



# 13 Secrets Your Hypnotherapist Won't Tell You

(Assuming they know what they are!)

By Dianne Ruth, CCH, PhD

## 1. All hypnosis is SELF-hypnosis.

There are no exceptions to this rule! Your hypnotherapist is like a guide through a wilderness. They can show you the way but they can't make you follow their lead or make the journey for you. Only you can do that.

## 2. We are in the hypnotic trance state normally and naturally, 3 to 4 hours (or more) every day.

Some examples are: When you become involved in a project and lose track of time, when you are emotional, when you think of something in the past—or in the future, when you meditate or pray, watch a movie, and when you daydream, you are in the hypnotic trance state.

## 3. When a hypnotherapist guides you into a trance state, the hypnotherapist goes into hypnosis right along with you.

The hypnotherapist will remain in hypnosis with you, even though he or she continues to guide the session.

**4. In hypnosis you will not fall asleep or become unconscious.**

You may be relaxed and feel like your mind is drifting, just like when you are driving a car or daydreaming; however, you are able to instantly return to full awareness whenever you choose.

**5. The unconscious mind directly receives suggestions through the left ear.**

The right ear filters information through the conscious mind.

**Here's a tip:** If you are listening to a self-hypnosis audio file or CD, just listen through the left ear only, to get the maximum benefits from the recording.

**6. During hypnosis you can tap into that 90% of your mind that eludes you during conscious awareness.**

You have probably heard that we only use about 10% of our brain. With hypnosis you can now not only open up that channel of communication with the other 90%, you can also reprogram it, simply and easily, to make desired changes in your life.

**7. The unconscious mind cannot tell the difference between fact and fantasy.**

The conscious mind can tell the difference. So when you reprogram a memory and allow yourself to mentally experience it as if it were real, you can then successfully change your response to the situation, so it is more to your liking.

**8. Pretend works!**

Some people claim to have difficulty visualizing or seeing images in their mind and believe that because of it, hypnosis can't work. If you can find your way home, then you really can visualize—enough! So, just "pretend" you can see images—even if you "can't," and the process will work just fine.

**9. Hypnosis can be addictive.**

Imagine complete and total relaxation so profound that it is euphoric; it is like being on a "high." It feels so good, you actually really want to continue enjoying that state. Most people have this experience ... if they choose it.

**10. You can even lie under hypnosis.**

All hypnosis is, is an altered state of consciousness with a focused concentration. While in this state, you will never do or say anything you don't want to.

Because you are very relaxed, your mind is sharp, and you are able to assess everything going on around you in a clear and concise way. Therefore, you are more in control in this state than at any other time.

**11. Ever wonder what the volunteers on stage are thinking during entertainment hypnosis?**

While they are performing hilarious or bizarre acts, they are wondering when they are going to FEEL hypnotized! You never feel hypnotized.

In therapeutic hypnosis, you simply experience a wonderfully deep and profound relaxation, which is health building, stress reducing and energizing.

**12. The easiest time to give yourself post-hypnotic suggestions is while falling asleep.**

This period of time is called the hypnogogic state, which is a natural state of hypnosis. Giving yourself positive suggestions or affirmations at this time can be especially powerful.

Have you ever told yourself that you would wake up at a certain time—and did? This is a great example of how a post-hypnotic suggestion works. The brief period while coming awake is called the hypnopampic state, and can also be used very successfully for positive self-suggestions.

**13. You will always remember everything that goes on during hypnosis.**

Even if you experience a temporary loss of memory during or immediately following the trance state, everything will automatically come right back to you.



Dr. Ruth has helped numerous people unlock their hidden potential through the power of hypnosis over the phone and in person. She has helped clients overcome fears, phobias and PTSD; resolve anxiety; relieve depression, lose weight, improve self-esteem, discover their purpose and direction in life, and live a more powerful and successful life naturally.

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