

Hypnosis Insights

By Dr. John Simms, Ph.D.

1). Your hypnosis insights?

Answer: To me, hypnosis is an art, science and tool that deals with change or a determined outcome which addresses one's thoughts, feelings, behaviors and their subconscious mind. And the vast majority of people can be hypnotized, there are different types of hypnosis and misconceptions about it such as not being aware of your surroundings or being stuck acting like a chicken among other things.

2). Is trance and hypnosis the same thing?

Answer: I agree with the late master hypnotist Jeff Stephens, trance and hypnosis are different from one another. To me, trance is an altered state of consciousness whereas hypnosis involves the use of language.

3). Do you need an induction for hypnosis?

Answer: Not necessarily and the same thing could be said about trance or the use of scripts even though they can be helpful.

4). Is all hypnosis self hypnosis?

Answer: No. And this is a popular misconception in my opinion.

5). Is hypnosis mind control?

Answer: I disagree with most of my colleagues and say it is because with hypnosis you're trying to control people's minds and behaviors for a particular outcome or result. Same thing could be said about self hypnosis.

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6). With hypnosis, do people benefit from the placebo effect?

Answer: Yes in my opinion, but not always knowing what I know.

7). Who can benefit from hypnosis?

Answer: Many people. In fact, according to some studies, hypnosis can help with smoking cessation, weight loss, sleeping, Irritable Bowel Syndrome and pain and anxiety reduction. I've even used hypnosis (Simms Hypnosis) for grieving, breakups, depression, self esteem, confidence, human potential, etc. with great success.

8). How did you get interested in hypnosis?

Answer: Beside being mentored by a well known advanced psychology expert, I come to the realization that traditional counseling and therapy has its limitations and may be ineffective for a lot of people. On top of that, hypnosis is just an other tool that I could use that saves people time and money and improve their lives or situations.

9). What is Simms Hypnosis?

Answer: It's a hypnotic system I created from my personal knowledge and understanding of hypnosis among other things. And I only use it in my private personal services and holistic medicine practice. So far, I haven't taught anyone Simms Hypnosis and don't plan on commercializing it either because with great power, comes great responsibility.

About John Simms

Dr. John Simms, PhD is a polymath, multi-business owner, master life strategist, personal potential and empowerment expert, psychotherapist, counselor, philosopher, spiritual advisor, holistic medicine practitioner, health educator, open-minded realist, mentor, author, speaker, creator, etc. And for more information about him, his products, services, programs, opportunities, resources, free tip sheets, videos and audio recordings that could benefit you in so many different ways, please go to www.johnsimms.org

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