

# Can a Hypnotic relaxation help me?

## 5 Benefits of working with the subconscious

Have you ever been daydreaming and so called work up as someone started to talk to you? When we daydream, our brain waves go from the normal Beta level to the Alpha level. It is the first level of sleep. When you go to bed at night you drift into the Alpha state, and drift off to sleep. Your brain then goes into the deeper sleep of the Theta and Delta levels.

In hypnosis you go to the alpha level. At this level you have an awareness in your critical, analytical, conscious mind, but it is less likely to reject suggestion your give it others provide.

In our normal daily life we have no time to slow down and relax. This causes the body to fatigue and stress build up. It build up physically in the body. It builds up in the mind through mental and emotion stress.

Stress that is not released can cause illness. First we become aware of the stress mentally. If we do nothing to change our mind, then I affects up emotionally. We then have the choice to make changes in the way we think and behave. If we still do nothing, we then get stressed physically. If we do not relax and release this at the physical, emotional and mental levels, then the body gets fatigued and illness can set in.

Listening to an audio hypnotic relaxation is very beneficial to us in the following ways:

### 1. Reduce stress in your life

The first way the audio hypnotic relaxation will benefits you is through reducing the stress in your life. This is done is several ways.

By just listening to audio relaxation, you have had to stop what you are doing and think about yourself. This what the stress was trying to do. So you finally allow the body and mind to see that you prepared to listen to it and relax

As you listen to the audio hypnotic relaxation, you find that it is like daydreaming with your eyes closed. Your conscious mind begins to drift away and your thoughts following whatever they want to.

The hypnotic relaxation provides suggestions to you, such as sit comfortably and relax. These suggestions provide the subconscious with a direction where the thoughts are to go.

By the end of the audio, your body feel refreshed; your subconscious is happy as it has been able to revive and your body ; mentally and emotionally you feel lighter.

### 2. Refocus your mind and attitude

The suggestions from the hypnotic relaxation work at the subconscious level. They help you begin to relax and refocus yourself. It is through suggestions that you are able to refocus your mind onto what is important to you. The release and refocus

helps your attitude change and help you to be more accepting of yourself and those around you.

### **3. Increase your Inner strength and self confidence**

Hypnotic sessions focus on producing a specific change in the listener. The listener actually makes the change. Even in the audio hypnotic relaxation the listener will change in some way. Many times the changes are in increased inner strength to deal with the stressor's in their life, improved confidence as they begin to understand more about themselves by getting in touch with their subconscious.

Since the subconscious has the opportunity to communicate with you when you are relaxing in this way, you will find that it gives you thoughts, feelings, pictures or even sounds of what it sees as important. Sometimes these things are actually important in your life.

Other times the subconscious is pointing out thoughts that are no longer applicable in your life. When you are stressed, it may be pointing out that as a child you did not like to stand up in front of class and you now have to do presentations. Since these can increase your stress, you do have the choice to either deal with the thoughts or not present.

In both cases you need to learn to change your behaviour with presenting. However, the changes need to occur with your thoughts, values and beliefs, before your behaviour will ever change.

### **4. Change how you respond to another person or situation**

From the relaxation you become more comfortable with the idea of being relaxed. So you can chose to listen to the hypnotic relaxation session everyday. In doing this the stressor's reduce in your life. This leads to being more relaxed in your life, your attitude and your approach to others. So, without even trying you find that you respond differently to those around you. Your behaviour changes.

You may see that you are changing or that those around you seem to be changing. Either way, you begin to feel good about yourself and about others.

### **5. Sleep Better**

Through the relaxation you gain in listening to the hypnotic relaxation, your body begins to release the stressor's. When you go to bed at night, you can feel more relaxed and ready for sleep that if you are stressed.

You can even listen to the hypnotic relaxation while you are in bed. Then turn it off before it counts you awake, and since you are at the alpha level, you just drift into a nice gentle sleep.

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