

WHAT YOU NEED TO KNOW ABOUT HYPNOSIS & TRANCE



*Using Nature's Optimal Learning State to
Resolve Problems, Unlock Your Potential,
and Find Your True Self*

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What You Need to Know about Hypnosis and Trance (second edition)

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INTRODUCTION

Hello and thank you for downloading this mini e-book about hypnosis and trance. I'm so glad you're taking a few moments of your time to learn about a subject that could *change your life*, much as it did for me.

I've been studying hypnosis for over twenty years now and have been a practicing hypnotherapist for much of that time, treating a whole range of psychological, emotional, and physical problems. After a powerful personal experience of hypnotherapy (where a ten-year problem that had baffled doctors was cured after only two sessions) I knew I had to learn how to do the same for other people. Using hypnosis and trance to help others became my calling.

This e-book will provide you with a clear understanding of what hypnosis and trance is and explains why hypnotherapy works so much faster (when performed competently) than other types of talking therapies. We'll explore nature's optimal learning and re-programming state (the REM state) that can lead to lasting change and transformation.

What would you like to change in your life? *Start to get really curious* about this as you read through the e-book.

If you have any questions or would like to find out more about hypnotherapy and the way I use it, please get in touch by emailing me at...

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I'd love to hear from you.

For now, sit back, relax, and delve into the world of hypnosis and trance...

EXPLAINING HYPNOSIS AND TRANCE

Okay, so I'm assuming you've got some time to yourself so that you can *really absorb the info in this short e-book*. Let me start with some questions...

Are you aware that you've already been hypnotised today? Have you found your mind wandering off, as if in a daydream? Perhaps you slipped into fantasies of a better life, a new car, a new house, that sort of thing? Or what about being absorbed in something like a good book or computer game, or engrossed in watching an exciting football match on TV? And what about your smartphone with all those addictive apps?

These are all examples of **every-day hypnosis** where things *focus your attention* to the point that the rest of the world fades into the background or even disappears. Your attention becomes so narrowed as you absorb yourself in either something external (the football match on TV) or something internal (like a fantasy, memory, or emotion).

So, let's get straight to the point in this mini e-book and clear up what we mean by the word 'hypnosis' because, to most people, it remains a mystery. This is my definition:

Hypnosis is a process that begins to happen when something focuses or narrows your attention. Reading this book, as you concentrate intensely on absorbing what might be brand new information, will begin to hypnotize you! You'll come to understand how and why this happens as you read on...



Now, we've all heard of or seen the old-style hypnotists (in the movies or on stage) who would swing a watch before your eyes whilst repeating in a monotone voice of authority, "*You are getting sleepy...your eyelids are becoming heavy and tired...*" This was just one way of focusing your attention. The left and right movement of the eyes as it followed the watch would mimic the REM state, which I'll explain later. But we don't need to stare at a watch to *go into a trance* because we do it naturally during sleeping and whilst awake. (I never swing watches with my clients, by the way!)

Here are some examples of how you might already be experiencing hypnotic processes – things that *begin to focus your attention...*

- Playing a computer game
- Scrolling through social media on your smartphone, zombie-like
- Watching TV or a good movie (or mindlessly flicking through the channels)
- Concentrating intensely on a creative project
- Reading a good book
- Surfing the internet
- Being absorbed in a hobby like drawing, painting, or gardening
- Playing sport (sports people refer to it as being 'in the zone' or in 'flow')
- Playing a musical instrument or listening to music
- Making love
- Smoking a cigarette (most cigarettes are smoked on auto-pilot)
- Using certain other drugs (such as the psychedelics; LSD, 'magic mushrooms', ayahuasca, ketamine). Indeed, all drugs, including alcohol, have the potential to drastically alter one's state of consciousness
- Recalling a vivid memory in your mind

Spend a moment and reflect on the times, places, and things that hypnotize you because **you already have your own ways of hypnotizing yourself - willingly or unwillingly**. Yes, much of the time things happen *outside* of your control as you *slip into trance* against your best wishes. Self-harming, addictions, bad habits, etc. are all things that have taken on their own volition, like an invisible, unconscious power controlling your actions that easily override your conscious intentions. I'll explain how and why this happens in a moment.

Before we go on let me make an important distinction here. Every book I've ever read about hypnosis (and almost all the training I've attended over the years) use the words hypnosis and trance interchangeably, but they are not one and the same.

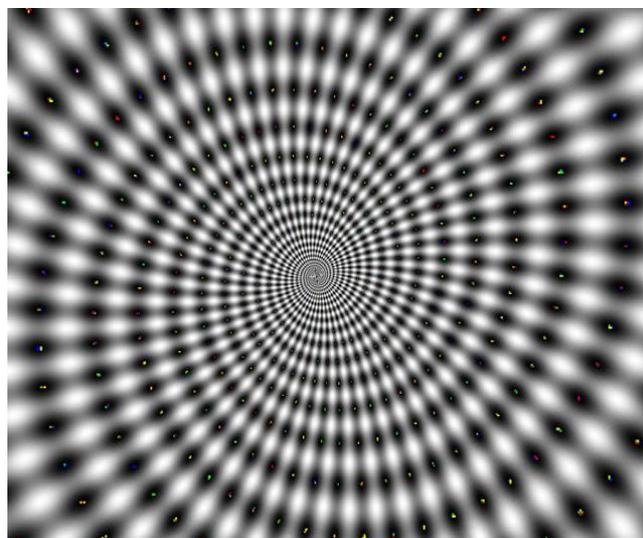
Hypnosis is any *thing* (object, person, sound, process, feeling, sensation, experience, etc.) that begins to narrow your focus of attention. And trance is the resultant *state* (namely the REM state) that you end up in when your attention has been sufficiently focused for a period of time.

So, it could be said that we're constantly being hypnotized (by whatever is focusing our attention). We oscillate between focusing and de-focusing, our attention mechanism getting drawn to this and then that with short gaps in between. (As an aside, what happens in the gaps, I wonder? This is something meditation seeks to enhance of course, finding and staying in the 'gap' between our thoughts, for instance).

So understand this: **hypnosis is more about the thing or process that begins to *focus your attention*. And REM trance is the resulting state of that process.**

As Joe Griffin and Ivan Tyrrell pointed out in their monograph '*Hypnosis and Trance States – a new psychobiological explanation*' (1), "If you can hold that attention mechanism for a minute or two minutes, the brain just assumes it is in some kind of dream state and the neocortex surrenders power...just as it surrenders two hours every night [in REM sleep]."

As a little taster of this dream-like state just stare at this image for a moment or two and you'll begin to *notice your attention narrowing down as you go inwards...*



Or if you'd prefer something even more hypnotic (and slightly trippy) check out this short YouTube video <https://www.youtube.com/watch?v=ooVCvFLbj00> which asks you to stare at the screen for 25 seconds. I'll add that when you've done it look immediately at the back of your hand or another area of your computer screen! (Don't worry, the effects soon wear off!)

How'd you do? These are neat little examples of focusing one's attention and going inwards, becoming absorbed with what you're looking at. 'Going inwards' is one of the definitions of hypnosis and at some point on this 'inward journey' we enter the REM trance state. (No one can say exactly at what point one enters the REM state because we are all different and some of us go into it much faster than others).

Of course, the REM state is something we all enter when we dream at night (REM stands for Rapid Eye Movement that occurs when your brain starts dreaming and when the eyes move rapidly underneath the closed lids as you participate in the story playing out in your mind). But we now know that **we slip into the REM state *also* during waking hours** when our brains become more right-hemisphere-dominant during moments of introspection and reflection, creativity, or when we're learning new things. You can know that this is happening because you might feel a bit tired or dreamy or 'spaced out' or on auto-pilot where whatever you are doing seems to be doing itself. Top sports people and musicians will often say that they played the whole game or gig in a trance state.

What this points to is that whenever our attention is focused for long enough (and sometimes a few seconds is enough!) the REM state will be activated.

Now, night-time dreams are most likely the deepest trance state we can ever experience (we are fully immersed in a dream whilst it is occurring, our attention fully absorbed by the story of the dream to the point it feels real – indeed it *is* our reality whilst we are in the dream. Unless we can do lucid-dreaming there is no Observing Self ⁽²⁾ in dreams – we are completely 'in' the dreamed experience and it is only after we wake up do we realise it was a dream.

So, according to Griffin and Tyrrell, anytime during waking hours when you *focus your attention* for a certain duration the brain assumes you're in some kind of dream again (only this time a waking dream). This is the nature of trance. **Trance is the experience of the activated REM state, whether you're asleep *or* awake.**

I've mentioned night-time dreaming as an example of trance, a trance that happens naturally every night. We can also experience trance naturally when awake, through deep thinking, daydreaming, or through powerful emotions. And we also get hypnotised by external things and other people. As an example of this, when something or someone (think good speaker, story-teller, charismatic guru or politician) takes control of your attention mechanism for a minute or so the REM state gets switched on and you journey into what feels a bit like a waking-dream, lost in the story or words that you're hearing, transported to places of your imagination as the brain tries to make sense - through its own associations - of what you're listening to.

So, hypnosis (things that narrow your focus of attention) is happening to varying degrees all the time. We're constantly going inwards and coming out again, constantly accessing our inner worlds and then re-engaging in the outer world once more. And depending on your personality type (3), you'll either spend more of your time introverted or extraverted, more focused inwards, or more outward. That said, whatever your personality type, you'll naturally *drift into trance* during waking hours. It's just that introverts can be more hypnotised by internal things, like thoughts, emotions, memories, worries etc. and extroverts more hypnotised by external things; an object, an attractive person walking past, watching sport on TV etc.

What hypnotises you I wonder? What grabs your attention? When do you *become absorbed and enter the REM state*?

It's important to be aware of this because, as you *become hypnotized and segue into the REM state* your mind becomes more open, receptive, and suggestible. The trance state is nature's optimal learning state and because of this we need to pay attention as to how we're using our minds when entranced! Indeed, this is what we'll cover next as we look at the dangers and abuses of hypnosis. And the dangers are very real!

THE DANGERS AND ABUSES OF HYPNOSIS

Twenty odd years ago I remember being hypnotized (along with several others) by a Del-Boy type salesman; He grabbed our attention right at the start of the sale, announcing, “Super glue, super glue, the strongest glue on the planet...usually retails for £3...you can have it for...one penny...that’s right, just one penny.”

He proceeded to throw the tubes of glue into the audience and many of us (yes, me included) were scrabbling about on the floor looking for this amazing product that would somehow transform our lives! Of course, once he’d gotten most of the audience hooked (in a trance of expectation, wanting more, like salivating bloodhounds) the stakes rose and I ending up parting with well over a hundred pounds – on products that later turned out to be faulty! I wanted to report this villain to trading standards, so angered was I, but the phone number he’d printed on his leaflets was fake; “I’m sorry. The phone number you have dialled has not been recognised...” In hindsight I had wondered at the time why the location of the sale had changed last minute; it just didn’t seem quite right, my intuition trying to tell me to go home and save my money instead.



The important thing to note from this is that **hypnosis can be (and is) used coercively to indoctrinate, con, and brainwash people.** The internet and social media are the biggest culprits of this at the moment. Cults and some (if not all) religious groups do (and have always done) the same thing. You get hooked because it promises so much, like Del-Boy, and seems to meet important emotional needs ⁽⁴⁾ but after a while you notice it’s got a vice-like grip on

you as you struggle to free yourself, much like addiction. Our emotional well-being then becomes reliant on the church, the cult or group, or the cyber-reality of Facebook. In effect, our 'locus of control' becomes externally based, rather than internally (5). The truth is that hypnosis can be used abusively and this is something we must all be wary of. This is how brain-washing works. And advertising.

Even in a therapeutic setting hypnosis can be used abusively. If a therapist insists on exploring your childhood session after session, looking for the whys and wherefores of your problem (hoping to gain insight into some incident that happened, say, when you were four years old) your problem could well be exacerbated. Insight and better understanding can be useful, of course, but if we're already in a trance state of depression, anxiety, or trauma, going on long wallows through your history will only highlight all the woes in your life. (You need to get out of the 'negative' trance first and into the Observing Self for your perceptions to alter; *then* insights can be useful). I once worked with a client who'd had seven years of Freudian psychoanalysis to help lift her feelings of depression. She still felt as depressed after all that time. Luckily my approach to treat depression is different and she soon started to feel better.

So, we although we all need to be aware of the dangers and abuses of hypnosis, what we need to understand is that, when used competently by a skilled therapist who has your best interests at heart, **using hypnosis and trance can be the key that unlocks the door to a more meaningful, rewarding, fulfilling, and successful life.**

"I had experienced 5 months of **depression, severe insomnia and panic attacks**. I had even given up my job because I could not make decisions and found it difficult to leave the house. Conventional medicine was helping a little but not enough... within a few weeks...I began to feel better, my sleep improved enormously and I began to get my life back, regained my self-esteem and confidence. I am now applying for jobs and can look forward to the future." A.W. Bury St. Edmunds, Suffolk, UK

That quote, and others that follow point to the wonderful potentials that trance can create for us if we learn to use it correctly. Unfortunately many of us don't. So let us now look at the trances that might already be controlling your life, what I call 'symptomatic' trances that every client I see comes to me with. We're talking about fears, phobias, addictions, depression, anger, anxiety, PTSD, low self-confidence, the list goes on. Yes, these are all trances.

SYMPTOMATIC TRANCES AND CHANGES IN PERCEPTION

To paraphrase a definition of one of my trainers (James Tripp <http://www.jamestripp.co.uk/>)
“Hypnotherapy is the use of language and communication to focus attention, lead cognition, and seed ideas to change a person’s perception of reality.” This is how hypnotherapy works; it focuses your attention and accesses the REM trance state so that your perceptions of reality can be altered.

As some wise person once said, *“We don’t see things as they are. We see things as we are.”*
We can never know reality as it really is (unless we experience genuine mystical states, more on which will follow below), but only our own version of reality, our own projections.

Take a look at the picture below. What do you see?



Do you see the young lady gazing off into the distance or an old hag with a bridged nose and pointy chin?

I love these optical illusions and spent many a lost hour gazing at such things during my youth, especially the ‘Magic Eye’ 3D images that were all the rage in the early 1990s
<http://www.magiceye.com/>

But let’s ponder something far more important, so vital to understand about trance, and how it can influence our perceptions of reality...

Perhaps you have a history of experiencing what I call a '**symptomatic trance**', (the types of problems most people come to see me about) such as anger, anxiety, or fear. Maybe your mood has been a bit low or you're feeling depressed. Other emotions, such as greed, jealousy, envy, sadness, hatred, aggression, desire, lust, are all trance states of 'locked' attention. What I mean by this is that **any strong emotion narrows our focus of attention so that we're unable to see the bigger picture or a different reality**. We end up seeing ourselves (and the situation) in only black and white terms; this or that, good or bad, I'm right/you're wrong etc.

When the emotional brain takes over we get locked into an old pattern (usually formed in childhood) and are entranced; reality becomes distorted, inhibiting our ability to rationalise and be logical about things or access our more creative selves. Depending on the intensity of the emotions, the situation can feel like a matter of life or death, especially if the fight or flight system gets involved so that we respond as if ready to do battle with a man-eating tiger. We might regress to experiencing a temper tantrum of two-year-old or become a sulky teen once again! And with the emotional brain in charge (with its all-or-nothing thinking style) we make erroneous assumptions about ourselves and other people such as, 'if I don't do it perfectly then I must be *completely* stupid', or, 'if he leaves me nobody will *ever* love me again.' These are prime examples of black and white, emotional thinking, the seeds of which were probably planted way back in your history.

"After many years struggling with **anxiety and emetophobia**, seeing you has had an incredible impact on my day to day life. I think I said to you when we met that I felt an absolute dread that I'd never be able to escape the phobia, that I lived every day worrying that anxiety triggers would arise, and that I found it very hard to cope when they did. Incredibly, I've now spent the last 6 months or so with anxiety playing a much, much smaller role in my life - in fact, I often forget it completely for days on end! **The phobia no longer affects what I am doing**, and how I feel most of the time - since seeing you, I've been able to successfully hold down a full time job whilst living independently in London, and have even started running - something that I've wanted to do for a long time. I've not cancelled any plans, called in sick to work, or stopped myself from doing something I enjoy due to anxiety at all since I've moved here, and am really pleased to be living a life which feels so much easier, and less inhibited than before. I really can't thank you enough for your help." *M.O. London*

As indicated in the testimonial above, core beliefs and patterns of emoting and thinking would have been sown in childhood and they still serve as reference points, influencing the way you navigate through life's challenges and dilemmas. This is why Eckhart Tolle's best-selling book,

The Power of Now (6), (and why much spiritual thinking) has a flaw; we can't simply 'live in the moment' as much as we try to because the brain is always pattern-matching, influencing (even distorting) our present reality by referencing it to the past. The brain is always assessing the current situation with what we've experienced before. Even novel situations will be pattern-matched to previous, *similar* situations and events, as the brain asks itself, "What is this like? What does this situation remind me of? When have I felt like this before?"

The brain works via metaphor, linking this with that, looking for a likeness. Of course, this can and does cause problems sometimes when faulty pattern-matches are made, such as when we see a dark shape down a side street and become frightened of being attacked or mugged. It is only when we muster enough courage to look again that we notice it was a bin-liner blowing about in the wind! Many peoples' fears are driven by such faulty patterns.

Changing old, core, erroneous, belief templates and unconscious auto-pilot responses is what hypnotherapy aims to do. It is only when these are therapeutically altered that we can free ourselves to live life more in the present moment, more in the 'now'. Maybe this is the hope and message of all religions; to be free of our 'sins' – our past misdemeanours - is, psychologically speaking, about clearing old patterns, clearing the slate as it were so that we can begin afresh. Perhaps, until then, we remain slaves to our histories, 'sinners' to our True-Selves (7), unable or unwilling to shine our own light in the world.

More about the REM state...

According to Griffin and Tyrrell their ground-breaking book '*Human Givens*' (8), after about 27 weeks in the womb the foetus spends 80% of its time in REM sleep in which instinctive templates are laid down in the brain. As babies and young children, further templates are added through our learning experiences in infancy and early childhood; most children spend vast amounts of time in natural REM trance states (day and night) as they learn, absorb, and process information from their surroundings through what they see, hear, and experience.

These patterns or templates (which are really neural circuits) form what might best be described as 'grooves in the brain', like sledge tracks in the snow on a mountain. The more a learning occurs and gets repeated the deeper the groove until it becomes a well-worn rut. The point is that **whenever we're learning things we do so in the REM state**, when we are focused and concentrating, or day-dreaming or fantasizing, adding more or deeper grooves

in the snow. After a while these grooves become the blueprints from which we live our lives and in which our core beliefs about ourselves and the world are based.

So, although we have the natural (and necessary) ability to go into the REM state (even before birth), nobody is born with ‘symptomatic’ trances such as depression, a lack of confidence, or low self-esteem. We might have a tendency or a potentiality for these symptoms, depending on our mother’s wellbeing when in the womb, but we are not born with these symptoms already formed. Babies will confidently scream the house down to get their needs met! Nobody is born with depression or anxiety despite what some people say about genetics. Indeed, no depression gene exists.

Symptomatic trances are trances that have been learned through either personal experience or what you’ve learned through interacting with or observing/listening to others.

The thing is that once a strong pattern is established (once a deep groove is made in the snow) the brain expects that ‘this is the way you deal with this type of situation’, influencing the way you feel, think and behave. This can explain why some people get repeatedly sucked into abusive relationships, for instance; the brain is simply repeating an old **pattern of expectation**, no matter how positively the relationship starts out. And that’s what the brain does – it tries to meet expectations based on our history; the sled follows the ruts in the snow.

So, the question that naturally arises at this point is...

If I’m already in a symptomatic trance state (anxiety, depression, low self-esteem, addiction, PTSD, etc.) how is using trance going to get me out of it? How can the same state in which the problem was first created also be the key to get me out of it? This is one of the paradoxes of trance. **The vital thing to know is that it is the way you use the trance state that determines the outcome.** Most of us have become experts (from a very young age) in what I call ‘negative self-hypnosis’. Our attention is focused (by ourselves or someone else), we enter the REM trance and then give ourselves negative suggestions that reinforce the problem pattern; “I’m not good enough...I’m too fat...I’ll never be able to do it...she’s too good for me,” etc. Most of my clients are experts at this when they first come to see me! I don’t have to teach them how to ‘do’ hypnosis but, instead, how to use their own trance states better.

"I just needed to write and tell you how well I am doing, all thanks to you...I no longer have painful memories of a very unhappy and abusive childhood...with your help I have become **much more assertive and confident**. I am far less angry with the world now...after therapy sessions with you I have gone through a LIFE CHANGING EXPERIENCE...I now feel six feet tall and **able to deal with any situation that comes my way without the need of alcohol or comfort eating**...thank you so much." *B.G. Stowmarket*

It's so good to hear of other peoples' success stories. When we read or hear such accounts it can give us a sense of hope that we, also, can change no matter how deep the rut in the snow or however long the problem has existed.

With that in mind, let us move on now and explore how and why *hypnotherapy can be the key that frees you from your problems and your history*. Based on whatever your goals are, hypnotherapy – by accessing nature's reality generator (the REM state) – can help you resolve your day-to-day issues, unlock your potential, find your true-self, and connect up to something much larger than yourself, call it God, Nature, the Universe, Spirit, however you define it. Indeed, expanding consciousness might well be an inbuilt need and even the next step on the evolutionary ladder. I'll say a little on this later.



HOW AND WHY HYPNOTHERAPY WORKS AND HOW IT CAN HELP YOU

So, along with understanding hypnosis to be an everyday occurrence (anything that focuses your attention), perhaps the most important thing to grasp is that **when you enter the REM trance you are accessing nature's most powerful learning and programming state.**

This is why any therapy that accesses the REM state (and when that state is utilised in a healthy, resourceful way) produces faster results than traditional psychotherapy/counselling and CBT. Rather than spending weeks or months (and sometimes years) simply talking about 'issues', time travelling through your history, or trying to change the way you think, **hypno-therapeutic methods work with your own reality generator where old patterns can be altered more quickly.** Indeed, I would go as far to say that when these other types of therapy do have a positive effect it is because they have inadvertently accessed the REM state. Remember, we all enter the REM state naturally throughout the day and therefore this will happen during, say, a counselling session. A simple question such as, "What does this feeling remind you of...?" will take you on an inner search. And going inwards will access the REM state. (This is why I feel strongly that all counsellors and psychotherapists – and even teachers – need to know more about attention, hypnosis, and trance states and why I teach it in one of my workshops <http://www.human-spirit.co.uk/Workshops.html>).

Instead of reinforcing old wounds, digging the snow ruts even deeper like much counselling does, **the effective use of the REM trance state will enable you to climb out and make new paths for yourself.** This is what makes hypnotherapy so effective because **in the REM state you can alter or refine templates that are no longer working for you.**

What happens in hypnotherapy (at least in the way I use it) is that I will help you to create an **expansive trance** or what might even be termed a 'no-state-state' (9) where you can transcend the problem/issue and access other ways of seeing and being in the world. In effect, to continue our analogy, the mountain gets covered in a fresh layer of snow where, from the top, you can see a much wider vista and *consciously choose which new sled track to make.*

What this means is that, rather than trying to change your thought processes (as in Cognitive Behavioural Therapy), **with hypnotherapy we are working with and correcting the emotional and instinctive templates that have been creating the problems in the first place.** When core

brain patterns change, your thoughts will change naturally. You don't have to try to think positively, you just *feel more positive* anyway.

Indeed, it is important to understand here that **the brain always processes emotions before thoughts**. This is because emotions are governed by the limbic system which is always monitoring our safety for survival purposes. If it deems anything as a threat (based on our historical knowledge) it will raise the alarm, preparing us to fight or run by flooding the bloodstream with adrenaline. And when the stakes are high this automatic fight or flight reaction happens (up to ten seconds) *before* the conscious/thinking part of the brain works out what is going on.

This is why it's difficult to try to talk or think your way out of a phobia or a panic attack, or the urge to binge or indulge in some other addictive behaviour. **When emotions are strong the thinking part of the brain is by-passed**. This is why humans are prone to doing stupid things. We're not that much more evolved than apes. When the thinking/rational brain is by-passed we can't apply logic and reason. And this is why I teach all my clients powerful ways to calm down so that they can get a different perspective on things by accessing the more rational, higher cortex.

What we're aiming for is a more balanced relationship between our emotions and thoughts so that they work in tandem; we need emotion in life (because emotion or, more accurately, an emotional need <http://www.human-spirit.co.uk/Human-Emotional-Needs.html> , is what drives our behaviour) but it needs to be balanced with logical thinking so that our perception of reality is not distorted.

Of course, part of the human condition is that we get to experience the whole array of different emotions, without which life would seem rather dull. As well as anger, sadness, loss, depression, anxiety, and the like, think of those moments of happiness, bliss, and even pure joy that you've experienced. These more 'positive' emotions also focus our attention to the point where we can lose sight of other things; we've all heard the old saying 'love is blind'. In joyous, special moments we lose ourselves, surrendering to the experience so that we become one with whatever we are doing. This too is a type of hypnotic trance but obviously feels much more pleasurable than the more 'negative' (symptomatic) trances. I don't see

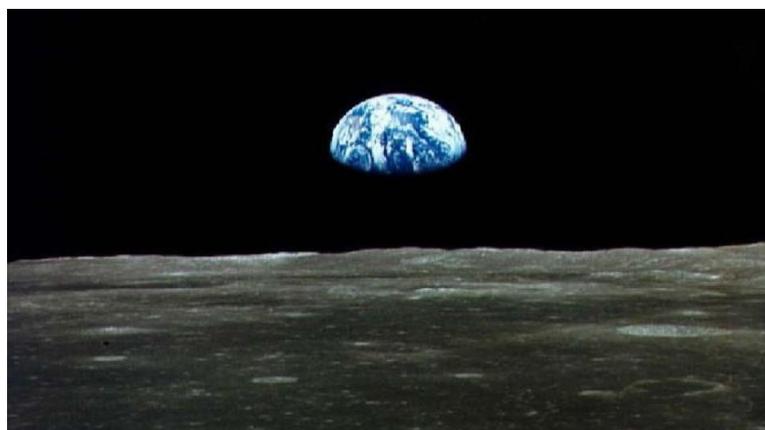
many people coming to therapy because they've fallen hopelessly in love, though I have seen one or two. Powerful emotions – 'positive' or 'negative' - stir up so much in all of us.

The thing is this...

Hypnotherapy (or any therapy that accesses and utilises the REM state) can help you *get out of those old ruts* and make better choices in the here and now rather than be a slave to your history. We all have deep ruts! We all have 'negative' patterns that lock us into self-defeating trances. We all have stuff to keep working on, such is the human condition. **Learning how to wake up and free yourself from unconscious auto-pilot reactions is the first step to self-mastery.**

Once you do, you *free up spare capacity in your brain*, making space for new learnings, new 'grooves in the snow'. When the survival brain is switched off (when old emotional patterns are de-activated) you might even pave the way for what Abraham Maslow called 'peak experiences' ⁽¹⁰⁾ - moments of 'oneness' with the cosmos, what mystics would call 'unity consciousness' or God consciousness or non-dual awareness ⁽¹¹⁾.

By accessing what has been termed the 'higher self', a state beyond the egoic mind and the trappings of the emotional or 'survival brain', we awaken something more profound, even sacred within us, giving birth to our souls, connecting us up to larger patterns of reality. This is, I believe, the key explanation when it comes to the efficacy of hypnotherapy (and other healing modalities that access the REM state). Accessing a larger context puts things in perspective.



Indeed, recent trials into the use of LSD and psilocybin for treating depression, addiction, and anxiety have found that experiencing a 'mystical state' is often the key thing that lifts the person out of their suffering (12). By connecting directly to a much larger reality we are enabled to free ourselves from the limiting confines of the ego with all its historical stories and faulty pattern-matching. (For more on peak experiences and unity consciousness and to read of my personal experience of the mystical state see <http://www.human-spirit.co.uk/Raising-Consciousness.html>)

The thing we need to understand when it comes to transforming our realities is that in the REM state - whether it occurs naturally (daydreaming etc.) or is artificially induced (by a hypnotherapist or by mind-expanding drugs) - the part of the brain that controls our emotional and instinctive reactions is more programmable.

This is why learning about hypnosis and trance - and how to use it - can help you *make changes quickly*, such as stopping smoking, overcoming a phobia, boosting your self-confidence, changing your eating habits, climbing out of depression and so much more. Once new understandings and associations are made in the REM state you can *change old habits and problems* much more easily compared to consciously analysing them or talking about them with a friend or a counsellor. Indeed, I believe that real and lasting change is only achieved by accessing and utilising the power of the unconscious mind through the REM state, where those inner, emotional, and instinctive templates can be adjusted.

PTSD (and other forms of anxiety), depression, phobias, addictive behaviours, low self-confidence, sexual and relationship issues, performance problems, and even physical health problems can be successfully treated with hypnotherapy because new associations can be made in the REM state which become established as new neural paths in the brain, helping you change the way you feel, think, and act in the world.

In short, the REM state, when utilised correctly, gets you out of the limited trances that have been running (and ruining, or at least limiting) your life up to now.

With this more accurate understanding of hypnosis – that it is an every-day experience of focused attention that can lead to the REM re-programming state (where your mind is more open and suggestible) - I hope you can *begin to see the potential in using hypnotherapy to make lasting changes*.

Hypnotherapy, as far as I see it, is about change and transformation and my practice is about facilitating that change to help you *become the best human you can be*; to help you solve every-day problems, unlock your potential, and return to your True-Self.

How would you like to *act differently in the world*? What would you be able to do if you could *double your level of confidence overnight*? How would your life be different if you were able to *free yourself from the past*? *What if that old problem just disappeared*?

So, the key to getting the most from the REM state is in knowing what to do when you're in it. (This is where I come in, unless you can learn to do this yourself). I teach most of my clients about hypnosis and trance in one-to-one sessions and in my self-hypnosis workshops <http://www.human-spirit.co.uk/Workshops.html>. Whether it's to free yourself from a negative memory or habit, or strengthen existing resources and imagine a better future, or even access peak experiences, the REM state is nature's gift to you.

Just imagine how good it would feel if you were able to...

- Resolve long-standing emotional issues that keep you trapped in the past
- Finally break old habits and live more healthily
- Calm your nerves in any situation, whether at work or when socialising
- Feel more confident during a job interview, on a date, or a driving test
- Assert yourself more when talking to others
- Experience improved performance (in sport/business/education/exams/the arts)
- Develop deeper intimacy and more trust with your loved one
- Awaken each morning filled with motivation to get on with the day
- Take action to help you move toward your goals
- Feel more connected to something much larger than yourself and even experience 'peak moments' of love, bliss, and Oneness

All these things – and lots more – can be achieved when you learn how to *master hypnosis and your own trances*. This is why I believe it is a vital subject to understand and is, perhaps, the next step on the evolutionary ladder for us human beings. We're all very good at entering trance but most of us are still at a kindergarten level when it comes to utilising it for our own and others' benefit.

APPENDIX

Thank you for your time and if feel enthused to find out more about hypnosis and my approach to hypnotherapy and trance-work book a [Free Discovery Session](#). These can be done in my offices or online via Skype.

You will have noticed a few testimonials throughout this e-book. You can read more about how I've helped people with hypnosis and trance [here](#).

If you can't get to me in person or via Skype and would prefer to listen to professionally recorded hypnosis sessions covering a wide range of subjects check out my [hypnosis downloads affiliate page](#).

And if you're interested in self-development you'll love the '10 Step' online courses that can help you with: social anxiety, addictions, insecurity in relationships, assertiveness and lots more at <http://www.human-spirit.co.uk/Online-Courses.html>

If you have any questions please connect with me at gavinroberts@human-spirit.co.uk

I'd love to help you on your journey to your true-self!

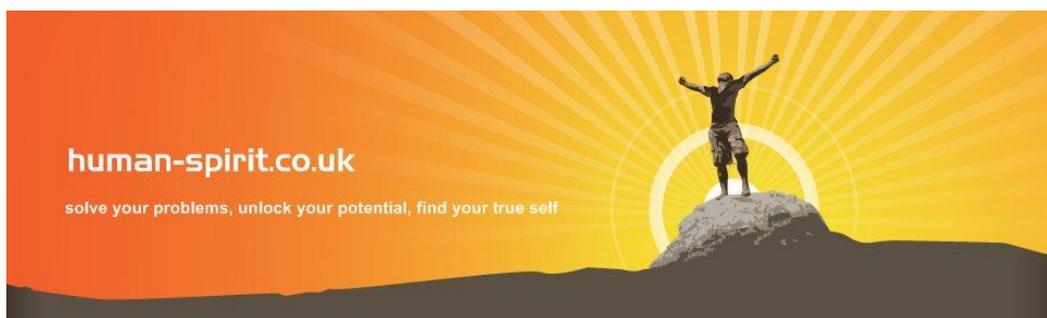
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NOTES AND REFERENCES

1. Griffin J. and Tyrrell I. (1998) *Hypnosis and Trance States – a new psychobiological explanation*, HG Publishing
2. For more on the Observing Self please see this wonderful short video <https://www.youtube.com/watch?v=kl5cyCXelZc>
3. Here's an short interesting read on Personality Types from *The Telegraph* <https://www.telegraph.co.uk/news/2016/09/19/these-are-the-four-most-common-personality-types--which-are-you/>
4. For more info on Emotional Needs (and to check out if your needs are currently being met) have a go at the short questionnaire here <http://www.human-spirit.co.uk/Human-Emotional-Needs.html>
5. Psychologists refer to external and internal loci of control <https://www.psychologytoday.com/gb/blog/moments-matter/201708/locus-control>
6. Tolle, E. (1999) *The Power of Now – a guide to spiritual enlightenment*, New World Library USA
7. For more on the True and False Selves check out this short video based on the work of Donald Winnicott <https://www.youtube.com/watch?v=A02Ucd6monY&vl=en>
8. Griffin J. and Tyrrell I. (2003) *Human Givens – a new approach to emotional health and clear thinking*, HG Publishing. For more on the Human Givens check out <http://www.hgi.org.uk/>
9. The 'no-state state' is similar to that achieved by practitioners of Zen Buddhism <https://goodlifezen.com/beginners-mind/>
10. For more on Abraham Maslow read https://en.wikipedia.org/wiki/Peak_experience
11. Non-dual awareness or 'Oneness' has a *Sanskrit* name – Advaita Vedanta. Check out the work of Dennis Waite <http://www.advaita.org.uk/>

12. Forget the 'War on Drugs' and all the propaganda that goes with it! Check out the latest research into psychedelics here <https://www.imperial.ac.uk/news/175120/three-drugs-that-could-transform-mental/>

I hope you've enjoyed reading this mini e-book and please feel free to pass it on to anyone who you feel might benefit from the knowledge it contains. It might change their lives!

There are more links and suggested reading material [here](#) to help you *become the best version of yourself*.

To your success and emotional freedom,

Gavin