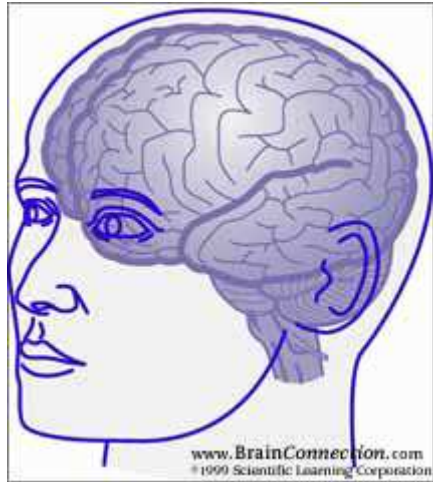


The Brain



The brain is a tangible thing. You know where it is, roughly what it looks like, and what it is made of. It has properties that dictate how it functions, and we know what those properties are. One of them, the one that is most important for hypnosis, is the brain wave.

The level that our brain is operating in dictates how we feel, how we behave, and how we perform. The hypnotic state is attained by

taking your brain from Beta, which it is probably in right now, to either the Alpha state or the Theta state, depending on how deeply you need to go for what you'd like to achieve. There has been a lot of research into the four levels of electrical activity that our brains emanate in the form of brain waves. Here's a brief review of (or introduction to) the brain waves and what occurs at each of the four states of consciousness . . .

Beta

Logic and reasoning.

Awake, normal, alert consciousness characterized by sense-experiences: sight, sound, smell, taste, and touch.

When measuring this state of consciousness on an EEG or other biofeedback machine, we find that it registers at 15-40 cycles per second.

At its maximum capacity, Beta comprises only 12% of your total being. Relying on Beta is like relying on your motorcycle to pull your double-decker motor home.

The place of logic, analyzing, and reasoning.

Significantly affects brain's ability to: store information (memory), access creativity, focus, and concentrate and the workings of the physical body.

We spend about 90% of the day with our brains in the Beta level, but when you get stuck here, tension and negative thinking usually result. And the more stressed you feel, the faster your brain will go, and the less likely you are to achieve Alpha, which is where you'd rather be. You'll see glimpses of where you can go and what you can do, but they will be fleeting.

Alpha

Strongest, most prominent brain rhythm.

The optimal state for your brain when preparing for competition.

When measuring this state of consciousness on a biofeedback machine, we find that its frequency registers at 9-15 cycles per second.

Brain's biochemistry is completely balanced in Alpha and brain functions at optimal level

Decision-making at its peak.

This level is necessary in order to achieve behavior modification. In Alpha, you are relaxed, calm, and lucid. This is the programming plane, where you can add new programs and delete old ones. You can also control your dreams while here.

This is where you are during that first 20 minutes when you are falling asleep, but not quite asleep.

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Active really means moving. Meditating while moving can be done during tai-chi or yoga; where graceful movements are combined with rhythmic breathing. I recommend qi-gong for those interested in active meditation. Buddhists use walking as an opportunity to meditate. Focusing on the physical movements while breathing rhythmically makes it almost impossible to think about anything else.

²Passive Meditation

Sitting cross-legged, or standing and breathing. This is the classic meditation that everybody's seen. It is more difficult to do but it is useful for exploring deep mental states. For instance, if you wanted to go into a hypnotic state and recall things from the past.

The breath is the key. Once you have the breathing down, the rest is easy.

The method some use consists of breathing in to the count of 7, and breathing out during the same amount of time. During the in-breath, visualize white energy flowing into me. During the out-breath, feel yourself drifting into a heavier state. Each out-breath makes your muscles sink deeper and deeper into whatever you are resting on.

This is a basic way of meditating, but there are many ways someone can meditate. Using visual stimulus such as a candle can add an element of concentration. Once you get into the deeper states, you need concentration

to be able to stay on the border of wakefulness/sleep. Try sitting facing a lit candle. Do the breathing exercise first while looking at the candle, then when you start to feel more relaxed,

² omega-method.com



THE MIND

Think of yourself as having basically two minds: your conscious mind and your subconscious mind. Your conscious mind is your thinking, awake state of

awareness, yet comprises a remarkably paltry 12% of your mind. Let's see what's in that 12% . . .

Your Conscious Mind

Your conscious mind has five functions.

- Analytical
- Rational
- Willpower
- Working memory
- Voluntary body functions
- Analytical

First your conscious mind is logical because it is your analytical mind. Its job is to analyze problems that you have and figure out how to handle them. This comes in handy when you are balancing your checkbook.

Rational

There is also a rational part of your conscious mind. The function of the rational part of your conscious mind is to give you reasons why you do the things you do. Did you ever notice that you can always come up with logical, rational reasons for why you do the things you do? We call this rationalization. The only problem with this rational reasoning is that even though it's logical, 99% of the time it's incorrect. This is because the true motivation for our behavior and responses comes from a deeper part of the mind that we just don't have easy access to with the conscious mind.

Here's a simple way to meditate that works wonders

(A more powerful and more effective technique will be taught in this program)

With meditation, you are shutting down the conscious part of your brain while staying



aware. This allows for data to flow from your subconscious mind, and many things become possible.

The simplest way to experience meditation is to focus on your breathing. This is done by counting to a number during the in breath, and then counting to that number again during the out breath. The counting should be done slowly, and to a number you're comfortable with. The goal in this type of meditation isn't to get to high numbers

while breathing, just to be aware of your breathing. For this meditation exercise, you should be focusing on making your physical body relax, using PMR (Progressive Muscular

experienced, all of the time. That would just clutter up our minds too much.

Voluntary Body Functions

You can stand when you want to, sit when you want to, and raise your hand when you want to because your conscious mind is able to send messages to what we call your outer shell. Your outer shell is composed of the large muscles controlled by the conscious mind. The inner core of your body is the purview of the subconscious mind and includes functions such as: breathing, heart rate, new cell growth, and digestion. This distinction is important because if I asked you to control your digestion, could you do it? I submit that you can, but only by accessing your subconscious through some form of hypnosis.

And perhaps the most important thing to remember about the conscious mind, is that it accounts for only 12% of your entire mind! If you're thinking that the really important stuff happens elsewhere, you're right ...

Your Subconscious Mind

The subconscious mind is a level of awareness that you generally don't have easy access to in a waking state, yet it represents a whopping 88% of your consciousness! Your subconscious has some features that might surprise you ...

It's the Boss

When you are hired to do a job you either do it or leave because the Boss has the power. Authority means power, right? Well, it probably won't surprise you to discover that there is no power in the conscious mind's 12%. That little boss goes through life shouting, talking a mile a minute, thinking, thinking, thinking, providing color and drive—but it has no power of its own.

The subconscious, on the other hand, is quiet like the night sky or the deep of the ocean. Its single most significant characteristic is that it deals from unawareness. It doesn't tell you "Say boss, I picked up some info for you." No, it goes quietly about its business performing all its functions. It is so vast and yet so totally ignored as

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were listening to a tape and the power went out, you would either fall asleep and wake up naturally, or your subconscious mind would detect that there is no voice guiding you and bring you to conscious awareness.

Will I forget everything during the session?

It occasionally happens that there is amnesia for the session. Sometimes the hypnotist will suggest that you forget what transpired, and occasionally this may have that effect. Most hypnotists want you to be aware of the session. You will be aware of everything around you, and remember most, if not all, that happened in the session. Usually, you will remember it better than a conversation we had, because your mind is in such a focused state.

Can anyone be hypnotized?

Yes, in fact hypnotizability is often a learned trait. You can teach your body and mind to go into trance, and get better and better at it as you practice your self hypnosis. Most people don't think they are hypnotized after a session. What they do notice is that some things have changed? maybe that day, maybe the next week. Sometimes the effects are subtle and sometimes profound. One woman told me about a profound healing experience after three days of listening to my healing program. Her tumor disappeared. Another man who had a stroke told me that the feeling and movement returned to his arm 1 months after our sessions. Another told me that they lost 7 pounds in one week after the first session. That is amazing, of course, but sometimes when the mind is really ready to make a change, it can happen quickly. Sometimes when the brain and body needs to do some healing work it can happen over time. One of my clients was sure that he was not hypnotized in any of our sessions, but after only 5 sessions, his lifetime of relentless migraines were gone. And when I saw him 8 months later, he says that he still has not had one migraine.

[The truth about hypnosis is this.](#)

Who you are, how you respond, and what you believe, are functions of your subconscious mind. All of your automatic responses come from your subconscious mind, including your beliefs. You don't have to stop and figure out what you believe in order to be true to respond to a situation. You simply know what you believe to be true and your responses are based on your beliefs.

Your habits are a function of your subconscious mind. When you do the same thing in the same way, with enough repetition the subconscious mind will make it a habit. A habit is an automatic response, or reminder to respond, to a certain situation in a specific way. For example, you probably have a habit of mounting your horse from his left side. Each time you approach your horse, you immediately go to his left side. Why? Because your subconscious reminds you to. Why? Because that's what you've always done. Why? Because that's what you were taught way back when. Why? I don't know, but I do it too.

People who call themselves "social smokers" will find themselves unconsciously picking up a cigarette when they order a drink or walk into a bar—simply because that's what they've done so many times and because they will be the first ones to tell you that they aren't smokers, they are just social smokers. Their subconscious minds corroborate that idea by creating the behavior to support it. Luckily, any habit can be changed by working with the subconscious mind through hypnosis (even the habit of calling yourself a social smoker).

The subconscious mind stores the memory of not only everything you experience, but also all of your thoughts, fantasies, daydreams, and night dreams. This occurs because your subconscious mind cannot tell the difference between something that is actually happening to you and something that you are imagining. The subconscious mind records everything you experience, whether real or imaginary, as a memory, and reacts to both with the same intensity. Your inner mind cannot tell the difference! Hypnosis uses that concept to help you reprogram your behavior. Many hypnosis techniques use the imagination to help you actually change what your subconscious is thinking and feeling.

CHANGE YOUR MIND ...

state that the brain enters into when it is receptive to suggestion. This has been discovered on scans during hypnosis. It is not an unusual state of mind, and may feel like you are not in a trance, or in hypnosis. For most people they simply feel relaxed. There is a change in the brain wave activity, similar to that time just before sleep when the alpha state is entered. Your brain's waking state is a beta brain wave, just as you are going to sleep it changes to alpha and then to delta and theta in deep sleep. The alpha state is a very dreamy, pleasant state. During this time the mind is very open to visualizations and creating a rich sensory experience. The more real the experience becomes in the subconscious mind during this state, the more effect it will have on your waking behavior.

Is hypnosis dangerous?

Hypnosis is a normal state of mind, one which most people go in and out of every day. When you are watching a movie that you are engrossed in, driving down a long monotonous road, listening to music that captures a mood or engrosses you, you are in hypnosis. We experience hypnosis every day and don't even know it. When you are in a guided hypnotic trance session, or driving down the road in trance, you have an observer self, which is an actual part of you that is always aware and watching out for you. This observer self has been documented as a credible aspect of our mind, that keeps us safe, even when asleep. During hypnosis you can trust that your observer self will watch over you. This is not a guide or spiritual being, is a scientific discovery of a function of our brain. During a hypnosis session you would instantly get up and leave the room if it caught on fire, even if had previously felt like your arms and leg were too heavy to move.

In fact, since hypnosis can help make us sharper and more aware mentally, it actually may help keep us safer, by making us more aware of our surroundings during the day. If your perception of what is happening around you is better, you will notice things

Then, little by little, it was programmed by your life experience so that today you are a sum total of everything that has ever happened to you. And I mean everything, from impressions of everything you have ever done, seen, heard, tasted, smelled, or imagined.

Everything?

Yes, because your subconscious holds your long-term memory (sometimes called permanent memory). Recall that I mentioned that you seem to have forgotten some things from your past. The key word there is seem. In reality, you have never forgotten anything that has ever happened to you. Every impression is stored somewhere in your subconscious mind. Using certain hypnotherapy techniques, you can recall or re-experience early childhood events, even your birth experiences.

With hypnosis you can also change your attitudes and beliefs and thereby change your emotional responses. It's possible to reduce guilt, anger, hatred, and resentment, opening you up to experience more emotions such as care, joy and happiness. Who wouldn't want more of those?

How to Observe Your Subconscious In Action

Because this may be your initial exposure to an altered state of consciousness, and in order to give yourself every opportunity to observe your subconscious mind in action, the following exercise will illustrate that:

You do have a subconscious mind

It does operate effortlessly

You can guide and utilize its powers

You can tap it for information

If you want some evidence that your subconscious can access just about anything that has already been stored there, practice the following memory exercise.

Let's review the properties of the conscious mind and the subconscious mind:

Conscious Mind	Subconscious Mind
12%	88%
Master	Servant
Effect	Cause
Thinking	Feeling

CHANGE YOUR MIND ...

helping people overcome problems which cannot be helped directly through working with the conscious mind. Emotions originate in parts of the mind that are not under the control of the conscious mind. Hypnotherapy can be highly effective for issues that have an emotional component. Areas where this can be of vital importance are addiction, chronic illness, chronic pain, self-esteem, relationship issues, repressed memories, motivation, phobias, stress management and more. In all of these cases, reducing or removing painful emotions can be an important aspect in the successful treatment.

As you can see by the list, hypnotherapy is usually used by normal everyday people with normal everyday problems. Hypnosis is less commonly used by mental health professionals who work with people who have been diagnosed as suffering from a mental illness. The use of hypnotherapy in treating people who are mentally ill is still in the early stages. More research needs to be done in the area of working with mental illnesses such as schizophrenia and sever mood disorders.

Hypnosis and Science

Significant research is occurring at universities around the world, demonstrating that hypnosis is real and that use of hypnosis can have real measurable affects on the brain and other tissues of the body as well as effecting behavior. Thanks to modern medical equipment and procedures such as Positron

subconscious, you are positioned to change. In fact, you will automatically begin to respond differently.

Now if this was all there was to hypnosis, we hypnotists would be able to control our clients. All hypnotists would be millionaires for sure, but since we know that's not the case, I want to address the one element to hypnosis that prevents a hypnotist from being able to control you: you never lose the awareness of the suggestions given to you.

Yes, when you enter hypnosis the critical factor is bypassed, but now your conscious mind takes on the important job of protecting you against suggestions that are not good for you or that you don't whole-heartedly want. You see, when you're in hypnosis, you can hear perfectly everything that's going on. Actually, all of your five senses become sharper, and more powerful. And your ability to decide what you will and won't do, or what you will or won't accept is much stronger when you're in hypnosis. So you see, your conscious mind is still aware and you can hear every suggestion that is given to you.

Our subconscious mind is where our brain deals with habits, emotions, long-term memory, and self-preservation. It is the part of the mind that the hypnotist focuses on, and the part through which it is possible to bypass the conscious mind entirely in order to open the door to positive change.

You've Already Been Hypnotized Hundreds of Times

A hypnotic state (also called a trance) is a natural state of mind. Believe it or not, you go in and out of hypnotic trances all day long. You'd be surprised just how many times your critical factor is being bypassed everyday. For example, we've all heard of highway hypnosis. That's when you're driving down the road and you don't remember driving the last block or maybe the last several miles or perhaps you missed your turn. That's because while you were daydreaming, your subconscious mind took over driving for your own protection.

Television is one of our greatest hypnotizers. We tend to zone out and get very relaxed while watching TV. So much so, that sometimes we even ignore things going on around us. Add to that the fact that advertisers know everything hypnotists know about

its progress. And, I believe that these obstructions are subjective; below our awareness. Of course this needs further explanation, which we will do in session, but the bottom line is... If you build a "Health Consciousness" the body will **have** to reflect health.

So how do we get ourselves out of the way? How do we change our "consciousness"? There are several ways, but we use a blend of Hypnosis, Dynamic Meditation and EFT (Emotional Freedom Technique.)

What is hypnotherapy?

When a professional uses hypnosis to help people make healthy changes in their lives, he or she is doing hypnotherapy. The Hypnotherapist takes on a role similar to the Physical Therapist or the Occupational Therapist, often working independently or with professionals from fields such as medicine and psychology.

allowed to go into your subconscious computer, the change happens.

The other two mental attitudes will cause you to reject the suggestion, and there will be no change at all.

2) If you're thinking: "I don't know, there's just something a little uncomfortable about that suggestion," you will reject suggestions for change of things you feel strongly about, such as your morals or religion. In short, there will be no change.

3) Finally, you can also be neutral. For example, you don't care if you get it or you don't get it, but you are willing to try new things. But there's not enough energy behind that suggestion for it to make much of an impression, so it is rejected and there is no change. If you have ever known someone who has said something like, "I tried hypnosis and it didn't work," that's because, providing they went into hypnosis in the first place, they've probably held on to this last mental attitude that caused them to fail in hypnosis. When they heard a suggestion they said to themselves, "I like that suggestion. I sure hope it works". What they didn't realize was that hope means doubt, and doubt rejects the suggestion.

If you hope it's going to work, you really don't believe it's going to work, and instructs your own mind to reject the suggestion. You can hope all day long that I'm going to make you change and it simply won't happen. I cannot control you. But if you want the change and you focus on the suggestion with a positive attitude, trusting that it will work, the suggestion will be allowed in and positive change will definitely happen!

Don't be neutral. Embrace the mental attitude that says, "By golly, I like that suggestion, and I know it's going to work for me". When you do that, hypnosis can make changes happen so easily it seems like magic. So you see, you are the one in control; you determine whether or not you can change with hypnosis. When you allow your hypnotist to bypass your critical factor and introduce the suggestions you want, you will get the change you desire.

Remember:

The hypnotist cannot control you, make you do things you don't want to do, or make you tell secrets. You are always in control.

CHANGE YOUR MIND ...

You will be embarking on a program of self development. You are about to learn that there is much more to yourself than meets the eye, and you must apprehend this “hidden factor of your personality”. If you are ever to develop yourself properly, in truth, you will never see the greatest part of your being because it is nonphysical in nature. In fact you will soon become aware that you are constantly living simultaneously on three distinct planes of being; you are spiritual; you have intellect and you live in a physical body.

To understand this better you must keep in mind that you are living simultaneously on three distinct planes of existence.

1. The Spiritual Plane of Thoughts (Highest potential)
2. The Intellectual Plane of Ideas (Middle potential)
3. The Physical Plane of Results (Lowest potential)

Therefore, by following this program, you are merely using your “divine nature: to choose the thoughts ((i.e. “I am wealthy” or “I am perfect whole and complete”) which will build and idea, in our case, of “wealth” or “perfect health”. Be very aware that ideas such as the idea of being wealthy never form by themselves. The human personality must always enter into the process, by thinking the thoughts which can then be used to build the ideal.

**“IT IS AN ABSOLUTE LAW OF YOUR BEING
THAT YOU MUST HAVE SOMETHING**

**MENTALLY
BEFORE YOU
CAN EVER
HAVE IT
PHYSICALLY.”**

--Bob Proctor



C. Emotions

- We can be happy.
- We can be sad.

D. Self Preservation

- This part of our subconscious protects us from any harm - real or imaginary.