation or day off?

Use each of your senses to relive that experience. For example, perhaps you were relaxing on a hike, surrounded by vibrant green trees and a gentle bubbling brook. Hear the sounds of the running stream and the wildlife in your mind.

Relive that experience, feel the slight breeze as it rolls over you, feel the ground beneath you and smell the fresh outdoors.

As you remember this pleasant experience, you will find yourself changing on a physiological level and becoming very relaxed and focused.

Final suggestions in this phase to give yourself are: "the deeper I go, the more satisfying it becomes. I feel comfortable, relaxed and continue to release all tension with every thought I have.

If ever I need to awaken I can do that simply by counting myself up from one to five and awaken feeling refreshed and energized."

You should repeat these final suggestions from one to three times and then move onto deepening your trance state.

### **3) Deepening Your Hypnotic State**

In order to deepen your hypnotic trance state you should provide yourself with the following suggestion:

“With each count from five to one, I will drop down twice as deep.” “As I descend this staircase (in my mind), I will drop down deeper, with each step I take down I descend to a place of peace and contentment.”

- Five) letting go of everything
- Four) feeling light, distant, relaxed
- Three) dropping down deeper than ever before
- Two) from here out, with every step down I will drop twice as deep as before.
- One) All the way down, more relaxed than ever, feeling peaceful and content.

I would recommend that you repeat this deepening process three times. You will start to feel detached. Anyone watching you will notice that your breathing pattern has become light, your heart rate will be altered and your blood pressure has changed. You are in a state of hypnosis.

I would recommend that with every self-hypnosis session you do, you always give yourself the suggestion: “I will drop down deeper and deeper with each session, faster and faster.”

You will quickly find yourself dropping down into wonderful and peaceful states of trance quickly.

Initially, you may wonder if you are really hypnotized. This is completely natural. If you are following the instructions on the previous pages, you can rest assured you are hypnotized. In addition, in the coming pages I will teach you how to prove to yourself you are in a hypnotic trance.

Many people wonder how deep they have to be in order to receive the benefits of hypnotic suggestions. Studies show even in light trance depth you will receive the wonderful benefits of hypnosis.

### **4) Hypnotic Suggestions**

Prior to your hypnotic trance you want to form your hypnotic suggestions. Your suggestions should always be phrased in the positive, never in the negative. You should also phrase them in the present, never in the past or future.

Here is a weight loss example suggestion:

Correct Example:

“I weight 180 pounds and find greater satisfaction with smaller portions.”

Incorrect Example:

“I’m on my way to losing weight and giving up foods that are bad for me.”

In the second example, you will notice it is phrased in the negative, giving up foods and losing weight. In addition, you will notice the incorrect phrase of timing.

Your subconscious mind will hear these suggestions and take them literally. It will think you are on your way, but it's not time yet to lose the weight.

Here is a Stress Control Suggestion:

Correct Example:

"I control my stress level and release those things I cannot control."

Incorrect Example:

"My life will be less stressed when I worry less about those professional and personal worries that are out of my control."

Think about those areas of your life you would like to improve and then work on one specific area during your trance session. Don't work on multiple tasks in the same trance session.

Some people think, "I'll work on stress, pain control and weight loss during the same session." It is too much and you will dilute the value.

Think of the specific goal you would like to achieve. Record that goal. Then start to structure suggestions that will allow you to achieve it. Be positive, be present and be brief.

Edit your suggestions down to simple sentences. In a typical trance session you should use no more than four suggestions that support the single goal you have chosen.

Repetition of each suggestion is important to achieve that desired goal. Repeat each suggestion six to eight times per self-hypnosis session.

## **5) Awaken**

The final step in self-hypnosis is to awaken yourself. You do that by giving yourself the following suggestion: "In a moment I will count from one to five. I will awaken feeling refreshed, energized and looking forward to my next session. Allowing myself now to fully integrate each suggestion I have provided myself which supports my goal.

With every session I will find myself dropping down deeper, faster and enjoying it more and more."

"One, imagining that I'm back at home just like I am every morning; two, allowing the energy to fill my limbs; three, becoming more aware of my surroundings; four, appreciating the time I spend for myself and the value it provides; five, wide awake and noticing how good I feel."

Congratulations on your trance session. In five steps you have programmed your mind to help you accomplish your goals. *Don't under estimate the power of this formula; research has proven its effectiveness!*

## **How Can I Prove To Myself That I'm Really Hypnotized?**

Here is an advanced, little known technique that you can use to confirm you are in a state of hypnosis.

This test should occur after the deepening component and prior to the behavior change suggestions.

1) Give yourself the suggestion that as you relax, your mouth will begin to fill with saliva and as you swallow it will take you down deeper.

If your mouth begins to fill with saliva then you know you are hypnotized and responding to suggestion!

## **How Long Should My Trance State Last?**

There is no set time requirement for a hypnotic session. It only takes a couple of minutes to enter this state of mind and program yourself for success.

When I'm at home and on my regular schedule, I prefer to do twenty minute hypnotic sessions. If my schedule will not permit this length of time, then I experience a quick five or ten minute session.

## **Where Should I Experience Trance?**

Never experience hypnosis while driving or operating any machinery.

Many people use hypnosis during their normal day activities such as when they are on a break at work, on a bus or airplane.

If you will be using hypnosis at home, I would recommend you experience your trance session seated or reclined in a chair, couch or bed and let your significant other or kids know you are not to be disturbed unless an emergency occurs. This is your time for yourself, enjoy it.

## **HOW MANY SESSIONS ARE SUGGESTED FOR PERMANENT RESULTS?**

I recommend you work on one specific change (weight loss, confidence, etc.) for thirty days straight. Research shows this is the opportune length of time to achieve your goal and make long term permanent change.

Obviously, before making any changes in your medical or physical well-being, you should consult your physician.

## **What's On The Immediate Horizon**

We are just now beginning to enter a phase where hypnosis will grow exponentially and improve the lives of those who utilize this powerful tool. I believe that with the current research that is possible in neuroscience, and the realization of both individuals and corporations that hypnosis can be extremely valuable, the horizon for hypnosis is brighter than ever.

## **Conclusion**

I want to thank you for joining me and learning about hypnosis. I encourage you to begin to use this powerful tool to make the changes that will benefit you and create the life you desire.

I'm certain you will find your new life rewarding and exciting.

I wish you much success personally and professionally and hope you will use the power of hypnosis to create a more rewarding future for yourself and your loved ones and I hope to see you soon in my audience.

I look forward to hearing of your success!

*Hypnotically Yours,  
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*ROC Hypnosis  
"Helping Everyday People with Everyday Problems"  
[www.rochypnosis.com](http://www.rochypnosis.com)*

## *Hypnosis Revealed!*

Learn about this powerful tool in simple, easy to understand language.

Discover how hypnosis can help you to:

- Lose the weight you desire
- Control pain
- Relieve stress
- Increase your confidence
- Achieve your goals

In addition you will learn:

- Who can be hypnotized
- What hypnosis feels like
- How to structure suggestions
- How long hypnotic sessions should last
- And much, much more

Your author brings his considerable experience and offers an in depth introduction with clear and concise instruction in using the power of hypnosis to empower you to make the changes you desire. You will enjoy this book!