



# Mindful Soul Wellness

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## Principles Of Hypnosis

The CONSCIOUS mind: The part of the mind with which we reason and where we spend most of our time. The conscious mind is aware and plays the dominant role. Our conscious mind also makes decisions, rationalizes, and includes our working memory.

The SUBCONSCIOUS mind: The part of the mind that is unaware, unawakened, and in which mental processes take place without conscious perception. Our subconscious controls automatic functions and body mechanisms such as the autonomic nervous system. The subconscious stores all memories and learning.

HYPNOSIS: Allows the conscious mind to access the subconscious while remaining aware of what you are experiencing. In other words, hypnosis accesses the wisdom of the subconscious in a focused way so that the subconscious plays a more dominant role in order to achieve healing.

Myths & Misconceptions	What Hypnosis IS!
You give up all power and are under complete control of the hypnotist.	All hypnosis is self-hypnosis. You are always in control.
You can be made to say or do something against your will.	You, at will, may refuse a suggestion, do the complete opposite, or break the trance all together.
Hypnosis is a form of sleep.	Hypnosis is a state of focused concentration.
Hypnosis is a "truth" serum.	You have complete awareness and control and can censor, withhold, and even lie about what you divulge during the experience.
You can get stuck in hypnosis.	You can terminate the trance state at any time.
Hypnosis is a therapy.	Hypnosis is a therapeutic tool that should be used in conjunction with other modalities to promote self-awareness, autonomy and enhance well-being.
Hypnosis is harmful.	Hypnosis can be a powerful means for resolving emotional problems and enhancing emotional well-being.

*Adapted from Past-Life Therapy Professional Training Manual by Brian L. Weiss, M.D. and Carole K. Weiss, MSW, Cht*