

WHAT DOES HYPNOSIS FEEL LIKE?

By Tom Nicoli, BCH, CI

- While in a hypnotic state, one can hear everything going on, in addition to the hypnotic suggestion being given.
- After hypnosis, people often have the misconception that they “were not hypnotized.” When asked why they think this, the typical response is that they “heard everything the hypnotist said”.
- Although the word “sleep” is used frequently during the hypnotic process, hypnosis is actually not sleep. Hypnosis is not a state of deep sleep. Hypnosis is a state of very relaxed consciousness.
- Hypnotized subjects may feel relaxed, but are awake.
- During hypnosis, one’s subconscious mind is in a heightened state of awareness.
- Hypnosis induces feelings of well-being, ability to recall past events and the acceptance of new ideas, so long as the new ideas are not in conflict with personal values.
- A hypnotized person is capable of saying no and of terminating the hypnosis.
- The process of hypnosis is similar to guided imagery or visualization, a method through which professional athletes and international CEO’s practice to attain their optimum performance potential.
- Hypnotic procedures are natural and safe. The level of anxiety associated with a hypnotic session is equivalent to hearing a high school history lecture.
- It is common for a hypnotized person to have a higher tolerance to pain.
- The hypnotic state is like meditation, where the body is relaxed but the mind has heightened awareness.
- The ability to vocalize during hypnosis can be limited.
- During hypnosis, limbs can feel leaden or light, tingly or somewhat numb.
- One’s perception of time during hypnosis can be distorted where an hour might seem like just a few minutes.
- A frequent question: “What happens if the hypnotists/hypnotist walks away or is distracted while I’m in a state of hypnosis?” Answer: A person either gradually goes deeper into a sleep mode and then wakes up or just rises out of the hypnotic state to a fully conscious state.
- In a hypnotic state, peoples’ subconscious minds allow them to perform things that they may not otherwise be able to do when they are at a fully conscious level.

Disclaimer:

Hypnosis cannot, and should not, stand alone as the sole medical or psychological intervention for any disorder. Hypnosis should not be used instead of appropriate medical, dental, or psychological treatment, and any individual with a medical or psychological problem should first consult a qualified health care provider for diagnosis and professional advice. Hypnosis should only be practiced by those who have been appropriately trained, who practice appropriately, and within the scope of their training.

© 2006, 2007, All Rights Reserved, Tom Nicoli BCH, CI

For More Information: www.tomnicoli.com/press

Media Contact: Tom Nicoli 781-938-7779