



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 112 - How Hypnosis is Created

**Hypnosis Definition:** Hypnosis an overload of message units that disorganizes our inhibitory process (critical mind), triggers our fight/flight mechanism, and ultimately results in a hyper-suggestible state that provides access to the subconscious mind.

This is a working definition and as we go along, you will see how this definition works.

- Primitive man survived on two survival instincts of **Fight or Flight**.

**Fight/Flight Reaction Definition:** *A primitive and involuntary reaction triggered during danger or anxiety in order to protect oneself or to escape from danger.*

- Primitive man possessed what we now call the **Autonomic Nervous System**. It is divided into two divisions that act opposite of each other.
- **Sympathetic:** The sympathetic division activates during the fight/flight mechanism.
- **Parasympathetic:** The parasympathetic division is a self-regulating, stabilizing system that brings us back to a state of balance.
- **Stress is a biological and biochemical process** that begins in the brain and spreads through the autonomic nervous system, causing hormone release and eventually



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exerting an effect on the immune system. Stress responses start in two major systems:

1. The nervous system, which reacts quickly.
2. The endocrine (hormone) system, which takes longer to react but persists longer.

The **adrenal glands** pump out hormones called glucocorticoids. The metabolism of glucose in the body needs these hormones.

The adrenal glands also pump out cortisol, cortisone, and catecholamine. These hormones are the body's **chemical messengers** of stress. They provided primitive people with protection for an instant reaction to attack the danger.

### Today's Drawbacks

1. Excessive amounts of **cortisone and catecholamine**, secreted over a long period, may impair the immune system.
2. Too much **cortisone** over a prolonged time may cause lymph glands to shrivel, bones to become brittle, blood pressure to soar and the stomach to lose its resistance to gastric acid.
3. The hypothalamus releases **endorphins**, powerful **natural painkillers** that allowed our ancestors to run or fight even when injured. However, chronic, relentless stress



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depletes endorphins, which causes us to feel greater discomfort with that backache or arthritis pain.

4. **Cholesterol** enters the bloodstream, mostly from the liver, because the liver takes over when there is not enough blood sugar left to sustain energy to the muscles. Today, we are often under chronic stress. We generally do not need more cholesterol for energy, so our bodies deposit cholesterol in the blood vessels. The rate of heart disease fatalities is well documented.
5. The heartbeat begins to speed up. There is a physiological response and our body begins to pump blood to the lungs and muscles so they receive more oxygen and fuel. However, the result today is **high blood pressure**. If blood pressure is high enough, a stroke, aneurysm, or other problems may result.
6. Blood thickens and coagulates enabling primitive man to fight infection and stop bleeding from a wound. Today, when the blood turns thick it can result in a heart attack or a stroke.

**Inhibitions Definition:** Unconscious defense against forbidden, unacceptable learned conditions, instinctual drives, or impulses.

**Inhibitory Mechanisms Definitions:** The process that allows a person to deal with himself and with his external environment in a rational and civilized way. When inhibitory processes are disorganized, hetero-hypnosis is the result. When they are organized, self-hypnosis takes place.

- As man evolved, he began to come to the realization that he did not have to act on every



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impulse or threat that came after him. When confronted with a situation that once would have automatically triggered the **Fight/Flight Mechanism**, he could now decide on a different response and he began to have greater control.

### The Conscious Control

- In the modern world, the **Fight Mechanism** became less socially acceptable, so the **Fight Mechanism started to become anxiety**. Man began to feel the anxiety in his body. So **the modern way of coping with the Fight Mechanism is Reaction vs. Action**
- Socially it is easy to see why **Flight became more acceptable than Fight**. Man developed a way to deal with that: **The Flight mechanism became Repression vs. Depression**.

### Inhibitions

1. As man evolved, the subconscious responses handled everything involuntary, including the inhibitory mechanisms.
2. With the development of the Autonomic Nervous System, the parasympathetic nervous system would regulate the sympathetic back to control.

**Inhibitions Definition:** Unconscious defense against forbidden, unacceptable learned conditions, instinctual drives, or impulses.

Therefore, the inhibitions had not developed yet. Nevertheless, in time, man learned to live and hunt in groups for protection in order to survive.



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### **Pain, Pleasure / Known, Unknown**

**Unknown Definition** – Unit of communication that represents a threat because it has not been learned or experienced before.

**Known Definition** – Unit of communication that does not represent any threat because it has been learned or experienced before.

As we grow up, we develop all these negatives and positives, knowns and unknowns. These form what we call our [life scripting](#).

### **A Child's Critical Mind**

- The critical mind begins to develop somewhere between the ages of 8 and 12 years old. The critical mind acts like a filter in that the child begins to question things more. The filter is not very strong yet because it is just beginning to develop. The child is beginning to use some logic and reason.

### **A Teenager's Critical Mind**

- As the child grows into a teenager, critical mind is becoming stronger, but it is still not very strong. This is a very suggestible time.



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- Hypnotherapists, who understand this, are very concerned about television violence, video games, and the influences that teenagers come under because they are very suggestible at that time in their lives.

### **Conscious Mind and Subconscious Mind**

- Our conscious mind is estimated to be about one to 12 percent of our mind. Our subconscious mind is estimated to be 88 to 99 percent of our mind.
- If it were not for critical mind acting as a filter, incoming information, that we call **message units**, would swamp us and we have no defense mechanism.

**Message Unit Definition:** All of the input sent to the brain by the environment, the physical body, and the conscious and subconscious minds. When we receive too many message units, as in a life-threatening emergency, a state of anxiety results.

### **There are Four Sources of Message Units**

1. External Environment
2. Physical Body
3. Conscious Mind
4. Subconscious Mind



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**So what happens when we take in too many message units?** We no longer function very well because there are so many message units coming in to the critical mind and that creates environmental hypnosis.

**Anxiety and hypnosis are synonymous.** An overload of message units creates both of them. We create anxiety in a negative, uncontrolled environment and we create hypnosis in a positive, controlled environment.

### **Automatic Function – Your Subconscious Control**

- We respond to a vast majority of what we do without conscious awareness. It is automatic. We do not think about it. Therefore, our subconscious takes over so that our conscious mind can work on other things. [These hidden mental processes influence our behavior constantly.](#)