

## ENGAGED WRITING HYPNOSIS (Maggie Dubris)

Hypnotic and trance states have been used for centuries by shamans, mystics and visionaries. Hypnosis allows a person to easily access a creative flow state, and can be used to generate images, to increase creative focus, to switch gears from a day job into creativity, and to circumvent creative blocks. It enables the writer to stay engaged with his or her creative project, to get in touch with inner sources of inspiration, and to maintain a joyful creativity. In conjunction with other tools such as automatic writing, hypnosis can jar loose startling and beautiful subconscious imagery that can be woven into more consciously structured work.

In order to get the most out of your hypnosis download, it is important to listen regularly. Hypnosis creates actual neural pathways in the brain, and for this to happen, repetition is the key. 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.

You need to listen when you are in a relatively quiet place, where you feel safe. Don't do anything else while you are listening to your hypnosis download. Try not to fall asleep during the hypnosis. It is normal, though, for your conscious mind to wander. This is part of how hypnosis works. When you notice your focus wandering, just bring it gently back to the sound of my voice.

For the Engaged Writing hypnosis, it also may be useful to listen immediately before your writing session. This will enhance the initial effect of the hypnosis.

You will begin to notice changes in your creative outlook almost immediately, but it takes about a month 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).