

# A Simple Introduction to Hypnosis

An approach to Hypnosis and All it may offer

by

Ines Simpson

## A Simple Introduction to Hypnosis

Printed by: SimpsonProtocol press  
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# **Introduction to Hypnosis - The Book**

This is not a book about how to hypnotize a person - as simple and straightforward as that is - can be taught in a very short amount of time – there is so much more to hypnosis than that.

This book is to give you an idea of the scope and reach of hypnosis and what it can do for you, and others.

And why it is, to me, one of the greatest professions in the world – whether you are 20 or 200! And how you can get started.

*Once I found Hypnosis (or Hypnosis found me) – and it was late in life – after a very ordinary, normal life – wife mother, kids (beautiful kids) – once I found it – I went after it.*

*It was like the world's Biggest Gift to me.*

*And when I understood that – I studied and trained and pursued every avenue of Hypnosis and Hypnosis teaching so that I would have all of the tools and training necessary to be a world class practitioner and teacher, and most importantly a person who by using these tools can help anyone who desires great change in their life -wants and needs to discard – the baggage, distress, pain and anxiety in their lives.*

*In other words I have been blessed to become a person who can truly help people who desire change and help.*

# **Ines Simpson - Who is she?**

(also see bio at end)

Ines Simpson is an Internationally Awarded Hypnotist and Hypnosis Trainer

- Won the 2012 Hallmark award at the NGH convention (best instructor as voted by attendees).
- Board Certified instructor for National Guild of Hypnotists.
- Became a Member of the Braid – National Guild of Hypnotists.
- Certified Hypnotherapist – International Medical & Dental Hypnotherapy Association.
- Certified Instructor for Omni Hypnosis Training
- Won award for “HYPNOSIS PIONEER” in Zurich. Switzerland for her development of Simpson Protocol (SP) Advanced Hypnosis.
- Development Of “Simpson Protocol” started over a decade ago and continues to evolve and expand.
- She teaches Hypnosis and Advanced Hypnosis Courses in Canada ,USA, S. America, Europe, Dubai.

# Hypnosis

*-as a natural event*

*- as a concept*

*as a career*

*- a profession*

*- part time income*

*- a hobby*

*- a life of helping others*

*- and most importantly*

*-as your very own self-help course – that works!*

“Hypnosis is nothing but a vehicle or gateway to allow us to connect to the best and ultimate parts of us. It’s still us. It’s just the BEST PART of us.”

# **PART ONE**

## **Approaching Hypnosis**

### **Hypnosis is Everywhere?**

Yes Hypnosis is everywhere – all the time. It is as much an essential of humanity as breathing, heart beat and blood flow. Hypnosis is the language of the mind.

Take the broad spectrum definition of Hypnosis : Hypnosis occurs or is occurring when there is a change of mental state and focus becomes concentrated to the exclusion of everyday learned logic.

This what happens when we watch an enjoyable movie that engross us, or read a book, or are ‘captivated’ by another human, because of their looks, or charisma, or attitude or energy.

This what is happening when commercials through images or word association are watched by you. Or speeches by leaders who demand our attention and admiration by words and actions placed and used by deliberation or talent

This is what happens in sports when the participant visualizes the play, the swing , the stroke. This is what is happening when the sergeant major yells and the new recruits – happens to both parties.

This is what happens in trauma , or when we walk into a hospital – or go back to our parents and become the 30 years old child. We change states of mind. By-pass the critical factor of our everyday logic ( I am 30 years old not a child)

This is what happens when we are daydreaming at work or in a class. This is what is happening when we are engrossed in the work or class

Hypnosis is happening all the time to all of us – and it passes through us the same way air passes through our lungs – naturally.

And like breathing sometimes , unintentionally, and without awareness we allow in ‘bad’ hypnosis., as we sometimes breathe in bad air.

When we are not told that we are being led into a light hypnotic state – Advertising for instance, car ads, beer ads, lifestyle ads – where the pictures show attractive images that have nothing to do with the product but suggest those dreams can be yours if you buy the product. Or where Leadership uses words that conjure up images that are only there to suggest things never said They are setting triggers and compounding suggestions, that you are only half aware of. Light hypnosis done without permission.

So yes Hypnosis is everywhere. Be aware.

But then there is the tighter more formal acceptance of hypnosis – formal hypnosis where either on a stage with carefully hand picked volunteers or in an office with a client who is ready to change. Formal Hypnosis where the Hypnotists leads the client or volunteers into hypnosis, hypnosis all parties desire and accept – and can refuse at any step of the way.

Hypnosis is always a choice.

You can choose to daydream or be enthralled or you can snap out of it – by choice. Just as you can choose to hold your breath or not, at any time.

You can choose Hypnosis to change your state and life for the better. You can choose to allow that 'inner' mind to guide you, learn how, or not.

Free will states that our Inner or Higher mind will never override our conscious will, even though our will is quite weak.

So it's a choice. Our life is a result of choices we make. And the more we understand the power of our mind - the better our choices.

# **Is Hypnosis really something I choose to be done to me?**

All hypnosis is self-hypnosis. That is no-one ‘hypnotizes’ you. You accept the hypnosis. You accept the images the ads flash at you ( without your permission note) you listen to the leaders speeches because they tell you, your friends tell you – your boss tells you. But that’s a choice. You allow the stage hypnotist to lead you into hypnosis – because you want to have fun and you want to play.

And you choose to allow the Hypnotist to lead you into hypnosis because you want the anxiety or phobia or habit to be once and for all – gone. It’s a choice

But you say- what about hypnosis and control – what about let’s say brain washing – isn’t that real?.

If it wasn’t then there have been billions of dollars spent by Proctor and Gamble and Budweiser and Gm that have gone to waste!!

Brain washing – say in a prison environment or coercive situation – even say the military for its recruits – it takes a lot of breaking of the ‘will’ and then building back up with suggestion and compounded ( many times given ) suggestion. It takes a long time. You don’t buy Tide because of one commercial – it is because of repetition and peer pressure and compounded suggestion. Light brain washing our society does all the time.

So then the Hypnotizer has control?

No in those situations we give up – by choice ( because we are beaten or tired or overwhelmed or deliberately confused for a long time. And we give up.

Just as a leader knows if you tell the big lie and keep telling it over and over – eventually the listener becomes overwhelmed and confused and can no longer remember how to judge truth or fiction. So any leader who abuses his position as one who by the nature of his position exudes authority ( light hypnosis again) and uses that position to confuse and deride – is often believed because of the weight of the fiction and lies and because there is no counter weight. He has authority and by our natures we give authority the benefit of the doubt. We allow our critical factor to be over ridden ( a definition of hypnosis)

But also it is a choice by us not to step back and analyze.

The Stage Hypnotist, the Hypnotherapist – in their one or two hour sessions have no hope of ‘controlling’ or brain washing. They only want you to choose to allow the benefits.

The Stage Hypnotist the advantage though of peer pressure from an audience and the luxury of choosing the 5 or 10 volunteers who will allow the most. The Hypnotherapist only deals with people who want the best outcomes and are prepared to make the one or two hour mind journey to get that outcome

So yes Hypnosis is everywhere and happening all the time – and is as necessary to our mind as breathing is to our physical system.

And we choose the benefits. Or choose to ignore the obvious call to be ‘hypnotized’ by the leader on the podium or the corporation with its shrill demands to buy.

# Where did Hypnosis come from?

It came from and comes from the natural interaction of our minds with that we call reality. Conscious and Subconscious interacting.

Asking where it came from, in the end , is asking where breathing came from – it's part of us (see Hypnosis Everywhere)

But if we ask where did the formal practice of Modern Hypnotherapy ( that is Hypnosis used deliberately to relieve stress, anxiety and pain etc.) then it comes directly from the medical community in the 18<sup>th</sup> and 19<sup>th</sup> century.

It comes from a time when the Mind Body connection was considering important to healing. As technology and drugs moved into the medical arena – there was a change in direction of medicine from the concept of healing holistically to healing symptoms.

Medicine in the 19<sup>th</sup> and 20<sup>th</sup> century moved into the Industrial technological age where you break things down to their component parts and then work on the components. Whether that is conveyor belt manufacturing or 'fixing' a symptom.

As technology became more expensive and a must-have for hospitals – the best MRI machines, the CAT Scan technology – the administrations clamoring to have the latest state- of the - art tech ,so they can put them in their prospectus. Costs escalated. As costs escalated more and more patients had to be run through the machinery for best cost benefit ratios. Doctors have 7 minutes to work with a patient, Surgeons are tired, overworked, and stressed . Suicide is at an all-time high in the Medical Community. The person, the individual disappears from medicine.

As Big Pharma realized the wealth in creating ‘illnesses’ and then supplying drugs for them – the reason for healing disappeared and the power of money makes it appear that there is a need to maintaining constant illness.

Add in the Insurance companies cut and you can see why Health Care is staggeringly expensive – so many hands are taking, and have a vested interest in keeping costs and profits high. (see Turing [Pharmaceuticals fraud case with Martin Shkreli as](#) one example – and the manufactured Opioid crisis as another-[report here](#)).

However as Hospitals stagger under their own costs – anything that can bring costs down is now welcomed. And so we see Hypnosis coming back. It is used and being taught in Trauma Wards where when Hypnosis is used there are less drugs used (less cost) , doctors work with patients who are not stressed, and who are primed to heal. Thus there is quicker turnaround time and much faster ( natural) healing.

Hypnosis is being used again surgery – again faster operation time and faster healing – freeing up beds.

Hypnosis is used in Pain centers – less opioid use and therefore less long term cost to the system

Hypnosis is used in the Mayo Clinic and hospitals in Belgium. Here Patients arrive less stressed, easier to work with and faster healing time as the body is allowed to work without the stultifying load of being drugged.

However Hypnosis is still not taught in medical schools – except maybe one day of ‘Progressive Relaxation techniques and Direct Suggestion – which is old style hypnosis. Useful, but hardly a complete course. The average doctor has maybe 6 hours ‘training’ in Hypnosis, whereas the average Stage Hypnotist,

never mind Hypnotherapist, will have hundreds of hours of training.

And yet Dave Elman, in the 1950's taught exclusively doctors, dentists and psychiatrists to use 60 second inductions and 5 to 10 minute sessions to relieve pain, anxiety , what we would now call PTYSD etc.

But so now the biggest benefit to the health care system hypnosis offers is that anyone can learn it – its short term fast therapy and is extremely effective and cheap. Hypnosis treats the whole person - mind body and spirit and allows the body and mind to do what they do best – heal and repair. Hypnosis de-stresses and gives back control for healing to the individual.

But the biggest downside as far as corporations and doctors have – is how to monetize a natural occurring process.

Then there is also the challenge that with hypnosis the body actually heals – and there is less and less repeat business from individual patients.

This goes against the apparent current Medical industry's mantra of 'create a symptom, make a drug'. As someone once said the Medical Industry is, by its nature, in the business of illness not health.

Hypnosis allows the individual to remove dis-ease and take back control of their healing.

We are always going to need doctors and surgeons and nurses and hospitals. But perhaps they will go back to treating the whole person , removing disease from individuals and giving them back their whole body. Not just pieces of it.

# What's the best form of Hypnosis?

Like most questions about 'the best' – the true answer is – the one that suits you the best for what you want to do.

Yes I know there are all the Internet and Magazine articles about the Absolutely Best; Car, Pizza, App, Haircut – but that's just click-bait and marketing.

Plus of course, the question is badly framed – the only thing real thing that affects us is - what's the best one for ME.

And like Pizza, Haircuts and Cars, hypnosis has a wide variety, because Hypnotists , just like the rest of us, like to mold their methods to what best works for them

So there are a variety of forms of Hypnosis out there – for all tastes. But more important there are many forms out there that reach people in different ways. We all absorb information and give trust in different ways.

If as a client you are asking what is the best form of Hypnosis for me – then it's the one the Hypnotist that you have the best rapport with, uses.

If you are a budding Hypnotist asking what form of Hypnosis should I learn. I would say look at the two major forms, Ericksonian/NLP styles of stories and metaphor and Elman/Jerry Kein regression to cause forms of hypnosis. Do a little digging on the internet videos and curriculums and see which ones draw you in the most.

**And go to Hypnosis Conventions.** If you are in the US or Canada the two big Conventions are the NGH ( National Guild of Hypnotists) on the East Coast and HypnoThoughts Live on the west coast. Both in August of every year, but always on

different weekends. Go and absorb as much as you can and then follow your feelings from there.

Then take a good certification course in the style that you are drawn to , and expand your knowledge as you practice.

For you guidance perhaps - we can break it down into two main streams of hypnosis. One form which is fast inductions and relatively short sessions and only usually one or two being needed for any given situation. This comes from Dave Elman. A Hypnotist in the 1950s who taught the medical profession how to treat everything from warts to stammering to, of course pain control, with hypnosis. He only taught in the Medical Community – which is where he believed Hypnosis was the most useful. He taught doctors how to have a patient in deep enough hypnosis to do the work within a maximum of 4 minutes.

Though to give background Dave Elman came from vaudeville and radio background – even writing a few songs with the great W.C Handy.

The other form of modern mainstream Hypnosis comes from Dr Milton Erickson, the other giant in modern Hypnosis a psychiatrist and psychologist who had a deeply intuitive mind when dealing with his clients. He believed that the story we tell ourselves is the story we live. Therefore we can effect change by changing the story we tell ourselves. Of course the stories are grooved deep into our psyche -and its Erickson's genius and methods that made it all look so simple.

He also believed that the Mind loves to show us things in metaphors. So that things that may be beyond our consciousness to grasp, are revealed in stories and analogies.

Erickson also believed that the unconscious mind was always listening and that, whether or not the patient was in trance,

suggestions could be made which would have a hypnotic influence, as long as those suggestions found resonance at the unconscious level.

So we can say- broadly speaking Erickson and Elman ( note also perhaps Ormond McGill and Gill Boyne- both pioneers following the path of Dave Elman) are the two main branches of modern Hypnosis.

Standing aside from these two mainstream forms of Hypnosis is a more basic form – where there is only light hypnosis given and then direct suggestion offered. This is typically the form used with No-Smoking or Weight Loss and simple Self Hypnosis tapes and scripts. It is also the form of hypnosis typically that Doctors are ‘shown’ in medical school – thus giving them no real idea of what hypnosis is capable of.

From Erickson has also come what is called NLP – a method that Tony Robbins once embraced and then moved on from. NLP is also the basis for many sales courses.

Ericksonian Hypnosis however as a form is much broader and inclusive than NLP tends to be. But both use the concept of use of language and modeling behavior.

Dave Elman’s Hypnosis concepts of fast induction and regression was spread at the same time by Gil Boyne and Orman McGill – and then in the 70s and 80’s taken by Jerry Kein , who as a 13 year old begged Dave Elman to teach him hypnosis was taken The core of the Elman style of Hypnosis is what is called regression, or regression to cause. That is, leading the mind back to the ‘seed’ of the stress, anxiety or phobia, and then allowing that original cause to be examined by the adult in the chair, and understood , or rewritten as no longer a threat. No longer capable of having energy

Jerry Kein also used what is called Chair therapy and universal therapy – the core of both of those was to allow the client to give and accept forgiveness. A core teaching of just about every Human Religion or Spiritual Discipline. Forgiveness is not condoning. It is never about the transgressor, it is about you , the one forgiving. Its getting that transgressor off your bag, and moving on. Forgiveness in hypnosis is about setting the client free. The other party has nothing to do with it.

Hypnotists love to learn and they are always learning from each other. Hypnotists considered to be Great Hypnotists are not great just because of inherent talent or skill, nor because they care more deeply than anyone else . It's those things and also that they have absorbed the learning and skills from the long line of Hypnotist Masters and Teachers that have come before.

We all stand on the shoulders of those who come before.

## PART TWO

### What is Hypnosis to Me?

There are many ‘levels’ of Hypnosis: (see Mind Model)

**Light Hypnosis** where you use Direct Suggestion, basically a little step up from Positive Mental Attitude Affirmations. ( note Positive Mental Attitude Suggestions work when there is a large EMOTIONAL component attached. In other words you believe, or come to believe what you are affirming. This engages to some extent the subconscious – more on this later.

**Somnambulism** ( yes sounds like sleep – but isn’t)- here is where most Hypnotists work. This is where you can connect with the subconscious and work on Trauma and Phobias etc.

**Deep State Hypnosis** that I use in my Simpson Protocol. This is where I like to live , as it were. Because here in deep states we seem to be able to connect the client to their most powerful of minds (Higher Mind?) that works effortlessly for the Client’s optimum good, once we allow it to be free of both the subconscious and conscious filters that both have lots of blocks and fears.

Also I find that we can connect to something I call the Superconscious – which is...well I don’t know. But it seems to be a part of us, or something we connect to know that knows everything, or can find out everything ( think Google without the ads or politics) and works strictly for our best and higher good. And when the client allows this connection – the outcomes are staggering. Amazing. It makes Hypnosis look like a

miracle worker!. Yet it is something we all seem to have available, but after mostly completely unaware of.

And this is not a belief system or faith on my part – I say this because this is what comes from observable results. Real stuff.

So to sum up – for me Hypnosis is nothing but a vehicle or gateway to allow us to connect to the best and ultimate parts of us. It's still us. It's just the BEST PART of us.

# All hypnosis is self-hypnosis.

No-one hypnotizes another, the person being hypnotized must allow themselves to fall into a hypnotic state. A state they can emerge from at any time, at will.

The hypnotist only achieves their outcomes if the client ultimately trusts the hypnotists. If there is no connection the hypnosis will have no effect. The hypnotist merely guides and facilitates. The client allows his or her own mind to do its work.

## 'official' definition

On March 24th, 2014, the APA (American Psychological Association) has accepted the following definitions:

**Hypnosis:** "*a state of consciousness involving focused attention and reduced peripheral awareness characterized by an enhanced capacity for response to suggestions.*"

**Hypnotic induction:** "*a procedure designed to induce hypnosis.*"

**Hypnotherapy:** "*the use of hypnosis in the treatment of a medical or psychological disorder or concern.*"

We could say going into a hypnotic state is merely a way of saying you change states from Distracted to Focused

**In some ways**, talking about hypnosis is a bit like talking about thinking or breathing. Hypnosis is a part of being human, and so its history is in the history of humanity itself.

We might think of hypnotherapy – the use of hypnosis for healing or therapeutic purposes – as a very recent development, but its roots stretch deep into the past. As long as there was a group, a tribe a village – there was hypnosis there.

Ancient Chinese, Hindu and Egyptian texts all mention healing procedures that are hypnotic inductions by any other name.

In fact you enter this ‘hypnotic’ state naturally several times a day without noticing.

To give you some examples:

-Becoming emerged in music or a movie.

-When we get lost in a book or movie we become so concentrated that it is as if we experience the story and emotions ourselves.

-To be engrossed in your work. Or a sport or a video game.

-When you are so deep in thought while driving your car that you almost miss the next exit.

-Driving all the way to work on what you imagine is ‘auto-pilot’. You arrive but you can’t remember how you got there.

-Being madly in love - all you can focus on is the loved.

-Being so angry you cannot focus on anything else but the anger

It is a moment we feel like we are in a flow and time is irrelevant.

**Every day we enter the state of hypnosis quite naturally.**

And a young child is almost in a permanent state of hypnosis up to the age of 5 to 7 years. In these early years a child is completely open to all the information swirling around them.

That is how in these early years we can absorb and learn so much – from zero. Language, walking, communication, social interaction etc. An adult has a hard time to learn a new language – a child can master it easily.

In a small child there is almost no critical factor – all subconscious – wide open.

So this means a child takes in everything, uncritically – good and bad.

Thus it is a great time to ‘program’ a child for self-confidence, feeling loved, and having assurance about the world. It is also a terrible time where you can fill the child with negative suggestions – inadvertently.

**Hypnosis then, is a change of state, where the conscious is to some degree by-passed.**

## **And then there is Hypnosis as a tool.**

Where Hypnosis is used for Change. Positive and healing change. Sometimes called Hypnotherapy or Clinical Hypnosis

With Hypnosis we can deal with mental problems and with medical problems from the perspective of psychosomatic nature using the mind body connection.

More and more hospitals are using hypnosis either for problems such as irritable bowel syndrome, pain elimination and also operations are done with the sole use of hypnosis as natural anesthesia. See the work at the Mayo Clinic, for instance.

The use of hypnosis can dramatically reduce the cost of health, it could be a very viable means to prevent illness to start in the first place and still it does not have the place it deserves.

Western 'medicine' does well with medical applications such as surgery, heart failure and emergency surgery.

The track record for curing people from chronic pain and diseases and illnesses such as cancer, Alzheimer, MS etc is not so good.

The honor for our longer lifespan in the Western World goes more to better food delivery systems and water and sewage systems than 'medicine'

**Small Note:** When you have a method that brings rapid relief to a patient in terms of pain reduction or elimination using only the mind of the client, where is the need for pharmaceuticals and expensive equipment MRIs etc.?

And if in one 2hr session you can do more for a client than a year of psychiatry or a month in a hospital. And understanding the huge investment the medical professional has made in time money and schooling and equipment. This may not be considered 'a good thing' for those in a position to finance the medical world. Never mind the threat to certain egos.

So it is understandable that Big Pharma, the hospital Industry and the medical profession in general has a strong resistance to Hypnosis.

However in the 1950s before big pharma and the Hospital industry were such a force – dentists and doctors welcomed hypnosis into their hospitals and clinics- as a no side effects labor saving tool.

Times change.

On the other side as an entrepreneurial business, Hypnosis as Therapy or a craft - can bring a wonderful lifestyle.

You call your own hours, work as much or as little as you choose.

And if you move towards teaching – teaching hypnotists travel the world more than any other people I know.

I live in a small town on Vancouver Island and when teaching travel to the States, Europe, Germany, Belgium, Holland, Poland, Spain, South America Brazil, Dubai, and upcoming

Australia – and many of my colleagues go further afield than that -to China, Japan, Lebanon, Morocco, The Caribbean – almost every country in the world.

In fact in Brazil Hypnosis is ‘the’ thing to do – young people flock to the profession as it is fun, exciting and Very Profitable. I believe Brazil has the largest Hypnosis YouTube channels in the world

And, for me anyway, being a hypnotherapist – I know that every hour I put into my work is an hour of helping people make the changes they want – in simple, painless way – and often this is after they have spent years in psychiatric or drug care.

Hypnosis is my dream career – I just wish it hadn’t taken me so long to find it!

## PART THREE

# Hypnosis is something to do with the Mind – right?

### Normal consciousness versus sub consciousness

Our normal consciousness processes information in a serial way that means it can handle only one thing at a time.

When you learned to ride a bike or drive a car to your mind it looked like '*I have to do everything at the same time – how can I ever do that!!*

In fact, when you learn to drive a car or bike or play a musical instrument - you have to do everything a step at a time. And gradually memorize them – both through muscle memory and subconscious memory

Of course very soon your subconscious mind is helping you with little programs to automate these actions, so that your normal consciousness is free for other things.

That is why an inexperienced driver needs to be very focused on driving because not all internal programs are installed and working to their fullest.

Also note that a child has no ‘fear’ of learning anything new, learning is part of their growing nature and so they absorb information without blocks.

An adult has inherent fear of ‘new’ things and so makes the learning harder, as the conscious produces resistance.

It can be said the Subconscious is a genius part of our mind – (however perhaps a 7 year old genius – loves to play)

It is said our normal consciousness can process 40 bits of information per second and our subconscious mind can process 20 million bits per second.

Plus our subconscious and unconscious mind processes countless procedures, processes etc. at the same time such as taking care of the composition and quantity of hormones, chemicals, cell, nerves structures, fluids, taking care of the 100.000 km of blood vessels in your body, the trillions of cells.

Cognitive neuroscientists have said that 95 percent of our behaviors, actions, decisions and emotions are originated from the unconscious mind. Only five percent of our cognitive activity is due to the normal consciousness. Or 10% depending who you talk to.

Thus the saying ‘we only use 10% of our brain’ – in fact we use 100%. But in our lives we only use 10% of our conscious mind.

Of course remember all such terms as Subconscious, Unconscious, and Superconscious are basically ‘code’ words for things we assume but cannot find. The brain is part of the physical structure – where is the ‘mind’? Despite the fact we can stimulate the brain to produce memories and colors and smells etc. – now most scientist believe ‘the memory’ resides perhaps as a field of knowledge and memories outside of ourselves (physical selves)

So now hypnosis gives us access to this beautiful biological computer. If the system is off balance we can access the ‘defective’ programs no matter how deep, and reset them.

## **Hypnosis and science**

The American Medical Association approved the use of hypnosis in 1958.

It has been shown that when used for surgery and other medical interventions significantly clinical hypnosis decreases pain, anxiety, and depression. It lowers the amount of analgesics, decreases blood loss, nausea and tiredness.

Using hypnosis can also improve sleep quality.

There is also solid evidence which shows the cost-saving role of hypnosis in medical settings.

Studies also demonstrate that the rehabilitation of the patient occurs faster and easier using hypnosis.

During the past decades, researchers have shown the power of hypnosis in the operating room, for chronic pain and acute situations, and is also been used by dentists instead of the needle for anesthetic

Also, scientific literature shows positive results of hypnosis in psychology for releasing anxiety and various phobias.

For reducing anxiety, hypnosis can be as effective as 1 mg of alprazolam.

Referring to chronic pain management, research shows that hypnosis contributes to a significant decrease of pain intensity in patients with spinal cord injury and in patients with multiple sclerosis.

Unlike other behavioral methods of pain treatment, hypnosis has also been found to have positive effect on the long term as we see that patients keep using hypnosis or self-hypnosis for a long time after the intervention period

There are also studies which compared the effectiveness of hypnosis to other methods like biofeedback, relaxation, cognitive behavioral therapy, acupuncture or morphine.

Some studies have demonstrated that hypnosis is for 75% more effective for pain management than any other methods

In a 2002 analysis of 20 controlled studies concluded that the benefits of hypnosis were evident in clinical outcomes- with negative side -affects, less pain, less medication, physiological indicators, faster recovery and treatment time.

In a 2013 another analysis of 34 randomized controlled trials with in total 2597 patients has demonstrated the benefits of hypnosis on various surgical operations – creating less or no emotional distress, pain, needed medication, physiological parameters, recovery and surgical procedure time.

Compared to psychoanalysis, the literature shows higher efficiency of hypnotherapy for treating various psycho-neurotic disorders due to its ability to explore unexpressed unconscious conflicts which create chronic pain in the long term.

Hippocrates said: '*It is more important to know the person who has the disease, than the disease the person has'*

Hypnotherapy is the right tool to know and help the person.

Some ref:

D. Spiegel - Tranceformations: Hypnosis in Brain and Body.

Depression and Anxiety , 2013

N.G. Cuellar - Hypnosis for Pain Management in the Older Adult. Pain Management Nursing, vol. 6, 2005.

S. Tefikow, J. Barth, S. Maichrowitz, A. Beelman, B. Strauss, J. Rosendahl - Efficacy of hypnosis in adults undergoing surgery or medical procedures: A meta-analysis of randomized controlled trials. Clinical

Psychology Review

(H.M. Artimon - Hypnotherapy of a pain disorder: A clinical case study. Intl. Journal of Clinical and Experimental Hypnosis)

# **Thoughts and emotions Influencing DNA, RNA and CELLS**

It used to be said of genetics that our inherited gene programs are unchangeable and permanent. DNA is fixed and rules!

In this old view which can be compared with a computer program, where there are no possibilities for changing this program.

A new view about how life develops, the epigenetics, replaces the old paradigm.

The epigenetics says that the biology and genetic activity of the organism are directly determined by their interaction with the environment. Instead of saying that the genes control life, epigenetics shows us that life is under the control of something above the genes.

Now we see not only can the computer program be changed – but it is under constant change.

It would be as if the code of the program is affected by the mood of the computer operator. Each new user subtly imparting changes to the lines of code

Epigenetics teaches us that positive thoughts influence our genes, but only if they are aligned with the subconscious conditioning.

This means that genes, our cells our DNA and RNA can all be affected by and changed directly or indirectly by our emotions and our environment.

One study showed how the DNA is changed by using simultaneously positive emotions or thoughts.

Bruce Lipton (stem cell biologist) showed that each individual cell can act like a brain and be impacted by trauma , good or bad, and that Trauma can be passed on , in the DNA and RNA, to the next generation .

What we experience or believe we experience affects us down to the cellular level.

Hypnosis can change the energy or memory of a traumatic experience – which not only makes us ‘better’ – but changes, for the better our very cell structure

**We are what we believe – literally**

# **Hypnosis uses and applications**

What can Hypnosis be used for? Hypnosis can help with:

- Dealing with Fears and Apprehensions
- Referred Medical Issues
- Sexual Issues, Symptoms and Problems arising from sexual issues and functions
- Pain Management
- Releasing Sadness
- Releasing Anxiety
- Eating Management
- Sports Improvement
- Sleep Improvement
- Study and Test Anxiety
- Coping with Migraines
- Moving Through the Grieving Process

- Creating Personal Change Behaviors
- Metaphysical Hypnosis
- Past Life and in Between Lives
- Progressions
- Spiritual Evolution
- Increasing Your Intuition and Psychic Awareness
- Smoking Cessation
- Aiding With:
  - ▶ Diabetes
  - ▶ Heart Disease
  - ▶ Multiple Sclerosis
  - ▶ Tinnitus
  - ▶ IBS
  - ▶ Other Referred Medical Issues
  - ▶ Addictions

Issues can often be resolved in as little as one session saving time, energy and money

Hypnosis also has many coaching, spiritual and metaphysical applications

# **Hypnotizing and the Mind Model**

As stated this is not a book about how to hypnotize a person, although as I have said –it is simple and straightforward process –but I believe that this process of Hypnosis , where one person allows the trust to let another guide them into a trance of hypnosis, and allows themselves to be open to change is a very particular private and important connection and transaction – and not something to be thrown out in a page or two of scripts in a book.

That is why I want to explain to you the depth and scope of hypnosis and hopefully encourage you to look further and, if interested to embrace the world of hypnosis and take it very seriously indeed – as it is such a powerful engine for change in the individual.

The following is not a ‘scientific’ study of the mind as science has yet to find the mind – anyone’s mind. But it is from practical observation and work done over the last 100 years from the world of Mind Workers ! – mentalists, magicians, Hypnotists, Propaganda masters and Ad men

## A Concise Mind Model.

### CONSCIOUS MIND:

The part that analyzes organizes and makes decisions. It contains the short-term memory and our willpower is generated here.

Here our rational analytic process is used for judgment.

This decides if an event or thought is in harmony with existing past programming.

This allows the critical factor of the conscious mind to decide if the new information will be let in or rejected.

The critical factor compares new information with emotional links, memories, and beliefs to protect our programming.

### SUBCONSCIOUS MIND:

Any information allowed to pass the critical factor is taken by the subconscious as the absolute truth.

Permanent and complete memory is stored here.

The Subconscious holds our emotions, our habits and our self-protection part.

### UNCONSCIOUS MIND:

This part of our mind runs our automatic bodily functions and our immune systems.

## SUPERCONSCIOUS MIND

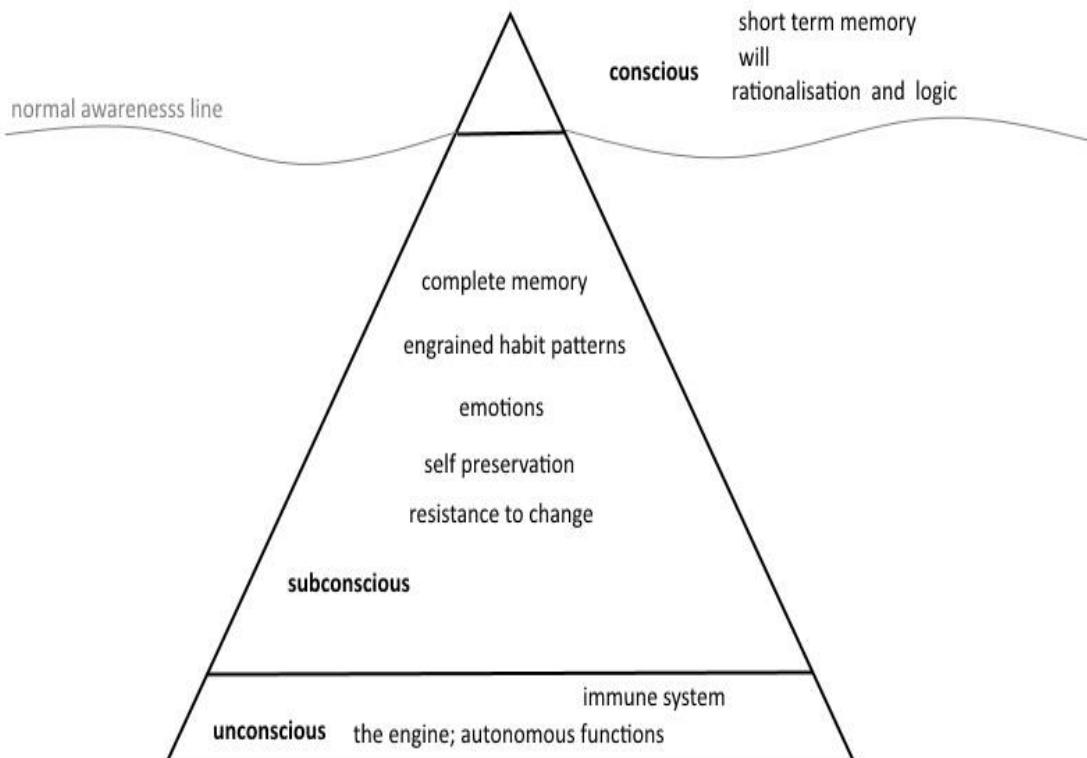
Now we can add in the SUPERCONSCIOUS Mind as we have found that at deeper levels this part of us is accessible. It is widely used in the Simpson Protocol especially. And this part of the mind seems to have access to all knowledge! Which at first seems crazy – but as we explore more and more things like the Quantum field and the Morphic field it makes more sense. Part of us that accesses the mass of energy that is everywhere that touches all information – everything seems possible!!

This perhaps what Carl Jung found when he talks about the Collective Unconscious

## A pictorial version of the Mind Model

**The conscious sits on top – which gives it the illusion it is in control.**

**Hypnosis moves below the awareness line to access the real you'**



*Now follows a more in depth analysis of the mind as it relates to Hypnosis follows—feel free to skip if you choose*

*You could go straight to what [Hypnosis and You](#) and what it can do for you [as a lifestyle](#) – come back to these parts later.*

## **The Conscious Mind**

First there's our conscious mind and that's where you are right now. Below that level of awareness is the levels we call the subconscious and then the unconscious--- we don't need to talk about this part too much. This is the part of us that runs all our automatic body functions—heart beating, eyes blinking, breathing etc. The other thing it does is control the strength or weakness of our immune system.

We spend most of our time in our conscious mind just as you are right now.

The Conscious Mind basically only does four things.

IT ANALYZES—this is the part that looks at problems –analyzes what needs to be done to solve whatever that particular problem is. It's also the part that makes hundreds of decisions that we have to make through the average day—things like “should I answer the phone?”, “Should I open the door”. Some of these things we think are automatic but we have to make a decision whether to do them.

IT RATIONALIZES: This part that has to give us a reason for everything we do. If we don't have a reason why we do the things we do, we become anxious, nervous, frustrated and if this goes on too long it can lead to mental illness.

Now the reason doesn't have to be 'true'. It just has to exist. Any reason will do.

For example a smoker will say he smokes because it calms and makes him feel relaxed. An overweight person may say, "I eat because I'm bored, nervous or anxious."

Now generally smokers start smoking in their teen years usually for security reasons and security is a basic need we all have. Usually at that age we decide our parents aren't as smart as we thought they were and we look to gain security through our peer group. So if we think smokers are accepted –we take up smoking.

An overweight person may be eating as a defense mechanism – however the conscious mind has no ability to find that memory or reason – that is in the Subconscious where some trauma or event set off the habit of eating. Many eating disorders are a reflection of neglect or abuse – and though that neglect or abuse is way in the past – the habit remains and the conscious has to find reason for the habit. Any reason will do..

**WILL POWER.** That's something we're all familiar with. You might say' I'm not eating any more chocolate". We all know how long that lasts! Just until it weakens and the old habit pattern returns. Same with smoking –in general willpower doesn't work! The old habit pattern is running in the Subconscious – a place the Will has little or no effect on.

**SHORT TERM MEMORY.** That's the memory we need every day. "What's my phone number?" "What are my kid's names?" Those are the types of things we need to remember to get through the day.

Now where the real “YOU” lives is a level below that –the subconscious mind.

The subconscious is awesomely powerful. It enables you to be whatever you want to be. Rich, famous, thin, fat, happy, or sad the subconscious gives exactly what you direct it to.

To understand how this works I’d like you to think of our mind as if it were a computer. Except that this is an organic computer and infinitely more powerful and elaborate.

Think of how at birth we are like that brand new computer sitting on a desk waiting to get software installed. The computer can only work based on the programming put into it.

There’s no choice in the matter if you use a specific program you need to follow the rules of usage. To do something different you need different programming.

So if we have poor programming we need to uninstall it. So it is with us if we’ve been programmed to smoke, eat too much, bite our nails etc. we need to reprogram our organic computer.

To simplify imagine when we’re born our computers are empty.

(though this is probably not quite the case – we can bring in old programming with us – but let’s keep it simple)

Everything that transpires in our life programs us to be what we are .Even when we perceive an event incorrectly – many turns in our life are taken subconsciously by an event we have misinterpreted.

We are the sum total of all our thoughts and life experiences. Good, bad or imagined.

An imagined threat is the same as a real one to the subconscious mind

Our subconscious “MUST” make us the type of person that it perceives us to be based on all the programming received.

It's been proven that if you begin telling a young child how smart they are, how intelligent they will express intelligence. If the same child were told how stupid they were they would also express that belief. We become what we expect to become.

## **In The Subconscious**

COMPLETE MEMORY. Our memory since the day we were born.

We think of things that happened to us in the past as either forgotten or retained as a memory. This is our conscious memory.

The subconscious mind is like a video camera that has a sense of smell.

Everything that has ever happen to you, that you've heard, seen smelled or tasted is locked permanently into the memory banks of the subconscious mind.

We Never Forget Anything!!!! In hypnosis you have the capability (if there is reason to) to access any of those memories in the memory bank.

For example if you wanted to re-live your first day in kindergarten you could experience it all over again. We forget nothing at the subconscious level only our conscious mind forgets. This is much more than recall –you experience it through your senses.

HABITS: The second area of programming in the subconscious mind is our habits. Now we all have good and bad habits but there are actually only three types of habits-

1. Good
2. Bad
3. And Utilitarian.

We all know what good and bad habits are. The utilitarian ones are actually the most of our habits. These are the habits of how we respond to things –for example –the phone rings. Do you need to think about what it is and what to do? –No- we answer hello or whatever our program dictates.

## EMOTIONS

The next part of the subconscious is the part that sometimes gets us into trouble—this is our emotions –something we definitely wouldn't want to be without.

The conscious part of the mind doesn't deal with emotions in any way—that isn't its function. When we need emotion the conscious mind parts like the Red Sea and we deal with whatever the situation is from our irrational, juvenile-like and very intelligent subconscious mind.

How does it get us into trouble? Well sometimes a situation pops up and it only needs a small amount of emotion but we react on a highly emotional level. Our conscious mind says things “Why the heck did I do that” or “why did I say that? That was so dumb!” The inner mind just laughs and enjoys it.

## THE SELF PROTECTION

It protects us from danger—Real or Imagined!!

The subconscious can’t tell the difference between reality and imagination.

It reacts just as if what we imagine is really happening! It has to protect us.

## RESISTANCE TO CHANGE

Even though the subconscious is powerful, it is also very conservative. It hates change.

It doesn’t like to do the work to accept positive suggestion and give us the change where we would like it. It likes to keep things as they are.

Positive suggestions take the most work for us to accept and get the subconscious to reprogram.

Negative suggestions on the hand go in easily as no work or change is required.

This is how it works. Imagine a heavy person looking at themselves in the mirror. They think, “Boy, am I fat!” the thought goes in and the subconscious decides that that matches its’ programming and perception. So another negative thought is accepted. On the other hand if they say I’m thin—the thought

doesn't match and is easily rejected. This is a reason affirmations don't always work.

## HYPNOSIS ALLOWS YOU TO CHANGE THE PROGRAMMING.

So, how do we get the mind to accept positive suggestions for change?

By dealing directly with the subconscious where the program is. And changing it.

This is the most important thing for you to understand- if a suggestion is allowed to enter the subconscious mind it must follow through with it.

You are changing the programming and it must respond to the new program. This is always easily accomplished.

There are four different ways to accept suggestion and only one of them works for change. These are the four choices.

1. “I like that suggestion! I know that’s going to work for me! This conscious attitude allows the suggestion to enter the computer of the subconscious and change begins.
2. “Hmm, that’s seems a little uncomfortable to me” this suggestion is rejected! NO change happens.
3. The next one could be that you don’t care whether you take in that suggestion or not and again it’s rejected.
4. The most insidious one is this: “Great, I like that suggestion, Man I hope that works!” The word hope is the twin to the word “TRY” and means automatic failure.

If you look back over your life you realize (if you are honest with yourself) that anytime you TRIED to do something it never got done.

If I TRY to put this pen in my hand, it never gets there. As YODA in Star Wars said “There is no Try – there is only DO or DO NOT”. Hope is similar.

This is why it’s so important for me to ascertain that the client really wants the change you’re here for. If they are here for example, to stop smoking I need to make sure that THEY really want the change, not their doctor, their spouse or the man on the moon!

All I can ever do for you is guide and ask the client to respond in the correct fashion. That is what I do as a “hypnotist”.

Hypnosis is a 100% consent state. The subject must allow hypnosis. If they have come to see you, and they pay a fee – they probably are willing. They want change.

Side Notes:

### What about what I see the stage hypnotist do?

When a stage hypnotist comes to perform there is advertising, and guess what it is mostly people who are interested and want to have fun that go. Some want to just watch and others can’t wait to volunteer.

The stage hypnotist doesn’t just accept anyone to be a performer, does he? He’ll say things like “You know, really good

subjects are people who have the best ability to imagine, a wonderful imagination and also the ability to concentrate" then he usually does some Imagination Tests for that.

Theses tell him two things. Who will allow themselves to accept the hypnotic state quickly and who wants to have fun and be uninhibited by the audience.

He invites a certain amount of people on stage and if they are too slow or get inhibited –he sends them back to their seat or if it's too late into the show he'll ignore them.

Because they are using the right mental attitude the others go quickly and deeply into hypnosis. Stage hypnotists operate by the same mind rules as we do in clinical hypnosis.

If they were to ask someone to do something beyond there morals or sensibilities they would just emerge themselves and not cooperate.

## TYPES OF HYPNOSIS

Three major types:

Also see this link for videos

<http://simpsonprotocolonline.com/an-intro-to-hypnosis-ines-simpson-links>

### Advertising, Commercials and Propaganda:

Selling and propaganda uses language (NLP), waking hypnosis (planting suggestions),and subliminal techniques projecting sex , fear, lifestyle, happiness etc. will result from buying this product – be it toothpaste or a car. Extremely effective- and – unlike Hypnotherapy or clinical hypnosis – this is done without the subjects (your) knowledge or consent.

Propaganda uses misdirection and heighten arousal – large crowds, blasting music, audio and visual overwhelm – as they sell the message.

No advertiser or Politician however states at the beginning of a pitch – ‘we have spent a lot of time and money making sure this will put you into a light state of hypnosis so that we can get our message directly into your subconscious’

## **Entertainment:**

Stage hypnosis, mentalism, and magic. (and of course Movies, books, music, video games – all put you into a trance)

Magic and mentalism uses a lot of ‘mind’ tricks and misdirection – all basic hypnosis.

Stage hypnosis is straight ahead hypnosis.

Stage hypnosis uses the most susceptible people in the audience. They select them with a variety of imagination exercises- suggestibility exercises. The most susceptible to their type of hypnosis are then brought on stage and the ones who react physically ( body relaxing the most) are then kept on stage, the others dismissed.

So quite quickly a good stage hypnotist goes through an audience of 50, 100 200 or whatever to find maybe the 5- 10 people who will react in the best way for the stage presentation. And then the Hypnotist does an induction, compounding and suggestion the way all hypnosis works (see a Hypnosis session)

The other thing to note – as in all hypnosis NO\_ONE can be hypnotized against their will. Nor will anyone in hypnosis do anything that harms them or another. People who go on stage are the ones who are the extroverts – the ones who like to play. And remember the subconscious LOVES to play

## Hypnosis for therapy – hypnotherapy, clinical hypnosis

This is my love – though I admire the skill and style of a good stage hypnotist.

Hypnosis for change (Hypnotherapy) can be broken into three main sub-groups:

Erickson and Elman and Direct Suggestion Hypnosis using scripts.

### Direct Hypnosis

The hypnotists states what result they want- directly. “ As you sit with your eyes closed -you will feel warmth in your hands.”

Direct Hypnosis works in what is called light states of hypnosis. That is the client is not very deep in the state and the hypnotist reads a previous prepared script to the client. Often this type of hypnosis uses Progressive relaxation to create the hypnosis (the induction).

### Direct suggestion works

Direct suggestions are clearer, more authoritarian and are generally delivered in a more forceful manner. This is the more traditional method of using suggestion in hypnosis. With direct suggestion we are essentially telling someone what to do. And the conscious and subconscious are both involved, so there is not a complete by-pass of the critical factor, as the conscious still very present. However it works well for a lot of circumstances where the client is perhaps a little resistant to

letting go. So some people respond better to direct suggestion. Due to life experience, background and their upbringing, they may be more agreeable to being ordered about.

The downside is it takes a long time compared to say other hypnosis methods – and can only deal with fairly surface issues. Also for the hypnotist it's pretty boring

### Erickson: and NLP Hypnosis

Milton Erickson (1901- 1980) was an amazing Hypnotist. An American psychiatrist and psychologist and the founding president of the American Society for Clinical Hypnosis.

Erickson believed that the subconscious mind was always listening and that, whether or not the patient was in trance, suggestions could be made which would have a hypnotic influence, as long as those suggestions found resonance at the subconscious level. In this way, what seemed like a normal conversation might induce a hypnotic trance, or a therapeutic change in the subject.

Erickson maintained that trance is a common, everyday occurrence - it's quite normal to become immersed in the activity and go into a trance state, removed from any other irrelevant stimuli. These states are so common and familiar that most people do not consciously recognise them as hypnotic phenomena.

Ref: [https://en.wikipedia.org/wiki/Milton\\_H.\\_Erickson](https://en.wikipedia.org/wiki/Milton_H._Erickson)

Where a classical hypnotist might say "You are going into a trance", an Ericksonian hypnotist would be more likely to say "you can comfortably learn how to go into a trance". In this way, he provides an opportunity for the subject to accept the suggestions they are most comfortable with, at their own pace, and with an awareness of the benefits.

Erickson believed it was not possible consciously to instruct the subconscious mind, and that authoritarian suggestions were likely to be met with resistance. The subconscious mind responds to openings, opportunities, metaphors, symbols, and contradictions. Effective hypnotic suggestion, then, should be "artfully vague", leaving space for the subject to fill in the gaps with their own unconscious understandings - even if they do not consciously grasp what is happening. The skilled hypnotherapist constructs these gaps of meaning in a way most suited to the individual subject - in a way which is most likely to produce the desired change.

For example, the authoritative "You will stop smoking" is likely to find less leverage on the unconscious level than "You can become a non-smoker". The first is a direct command, to be obeyed or ignored (and notice that it draws attention to the act of smoking); the second is an opening, an invitation to possible lasting change, without pressure, and is less likely to raise resistance.

Erickson did great work and it is carried on today mostly in a form of Hypnosis called NLP. It is wonderful skillful type of hypnosis – and Erickson was truly remarkable. A one of a kind.

For more see the link:

<http://simpsonprotocolonline.com/an-intro-to-hypnosis-ines-simpson-links>

## Elman Hypnosis

This is typically called Regression to Cause type of Hypnosis. This style of Hypnosis is fast and can creates life changes in a very short time.

Regression to cause is where the client in trance is taken, in their mind, to an event ( a first cause , initial sensitizing event) and the event is then worked on to take away all its energy (anxiety or trauma). The event can still remain- but it no longer has power. The cause is removed and so do all the symptoms the client came with. Angst, depression, anxiety, trauma etc.

As all physical events have an emotional content – especially dis- ease – to remove the negative emotion will and can produce physical results.

The Subconscious knows where the events are (see the mind model) and when relaxed and trusting will allow the hypnotist to expose the event (often the conscious has ‘forgotten – or buried the memory) and allow all its power to go away. Quite often the initial event of a life trauma could be quite small – a 2 year old almost falling off a chair – can be built on throughout their life to a debilitating fear of heights that is completely debilitating. When the conscious realizes how this trauma was built – all the energy is gone.

Regression to cause is very fast, and can deal with any issue. As it goes to the cause not the symptom it is a very powerful form of change hypnosis.

No one type of hypnosis is ‘better’ – the hypnotist chooses the style that works best for him or her.

## **Ines Simpson Hypnosis**

My Hypnosis is built on the shoulders of all the masters of Hypnosis that came before me.

The Advanced Hypnosis system is built on the methods and teaching of Gerry Kein and Dave Elman – with careful language modeled on the style of Milton Erickson.

I offer comprehensive individual hypnosis sessions to help resolve issues, gain more control over behaviors, and cope better with emotions. I use the powerful Simpson Protocol to help reach the highest and deepest levels of hypnosis.

Using the Simpson Protocol Hypnosis Method allows me to reach the root cause of a client’s pain, suffering, or distress by reaching the deepest ( or highest – your choice of word) into the client’s own mind, where all of our discomfort and pain lies.

MOST IMPORTANTLY by using Simpson Protocol I never have to know what is the cause or any particulars about the particular situation – the clients own mind knows and that is what cause the change. I merely facilitate. I help you, the client but it’s the client who creates the change.

You can use this type of hypnosis to help deal with anxiety, eliminate stress and fears – deal with sexual issues and anxieties – phobias of any kind – drug or other related addictions – and of course help with smoking and weight issues.

Hypnosis works on all these seemingly diverse issues because they all have a starting point somewhere in your mind or psyches and deep state hypnosis allows YOU to access these root causes, safely and without trauma and remove their charge or energy that causes the issue or issues.

## Advanced Hypnosis Systems

Such as ones that deal with Past Lives (real or imagined) – and much deeper states of hypnosis that access (it appears) higher parts of the mind.

There is also Hypnosis for Birthing, Medical, Pre and Post op surgery, Health programs, Advanced Spirituality and so many more

For example my **Simpson Protocol**

'The Simpson Protocol is an advanced hypnosis technique developed by Ines Simpson.

This powerful technique can bring clients into a very deep state of hypnosis thereby enabling a client to get into contact with the super consciousness, to work with the 'higher' wisdom and being enabled to make the deepest changes.

The Simpson Protocol uses ideo-motor techniques which enables the hypnotherapist to communicate with the higher self of the client.

This work can be done internally so that the hypnotherapist does not have to the problem itself.

The beautiful side of this therapy is that the client understands that he or she has a direct role in his/her own healing and that

in itself brings about a deep change. It is a beautiful technique for physical, emotional and spiritual healing. ‘

Ref : Hypnosis for Self-Empowerment - Ina Oostrom, Simona Linskens, Vijay Sharma

## LEVELS OF HYPNOSIS

All hypnosis is self-hypnosis. So in any form of formal hypnosis (as opposed to say advertising) there must be permission given, direct or indirect.

To begin any session usually the hypnotist merely asks – are you ready to go into hypnosis?

The hypnosis contract

Then to move the client into trance you use an Induction

There are progressive inductions, the Elman style induction (most used), then fast or rapid inductions . Fast and rapid inductions are typically used by Stage and street hypnotists – you can see many examples on YouTube

A progressive induction - ‘close your eyes you can feel your eyes relax you neck your chest and on and on – works – but is slow and the same effect and depth can be accomplished faster and easier for client and hypnotist with an Elman style induction

Deepener.

These are small scripts, or simple methods – ‘I am going to count down from 1 to 10 and with each number you will go deeper’, or imagine yourself going down steps or a hill or a path that takes you down and down etc ( usually small enough to

quickly memorize) that take the client from a light stage of hypnosis, created by the Induction, to deeper states .

Examples of Hypnotic levels :

**Light hypnosis;** Here you can do direct suggestion

**Light Somnambulism;** You can start more formal hypnosis – such as directed anesthesia or directed relaxation

**Deep Somnambulism** – regression to cause dealing with very large issues that create positive and large change

**Esdaile;** a level where the body has a natural anesthesia – you could operate without anesthetic. This is the level where the Simpson Protocol begins.

**Sechort;** a level found by George Sechort , a level where you seem to disappear. At deep levels there is no sense, no time, no feeling. You are only aware you have been in the state when you emerge. The body appears to heal at very fast levels in this state.

And who knows where we go next.

# **Mindfulness and Hypnosis**

In 1987 Tenzin Gyatso, the 14th Dalai Lama ,Adam Engle, a lawyer and entrepreneur; and Francisco Varela, a neuroscientist which led to research on the brain using meditation which ultimately opened up the west for the practice of mindfulness.

Since then Mindfulness has become a 'big hit' and people and institutes are convinced of the great value of practicing mindfulness for the improvement of mental and physical health.

So now what about hypnosis and mediation and mindfulness.

What meditation, mindfulness and hypnosis have in common is the enhanced capacity to concentrate, to focus and the ability to reduce stress with hypnosis and with meditation.

One difference is that a person using meditation is focusing on being in the here and now,

Whereas in hypnosis the hypnotherapist can guide a person to past, present and future and there can be a feeling of time distortion.

However self hypnosis is hypnosis by yourself, and is easily learned and the state attained

Unlike meditation, hypnosis has the power to reshape the perceptions, emotions and thoughts from the past of presence of the person in order to transform his/her experience.

Hypnosis and meditation serve the same purpose, namely moving your awareness beyond the critical mind and penetrate the subconscious in order to make contact with the conditioning programs to change them.

Both of them, meditation and hypnosis work with focus and attention.

Both of them serve the same purpose: to reshape perception, emotion, thought and action. In this regard, we can see hypnosis as a faster way to get these results than meditation.

Mindfulness or meditation is a very useful technique in order to reduce stress or to remove old blockages.

However, it is more time consuming than Hypnosis and can take a lot of mental ‘work’

Self-hypnosis is the simplest meditation you can do. And unlike meditation can be directed to whatever you choose.

## **Meditation and Hypnosis**

Meditation is as old as Hypnosis – and in ancient times perhaps, the same thing. Using one for the other.

Religion and sacred rites have always used Hypnosis to produce ‘states of mind’. Call it prayer, Zen, Clear, Open, Thankfulness, Ascension – whatever you choose.

In technical terms the difference between Meditation and Hypnosis:

Meditation is always trying to calm the conscious – the go part of you- the ‘I’. Its goal is to defeat the ‘I’. The conscious.

Hypnosis just ignores the conscious and goes around it straight for the subconscious or Higher Mind – depending on what type

of Hypnosis is being used. In Hypnosis the conscious is always present and ‘yapping’ like a small anxious dog.

This is why people will say –“O I wasn’t in Hypnosis – I could hear everything!”

And this is why Hypnosis is simpler, faster and most effective. The conscious mind is always like that nervous small yapping dog – anxious about what’s happening at all times. To focus on it to calm it takes a lot of practice and effort

In Hypnosis we merely ask it to stay, and watch and be aware. If there is danger – start barking. If there is no perceived danger it will eventually (through boredom, and trust) calm down.

In the meantime the Hypnotist Practitioner is working directly with the parts of the client’s mind that have the most powerful effect on that client’s life.

## **PART FOUR**

### **YOU & HYPNOSIS**

#### **Courses, Career, Getting Started and other options**

A little personal history:

When I discovered, re -discovered Hypnosis , I became consumed. I saw what could be achieved – how people's lives could be turned around in an hour or two. I wanted to learn as much as I could. And went to the major hypnosis conventions in the US

I took every course I could find – some were a weekend, some were a year of weekends, And they all cost a lot of money.

At the same time I was a practicing hypnotist and though all and every course helped me – I knew I was missing something – eventually I was told about Gerry Kein. I had seen his course at the convention and knew he had what I wanted .So in those days you could take his video course and I paid I thin \$2000 and consumed that course watching the videos over and over.

Once I had fully grasped his methods and teaching – built on the studies of Dave Elman, who built his study and practice on the

work of Bernheim and Esdaile among others – once I absorbed Gerry's teaching – I was on my way – never looked back

So I encourage you to learn all you can, and unlike me start with the best foundational course you can – that encompasses hypnosis and clinical hypnosis in a complete and fundamental way. For more info you can see the course I took here

[omnihypnosis.ca](http://omnihypnosis.ca)

As a practice there are so many aspects to Hypnosis

You can specialize in the large markets of smoking and weight loss

Or the high paying specialties like competition golf or sports

Of course there is wonderful things to do with trauma, anxiety and PTSD that affect so many people.

Then there are anxieties like test anxieties, fear of flying, fear of heights etc.

At the beginning I took anyone who would walk through the door and then look to specialize eventually.

And if you choose to start teaching you can travel the world and be paid for it!

## **How to get started**

The best way to get immersed in all aspect of Hypnosis is to go to a big Hypnosis Conventions:

In the US :

The NGH ( National Guild Of Hypnotists Convention – the largest in the world) in the Boston area every August

HypnoThoughts in Vegas – late August – the most forward thinking and diverse convention as of this writing

There are also smaller ones in Chicago, Florida and other places – but I would go the biggest first. They give you the widest range of presenters, the choice of excellent presenters in the two big conventions represent some of the best Hypnotists in the English speaking world

In Europe:

There is usually a London UK convention, a Swiss Hypnosekongres Convention ( German ) in Zurich, and the rest check on google. Not as frequent

But as for conventions anyone who wants to find out about Hypnosis finds a way to get to the two big ones – NGH and or HypnoThoughts.

Locally see if there are any local Hypnosis Chapters (chapters meaning they are part of a larger organization the NGH or IMDA etc and this is their local outreach ) in your area- they usually will have a meeting where they bring in speakers and hypnotists from all over – and you can find very good information there.

Call up Hypnotists in your area and see if you can buy them lunch and get a feel for what they do in your area, and their life experience.

Read a variety of books on the subject – watch YouTube videos- check out websites.

But nothing, nothing beats going to one of the major conventions and seeing the Hypnotists in person demonstrating their craft.

# **Why hypnosis is a great Profession**

Freedom.

Multiple income paths.

Always new.

Great association with other like-minded people ( Hypnotists) – who nevertheless come at the profession from so many angles – there is always something new.

Helping people.

Travel if you choose. Stay at home if you choose.

Work from home.

Work from office.

Take a holiday when you choose.

Help people change their lives – forever.

# **The key to successful practice and session**

Confidence, confidence, confidence

Confidence in your skills. Confidence in you ability to help this client

Confidence helps the client trust in you

Confidence produces a given authority

To create this confidence find the teaching and training that gives you the fullest and best knowledge for your style of hypnosis.

I teach Omni course and recommend it highly . Feel free to do your own research there are many great courses.

Here is a link for your info – <http://omnihypnosis.ca/>

## PART FIVE

### Key figures in modern hypnosis

#### **Franz Friedrich Anton Mesmer, (1734 – 1815)**

A German physician with an interest in astronomy, who theorized that there was a natural energetic transference that occurred between all animated and inanimate objects that he called animal magnetism, sometimes later referred to as mesmerism. The theory attracted a wide following between about 1780 and 1850, and continued to have some influence until the end of the century.[2] In 1843 the Scottish physician James Braid proposed the term hypnosis for a technique derived from animal magnetism; today this is the usual meaning of mesmerism.

#### **Étienne Félix d'Henin de Cuvillers (1755–1841)**

A French magnetizer who was an early practitioner of mesmerism as a scientific discipline. Hénin de Cuvillers was a follower of Franz Anton Mesmer (1734–1815).

However, unlike Mesmer he did not believe in the existence of a "magnetic fluid" in animal magnetism, and instead emphasized the role of mental processes in mesmerism. In his book *Le magnétisme éclairé* (The Enlightened Magnetism), he describes accounts of mesmeric effects in terms of belief and suggestibility.

He is credited for using the prefix "hypn" in words such as hypnotique (hypnotic), hypnotisme (hypnotism) and hypnotiste (hypnotist). He used these terms as early as 1820, and is believed by many to have coined these names.

### **James Braid (1795-1860)**

In most books on hypnosis he is attributed as the person who coined the term hypnosis. Though it is possible it was first used by D'Henin de Cuvillers.

Nevertheless James Braid wanted to avoid the term animal magnetism and therefore started using the word hypnosis. He certainly can be attributed to making the word 'hypnosis' well known.

James Braind is also known for the fact that he found out that tired eye muscles could help to develop the state of hypnosis by having the person fixate the eyes on an object at a distance of about 20-40 cm. (fixation)

Ultimately James Braid was not happy with the term hypnosis and he proposed the word monodeism for describing the trance state.

However, the word hypnotism was so much in use already at that time that the term monodeism never took hold.

### **Hippolyte Bernheim (1840-1919)**

Hippolyte Bernheim was a French physician and neurologist. He was very interested in the work of Liébeault and started visiting his clinic in order to study the phenomenon hypnosis.

He started a medical faculty on hypnotisme and did research on the subject.

He is known for his theory on suggestibility in relation to hypnosis and wrote a book called Suggestive therapeutics.

It is from this book Dave Elman based the now very famous Dave Elman induction

Together with Ambroise Liébeault , Bernheim founded the French school of psychotherapy. They believed that hypnosis is

a physiological condition and that all persons are inclined to respond to suggestions and that in hypnosis this tendency is increased.

Eventually Bernheim changed from giving suggestions in the trance state to giving suggestions in a waking state and followed the path of psychotherapy.

### **James Esdaile (1808-1859)**

A Scottish physician was surgeon for the East India Company in Calcutta. James Esdaile was very interested in mesmerism and he studied the local tradition of bringing people into trance state.

This was at a time when operations were done without using chemical anesthesia and many died because of blood loss or the severe pain experienced because of the surgery.

Esdaile started doing surgery using hypnosis and made full reports of his results and these can still be found online.  
[https://en.wikisource.org/wiki/Esdaile,\\_James\\_\(DNB00\)](https://en.wikisource.org/wiki/Esdaile,_James_(DNB00))

These comprised of several thousands of small operations and a couple of hundred major operations including amputations and removals of tumors.

He was able to reduce the mortality rate from 50% to less than 5%.

Nevertheless Esdaile was ridiculed by the Medical Doctors of the day . He was expelled from the British Medical Society. His success was explained away with the claims that low caste patients loved operations, and were just pretending not to have pain in order to get the operations and to please Esdaile and other such nonsense.

With the advent of Chloroform (a thing the companies can actually make money from) Hypnosis was largely forgotten as a way of anesthetizing patients.

Esdaile is important because he was the first physician in our recent history who showed us the tremendous capabilities of the human mind to be able to have surgery without chemical anesthesia.

### **Sigmund Freud (1856-1939)**

Freud is known as the founder of the psychoanalyses and he pointed the attention to the subconscious part of the mind as the driving force behind behavior.

Freud is less known for his work with hypnosis.

He practiced it and he also theorized it. Freud attributed the success of treatments with hypnosis to the suggestibility of the patient and the circumstances of the therapy.

Although the influence of Freud was not in the field of the practical application of hypnosis, he contributed to the field of hypnosis by his theoretical work and theorizing on the subject. He did this by writing reviews.

In the end Freud rejected hypnosis, the reason for this is not completely clear, it is suggested that it might be attributed to the fact that he had a problem to bring his patients into a deep enough state of hypnosis.

## **Erickson**

Milton Hyland Erickson ( 1901 – 1980)

An American psychiatrist and psychologist specializing in medical hypnosis and family therapy. He was founding president of the American Society for Clinical Hypnosis

Erickson grew up in Lowell, Wisconsin, in a modest farming family and intended to become a farmer like his father.

He was a late developer and was both dyslexic and color blind. He overcame his dyslexia and had many other inspirations via a series of spontaneous autohypnotic "flashes of light" or "creative moments", as described in the paper Autohypnotic Experiences of Milton H. Erickson.

At age 17, he contracted polio and was so severely paralysed that the doctors believed he would die. Recovering, still almost entirely lame in bed, and unable to speak, he became strongly aware of the significance of non-verbal communication - body language, tone of voice and the way that these non-verbal expressions often directly contradicted the verbal ones.

"I had polio, and I was totally paralyzed, and the inflammation was so great that I had a sensory paralysis too. I could move my eyes and my hearing was undisturbed. I got very lonesome lying in bed, unable to move anything except my eyeballs. I was quarantined on the farm with seven sisters, one brother, two parents, and a practical nurse. And how could I entertain myself? I started watching people and my environment. I soon learned that my sisters could say "no" when they meant "yes." And they could say "yes" and mean "no" at the same time. They could offer another sister an apple and hold it back. And I began studying nonverbal language and body language. I had a baby sister who had begun to learn to creep. I would have to learn to stand up and walk. And you can imagine the intensity with which I watched as my baby sister grew from creeping to learning how to stand up."

He began to recall "body memories" of the muscular activity of his own body. By concentrating on these memories, he slowly began to regain control of parts of his body to the point where he was eventually able to talk and use his arms. Still unable to walk, he decided to train his body further by embarking - alone - on a thousand-mile canoe trip with only a few dollars. After this grueling trip, he was able to walk with a cane. This experience may have contributed to Erickson's technique of using "ordeals" in a therapeutic context (see below).

Erickson was an avid medical student, and he was so curious about, and engaged with, psychiatry that he obtained a psychology degree while he was still studying medicine.

Much later, in his fifties, he developed [post-polio syndrome](#), characterized by pain and muscle weakness caused by the chronic over-use of partially paralyzed muscles.

The condition left him even more severely paralyzed, but, having been through the experience once before, he now had a strategy for recovering some use of his muscles which he employed again. After this second recovery, he was obliged to use a wheelchair and suffered chronic pain which he controlled with self-hypnosis:

Ref: wikipedia

### **Dave Elman**

Dave Elman 1900-1967

Became interested in hypnosis at the age of 8 years. His father died of cancer and a relative of the family treated his father with hypnosis to alleviate the pain which enabled his father to play with his kids in the last days of his life. This made a deep impression upon Dave Elman.

In his young years he worked in the show business as a comic and as hypnotist. Elman was also a musician who played the saxophone and violin. From 1920 he mainly worked for the radio and changed his name to Dave Elman. One time when a hypnotist cancelled at the last moment his appearance he stepped in gave a spontaneous hypnosis show.

Physicians who used hypnosis in their work and who were present at that show were so impressed by the speed and efficiency of the hypnosis of Dave Elman that they asked him to train them, not only for the techniques to bring a person into hypnosis, but also to work with fears, phobias, allergies, doing surgery with hypnosis, regression and many other things.

From that moment Dave Elman started to teach physicians, dentists, psychiatrists and psychologists and he trained more than 10,000 over time.

One of the most reliable and fast inductions ever developed was the Dave Elman induction. He was convinced that physicians would not be interested in a technique if it would take more than 3-5 minutes to bring a person into hypnosis.

In fact, he was the first person who was able to bring a person into the state of somnambulism by design and test the state at the same time.

Next to that he developed a reliable and testable technique to bring a person into the Esdaile state that is a deep state of hypnosis, named after James Esdaile, in which a person can be hypnotized.

Dave Elman is also known for his techniques to eliminate pain. Dave Elman was convinced that every symptom has a cause. The purpose of hypnosis is to uncover the cause and neutralize this.

The doctors trained by Dave Elman performed the first recorded open heart surgery by using hypnosis as the sole tool for anesthesia.

The first birth of a baby with hypnosis as a way to eliminate the pain. Dave Elman wrote about a great number of techniques that deserve to be used in a modern context.

- Elman was the first to bring people on purpose and regularly to somnambulism (deep hypnosis) demonstrating a clear process with.
- Elman found a way to go into the Esdaile state and out again that worked and could be repeated
- His works in the field of pain management are still used today and amazingly simple.

### ***Ines Simpson's Mentor***

#### **Gerald Kein**

Already from a very young age Gerald Kein, Jerry as he is called by friends and colleagues was fascinated by hypnosis and read all he could about it. In his studies found that the two greatest Hypnotists alive were Milton Erickson and David Elman. As Dave Elman lived a short bus ride away – he chose him as his mentor.

Mr Elman was not impressed with a 12 year old wanting to be a hypnotist and put him off for as long as he could.

However one of Gerry's traits is unflagging persistence, and he eventually wore Elman down and was allowed to work the audio tape machine to record Elman's lectures and demonstration with the doctors and dentists. (If you ever hear a

recording of Elman , anywhere – Gerry was the one who recorded it)

Gerry was astounded at Elman’s demos – the speed – an induction that took anywhere from 1 to 4 minutes and a therapy session ( live on stage) that would take maybe half an hour. Gerry decided this Hypnosis was for him.

As a young man he moved to Florida to ‘make his fortune’ in Hypnosis – with a wife, child and \$30!

With talent and persistence – and taking 10 clients a day – Jerry built up a large practice and learned ‘hands on’ everything he could about Hypnosis and its applications

In 1979 he founded the OMNI hypnosis Training Center, currently one of the most renowned institutes of direct hypnosis in the world. In the course of the years he trained thousands of hypnotherapists in more than 80 countries worldwide. Professionals from all over the world and all kinds of disciplines followed his training. Such as physicians, dentists, psychologists, therapists of all kinds.

Since 2015 Jerry is retired and the OMNI Hypnosis Training Center is now in the hands of Hansruedi Wipf from Switzerland, who is taken care that the legacy of Gerald Kein is well taken care of.

Since that date Jerry is the honorary president of the OMNI Hypnosis Training Center and incidentally teaches a hypnosis class.

# **Appendix**

## **FACTS AND FALLACIES ABOUT HYPNOSIS**

**Around the subject of hypnosis has accumulated a mass of misinformation.. Here are some of the most common fallacies concerning hypnosis and the facts based on the best medical and psychological authorities and many years of study and practical experience.**

**FALLACY:**      **Hypnotism is of the occult or supernatural**

**FACT:** Hypnotism is scientific. It is not supernatural or of the occult, but a purely natural manifestation of the powers of the mind. People enter hypnosis many times a day, awake or asleep, watching TV, driving, reading or daydreaming.

**FALLACY:** A hypnotist, with the use of soothing words and soft music simply lulls clients off to sleep.

**FACT:** In the state of hypnosis the conscious mind is completely relaxed and rested but not asleep. Whereas in sleep the conscious mind is to some extent tense and alert.

**FALLACY:**      **Weak-willed people make the best clients.**

**FACT:** The best hypnotic clients are people with strong wills and above average intelligence. Hypnosis actually has nothing to do with the will: it depends upon imagination, a faculty that is vastly stronger than the will. Therefore bright imaginative people make by far the best clients.

**FALLACY:** Only a small portion of the population can be hypnotized.

**FACT:** 90-95% of adults can be hypnotized to some degree. Some people respond more rapidly than others. In an average group, enjoying their first experience with hypnosis, about 1 in 5 will promptly enter a deep enough trance to get used by a stage hypnotist. There are two classes of people who cannot be hypnotized 1) the insane and 2) infants that are too young to understand the words of the operator.

**FALLACY:** Very few people can hypnotize.

**FACT:** Any normally intelligent person can learn to hypnotize. BUT this does not mean that everyone should. Just as some make better doctors than others, or better golfers, so some make better hypnotists. Moreover, success in this skill, as in any other, demands intense study and practice. Not many will pay the price of mastery: 200 hours and internship.

**FALLACY:** The essence of hypnotism is that the operator's will "dominates" that of the client.

**FACT:** There is no "domination" or "submission" in hypnosis. The hypnotist actually helps the client to release and express

his or her own latent or hidden abilities. E.G. A man unaccustomed to speaking in public can when hypnotized, speak fluently to an audience of thousands. He already had the ability to do this, but suppressed it with his own doubts and fears; and the hypnotist releases that ability. A teacher of elocution could do the same, but would take months to do it. Hypnosis produces a desired result quickly.

**FALLACY:**      A person can be hypnotized against his will.

**FACT:** For all practical purposes, a person must consent to do this before he can be induced to enter the state. However, the spoken word does not always indicate the real desire. A skeptic, loudly denying the possibility of hypnosis might have an unspoken wish to experience it, or vice versa. {We who trained at the meridian Institute have signed an oath of human dignity and privacy and are required to ask permission to hypnotize.}

**FALLACY:**      The hypnotist has absolute control over the client's mind and body.

**FACT:** This is the most absurd and injurious of all the fallacies concerning hypnosis. NO hypnotist can make anyone do or say anything contrary to his or her deep-rooted principles. A girl who perhaps would not normally be seen on the dance floor, in hypnosis, may cast off her inhibitions and dance a vigorous twist. But a normally modest girl certainly could not be made to disrobe completely in front of any person, including the hypnotist. Any suggestion that arouses sincere moral indignation or repugnance immediately causes the client to break the trance, by coming out of it. Thus hypnosis is not an anesthetic that renders the person helpless. It is a means of releasing and intensifying a person's own powers and abilities.

**FALLACY:** Hypnotherapy requires a deep trance.

**FACT:** Hypnosis has many therapeutic uses, but results do not depend on the depth of trance. Some nervous disorders may be completely cured in the lightest state of trance while another client with the same complaint may need a deeper level of trance to receive the same benefits.

**FALLACY:** A client may not awaken after hypnosis.

**FACT:** There is not the slightest danger of this. If the client were left to himself, he would fall into an ordinary sleep and awaken normally.

**FALLACY:** Hypnosis is dangerous.

**FACT:** An automobile is not in itself dangerous, food is not dangerous, and tranquilizers are not dangerous. But if misused those things can all be dangerous. Hypnotism in the hands of an amateur can be dangerous, but when used properly, by a properly trained practitioner is perfectly safe.

**FALLACY:** A person knows nothing when he is hypnotized.

**FACT:** In light and medium levels of hypnosis the client is fully aware of what is being said and done. He may actually deny that he was hypnotized at all. Even in deep trance you are able to hear all that is happening.

**FALLACY:**      **Orthodox medicine condemns hypnotism.**

**FACT:** The American (June 1958) and Canadian and British ((April 23, 1955) Medical associations accepted the therapeutic value of hypnosis. Hypnosis is used in dentistry and by surgeons to produce a drugless state of anesthesia without anxiety or suffering by the client. Many orthodox psychologists and psychiatrists use hypnosis today. The Mayo clinic has been using hypnosis as an adjunct to anesthesia and has a result have never had a death attributed to the anesthetic.

**FALLACY:**      **Hypnotherapy requires many lengthy sessions.**

**FACT:** With many patients, complete relief can be obtained in a very short time. On some occasions only a couple of sessions are needed, most require several.

# LINKS

Ines Simpson Website and info

<https://inessimpson.com>

For Self Hypnosis on-line:

<http://selfhypnosis.esdaileinstitute.com/>

For an Introduction to Hypnosis:

[Free Video Series for Hypnosis](#)

Hypnosis Training and Information:

<https://esdaileinstitute.com/>

Advanced Hypnosis Info & Training :

<https://simpsonprotocol.com/>

‘Hypnosis-Everywhere’ – The Podcast/Radio show

<http://hypnosis.simpsonprotocol.com/>

## **BIO Ines Simpson**

Ines has worked in many fields from the hospitality industry to commercial fishing on Canada's west coast. In her 40's, she started to reevaluate her life and to search for something that would fulfill her and give her life more meaning. Finally, in the late 90s her mother (!) took a hypnotherapy course and a light bulb went on! The rest as they say is history!

However as you don't know the history –we will tell it- but we will be brief.

Ines became a member of the National Guild of Hypnotists in 2000 - the National Guild is the largest hypnosis body in the world. By 2005, she was admitted as a faculty member and then as a Board Certified Hypnotist making her the first certified instructor for the NGH in western Canada. She was inducted in 2012 to the NGH's Order of Braid in recognition of service to professional hypnotism. She also searched out Gerald Kein and was taught and mentored by him to become one of the very

few DCI Certified Omni Hypnosis Instructors in N America –  
Omni is one the most respected Hypnosis Trainings in the world.

Ines Simpson along the way, in an effort to both simplify and deepen her Hypnotist Practice, and more importantly to effect the best outcomes for her clients, developed a system that has become known as the Simpson Protocol.

The Simpson Protocol, is the only way known today to effectively communicate with hypnosis clients in the Esdaile State and beyond. For the first time, the hypnotist can converse with the client's deepest mind to learn what the true issues are and to direct it to do what is needed to achieve the best results possible. The Protocol also allows the Hypnotist to effect huge outcomes without ever having to know the particulars of the issues involved. It seems the Hypnotist's ego is taken out of the equation, and the most powerful and knowing force in the room (for the Client)- the Clients Mind - does all the work.

The Esdaile State is also the launching pad into higher and deeper states of hypnosis, which is allowing The Simpson

Protocol Students and Practitioners to expand and develop the system in ,it seems, unlimited directions.

*“Ines Simpson is a very respected hypnotist and lecturer on the Esdaile State. [S]he is widely regarded as one of the top experts in the world. I came away impressed with her professional expertise, but also with her character. She never hesitates to say “I don’t know” or “Not proven yet.” And THAT level of humility and honesty is not always present in world-class experts.”*

*– H. Larry Elman ( DaveElman’s son)*

End

Thanks to as always – Wikipedia Hypnosis History Info

The history of Hypnosis website -  
<http://www.historyofhypnosis.org/>

Dave Elman Institute-  
<http://www.daveelmanhypnosisinstitute.com/>

Gerald Kein

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