
Hypnotic Communication

(June 05) Many myths currently surround the idea of hypnosis. As a hypnotist, I get 'kidded' from folks from the simple "be careful, don't look into his eyes" to the "you won't make me quack like a duck, will you?" However, do you know that we are 'hypnotized' everyday? That's right!

Every day we take in and are influenced by hypnotic suggestions!

How many of you (or your children) know the McDonalds or EMPIRE jingle write now? Or find yourself humming some other commercial tune? Let's see if some of these 'ring a bell':

- It takes two hands _____ {to handle a whopper}
- How do you spell relief? _____ {ROLAIDS}
- Winston tastes good _____ {like a cigarette should}
- 588-2300 _____ {EMPIRE; go ahead and add the music!}

How about some of the sayings or 'lessons' are parents and relatives used to 'offer us' in their wisdom:

- Eat all the food on your plate, there are people (somewhere) starving
- Money doesn't grow on trees
- No playing on the furniture (I always thought it was one very fun place to play)
- ETC....

From our parents & family, to religion, to schools, the media and more! We are beset with hypnotic suggestions that influence our thinking!

Learn to take control of what gets into your brain!

A simple exercise that I often teach to begin to relax into a mild trance state is what I refer to as "soft eyes". Get in a comfortable position, begin paying attention to your breathing, slowing your breathing to the count of 4 in, pausing and then 4 out, breathing in & out fully and completely. Then defocus your eyes, allowing you to see with your peripheral vision. Continue to do this until you have the urge to close your eyes, then close your eyes and relax.

Simple and easy!

That's right! Coming up on June 15th learn two self hypnosis techniques that will enable you to give yourself powerful hypnotic suggestions that will help you to point your brain and life in the direction you want! Learn how to relieve stress, eliminate tension, and improve relaxation immediately. Contact jim@trulyhumancoaching.com