

## CULTIVATING JOY HYPNOSIS

(Maggie Staiger)

Hypnosis is a distinct mental state that can vary in degrees but contains the following four elements:

- Concentrated and narrowed scope of attention/awareness
- Activation of the imagination
- A sense of things happening automatically and effortlessly
- Physical relaxation

It has sometimes been described as a state where the subconscious mind moves forward and the conscious or critical mind is less in control.

Nearly everyone can be hypnotized, if they want to be. Hypnosis is a natural state, there are many levels of hypnosis. It's not like falling off a cliff—more like a gentle slope, and even in the lightest level of hypnosis it has been shown that suggestions take effect. In addition, hypnosis is a skill like any other, and you get better at it the more you do it. Almost everyone has been in a light state of hypnosis—for example, when you are “lost” in a book, or are driving and suddenly arrive at your destination with no memory of having gotten there. The more often you deliberately go into hypnosis, the more familiar the state will be, and the more easily you will be able to access it.

It is not necessary to be relaxed or comfortable to go into a state of hypnosis. All you need to do is follow the directions as you listen, as best you can. You might feel more or less focused at various times, and that's fine. It won't have any effect on how well the hypnosis works. The key is repetition.

In order to get the most out of your hypnosis download, try to listen regularly. Hypnosis creates actual neural pathways in the brain, and for this to happen, repetition is the most important factor. Five times a week is the best, but each repetition increases the effectiveness, so if you can't manage five times a week, listen as often as you can.

If you are able to, listen when you are in a relatively quiet place, where you won't be interrupted. However, don't do other activities, like read or watch TV, while you are listening to your hypnosis download. It is normal for your conscious mind to wander as you listen. This is part of how hypnosis works. When you notice your focus wandering, just bring it gently back to the sound of my voice.

You will begin to notice the positive changes in your life almost immediately, but it takes about a month of regular listening for the neural pathways to form, and up to 90 repetitions for those paths to become the “default”.

For more information on hypnosis, you can visit my website,  
[www.realsolutionshypnosis.com](http://www.realsolutionshypnosis.com).