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Why the Man from Cancun Was Laughing

Nicholas Pollak / May 18, 2015 /

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Photo: Terrance B

People tend to think that hypnosis is a way someone takes over their minds, makes them do whatever they are asked. Movies, novels and hypnotism shows perpetuate this false notion.

Once when I was in Cancun on vacation talking to a resident about hypnosis.

He just laughed. He and millions of Mexicans just had watched one of their famous singers eating an onion, believing it to be an apple.

To be fair, this star is a somnambulist, the type of person who has perfect suggestibility for hypnosis. Suggestibility is how we communicate. We speak in a combination of two ways. One is literal or direct, the other being alluding to or inference.

A somnambulist has a suggestibility of 50/50.

This means such persons are open to everything said to them or what they hear. Their conscious minds usually are so overloaded that they consciously tune out.

Hypnosis is created in two ways. One is to rapidly overload the conscious mind with a huge amount of information. The conscious cannot handle such a volume. It retreats into the subconscious, placing the person in an hypnotic state.

The second way is by staring at a point of fascination. As the person gazes, breathing slows and he relaxes. The result: Hypnosis occurs.

For a person to be successful with hypnosis there must be an absolute willingness to be hypnotized. Otherwise, it will not occur.

Movie characters are hypnotized, programmed to do horrible acts of terror. This is fiction. It cannot happen against a person's will.

Stage shows cause more problems for people considering hypnosis as a treatment than not. Audiences come away entertained but nervous about hypnotherapy. Often they hold a false impression of what it can do.

When I became a hypnotist I believed hypnosis could resolve any problem. I still do. The human mind is capable of the most amazing feats.

Benefits to be derived from hypnotherapy are 100 percent dependent on the subject believing hypnosis can make a difference.

Hypnosis, an effective tool for vocational and avocational changes, can bring lasting changes.

Do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (<mailto:nickpollak@hypnotherapy4you.net>). See my website at www.hypnotherapy4you.net (<http://www.hypnotherapy4you.net>)

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