

## **ABT Mod 01.03 – How You Are Hypnotized**

Now that you have all of the pieces of the puzzle, I want to explain the process of hypnosis to you.

Most people think the way you become hypnotized is by getting really, really relaxed and after you're really, really relaxed, the hypnotherapist has access to your unconscious mind.

It might surprise you to find out that this is not correct at all and in fact, it's basically the exact opposite of how hypnosis takes place.

Actually, you become hypnotized when your conscious mind and your critical mind become so overloaded with information or message units, it triggers the equivalent of a fight, flight, or freeze response and your mind goes into a hypnotic state.

The critical mind is like a bucket with a certain capacity. When you process a lot of information and you keep putting in a mass quantity of message units, you can become overloaded. This is when the critical filter starts to break down. Your conscious mind cannot handle the information.

Let me give you an example. Let's say you wake up and realize you've overslept and so you get that immediate panicked feeling. This feeling is message units. You feel the air is cold, more message units. You stub your toe because you're in a hurry and feel the pain, more message units. Your unconscious mind is saying to go to the bathroom, more message units. You get in car and navigate all of the mechanisms in the car and add more message units. The next thing you know you're brain is overloaded with message units and you are driving unconsciously down the road to your destination.

And remember, whether you're processing positive or negative information, you're still processing message units.

Now because the conscious mind and critical mind are shut down because of the overload of message units, the unconscious mind is more open. There is not the conscious filtering of information going on. The unconscious mind is readily accepting information.

And so, with an overload of message units, there is a breakdown of critical mind, and now you become hyper-suggestible.

Have you ever heard people say they get their best ideas when driving on the freeway? Well think about how much you are overloading your conscious mind when you are driving a car. You have to think of the speed you're driving and the velocity of the car in relation to the other cars. And where the other cars are located in comparison to where you are located. And you have to notice objects at the side of the road. You have to use your motor skills to operate the gas and the brake and the steering wheel. Driving a car is a perfect recipe for going into a hypnotic state. You are overloading the conscious mind and the critical mind with message units, message units, and more message units.

Another example of conscious mind overload is when you go to a movie. When you are in a movie theatre, the screen is huge and filled with color and the speakers are meant to obliterate you with sound effects and dialog. When you're in a movie theatre, you're drawn in. Most often, you no longer even notice there are people sitting next to you. You enter a hypnotic state.

How often does this happen in our daily lives? It happens many, many times a day. If you're not consciously using your mind to be more aware, you can spend your whole lifetime walking around hypnotized.

And of course advertisers prey on this. Most advertisement is about suggestibility. And let's face it, the reality for most people in the United States and likely around the world is that they are overworked, overtired, and walking around in a hyper suggestible state much of the time.

So you have two choices, you can become more consciously aware, (which we've been doing with Train Your Brain) or you can take advantage of the hyper-suggestible state, (which we're going to teach you how to do in this training.)

If I had asked at the beginning of this training, if you had been hypnotized before. Most people taking this training would have said "no." But now I'm sure you realize that everyone has been hypnotized. We're hypnotized every day. In fact, it's a natural state. So, once again, here is how hypnosis happens:

- 1) You overload your conscious mind with message units - Environment, Body, Conscious Thinking, Unconscious Mind
- 2) This disables the critical mind.
- 3) It triggers the fight, flight, or freeze response.
- 4) It creates a hyper-suggestible state.
- 5) Giving direct access to the unconscious mind

Now, I've got one more, big piece of information to add to this formula . . .

When a thought comes into the mind, it stays in the conscious area of the mind for on average about 1-1/2 hours. Then it moves to the conscious part of the critical mind for up to 24 hours . . . Unless . . . and this is the big unless . . . **we go to sleep or go into a hypnotic state.**

The longer the information is held in the conscious area of the mind (including the critical mind), before dropping into the unconscious, the more likelihood there is for diluting it (losing power) or distorting it.

When it's put down into the unconscious, it's evaluated and either vented and eliminated . . . or it's accepted into the modern memory.

So what does that mean for us? What it means is that if we know when we're going to go to sleep or we know when we're going to enter a hypnotic state, then we can start to take advantage of this time frame and input information directly into the unconscious mind and that's what we'll be discussing for the rest of this module.