

Ines Simpson's Pre-Talk

Hi, I'm Ines Simpson. I'm a Board-Certified Hypnotist and Certified Instructor with the National Guild of Hypnotists, the largest hypnosis body in the world. I would like to spend a few minutes with you to explain hypnosis and perhaps answer some of the questions you may have about it.

For you to understand hypnosis it's important just to take a few minutes to understand how our minds work. It's something we don't very often think about, but we have three very distinct and separate minds. They do different things and sometimes have trouble communicating with each other.

First, there's our conscious mind and that's where you are right now. Below that level of awareness is the level we call the unconscious. We don't need to talk about this part too much. This is the part of us that runs all our automatic body functions, heart beating, eyes blinking, breathing etc. The other thing it does is control the strength or weakness of our immune system.

We spend most of our time in our conscious mind just as you are right now. I want you to understand that it basically only does four things. It analyzes, this is the part that looks at problems, what needs to be done to solve whatever that particular problem is. It's also the part that makes hundreds of decisions that we have to make through the average day, things like "should I answer the phone?", "Should I open the door". Some of these things we think are automatic but we have to make a decision whether to do them.

Now I'd like to tell you about the second part of our conscious mind, this is the rational part of our mind. This part that has to give us a reason for everything we do. If we don't have a reason why we do the things we do, we become anxious, nervous, frustrated and if this goes on too long it can lead to mental illness. The only problem with this is that we usually give ourselves a reason that's never original. For example a smoker will say he smokes because it calms and makes him feel relaxed. An overweight person may say, "I eat because I'm bored, nervous or anxious." Generally, smokers start smoking in their teen years, usually for security reasons and security is a basic need we all have. At that age, we decide our parents aren't as smart as we thought they were and we look to gain security through our peer group. If we think smokers are accepted, we take up smoking. You see your subconscious mind needs to protect you and if the perception is that the people that smoke are accepted when you're offered that first cigarette you take it and even though it tastes gross you smoke it and accept immediately and feel the security level go up! So you can understand from this that what we consciously rationalize is rarely correct or original.

The next part of the conscious mind is “Will Power.” That's something we're all familiar with. You might say, “I'm not eating any more chocolate.” We all know how long that lasts! Just until it weakens and the old habit pattern returns. Same with smoking, in general willpower just doesn't work!

The Fourth part of the conscious mind is working memory. That's the memory we need every day. “What's my phone number?” “What are my kid's names?” Those are the types of things we need to remember to get through the day.

These are the only things the conscious mind does. If you've ever seen the television program Star Trek, then you're familiar with Mr. Spock. He is a very analytical and logical person. Well, your conscious mind is our “Spock”mind, very logical and very analytical and also frequently wrong, just like Spock!

Now where the real “YOU” lives is a level below that, the subconscious mind. The subconscious is awesomely powerful. It enables you to be whatever you want to be. Rich, famous, thin, fat, happy, or sad, the subconscious gives exactly what you direct it to. To understand how this works, I'd like you to think of the mind as if it were a computer, an organic computer that is infinitely more powerful and complex than anything man-made today. Think of how at birth, we are like that brand new computer sitting on a desk waiting to get software installed. The computer can only work based on the programming put into it. There's no choice in the matter if you use a specific program, you need to follow the rules of usage. When we're born our computers are empty and everything that transpires in our life programs us to be what we are. We are the sum total of all our thoughts and life experiences. Our subconscious “MUST” make us the type of person that it perceives us to be based on all the programming received. To do something different, you need different programming. If we have poor programming, something that isn't useful to us or a malware or virus that can actually hurt us, we need to uninstall it. Similarly, it is programmed into us when we smoke, eat too much, bite our nails, etc. We need to uninstall the programs that don't work or harm us and reprogram our organic computer.

It's been proven that if you begin telling a young child how smart they are, how intelligent they will express intelligence. If the same child were told how stupid they were they would also express that belief. We become what we expect to become.

Now, let's talk about some of the operational software of our internal organic computer. First is our memory since the day we were born. We think of things that happened to us in the past as either forgotten or retained as a memory. This is our conscious memory.

The subconscious mind is like a video camera that has a sense of touch, smell and taste. Everything that has ever happen to you, that you've felt, heard, seen,

smelled or tasted is locked permanently into the memory banks of the subconscious mind.

We Never Forget Anything!!!! In hypnosis you have the capability (if there is reason to) to access any of those memories in the memory bank. For example if you wanted to re-live your first day in kindergarten you could experience it all over again. We forget nothing at the subconscious level only our conscious mind forgets. This is much more than recall –you experience it through your senses.

The second area of programming in the subconscious mind is our habits. We all have good and bad habits but there are actually only three types of habits:

1. Good
2. Bad
3. Utilitarian

We all know what good and bad habits are. The utilitarian ones actually make up most of our habits. These are the habits of how we respond to things. For example, when the phone rings we don't need to think about what it is and what to do about it. We automatically answer the phone and say hello just as our program dictates. The next part of the subconscious is the part that sometimes gets us into trouble. This is the part where our emotions reside. Something we definitely wouldn't want to be without. The conscious part of the mind doesn't deal with emotions in any way—that isn't its function. When we need emotion, the conscious mind parts like the Red Sea and we deal with whatever the situation is from our irrational, juvenile-like and very intelligent subconscious mind. How does it get us into trouble? Well, sometimes a situation pops up and it only needs a small amount of emotion but we react on a highly emotional level. Our conscious mind says things like, “why the heck did I do that?” or “why did I say that? That was so dumb!” The inner mind just laughs and enjoys it.

The next part of the subconscious is probably the most important—and that's our protective part. It protects us from danger, Real or Imagined!! The subconscious can't tell the difference between reality and imagination. It reacts just as if what we imagine is really happening! It has to protect us.

I'll give you a quick example. There was a woman about 5 foot 1 inch who weighed about 300 lbs. She recounted how she had an eating problem but, in reality, experience tells me she doesn't really have an eating problem. What she had was a protection problem. The subconscious was protecting her from a perceived problem. There was an event or events in her past that was causing the subconscious to go into protection mode.

Her father had sexually abused her when she was six years old and when she told her mother her mother didn't believe her. This in turn caused feelings of guilt and having done something wrong. But she didn't get heavy at this point.

When she was in high school (back in the 50's) she felt that she was a little more promiscuous than she should have been. The mores of the day were slightly different than today. It didn't take much to get a "reputation". Remember some of the songs of the day.

She felt that all the boys in High School had tried to hurt her. This still didn't cause her to get heavy.

Then she met her Knight in Shining Armor. They got married went to the Bahamas on their honeymoon and in an idyllic setting he decided to bear his soul because he loved her so much that he should never lie to her (great guy – but foolish) and he told her how when he was in the Air Force he'd pickup and use women, then just throw them away. He said he was young then and didn't know any better. Her subconscious decided she could not trust even her Knight, meaning all men were untrustworthy. The subconscious went into protection mode and weight began to come on. Sometimes the protection provided by the subconscious is not in a way we'd have a preference for. This did stop men from showing interest in her so it was functioning well.

The last part of the subconscious is a negative part of us. Even though the subconscious is powerful, it is also lazy. It doesn't like to do the work to accept positive suggestion and give us the change where we would like it. It likes to keep things as they are. Positive suggestions take the most work for us to accept and get the subconscious to reprogram. Negative suggestions on the hand go in easily as no work or change is required.

This is how it works. Imagine a heavy person looking at themselves in the mirror. They think, "Boy, am I fat!" The thought goes in and the subconscious decides that that matches its programming and perception. So another negative thought is accepted. On the other hand if somebody says they are thin, the thought doesn't match and is easily rejected. This is a reason affirmations don't always work.

So, how do we get the mind to accept positive suggestions for change? This is the most important thing for you to understand - if a suggestion is allowed to enter the subconscious mind it must follow through with it. You are changing the programming and it must respond to the new program. This is always easily accomplished.

I'll explain how that works. Let's say someone decides to quit smoking for many beneficial reasons. But to have it work it has to get to the subconscious and be

installed just like a new program in your computer. There's a problem; there is a part of the conscious mind that I haven't told you about yet. It's called the critical factor of the conscious mind. The function of this part of the mind is to guard against the wrong programming getting in. It says to itself, "Quit smoking? Well, he's been smoking since he was a teenager and he needs them to feel secure, be cool, part of the group or whatever other reasons there could be." The new suggestion is rejected. Now there is only one thing left - willpower. We know how well that works.

How do we resolve this problem? The best way is through hypnosis. This is what hypnosis does – it bypasses the critical factor of the mind to enter the positive suggestions for change. Now, if that was all hypnosis was, some of those misconceptions that you've heard, like a hypnotist can make you do anything he wants to do, would be correct. We have not been left that vulnerable by nature.

Hypnosis is probably not what you expect it to be. Our bodies may be very relaxed but the deeper in hypnosis we go the more alert our mind becomes. In the deeper levels of hypnosis, our conscious minds are two to three hundred percent more alert than you are now reading this information. In fact all of your five senses are heightened so you hear, taste, see, smell, even touch or feel hundreds of times better than you are doing right now.

When you are in hypnosis, you won't be asleep, you are extremely alert, probably more alert and clear-minded than you've ever been before. The important thing to understand about this is that the conscious mind takes on a different role in hypnosis. Think of it being a guardian. It's always aware and gives you the awareness to guard against any suggestions you wouldn't want to be yours. When you hear a suggestion in hypnosis you hear it "LOUD AND CLEAR."

Now when you hear a suggestion, success or failure is your choice because the tools for success or fail are yours. There are four ways you can accept a suggestion and they all have to do with your mental attitude. The decision in the way you accept it determines whether it enters the subconscious mind and creates the change you want. If it's rejected no change happens.

There are four different ways to accept suggestion and only one of them works for change. These are the four choices.

1. "I like that suggestion! I know that's going to work for me!" This conscious attitude allows the suggestion to enter the computer of the subconscious and change begins.
2. "Hmm, that's seems a little uncomfortable to me." This suggestion is rejected! NO change happens.

3. The next one could be that you don't care whether you take in that suggestion or not and again it's rejected.
4. The most insidious one is this: "Great, I like that suggestion. Man, I hope that works!" The word hope is the twin to the word "TRY" and it means automatic failure.

If you look back over your life you realize (if you are honest with yourself) that anytime you tried to do something it never got done. If I try to put this pen in my hand, it never gets there. As YODA in Star Wars said "There is no TRY – there is only DO or DO NOT". Hope is similar. You may have hoped something would happen in the past, but it rarely ever did. True? This is the attitude I need you to avoid if you desire change.

This is why it's so important for me to ascertain that you really want the change you're here for. If you are here, for example, to stop smoking, then I need to make sure that it is you that want the change, not you doctor, your spouse or the man on the moon!

Now I'm going to tell you something that may surprise you. I have never hypnotized anyone even though I've been in this field for some years. There is no such thing as Hypnosis! That is because all hypnosis is Self- Hypnosis. All hypnotists are really, is a guide, giving you directions on how to get there. The only reason why you are here is because you don't know how to do it yourself. We teach people that everyday in one easy session. All I can ever do for you is guide you and ask you to respond in the correct fashion. That is what I do as a "hypnotist." If you allow me to be your guide, I'll guide you into a wonderful state of hypnosis, a mental awareness and deep physical relaxation and I'll show you how to stay there till change has been accepted. If you don't want to be in this beautiful relaxed state, the slightest thought by you and it's over, you are back in your normal level of awareness. I can't force you to do any of these things. **ONLY YOU CAN ALLOW IT TO HAPPEN.** Hypnosis is a 100% consent state by you. You must allow things to happen. You can stop them from happening with the slightest thought.

I like you to know that anyone with an IQ over 70 can be hypnotized if they allow it. They can go into hypnosis (snap) that fast. Just like that! The only thing that keeps people from going into hypnosis is any fears or misconceptions they may have! Some of these misconceptions are:

1. That they are asleep and won't know what's happening. As I already told you, you hear everything that goes on around you! Hypnosis has absolutely nothing to do with sleep!
2. Some people are afraid they won't "wake up." Well, you aren't asleep and you can think yourself out of hypnosis anytime you want. This is

why I'll say emerge from hypnosis as you aren't asleep. I know it is semantics, but it is very important to the mind how language is used.

3. Then there's the control issue. You know the one where I make you do anything I want. If that were the case I'd probably be in my villa on some tropical island somewhere. No such luck! This is also why for you to have success, I ask you to accept my suggestions. If I had the control I wouldn't need to do this.
4. Then there's the one where you'll divulge to me all of your deep dark secrets. For the same reasons as listed above, that wouldn't happen. In fact, do you know, you would be able to lie better and make up better stories in hypnosis than in your regular awareness, because of all your heightened awareness and imagination and creativity being able to flow. I'd be able to get you to tell me things easier in your conscious state any day as you would not be so aware.

I want you to know that YOU and YOU ALONE are responsible for your success, just as you are for failure. What mental attitude you have determines your success.

Okay, I know what you are thinking... What about what I see the stage hypnotist do? When a stage hypnotist comes to perform there is advertising, and guess what it is people who are interested and want to have fun go to see and do? Some want to just watch and others can't wait to volunteer. The stage hypnotist doesn't just accept anyone to be a performer, does he? He'll say things like, "You know, really good subjects are people who have the best ability to imagine, a wonderful imagination and also the ability to concentrate." Then he usually does some Imagination Tests for that. These tell him two things. Who will allow themselves to accept the hypnotic state quickly and who wants to have fun and be uninhibited in the audience. He invites a certain amount of people on stage and if they are too slow or get inhibited, he sends them back to their seat or if it's too late into the show he'll ignore them. Because they are using the right mental attitude the others go quickly and deeply into hypnosis. Stage hypnotists operate by the same mind rules as we do in clinical hypnosis. If they were to ask someone to do something beyond their morals or sensibilities they would just emerge themselves and not cooperate. So you see hypnosis is up to you!

People always ask me success rate, you know, with smoking or weight loss. I'm honest about that. My success rate is 100%. I've had a lot of training in this field and I know exactly what to say to my clients and if they do their part, the acceptance of the suggestions with the right mental attitude they have change. So my success rate is always perfect. Will you allow yours to be? It's up to you. Remember the right mental attitude is "that's great, I know it will work!" I know you'll enjoy

hypnosis because it feels wonderful. If you have any Questions feel free to email, or phone us. You 'will find contact information at the end of the book. There are no stupid questions so please if you have any reservations or something I have not thought of, just feel free to ask.

Questions:

Ines Simpson can be reached at (250) 940-9290 at her office in Vancouver Island, Canada. You can also email her at advancedhypnosis@shaw.ca if you want additional information, training or private sessions. Ines offers a complimentary half hour consultation, by appointment, so it can be decided if hypnosis is right for you.

If you have any questions about the advanced training you just experienced, please contact her. Your questions are important and will be answered and included in the next training manual. The answers to all questions will be emailed to the group who attended this advanced training.

If you want to schedule an additional training for a group, please contact Ines. She is willing to travel great distances to share this exciting methodology with anyone who is interested.