

Transparency 20.1: What Hypnosis Is and Is Not

Hypnosis Is NOT	Hypnosis Is
Mysterious and creepy A mystical or supernatural force	A natural state of mind that is different from your normal waking state and from being asleep.
Giving up your control over your own actions Being dominated by the power of the hypnotist	Giving the hypnotist your cooperation
Being put to sleep or sleepwalking	A state of deep relaxation in which you are highly suggestible
Brainwashing	An avenue to plant suggestions into your mind in a powerful way
Very difficult	Possible, (and easy), to do to yourself to harness its power for improved performance
A means of giving you abilities that you didn't already possess	A means of unlocking abilities that you have always had