

THE TRUTH BEHIND THE SUBCONSCIOUS MIND

Using Hypnosis to *Hack* your Life

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By

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It is not intended to offer professional services or medical advice and is written for educational purposes only. The writers' claim no responsibility or liability for loss or risk incurred as a result of the use or application of any of the contents of the book. We encourage anyone that is looking for a brighter perspective on health and educational reform to read this book from cover-to-cover.

Knowledge is power; however, in this information age of overload, it is imperative for you as a consumer to become

selective, you truly deserve the best for your families. Successful people listen to two types of people only: “someone that has been in your shoes because nothing beats real-life experiences” or “someone that you aspire to become in the future.” This is why Oprah Winfrey, Dr. Joe Dispenza, Dr. John F. Demartini, Joe Vitale, Bob Proctor, Jack Canfield, Dr. Wayne Dyer, Dr. Lissa Rankin, and Anthony Robbins (to name a few of our heroes) have such credibility, they are walking the talk.

The book encompasses the best guide to understand how to resolve the unresolved emotional hurts and mental thoughts and conflict to set you free of your destructive path and empower your life to become a Genius, as Dr. Joe Dispenza says. Our philosophies are to not reinvent the wheel but to unite the resources into a more powerful tool and strategies for healing.

With Dr. Stéphane’s medical and research ability, this book provides a psychological, sociological and medical perspective for the consumer to consider when making choices for their kids. This book might be thought-provoking, but it truly allows you to become empowered and accountable for the decisions you make for your children. As Tony Robbins’ states, “It’s never too late to have a happy childhood.”

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Introduction

Hypnosis has been used for centuries as pain control during surgical procedures and in chronic pain conditions. Today its use expands beyond just relief from pain to many other uses. There is, however, much controversy over the use of hypnosis in the medical world, even though repeated laboratory studies have shown hypnosis to be a valid and useful treatment.

As you will discover in this book, hypnosis is a powerful treatment that can be used to help treat many common problems such as smoking addiction, overeating, and other eating disorders, phobias, and more. Treating these personal issues can help people live more meaningful and enjoyable lives.

Many people have something in their lives they would like to change. Hypnosis might be the answer. Perhaps hypnosis can help you overcome a challenging part of your life that you have been struggling with for years. It is worth a try, right?

Chapter 1

Subconscious Mind

The subconscious mind is really made of three components: the primitive area, the modern memory area, and the critical area. The primitive area is in place from birth and contains the fight or flight response. This area of the mind only has one job: keeping you safe.

The modern memory is in the subconscious mind and contains all of a person's memories. These are their "knowns." Knowns represent emotional comfort in the subconscious mind.

Unknowns represent emotional pain. For example, if you have a dog growing up, you might have a positive association with dogs. If you were bitten by a dog growing up, you might have a negative association or even a fear of dogs.

The critical area of the mind is a factor in both the conscious and subconscious mind. The critical area of the mind is formed around age 8 or 9. This area is partially conscious and partially subconscious because we have been conditioned to take an analytical approach to situations, yet our subconscious mind

has learned to avoid anything it perceives as threatening to us. Your sleep state is one where information from the conscious mind is passed through the critical filter to the subconscious. Some information will be vented out through your dreams. Other information will remain in the modern memory area. To use this process to your advantage, you must create a state where the conscious mind is in abeyance, such as the hypnotic state.

Chapter 2

Why Consider Hypnosis?

Hypnosis: Inside and Out

Hypnosis is often used in place of harmful prescription medication to treat a wide variety of ailments. But what is hypnosis used to treat? The practice of hypnosis is called “hypnotherapy,” and is used either as a solitary treatment or in conjunction with other treatments.

Hypnotherapy is practiced by a trained, licensed professional hypnotherapist. Hypnosis is often used to treat the symptoms associated with emotional, behavioral, habitual, social, and medical issues.

Hypnosis can help people with:

- Labor and childbirth
- Irritable Bowl Syndrome discomfort
- Post-op surgery bleeding and pain

- Dental treatment recovery
- Migraine headaches
- Chemotherapy nausea/vomiting
- Weak immune systems
- High blood pressure
- Skin diseases
- Asthma
- Negative behaviors like eating disorders, smoking, drug use, bedwetting
- Anxiety disorders, stress
- Atopic and psoriasis dermatitis
- Phobias

Hypnosis is used to help relax a person, allowing them to become much more relaxed and comfortable. For example, a person with chronic pain will reach a new level of relaxation after a hypnotherapy treatment. This new state of relaxation will help them fight depression, avoid problems at work and home, sleep better, and help them better cope with pain overall.

Hypnosis works better for some people than for others. It is essential that the participant is motivated for the treatment to work. It is also key to the success of hypnotherapy for the individual to be ready to take on the suggestions that come out

of the session.

With hypnosis, there are options. Which technique should you choose? This depends on your personal preferences, and what you want to accomplish. A consultation with a trained hypnotherapist will help you determine the technique that is best for you.

A Brief History of Hypnosis

In one form or another, hypnosis has existed since the beginning of time. For example, animals that hibernate are practicing one type of hypnosis. They are practicing self-hypnosis by closing down their bodies while allowing their mind and physical being to renew.

Before the 1400s, when a person was sick, it was thought to be intentionally caused by the gods as punishment to mortal man. The healers of the time would have rituals that involved an altered state of mind, either in the sick person or the healer. Every ritual was different, but they typically involved natural remedies from the rainforest, fire, music, and chanting. A common thread in these treatments is that the ill person would

be trying to reach a mental place where the mind would take over the body. This would begin the process of body healing. By believing they were being healed, the power of the mind was unleashed.

There was mention in written documentation of hypnosis as early as the 3rd century in Egypt.

The 18th century was a popular time for hypnosis, when Franz Anton Mesmer, an Austrian doctor, found he was capable of healing people of illnesses without surgery or medicine. His studies led him to believe that the body was regulated by a magnetic force, and the use of magnets and hypnosis healed people.

This type of hypnosis was called “Mesmerism,” and was very successful.

Hypnosis: What Is It?

People tend to either fully believe in hypnosis – or they do not. Rightfully, before you can claim to not believe in hypnosis, you need to fully understand what it is, and what it is not.

There is a lot of misinformation out there on the topic of hypnosis. People think that they have to give up all control of themselves when being hypnotized. That is not true. You retain complete control of yourself.

Hypnosis is a normal, natural state of mind that is achieved by many in everyday activities. For example, remember the last time you were engaged in a good book? That relaxed, focused mind-body connection is similar to hypnosis. If you've ever driven in your car to someplace very familiar and not realize how you got there, that is also a light stage of hypnosis. Add a trained, professional guide that offers suggestions, and you have a snapshot of a hypnosis session.

When you are hypnotized, your mind is still in control. You remain in the hypnotized state because you want to be there. The power of your mind is being used in hypnotherapy, facilitated by the guide. A seasoned professional can lead the trance in a specific way, which is helpful when trying to pinpoint a specific problem.

Think of hypnosis as a type of meditation – only with a guide. Instead of clearing your mind, you are reprogramming your mind. Because of the training and experience of the

hypnotherapist, often the results are better than self-induced hypnosis.

For hypnosis to work, the subject needs to be open to the idea. Remember, you are not handing over control of your mind, only believing in the effectiveness of hypnosis, which helps the mind-body connection.

Common Hypnosis Myths Dispelled

The entertainment shows in Vegas and on television that show “regular” people in a so-called hypnotic trance clucking like a chicken is really just a show. These people are not hypnotized. There is so much misinformation out there about hypnosis that it is time to set the record straight and dispel some of the many common myths about this valuable treatment.

Myth #1: You lose complete control of your mind and body.

False. You will not lose control over what you do and say, as the fictionalized people on TV do. Hypnosis is simply a more

focused and heightened state of consciousness. You are actually more attuned to your surroundings. You WILL NOT lose control over your personality, and you WILL maintain your integrity.

Myth #2: Your therapist will control you like a puppet.

False. Hypnosis is completely voluntary. The hypnotherapist simply uses the power of positive suggestion as to the vehicle for change. To cause change, the hypnotherapist uses suggestion to influence the subconscious mind.

Myth #3: You will forget everything that happens under hypnosis.

A majority of people that go under hypnosis remember everything that is said and done during the session. In rare cases, people who are susceptible to deep hypnotic states will experience some level of lack of memory. However this is rare.

Myth #4: You can be sent into a hypnotic trance against your *will*.

This couldn't be farther from the truth. For hypnosis to work at all, you need to be a willing participant in allowing it to work.

Myth #5: You can get "stuck" in hypnosis.

All hypnotic trances come to an end, either by the hypnotist counting you out, or you end the trance yourself. You can never be stuck in hypnosis because you are always in complete control.

How to Use Hypnosis to Your Advantage

If your life is not what you would like it to be, perhaps hypnosis can help. It is especially helpful if you are doing things that you do not want to do (so the subconscious is ruling over the conscious mind). For example, issues such as smoking and eating disorders.

Self-hypnosis can be used as a tool when attempting to improve

yourself. Its main function is to help you be more patient while working on your self-improvement efforts. For self-hypnosis to work, you must first identify the real source of the problem. Once this is identified, you will need to truly believe that hypnosis can, and will, work for you.

To make a lasting positive change in your life, you need to identify the root of the problem. Once the source has been found, you can fix it. For example, if your problem is overeating, it is highly likely that the root of the problem actually has little to do with the food itself, rather it is something emotional. Therefore, the goal of hypnosis should be to find the emotional issue that is causing you to eat. Once found, you can address it head-on. Hypnosis will not work if you are trying to fix symptoms instead of the real reason for the problem.

Perhaps your issues involve “passive dysfunction.” Passive dysfunction is like a mental block and is when the subconscious gets in the way of change. Using hypnosis to uncover the real reason for the problem will help you, and your hypnotherapist, to create suggestions that will eradicate the issue.

In discovering your subconscious, ask yourself probing

questions that involve the who, what, when, where, and why. Here are a few sample questions:

1. Who is associated with the problem?
2. Is there a location trigger that could be associated with the source of the problem?
3. When did the problem first start in your life?
4. What, in particular, sparks the behavior?
5. Why this behavior?

The answers to these questions can provide valuable insight into your dysfunction and will be helpful when working on your problem using hypnosis.

What Exactly IS Hypnosis?

Hypnosis is difficult to define. People go in and out of hypnotic-type consciousness every day. Hypnosis compares to daydreaming in that you are still completely a part of your surroundings. However, your mind wanders. While it has a strong association with a sleep-like state, it is actually a learning state.

In hypnosis, the hypnotist gives suggestions to guide a person through a mind journey. By guiding you through the subconscious, the guide can give powerful suggestions that will help you successfully make changes to your negative, self-destructive behaviors, while substituting them for positive ones.

There are five states that need to be present before you can be hypnotized. They are:

1. Concentration
2. Relaxation
3. Motivation
4. Suggestion
5. Imagination

Hypnosis works because it affects your subconscious mind, which is unable to reason. Since it cannot reason, it accepts and acts upon the conscious mind's suggestions. Before the conscious mind can be used as a tool in change, the five states above need to be in place.

According to researchers, the conscious mind takes up only 10% of the human brain. Conscious mind activities are everything

you do that interacts with the environment around you. The remaining 90% of your brain is the subconscious mind. This part handles the body's functions- such as breathing, blinking, muscular and skeletal interactions, and even cellular activity. The subconscious is also where we get creativity and intuition, as well as emotion and rational/irrational behavior. The subconscious mind often has influence over the conscious mind. One of the bad parts of the subconscious mind is that it sometimes draws illogical rationalizations that lead to dysfunctional negative behaviors.

One of the most important points about the subconscious mind is that it is possible to reprogram it.

Commonly known as the gate between the conscious and subconscious mind, the "Critical Factor" has the power to take in or reject suggestions. When the Critical Factor sees change as threatening, it rejects the suggestion to protect.

This is why any suggestions that do not coincide with what is programmed in the subconscious are rejected. The Critical Factor has to be bypassed for change to take place. This means that you will go past emotion, memories, and habits. Once this is done, real change will occur.

Psychodynamic Theory & Philosophy

The theory of psychodynamics focuses on people and their relationship with their surroundings and the rest of the environment. It is believed that the majority of your world can be influenced by your mind.

The brain takes cues and suggestions as subliminal communication, and when using scientifically proven concepts change can occur rather quickly. The change is often quite effective and long-lasting. Overall, the psychodynamic theory of hypnosis tells us that when offered suggestions; the subconscious mind can make positive change.

The Science Behind Hypnosis

There is more to hypnosis than just self-induced hypnotic tapes or the receiving of suggestions from a hypnotist. While these are both valid parts of hypnosis, there is more science behind the practice.

Brain waves are influential in the effectiveness of hypnosis. The brain has several states. They are:

- Beta: Waking state
- Alpha: Focused concentration*
- Theta: Deep meditation*
- Delta: Dream state

When the brain is at the alpha or theta state, hypnosis is effective. The mind is influenced during the delta and theta states. In this situation, the voice is a powerful tool; hence the hypnotherapist is invaluable here.

The subconscious mind can be seen as the connection between the nervous system and the conscious mind. This is why hypnosis is often used to unblock a memory.

How it Works

How does hypnotherapy work? A hypnotherapist will offer suggestions that the subconscious mind will accept. Once these suggestions are accepted and implemented, the mind begins

making different choices. For example, for a patient that is trying to shed pounds, the hypnotist might suggest that food is not as appealing or tasty. As your mind accepts the suggestions given when hypnotized, you will find that next time you are presented with a food that is not good for you, your subconscious mind will tell you it is unappealing.

Types of Hypnotic Induction

How do you get into a hypnotic state? Trained professional hypnotists use several different methods to induce hypnosis.

They are:

1. Fixed gaze - eye fixation
2. Imagery – progressive relaxation
3. Mental confusion
4. Mental misdirection
5. Loss of equilibrium
6. Nervous system shock

The Difference Between Hypnosis and Hypnotherapy

Hypnotherapy is the clinical term used to describe treatment with a trained professional hypnotist. This is typically used to treat a specific problem such as shyness, smoking cessation, or weight loss. Hypnotherapy is usually done in a practice office with deliberate planning and treatment. Often hypnosis is done in conjunction with other treatments to solve a person's problem.

Hypnosis is the looser term for the same thing; however, it usually involves non-scientific treatment. This can include self-hypnosis at home, and hypnosis for entertainment purposes. The image of hypnosis has been abused for entertainment purposes for a long time, which has damaged the reputation of a reliable and helpful tool. Once the stigma of hypnosis has gone away, the true benefit will come into view.

Chapter 3

Uses for Hypnosis

Weight Loss

In addition to eating right and exercising regularly, hypnosis is a powerful tool you can use in achieving your weight loss goals. For many people, their intentions are good, but they often lack the motivation needed to be successful when getting started.

Here is how hypnosis can help:

1. You will experience slow weight loss which is most healthy, and longest lasting
2. You will learn healthy eating to keep weight off permanently
3. You will find new habits that you will enjoy, thanks to hypnosis, like exercise and healthy foods
4. You will have a more positive self-image as a thin person which will help you lose weight
5. You will remove the stress associated with losing weight, causing you to eat less

6. Your view of the weight loss process will change from negative to positive
7. Your increased confidence will help you become a new person

Why do people have weight problems? For various reasons, however, the most common reason is stress. Most people are multi-tasking and trying to balance family and work. The time crunch, coupled with the fact the many people eat comfort foods when stressed, means obesity and weight gain.

Hypnosis can help. Studies show that cortisol is a major player in the body's response to stress. Stress signals hormones to stimulate the adrenal glands, which also activates pleasure-seeking behaviors. To many, eating comfort foods – those that are high carb, high fat, high sugar, and high in empty calories – is a pleasure-seeking activity.

Hypnosis relaxes the stress drive, causing the brain to not crave comfort foods and overeating. Hypnosis is also used as a proactive tool to avoid overeating in the first place.

Hypnosis will help you achieve your weight loss goals by:

1. Helping you get, and stay, motivated

2. Change your food cravings from bad-for-you to healthy choices
3. Face cravings by “thinking thin.”
4. Ensuring that the subconscious doesn’t get in the way of your weight loss efforts
5. Helps you recognize the difference between true hunger and emotional eating.

Improve Academic Performance

You can use hypnosis to turn poor grades into good ones. If the cause of difficulty in school is caused by your disinterest or dislike in it, hypnosis can help. The suggestions given to your subconscious by a hypnotherapist will help you begin to enjoy learning and going to school each day, which will then impact your study habits. Your grades will improve by your more focused attention, effort, and enjoyment that you will get from school.

Memory and Concentration Improvement

Also going hand-in-hand with helping you improve your educational experience, hypnosis will help you remember more and concentrate better. There are several reasons why a person's memory is compromised. Perhaps lack of sleep, lack of food, stress, or aging has caused you to not be able to recall information as easily as before.

There are several points that are important when trying to improve your memory and concentration:

1. Heightened emotional states are typically times of easier concentration
2. You need to have the intention to remember
3. You need a real interest in the subject
4. Use imagery and repetition to create more favorable memory situations
5. Being relaxed is essential for recalling
6. You need to have the self-confidence that you can have a strong memory

Hypnosis will help you sharpen your memory and improve your focus. You will notice that your memory improves with the ability to remember more, more often.

Use Hypnosis to Bring Yourself Better Health

Hypnosis helps you listen to your body by listening to suggestions given to you while you are in a state of deep relaxation. When you are deeply relaxed – as in hypnosis – your immune system is at its optimum.

Hypnosis also helps you sleep better. Sleep is essential for body rejuvenation and self-healing. When your brain and body can reach a deep state of sleep, your immune system improves, and your health issues can begin to become less severe. Think of hypnosis as a break from feeling sick.

Hypnosis is often used for headaches. Migraines and tension headache sufferers use hypnosis to relax and reduce blood pressure. With this, the blood vessels are not as constrained and the headaches diminish. Hypnosis helps headaches because it relaxes you, stress hormones are reduced, and concentration and memory are improved.

Hypnosis is used for other common health concerns. Teeth grinding can be eliminated through hypnosis. Irritable Bowel Syndrome is also relieved through hypnosis.

Diabetes

Diabetes is more than just a biological problem. In addition to troubling blood sugar levels, there is pricey medication, depression, and constant medical care. Hypnosis can help – especially with depression.

Studies have shown that high blood sugar levels lead to biochemical changes in the brain that cause depression. Unfortunately, many doctors are still only treating the obvious symptoms of diabetes and ignoring depression. Nearly 46% of people with diabetes have some form of depression linked to the disease.

A two-pronged approach is best for diabetes. If medication is coupled with hypnosis, the disease's entire impact on the mind and body will be treated.

Eating Disorders

Bulimia and Anorexia are both deadly eating disorders that are treatable if the individual wants to be treated. Both diseases involve a distorted body image when someone who is not

overweight – and is many times dramatically underweight – thinks they are “fat.” These behavioral diseases are difficult to treat.

Behavioral treatments and medication are common for these two disorders, and hypnosis can help the mind change from thinking like a bulimic or anorexic, to a person that has a healthy body image and relationship with food.

Hypnosis can be used to reprogram the way a person thinks. A professional can use positive suggestions to change a bulimic’s or anorexic’s thought process in regards to eating and related behaviors. Hypnosis can also be used to find the root cause of the problem. Many times, eating disorders are caused by a person’s attempt to regain control in their life.

Sales Ability

Being successful in sales means that you need to have the right attitude and a strong belief system. Hypnosis is an excellent tool in helping you develop and build what you need to be an all-star salesperson.

One of the best parts about using hypnosis to improve sales

ability is that the results are usually obvious right away. Hypnosis will help you create a persona that will make people want to hear about what you are selling. You will be able to develop the interpersonal skills you need to excel in sales.

Assertiveness

Do you have trouble saying “no?” Do you avoid confrontation at all costs; even if that means you have to compromise yourself to keep the peace? Hypnosis can help people learn when it is appropriate to say no, and when you should add something new to your plate. You will learn to be confident, and turn a stress situation into a calming one, while still not agreeing to everything.

Anxiety

With anxiety comes the primal “fight or flight” reaction, rapid heart rate, tenseness, and nausea. Hypnosis can be used to reprogram the brain into knowing how to properly handle stressful situations. It can also be used to develop more confidence, relaxation techniques, and coping skills for anxiety-

inducing scenarios.

Hypnosis is also used in helping treat Post Traumatic Stress Disorder (PTSD), after a traumatic event. Or perhaps there is anxiety over any number of phobias – hypnosis can help with that too.

Smoking Cessation and Discontinuing Tobacco Use

Quitting smoking is one of the hardest things a smoker can do. However, it is of absolute importance for good health and longevity. Hypnosis helps deal with the crankiness, weight gain concern, and helps you stop smoking once and for all.

Smoking typically begins in one of two ways, either as a form of identification (the person who began smoking as an adolescent) or as an emotional replacement (the person who began smoking to fill an emotional void, e.g. a divorce). Discovering what made you begin smoking is critical to helping you quit. Hypnosis can assist with changing your identification or creating a healthy emotional replacement.

Hypnotherapy can also stimulate your motivation in the subconscious mind. This can be used to discontinue the use of chewing tobacco, cigarettes or cigars. A trained professional can help you through the power of suggestion to lose interest in tobacco altogether.

Pain Relief

Hypnosis provides welcome relief for people suffering from chronic pain. Pain relief is considered one of the most popular uses of hypnosis. No matter if the pain is caused by an accident, Multiple Sclerosis or Reflex Sympathetic Dystrophy, hypnosis will help your brain perceive the pain differently. One of the main benefits of using this type of treatment is that you can avoid the many negative side effects of prescription pain killers, such as addiction.

Other Uses for Hypnosis

Hypnosis is an excellent therapy for many other personal issues. It can help students keep focused and motivated to calmly approach learning in the best way possible. Hypnosis is

also great for attitude adjustments so that you have a better, more positive outlook on life. When advancing your career, hypnosis can help with your written and verbal skills, concentration, professional behavior, tenacity, presentation, and decision-making abilities.

Hypnosis can help athletes get motivated for better performance. It can help you feel more relaxed and perform better when speaking in public. And lastly, hypnosis is a wonderful way to tackle tough habits, like nail biting.

Chapter 4

Hypnosis Specifics and Supplementary Information

Who is a Candidate for Hypnosis?

The answer is almost everyone! Hypnosis can be used to help people through troublesome, difficult times in life. Thanks to the versatility of hypnosis, it is now being looked at more seriously by the medical world. To be a candidate for hypnosis, you will be able to:

1. Be motivated
2. Relax
3. Concentrate
4. Use your creative imagination
5. Hear and respond to suggestions

The Mystery Unveiled: What Does it Feel Like?

Are you reluctant to try hypnosis for fear that you will lose control of yourself, and the hypnotist will get you to say or do things that you normally wouldn't do? Not to worry – that is only done for entertainment purposes, not in real, professional hypnotherapist offices.

Being hypnotized is like daydreaming. You will be very aware of what is being said and done around you; however, you will be very relaxed and focused. Usually, when going through hypnosis, you will be lying down on a comfortable couch and relaxing. You will probably feel light, weightless, and calm.

You may not realize that you are hypnotized in the early stages of it, called pre-induction. That is why it is very important to work with a trained professional that understands this early part of hypnosis and can use it as part of the overall treatment. When you are in a hypnotic state, you can remember things more clearly, and your other abilities are enhanced as well. Your hypnotist will guide you to reach your goal.

What Are the Types of Hypnosis?

Hypnosis is broken down into three categories

:

1. The most common type of hypnosis is *unconscious hypnosis*. Most professionals like to use the term “self-suggestion” instead because hypnosis is simply suggestions being made to the subconscious. Before unconscious hypnosis works, the individual must believe that it will work. This positive thinking, and the belief that something WILL happen can make it possible.
2. The second type of hypnosis is conscious hypnosis. To change your life and the way you live it, you must be aware that change is required.
3. Lastly, there is self-hypnosis. You can use self-guided audio tapes or books to help you hypnotize yourself. Of course, as previously discussed, no one can be hypnotized unless they want to be, which is also true with self-hypnosis.

Finding a Hypnotherapist

Since hypnosis is not government regulated, you will need to take caution when finding a hypnotherapist. Many times a hypnotist is someone that practices another type of medicine and has added hypnosis to their menu of services after completing the required training. Look for these qualifications:

- At least 200 hours of training
- Specific training in a field such as dentistry, psychology or medicine
- Licensed in the state you are in
- Professional schooling that resulted in licenses and certification
- Years of service
- Professional affiliations with industry organizations

Self-Hypnosis Preparations

You can help yourself through self-hypnosis. There are several steps to hypnotizing yourself successfully; to attain the goals you have set.

1. Relax. In order for the subconscious mind to take in suggestions, the body and mind must be relaxed. If you have difficulty doing this, try taking a warm bath to relax the body first, and the mind will probably follow.
2. Move into deepening procedures. This will allow your mind to move from the conscious state to hypnotized. This is the ability to let go of your thoughts, stop waiting to become “hypnotized” and just let it happen.
3. Try the countdown method. When trying to drift off, and relax, try counting down from ten picturing yourself getting more and more relaxed with the passing of each number.
4. Suggestion application. This is where you clearly designate your goals and tell your subconscious to act in a way that will achieve the goals. The most effective way to do this is to memorize them and organize them in advance so that you are prepared. The most effective suggestions are imagery, which involves no words. It is also important that the suggestions are simplistic and achievable.
5. Termination. This is the ending of your self-hypnosis session. Identify to yourself the ending of the session, which will provide clear differentiation between your conscious and hypnotic state. Then you can freely go

about your daily business.

Being Successful at Self-Hypnosis

It is not difficult to be successful at self-hypnosis. Anyone can learn how to do it well. For it to work, you will need to allow it to happen naturally. Forcing it will not work. Let the hypnosis come over you and avoid constantly critiquing what is happening. Here are some tips to help you be successful at self-hypnosis:

- Develop a self-hypnosis schedule. Practice regularly for 10-30 minutes per session.
- Discover a semi-comfortable position. Many people lay down when self-hypnotizing, but you don't want to fall asleep, so a semi-reclined position is recommended.
- Meet with a professional hypnotist to get ideas and post-hypnotic suggestions that will help you refocus on what you have learned.
- Make an induction tape that will help you get hypnotized. There are many professionally made tapes available as well.
- Have a positive attitude. This will not work if your

attitude toward it is negative.

- Don't focus on the bad behaviors and influences; instead, focus on the positive behaviors you are going to replace them with. For example, don't think about how bad cigarettes are; instead, think about how wonderful a brisk walk will feel when you replace your smoking with exercise.

Making Hypnotic Suggestions Powerful

In order for hypnosis to be successful, the suggestions need to be on point. A very successful combination is ideomotor questioning coupled with suggestion validation. How do you validate a suggestion? Ask these types of questions:

1. Is this suggestion an acceptable one?
2. How soon will the suggestion work?
3. To achieve the desired results, is there anything else to do?
4. Will, there be work out of this suggestion, and will it be effective?

It is important to keep good records when working with

hypnosis. This is especially important for ideomotor questioning. Each question needs to be deliberate and appropriate, so the hypnotist should plan out each question before asking it by writing it down. It is okay to write them on the spot, as the answer to the previous question might impact the next one.

There are a few more tips in successful hypnosis. Do not ask the same questions repeatedly. Take notes through the session because the answers to some questions can be used again later as a future reference.

Remember that hypnosis and the power of suggestion do not change the person that you are, rather it helps you become the best person you can be.

Becoming a Professional Hypnotist

Do people always tell you that you have a calming effect on people? While education and training are still essential when performing hypnosis, some people are born with a natural, calming character that is perfect for a hypnotist to have.

First and foremost, you must like helping people. If you would

like to become a hypnotist, you must be interested in helping people overcome their struggles, staying positive, and being an excellent motivator. Being a hypnotist can help improve people's lives and enhance their overall quality of life, which is a very rewarding profession.

The education involved in becoming a trained professional involves a comprehensive educational plan. First, there is classroom style training, followed by hand-on mentoring and practice. You will need to take tests and become certified and then licensed to practice on your own.

The Controversy Over Hypnotism

Hypnosis has gotten a bad rap of the past century. It is commonly misrepresented in movies, on television, and is often the butt of jokes. Hypnotists entertain people by getting them to cluck like a chicken on stages, under the guise of hypnosis. Many people do not realize that there is a long history behind hypnosis. Over history, hypnosis was known to be an effective healing method.

People think that when you are hypnotized that you lose

complete control over yourself and your surroundings. This is simply fictionalized for entertainment purposes and is untrue. Some people even think that bringing yourself into a state of hypnosis is demonic or evil. Hypnosis is simply a stage of conscious awareness.

Lastly, some people think that only some people are hypnotizable. Many years ago it was believed that only 50% of the population could be hypnotized. But when a hypnotist takes the time to understand how you learn, suggestions can be much more powerful. You have to believe in hypnosis for it to work, but it can work for everyone.

What Happens if You Pick the Wrong Hypnotist

Successful hypnosis is directly linked to the skill level of the hypnotist you choose. By picking an unqualified hypnotist, your problems will not only go unsolved, but you may also find you have new problems as a result of the mistreatment.

There are some risky types of hypnosis that should be avoided unless your professional has extensive experience. For example, aversion suggestion. This method focuses on the negative

aspects of a habit – but what happens to your psyche if that negative thing actually happens to you. So, as an example, if you picture cigarettes giving you emphysema, but then you actually do get it. Not a positive mental state.

Another type of hypnosis that should be avoided is a regression. This can result in false memories and a host of other problems.

A good hypnotist knows and practices the difference between leading and guiding suggestions. You want someone who guides. Pushing you in one direction or another goes against everything positive and believed to be useful in the practice of hypnosis.

Code of Ethics for Hypnotists

Choosing the best professional in your area is important and worth the time and effort. Not all practitioners are the same, so look for someone that follows a strict code of ethics.

What is the best way to find out if your practitioner is following a code of ethics? Ask! Don't be nervous about asking for education history and work experience, theory, and standards that the practitioner works by, etc. Do they constantly strive to

learn more, new things about hypnosis? Are they dedicated to continuously educating themselves and the public on the practice? How well do they communicate with patients? It is essential that your hypnotist has a high level of integrity. There should be a confidentiality agreement in place to protect you, and help you completely throw yourself into the process.

A Tool: The Psychosonic Rhythm

A Psychosonic Rhythm is a tool that hypnotists use to develop a deep state of hypnosis in patients. It is a pulsating sound that makes brain waves that aids in effective hypnosis and mask outside noises. This audible mask can be used to cover barking dogs, the hum of the refrigerator, any noise that draws a person out of the hypnotic state. In recent studies, as many as 67% of hypnotized patients have found that Psychosonic Rhythm is beneficial when being hypnotized.

The sound system uses dual rhythms on a low volume. This generates hypnosis-inducing brain wave frequency. Use this tool if noise is negatively impacting your ability to achieve hypnosis.

Conclusion

There are many benefits to trying hypnosis with an open mind. Not only will it help you with your specific problem, but you will also become a happier and more well-rounded person overall.

No matter what way you choose to undergo hypnosis, go into it with an open mind and positive attitude. Create achievable goals, and work with a practitioner that is experienced, qualified, and has the Code of Ethics you are looking for. With this mix of features, you will be setting yourself up for a rewarding, enjoyable experience that you will be happy you did.

About Dr. Stéphane



**STÉPHANE PROVENCHER PhD, DC, IMD, DNM, PScD
FIM, FICS, FAM, FHH, BCAMP, BCHHP, CHC, CLPHC**
Author, Speaker, Researcher, Instructor, Transformational Coach and
Whole-Listic and Integrative Physician, Holistic Chiropractic Physician

"Tell your heart that the fear of suffering is worse than the suffering itself . . . And that no heart has ever suffered when it goes in search of its dreams, because every second of the search is a second's encounter with God and with eternity." – *The Alchemist*

STÉPHANE PROVENCHER aka Dr. Awesome
PhD, DC, IMD, PScD, FIM, FICT, FICS, FAM, FHH, BCAMP, BCHHP,
CHC, CLPHC

For many years, Stéphane Provencher's earliest memories resounded with cries of pain and discomfort. Massively obese and bullied throughout childhood, he knew only one thing for certain: He was not normal. "By the time my parents divorced, it was clear that any personal roadmap I might have developed had been shattered, my apparent destiny no more than a vague memory wrapped in the solitude of despair. It was not until years later, after leaving school and traveling through Europe, that I read *The Alchemist* and discovered that my limiting beliefs were no more than illusion and began to ask *Who am I? Why am I here?*

Now able to see his past cast in the colors of a rainbow rather than the prior swathe of black, Stéphane recalled how his gift for intuiting where people held pain had enabled him to look deep inside their souls, feel their feelings, and help them heal their wounds. This awareness guided him in his dedicated studies and career in chiropractic, through which he began to truly understand the intertwined relationship among the body, mind, and spirit. For Stéphane, learning that emotions – not physical ailments – actually cause 90% of all pain, all dis-ease, was not as much revelatory as confirmatory.

It was the staggering realization that emitting or sending frequencies

of love can restore proper balance, however, that forever changed Stéphane Provencher's life and the lives of those he serves. "I am 100% clear that I am only a vehicle. My commitment and passion is to guide as many as possible to wellness through self-love and knowledge, and I invite all of you to join me on this extraordinary journey of the soul."

From a young age, Dr. Provencher's dream was to unite a multi-faceted model of health care in one place. With the building of the Whole-Listic Children's Hospital underway, this dream is now coming to fruition.

www.ghhcenter.com; www.billionaireparenting.com; www.all4ourkids.org;

www.drstephane.com

Dr. Stéphane Biography

Stéphane Provencher PhD, DC, IMD, PScD, FIM, FICT, FICS, FAM, FHH, BCAMP, BCHHP, CHC, CLPHC was born in Québec, Canada and received his B.S. Degree in Medical Biology from the University of Québec at Trois-Rivières. Dr. Stéphane went on to attend Logan College of Chiropractic, where he earned his Doctor of Chiropractic (DC) degree with honors in 2007. Diplomate in Craniopathy in 2015 (DICS), Fellowship in Integrative Medicine in 2017 (FIM) and Board Certified and Fellow in Holistic Health Practitioner (BCHHP and FHH) by AADP and Board Certified and Fellow in Alternative Medicine (BCAMP, FAM) by the AAMA. Dr. Stéphane received his Doctor and PhD in Integrative Medicine, Doctor in Natural Medicine in 2019. He is fluent in French and English.

While at Logan College, Dr. Provencher's numerous honors included the Dean's List, the Health Center Achievement Award, the Clinical Assistant Award and Who's Who among students in American Universities and Colleges. He has studied extensively at the postgraduate level earning Whiplash Certification, Craniopathy Certification, Pediatric Certification and Kinesiotaping Certification.

Dr. Stéphane is an avid researcher, having completed more than

11 senior research projects at Logan College, including research on Sacro Occipital Technic® (SOT® Methods), which he currently uses in his practice. He has published an article in the JVSR in 2009. In collaboration with Dr. Joseph F. Unger, Jr., he developed information on ADHD and Autism for use by chiropractors and their patients wishing to learn more about the disease and the multiple treatment modalities available through chiropractic and related natural therapies.

Dr. Stéphane is also the chairman of research for SORSI. Dr. Stéphane was named Researcher of the Year 2009 by SORSI, America's Chiropractors of the Year 2009, 2011, 2012, 2015 and 2016 by the Consumer Research Council of America and Presidential Appreciation award by SORSI in 2010. Dr Provencher is the co-founder and primary developer of the SORSI-EBRN (Evidence Based Research Network) and automatic online case reporting system to improve Chiropractic research. Dr Stéphane was awarded Talk of the Town of Virginia in 2013, 2014, 2015, 2016, 2017, 2018 and 2019. Dr Stéphane was nominated Best Holistic and Integrative Medicine Practitioner in 2016, 2017, 2018 and 2019 by the Gainesville award program.

Dr. Stéphane wrote a book called Billionaire Parenting – Give

your Kids the World in 2014 (www.billionaireparenting.com). His passion is the bridge western, eastern, alternative and holistic medicine under one roof and build a Whole-Listic Children's Hospital, Academy and Spa resort.

Dr. Stéphane was featured among Dr. Wayne Dyer, Louise Hay, Maya Angelou, Jack Canfield (Chicken Soup), Brian Tracy, Tom Hopkins, Bob Proctor, Jack Nicklaus and many other in the Leaders & Legends - One life, success, health, wealth and happiness book from the America's Legacy Library released September 2015.

Best Seller Co-author a book called "Beyond the Back: The Chiropractic Alternative For Conditions Beyond Back Pain: 9 Top Chiropractors Share How They Help Patients Avoid Drugs and Surgery Naturally". Released December 2016.

Dr. Stéphane is featured among Dr. Deepak Chopra MD, Dr John Demartini, Joe Vitale in the America's STAR Entrepreneurs - the Power of Purpose. Released November 2017

Dr. Stéphane is an instructor at Lifestyle Prescriptions® University Faculty.

About Rose



Rose Buono
C.Ht., EFT

Author, Speaker, Instructor, Hypnotherapist, EFT Practitioner and mother of eleven

"It takes courage to grow up and become who you really are" - e.e. cummings

Rose Buono

C.Ht., EFT

Rose grew up in Northern Virginia, the middle child of a family of three. She married her first husband at age 21 and had 4 kids in 8 years. This unhappy marriage resulted in Rose being a single mom with four kids under the age of eight. Eventually Rose found love (and even more kids!) and remarried in 2015. Rose and her husband currently have seven of their eleven children at home - most of whom are in high school. She has seen firsthand how EFT and hypnosis can have a positive effect on kids, teens, and family dynamics.

Rose has always had a passion for helping people and an interest in how the mind works. When she first discovered hypnotherapy, she found something that incorporated everything she loved in one modality.

Rose firmly believes that it's never too late to create the life that you desire. Stress is the primary cause of all ailments and healing the emotional body is critical to bringing the physical body to a state of optimal well-being. Rose loves supporting people in their journey to their best self.

Rose Biography

Rose Buono is a Certified Hypnotherapist and a proud graduate of HMI College of Hypnotherapy, a nationally accredited college of hypnotherapy. Rose is also an EFT (Emotional Freedom Techniques) practitioner, Lifestyle Prescriptions Health Coach®, and a Reiki master.

Rose holds specialty certifications in Handwriting Analysis, Hypnosis and Childbirth, Hypnosis and Sports Performance, and Pre/Post Surgery Hypnosis.

She is a member of the Hypnotherapist Local Union 472.

Other Books by Dr. Stéphane Provencher

Billionaire Parenting: Give your Kids the World



“Great book full of insights, inspiration and solid information. We owe this to the next generations. The authors speak from a depth of experience that is rare and dedication that is exemplary. Countless hours of research and experience are distilled onto these few hundred pages. Give your kids this gift!”

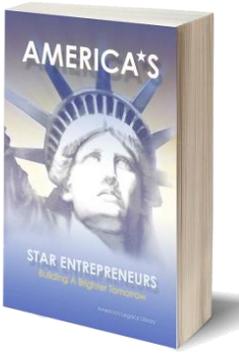
Beyond the Back: The Chiropractic Alternative For Conditions Beyond Back Pain: 9 Top Chiropractors Share How They Help Patients Avoid Drugs and Surgery Naturally



- Amazon BEST SELLER

“A great read. If you are not familiar with Chiropractic, you should read it. If you are familiar with Chiropractic, you should read it. I enjoyed all of the chapters and all of the contributions to the book !”

America's STAR Entrepreneurs: Building Brighter Tomorrows



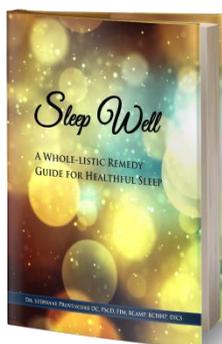
YOU will love this book! If you open your mind and heart to receive it, it will give you priceless hours of inspiration and knowledge and hope. These rich deposits of experience have new and vital significance for a time when millions of people are in need of courage and peace of mind to maintain an abiding belief in the future. We can think of no time in history more important for people of like-mind to connect and communicate.

Leaders and Legends of America



The Leaders and Legends featured within these pages: business leaders, artists, self-help legends, spiritual leaders, health and wellness professional etc. Dr. Stéphane is featured among Dr. Wayne Dyers, Louise Hay, Jack Canfield, Bob Proctor, Dr. John Demartini and others.

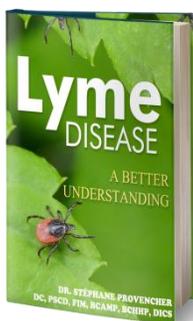
Sleep Well: A Whole-istic remedy Guide for Healthful Sleep



drift off

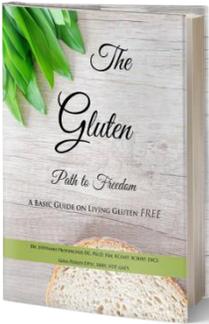
When following the tips in this book, you will have all of the tools needed to stop tossing and turning at night and start enjoying a full night's sleep, naturally. You will wake up feeling rejuvenated and attentive, instead of exhausted and restless. Prepare yourself to dreamland naturally!

Lyme Disease – A Better Understanding



In this guide you will learn the essentials about Lyme disease, what it is, how to treat it, and above all, how to prevent it. Let's get started with what Lyme Disease (LD) is and where it comes from.

The Gluten Path to Freedom – A Basic Guide on Living Gluten FREE



Gluten is actually a protein that's found in some grains. You'll find this protein in wheat, rye, and barley. It's not found in oats, but some oats get exposed to other grains during processing so it's possible to be exposed to it from eating them.

This eBook answer most questions and give you a list of Gluten Free FOOD

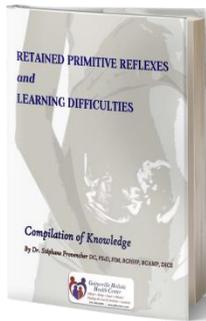
5 Day to Better Health - **FREE**



This is a layered program, which means that each day there is a new task for you to try out. Make sure you are continuing everything you've learned each day, and continue into the next day to form positive changes that will turn into healthy habits without you even

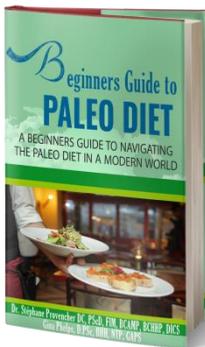
realizing

Retained Primitive Reflexes and Learning Disabilities: A Compilation of knowledge



Primitive (brainstem-level) Reflexes are repetitive, automatic movements that are essential for development of the body's control, muscle tone, sensory integration and development. As newborns we are pretty vulnerable. Most of our brain hasn't turned on yet and, even if it had, we don't have the dataset to recognize what's safe and what's not.

Beginners Guide to Paleo Diet



Chances are you've heard the term Paleo before and likely used in close association with Cross Fit. Paleo, short for Paleolithic, is a term that refers to a specific type of diet or eating style. The Paleolithic era, also known as the Stone Age, was a time in which primitive people (cave men) lived as hunters and gatherers. Their diets consisted of whatever animals they could kill or food they could gather. So this essentially means any foods that are in their rawest or truest form and available in nature.

SPECIAL OFFER

Rose Buono C. Ht, EFT, is offering a **20% discount** for any NEW patient to the Gainesville Holistic Health Center valid until March 31st, 2020.

Mention: **LOVE20** during scheduling your appointment at 571-248-0695 or **info@ghhcenter.com**.

Cannot be combined with any other offers.
Discount only valid until March 31st, 2020 and must be used prior to the above date.