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Self-Hypnosis: A Gateway to Personal Transformation

By Emily Jothee Mathai

Hypnosis is a psychological state in which individuals experience a trance-like state to access their subconscious mind. Contrary to popular belief, hypnotherapy does not involve mind control or being in a state of unconsciousness. Instead, it induces a state of focused attention and increased awareness like deep meditation or concentration. Individuals remain aware, in control of their actions and cannot be forced to act against their own will. Research has recognized the therapeutic effect of hypnotherapy in enhancing cognitive and emotional processes by employing the power of suggestion and mental imagery (Kihlstrom, 2008; Lynn & Green, 2011). In a way, it offers a unique pathway towards an individual's healing and self-improvement.

In a clinical setting, hypnosis is conducted by trained professionals such as psychologists, psychiatrists or certified hypnotherapists. Sessions are tailored to the individual's specific needs and goals. What's more exciting is individuals can also carry out self-hypnosis on themselves for self-improvement and personal growth. The implementation is similar to the way a hypnotist guides a client into a trance called the hypnagogic state. The process generally begins with relaxation techniques to calm the conscious mind and increase receptivity to suggestions aimed at addressing specific issues. Through regular practice, individuals can enter a hypnotic state easily and result in positive behaviour change: minimize stress, enhance confidence, increase focus and performance.



Though self-hypnosis can be practised at the comfort of one's home that can lead to positive transformation, there are several misconceptions that clouds people's belief towards its efficacy. One of them is that self-hypnosis can manipulate someone's mind against their will. According to Hammond (2014), self-hypnosis is not about controlling oneself but just the use of relaxation and concentration techniques to alter the state of consciousness. Another misconception is that self-hypnosis is just a form of deep sleep. In actuality, it is not deep sleep at all as the individual is fully aware but just being somewhere between wide awake and fast asleep. Finally, many fail to understand that self-hypnosis is just a complimentary tool and not a replacement for conventional medical treatment (Barber, 2016). It can support symptom management and improve one's quality of life but not a substitute for medical care.

In conclusion, the society's negative misconception seems to overshadow the genuine therapeutic benefits of hypnotherapy. By addressing the misconceptions via education and media, people will be more open to the practice of hypnotherapy. After all, by incorporating self-hypnosis techniques into daily routines, individuals will have a better control of their thoughts, emotions and behaviours. To a certain extent, it stands as a promising tool towards a more rewarding mental health and personal development.

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