



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### **171 - Memory, Brain Function, and Regression**

You already know the traits of the Natural Somnambulist but it is worth reviewing and applying the knowledge to regressions and the prevention of false memories.

- A Somnambulist will participate in the regression, perhaps going to many past lives. Like the Physical, he will believe them. He will be easily swayed and suggestible to your suggestions based on his suggestibility, his expectation, and his ability to experience the regression.
- A Natural Somnambulist is a state in which the individual responds to his suggestibility consciously, in the same way that he would respond to it in the hypnotic state, so in his everyday life what he believes he experiences through his senses is intensified.
- This altered state of consciousness, that increases one's receptiveness is, in most cases, blocked from the individual when you awaken him from the hypnotic state.
- However, the hypersuggestible individual's receptiveness is not blocked when he is in the waking state, which means that he experiences the same intensified perceptions and receptivity in the conscious state that he would in the hypnotic state. He walks around in environmental hypnosis and the longer he is in this state the greater the chance is for permanent hypersuggestibility.
- In the conscious state, we have developed survival mechanisms enabling us to curb our senses and feelings, but in the hypersuggestible state, these mechanisms are absent. That is what makes hypersuggestibility such a critical state.
- It is also what allows the hypnotic state to be a very effective tool for removing hypersuggestibility. In this case, you would need to take the client deeper into the hypnotic state than he goes all by himself in his everyday life.
- Almost all Natural Somnambulists often require Dehypnotization from hypersuggestibility.



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- Hypnosis is effective in this instance because you can utilize the person's receptiveness to positive changes without his defense mechanisms hindered them.
- This type of subject feels so much physically and emotionally, and responds so strongly to the environment, that he may be capable of developing psychosis as a means of escape from the reality of his problems.
- Based on the traits of the Natural Somnambulist, do you think this person might be easily led by the suggestive techniques of a therapist or other influential individuals in his/her life?
- Would this person, most likely, be easily manipulated?
- Do you think memories this person has of the past could easily be changed by a suggestion?
- Could false memories be accidentally implanted by a suggestion, a question, or the negative influences of others?