

## The Power of Self Hypnosis

Although many people think of hypnosis as a surrender of control, it is actually very much the opposite. Self hypnosis has a lot of negative stigma attached to it due to misrepresentations of hypnosis in the media. Many of us have seen movies or television shows where a person is hypnotized and then apparently forced to do embarrassing things for the amusement of others. What these kinds of images hide is the fact that when you are under hypnosis, you are actually completely in control of your actions.

Whether you are in a state of self hypnosis or have been hypnotized by a professional, you cannot perform any act which you would normally be unwilling to complete, and you can choose to snap out of your relaxed state at any time. This makes self hypnosis completely safe to practice, because you are never at all out of control. In fact, self hypnosis is in many ways the pinnacle of self control.

When you use basic self hypnosis technique, you are putting your own mental power in the driver's seat of your body. Self hypnosis allows you to shake off the tensions and distractions of every day life in order to concentrate fully on achieving your personal goals. Through self hypnosis, you can wrest control away from an addictive substance so that you become more fully the master of your own desires. The reason why so many people find success when using self hypnosis to quit smoking, overeating, or consuming caffeine is because self hypnosis is the process of putting yourself completely in your own control.

Many people use self hypnosis to achieve goals that feel beyond reach due to outside circumstances. Whether your dreams have to do with love, money, health, or just feeling generally happier and more satisfied, it often feels that the details of life and circumstance are standing in the way of what you really want. However, in many cases, what is really blocking you from your goals is yourself. Self hypnosis helps you to banish fear and other self defeating feelings that can stop you from reaching the personal heights that you want to achieve. With self hypnosis, you can take matters fully into your own hands.

When you practice self hypnosis, you are asserting your place as the master of your actions. Self hypnosis lets you harness the power of your subconscious mind so that you can fulfill your potential. When you achieve a state of hypnosis, you are granting yourself access to your full psychological power. This allows you to consciously decide to dedicate your entire being to achieving the ends you've always dreamed of. If you ever wish that you had more control over your behavior or over your circumstances, try learning some basic self hypnosis technique. Through self hypnosis, you can take control of your life.

Source: <http://www.articlecircle.com>

### About the Author

Joann Cheong makes it easy for anyone to feel better naturally and confidence with self Hypnosis. To receive your ultimate free reports Visit: <http://www.7day-self-hypnosis.com>