

# CAN YOU BE HYPNOTIZED?

by Hypno Rodriguez



In the day-to-day interactions I have with others, I often get into conversations about hypnosis and how it works and the many things it can help with. To me, the more awareness about it and the amazing possibilities it offers for better living adds up to better living and a better world.

Here, I will talk about what is hypnosis, how it works and what is a good candidate for hypnosis.

Hypnosis is a natural state of mind. Like daydreaming, the thinking and planning part of the mind takes a break or just participates less in order to get to the subconscious mind or, the feeling, perceiving and believing mind to allow in new ways of looking at things and to let go of emotions or blocks that have been preventing improvement to take place.

When you are hypnotized you are not asleep nor unconscious and you can hear, remember and talk. You will feel very relaxed and every time that you are hypnotized, you will go deeper. Hypnosis helps to train the brain to relax and allows the mind to accept suggestions in a much more efficient manner than trying to convince you or use willpower. While in hypnosis, you would never do anything that you are not ok with and you would only accept the suggestions that are right for you.

It has been my experience as of late that whether or not someone can be hypnotized is a concern and sometimes the reason that people do not try hypnosis even when they believe in it's ability to create change. It's true that some people are more susceptible to hypnosis as you may have seen in an entertainment style of hypnosis. However, it is very rare that someone cannot be hypnotized at all and it is much more about knowing what it actually is to be 'in' hypnosis, not 'under' and how it can be different than stage hypnosis.

When I train my students to be certified with the National Guild of Hypnotists, I teach them the 3 criteria for a good hypnosis sub-

ject. They are: 1) Willingness to participate 2) Imagination 3) Trust. When these 3 things are present, it is guaranteed that the client will feel better as a result of being in hypnosis and be able to see the results of feeling better on a daily basis.

It really is just about being willing to allow the process to work for you, rather than trying or pushing. When you imagine where you want to be and how you want to feel while in hypnosis, it really does create more control over your life and how you feel from a true sense of empowerment and love.

There is so much to be gained by opening your mind to hypnosis and really, what have you got to lose except a few pounds and some issues?

*I welcome all questions, inquiries and comments! Message me on Facebook at Hypno Heather or from my website at [hypnoheather.com](http://hypnoheather.com).*



## Hypnotherapy for....

- Weight Loss
- Anxiety & Depression
- Fears & Phobias
- Self Love & Confidence
- Better Relationships
- Quitting Smoking
- Sleep Issues
- Menopause Grievances
- Business goals
- And much more...

### Why not try hypnosis?

**It's easier to be hypnotized than you think.**

What have you got to lose except some bad habits or a few pounds?



Heather Rodriguez  
NGH Certified  
Hypnotherapist



306.596.2298 | [heather@hypnoheather.com](mailto:heather@hypnoheather.com) | [www.hypnoheather.com](http://www.hypnoheather.com)