

## HYPNOSIS IS B.S.

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**Hypnosis Happens! It happens accidentally and on-purpose!  
And it lives in your Belief System**

**You have been Hypnotized if:**

- You've cried or been startled in a movie
- You've spaced out and missed your exit on the expressway
- You've pulled into your driveway and don't remember the actual drive home
- You've looked at a long-time partner and wondered what you ever saw in them
- You've told yourself you can't sleep...and then you don't
- You've told yourself you can do this! And then you do!

### What is Hypnosis?

#### Suggestions



#### Compliance



#### Some Will



#### Some Won't



#### So What!

## **Hypnosis Happens**

**Accidental Hypnosis is the #1 reason people choose Hypnosis on Purpose**

### **B. S.**

**Belief System**

**Beliefs are NOT necessarily fact.**

**BUT, people always act and behave as if their beliefs are fact!**

**Our Job is to DE-HYPNOTIZE THEM FROM THE TRANCE THEY'RE ALREADY IN!**

## **META PATTERN**

1. Associate into the belief (light up the necessary neural pathways) This is the trance they have already created for themselves.
2. Dissociate from the trance (magical verbal distraction helps) Ask a question, give a command. Move to anything other than the problem state.
3. Associate into a Solution Mindset (light up the options) Modeling excellence is the easiest way to develop a solution. Resourceful regression, parts work, modeling
4. Apply the solution to the problem (test it to see how well it works in the imagination) Future pace and practice using the solution in several scenarios. Anchor success.