

# HYPNOSIS (TRANS)

**Under hypnosis we experience ...**

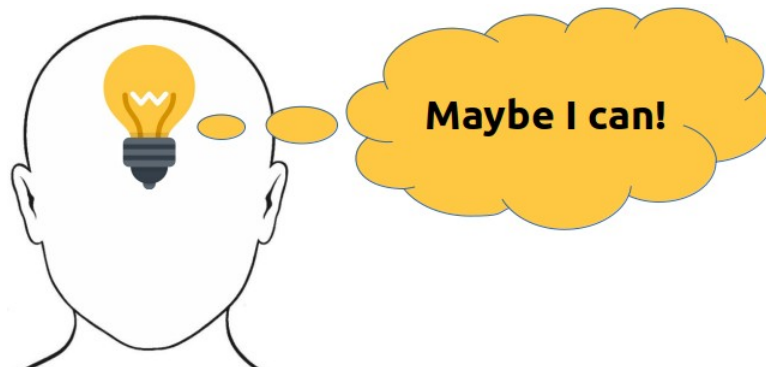
## **1. Focused Attention**



## **2. Reduced Peripheral Awareness**



## **3. Enhanced Capacity for Response to Suggestion**



# THE HUMAN MIND

**The mind is a collection of abilities that complement the human body**

**... Imagination Thinking Perception Memory Reasoning Emotion ...**

**The unconscious mind is a vast library of programs covering automated tasks and responses for numerous situations**



**The conscious mind is responsible for anything that's in our current awareness**

**... Focus on Task ... Sensations ... Creativity ... Problem Solving ...**





# BRAIN ACTIVITY

The mind operates in various states associated with certain brain wave frequencies

STATE	FREQUENCIES	EXPERIENCE
BETA	12 – 30 Hz	Conscious Awareness, Higher Frequency = More Stress
ALPHA	08 – 12 Hz	Daydreaming, Relaxation, Hypnosis or Meditation
THETA	05 – 08 Hz	Sleep, Deep Hypnosis or Deep Meditation
DELTA	01 – 05 Hz	Deep Sleep

The higher the intensity of the brain activity, the higher the wave frequency



Where 1 Hertz (Hz) is one cycle of a complete wave per second

