PRINCIPLES OF HYPNOSIS

The **CONSCIOUS** mind – The part of the mind with which we reason and where we spend most of our time. The conscious mind is aware and plays the dominant role. Our conscious mind also makes decisions, rationalizes, makes judgements, and includes our working memory.

The **SUBCONSCIOUS** mind – The part of the mind in which mental processes take place without conscious perception. Our subconscious controls automatic functions and body mechanisms such as the autonomic nervous system. As the storehouse of all our memories and experiences, our subconscious mind also controls emotions, is where habits are formed, and protects us against danger real and imagined. The main driving force of our subconscious is our self-preservation.

The **SUPERCONSCIOUS** mind – The part of the mind that has only our Higher needs as its guiding principle. Our superconscious only wants what is ultimate and best for us.

HYPNOSIS is an altered state of consciousness where the subconscious level of the mind is in a state of hyper-suggestibility. The superconscious mind allows us to achieve optimal results. The conscious mind remains aware the entire time.

Myths & Misconceptions	What Hypnosis IS!
You give up all power and are under complete control of the hypnotist.	All hypnosis is self-hypnosis. You are always in control.
You can be made to say or do something against your will.	You, at will, may refuse a suggestion, do the complete opposite, or break the trance all together.
Hypnosis if a form of sleep.	Hypnosis is a state of focused concentration.
Hypnosis is a "truth" serum.	You have complete awareness and control and can censor, withhold, and even lie about what you divulge during the experience.
You can get stuck in hypnosis.	You can terminate the trance state at any time.
Hypnosis is a therapy.	Hypnosis is a tool that should be used in conjunction with other modalities to promote self-awareness, autonomy and enhance well-being.
Hypnosis is harmful.	Hypnosis can be a powerful means for resolving emotional problems and enhancing emotional well-being.