

HYPNOSIS

For Self Help



- *How to reach a Deep Trance*
- *Understanding the Principals*
- *The Clinton Method*
- *How can Hypnosis Help You*

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Facts about Hypnosis

- 1) Hypnosis is a science
- 2) Many hospitals use hypnotherapy, even the UK national health
- 3) You cannot do anything against your will, you're always in control
- 4) At first, only 8% of the population goes into a very deep trance
- 5) Trance states can be deepened with practice
- 6) Paul Clinton has over 30 years' worth of recordings and experience
- 7) Hypnosis is not a placebo effect, hypnosis is very powerful
- 8) The effects of hypnosis can last for months, years or decades
- 9) Hypnosis is the tool used to enter the gateway to the subconscious
- 10) Many top athletes use hypnosis to enhance their sport performance
- 11) Sometimes hypnotherapy is the only cure available
- 12) The police have solved many crimes using hypnosis
- 13) Hypnosis is an alternative to mind altering / enhancing drugs
- 14) Hypnosis can be used to wash away unwanted memories
- 15) Hypnosis can be used to recall long forgotten memories (regression)

Myths about Hypnosis

1: Hypnosis Myth : I could get stuck in a trance forever

Maybe the trance is so pleasurable that you don't respond to the order to wake up, in this unusual case, what will happen is that you fall asleep for 30 minutes or a couple of hours and wake up normally.

2: Hypnosis Myth: Self Hypnosis will only work on certain people

while each person responds to different stimuli and suggestions. About 10% of the population can reach a very deep trance, while another 5% cannot be hypnotized because of mental disability. It's very difficult to hypnotize children. Most adults can achieve a state of trance, some very deep while others are medium, and this is perfectly adequate for making positive changes. A study done by American Health Magazine on Psychoanalysis, Behavior Therapy, and Hypnosis as treatments for mental health issues reported the following results: Psychoanalysis = 38% recovery after 600 sessions, Behavior Therapy = 73% recovery after 22 sessions, Hypnosis = 93% after 6 sessions.

3: Hypnosis Myth: I'm too logical and dominant to get hypnotized

Contrary to the popular belief logical dominant men can be easily hypnotized. Some people like to think that they are in control of everything and that no man could "put them under" or take control of their thoughts and decisions, but in reality this is not the case. First of all, the hypnotist never takes over your thoughts, cannot force an order on you, cannot make anyone do anything against their will, the hypnotist only gives suggestions, and you may carry out these suggestions only if you are willing. Secondly normally people who are always in control, those that like to be independent and strong minded, usually fall into a deep trance quite quickly, especially if the hypnotist is using the confusion method. This technique will confuse and bore the left hemisphere of the brain and let the right-side take over, leading them into a trance.

4: Hypnosis Myth: Hypnosis is magic or occult

Most Hollywood movies and fiction books are seldom based upon fact. Hypnosis is actually a perfectly natural state of mind which most of us pass in and out of many times each day such as daydreaming. Hypnosis has nothing to do with the occult or magic power.

5: Hypnosis Myth: Hypnosis is Dangerous

Hypnosis is not dangerous because you are always allowed to agree or disagree with the hypnotists suggestions. The deep relaxation during a trance state is very healthy. Website

The Self-hypnosis Programs

I have over 400 self-hypnosis programs. Some of the inductions contain Shamanic rhythms, used for centuries to transport the shaman healers into deeper realms of consciousness. The sounds of nature have been mixed with the voice using a progressive journey script, with many hypnotic techniques such as Re-induction, Indirect suggestions, Overloading, Mental Misdirection, Anchoring, and Sensorial Stimulation blended with special effects, hypnotic music, and isochronic tones, and hidden behind the sound of the ocean, river or wind I have placed binaural beats in the theta range to stimulate the brain waves.

You are slowly guided into an amazing beautiful journey filled with exciting and relaxing quests. You are able to swap and choose from a pack of many trance inductions including the tropical paradise beach where you can relax with the ocean waves, seagulls, and dolphins, the rainforest jungle where you'll meet up with a native tribe and shaman, the space voyage, where you have the chance to meet up with other beings, a beautiful secret garden, or drift down a country river on a small boat in springtime. When you reach a deep enough state of trance then you'll listen to certain affirmations to implant special messages into your subconscious mind.

The Shamanic Rhythms Produced using a 22" Shaman rosewood drum. The cycles are produced using 4.5 beats per second (theta) this is the typical traditional rhythm used for centuries to transport the shaman healers into deeper realms of consciousness, and excellent for alternative self-hypnosis, and deeper trance.

The Hypnotic Induction Multiple self-hypnosis techniques have been blended into the voice using a progressive journey script, nature sound effects, hypnotic music, and tones.

The Binaural Beats Blended into the sounds of the ocean waves, running streams, wind, and bird sounds. Brain waves are generated using a 346 Hz sine wave, played into the right ear and 339 Hz into the left ear, the brain is entrained towards a beat frequency of 7 Hz : Theta.

I use the following techniques in my audio recordings:

- Hypnosis Re-induction
- Overloading
- Binaural Beats
- Isochronal Pulses
- Hypnotic music
- Guided Meditation
- Progressive journeys
- Shamanic Rhythms
- Nature sound effects
- Theta cycles 4.5
- Ericksonian Hypnosis
- Indirect Suggestions
- Mental Mis-directioning
- Subliminal self-hypnosis
- Self-Hypnosis Anchoring
- Multiple Sensorial Stimulation
- Mental Confusion for induction
- Hollywood Sound Effects

Basic Hypnosis

Hypnosis is a very normal altered state of consciousness, one we all experience now and again in which the mind remains clear, and focused on something, like while watching a movie or driving to work on "auto pilot?" well this is the same kind of state as hypnosis. Some misconceptions about hypnosis are that one might not wake up, but even the deepest most suggestible persons always wake up. Maybe some think it might be a frightening experience like a bad trip, but it's actually very normal and very pleasant.

After being in trance many people are surprised at how relaxing and happy they feel. Clinton's audio mp3s have been designed to make the journey pleasurable, exciting and peaceful.

Hypnosis has evolved greatly in the last 10 years. Unfortunately, many hypnotists are still using old methods of hypnosis which only work for a few people. Not everyone is the same, so different techniques must be used depending on each person. In the most difficult of cases we can utilize special brain wave training using binaural beats and isochronic pulses to speed the mind into a theta trance.

A drum rhythm uses the same technique to produce deep trance states. A live hypnotherapy session has the advantage over self-hypnosis in that the hypnotist can judge which type of induction to use for each person, this is why in my mp3 self-hypnosis sessions I try to include every trick possible to cater for all types of people, with the advantage of the special techniques that have powerful effects when using stereo headphones.

Does Self Hypnosis work?

There is the factor of personalization, where each person responds to different stimuli and suggestions. About 10% of the population can reach a very deep trance, while another 5% cannot be hypnotized because of mental disability. 85% of the population can reach a medium trance state. Hypnotherapy is a growing science and is often used by the British National Health Service. Numerous dentists are using hypnotherapy to numb pain, and some doctors are even using hypnosis to perform surgery.

Contrary to the popular belief, logical dominant men can be easily hypnotized. Some people like to think that they are in control of everything and that no man could "put them under" or take control of their thoughts and decisions, but in reality this is not the case.

Firstly, the hypnotist can't take over your thoughts, cannot force an order on you, cannot make anyone do anything against their will, the hypnotist only gives suggestions, and you may carry out these suggestions only if you are willing.

Secondly normally people who are always in control, those that like to be independent and strong minded, usually fall into a deep trance quite quickly, especially if the hypnotist is using the confusion method. This technique will confuse and bore the left hemisphere of the brain and let the right-side take over, leading them into a trance.

Most people when watching a good movie will fall in and out of a trance without even realizing it. Artists, who paint, draw or make music will often say how they worked for 6 hours and it felt like only a few minutes, because in the trance state time can be distorted, slowed down, or speeded up. When we are in a state of trance the right side of the brain takes over, and this part of the brain has no interest in time.

Many people think that being hypnotized means acting like a zombie or a slave to the master, but this is only Hollywood and stage hypnosis trickery. In reality self-hypnosis is being able to achieve a trance state where the mind and body is totally relaxed and open to suggestions. This state can be like a day-dream, or like lying in a Jacuzzi after a few glasses of wine.

After practicing with self-hypnosis the trance gets easier and deeper. If you are a person who enjoys smoking and has no desire to stop, and sees no reason why to stop, then no amount of hypnosis will help.