

Hypnosis by Knight. Book One

"Tell me a story"

By Bryan Knight on January 27th, 2014



Almost everyone likes a good story. From the time when we listened closely to a parent or sibling reading a bedtime story to us we are captivated by parables, legends, fairy tales ... and sales pitches.

Yes, the marketing Gurus today proclaim that the way to grab a prospect's attention is to tell him or her a story.

No one does this better than Ian Brodie. The Irish-sounding Englishman and marketing expert who gives fresh meaning to the phrase "gift of the gab" often shares personal stories that lead into a lesson for his email subscribers on how to better market ourselves and our products.

Like this: "I have many memories from back when Kathy and I first started going out in the 80s. But one that stands out is from when we were students with very little cash between us and watching her spend her last 50p to buy a pasty to give to a homeless guy at the Piccadilly Gardens bus stop in Manchester. I knew then this was the person I wanted to spend the rest of my life with. We're all prone to making great promises. Telling our clients (and our loved ones) about all the great things we're going to do. But actions really do speak louder than words . . ."

So, despite the irony that of course I'm using words, I took Ian's encouragement to heart

and finally took the action of writing this post about story telling.

Many of the articles on my sites revolve around human interest stories. For example, how Ronald, Olga and Thomas built higher [self-esteem](#) for themselves through hypnosis. Similarly, how Irene overcame [depression](#) and Priscilla dealt with her [fat](#)

Hypnosis Can Defeat Depression

By Bryan Knight on November 13th, 2013



"Irene", a 59-year-old widowed grandmother, came to see me because her daughter insisted. Irene had become a hermit, rarely venturing outside her home. She had dropped all her church activities and refused to speak with family members (other than "Debbie", the daughter). Most of Irene's time was spent sleeping. Instead of walking her dog, Irene let it run around the back yard. Even though her eating habits had hardly changed, it was clear that this formerly social, active woman was depressed.

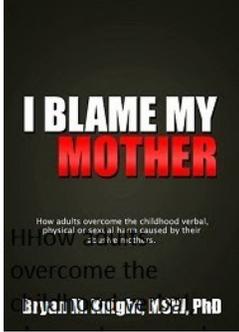
She told me that the anti-depressants prescribed by her family doctor only served to make her feel more of a failure. After 3 months the pills had not elevated her mood. She felt helpless, hopeless, apathetic and frightened.

Debbie, a nurse, had become increasingly worried about her mother who at times seemed like a stranger to her. Debbie lives 3 hours away from her mother. She persuaded Irene to seek help in addition to the medical care. The doctors had told Irene that she would likely be depressed for a long time –

perhaps indefinitely. I told her "Diagnosis is not destiny". Read more [You Can Escape Depression](#)

I Blame My Mother -- blatant sales pitch for my new ebook

By Bryan Knight on September 20th, 2013



True stories of maternal abuse from clients and therapists around the world, plus guidance on how to deal with the resulting low self-esteem, anger and relationship difficulties. Includes a chapter for abusive mothers, a discussion for prevention, plus references and suggestions for further reading.

[for pdf copy](#)

[for Kindle copy](#)

"Law of Attraction" is deceptively attractive

By Bryan Knight on August 17th, 2013



The whole concept of the so-called "law of attraction" irritates me. Advocates claim that we create our own reality. Thus they actually believe that starving kids in the Sudan brought their hunger about themselves, a

woman who is raped chooses to be a victim and if you're poor it's because you want to be.

These examples above are either from an Oprah show or direct responses from Attraction believers.

Believing that you create your own reality is better known as magical thinking.

The disappointments of people who buy into this rubbish, especially those who get excited that all they have to do is dream to grow rich, must be heart-breaking.

Hypnotherapists should know better. Yes, we know that your imagination can bring about amazing changes in your life. Yes, when you are dedicated to a goal you are more likely to achieve it. Yes, if you believe people are basically good [or basically bad] that's what you'll notice. It's called the confirmation bias.

But to believe that you *totally* control your life simply by what you think is self-delusion. What control do you have over a sudden hurricane? What control do you have over a speeding idiot who drives his car into a head-on collision with you? What control do you have when immoral financiers crash the economy?

The trouble with believing in magic is that there is a tiny element of truth hidden in the absurd teachings. Thus, if your focus is on making money for instance then chances are that you'll become rich faster than someone who hopes to make a bundle by gambling.

But not according to the True Believers. In their view, the gambler will become rich because that's the reality he is creating. And now you know why State lotteries are so popular. Never mind the 20 million to one odds. If you believe you'll win, you will. Because The Law of Attraction says you create your own reality.

Do you need further proof of the foolishness of such a proposition?

How to Relax Instantly

By Bryan Knight on August 8th, 2013

Here's a way that you can prepare yourself to relax instantly. It's simple but powerful.

The Professor should have advised you to practice the imagination segment so you're ready whenever you want to relax on the spot.

Enjoy.

I'd appreciate a "like" [or "thumbs-up"] and perhaps you'd like to subscribe to my YouTube channel, [hypnosisdepot](#)

Three Ways to Use Hypnosis

By Bryan Knight on July 6th, 2013

Some hypnotherapists focus on one of these three ways and either ignore the others or use them sporadically. If the hypnotist has no psychotherapy training then of course he or she would be wise to not attempt (method two) one of the 400 or so therapies on the market.

But most hypnotherapists can help their clients with a little hypno-analysis -- (method one) providing they use method three to cement changes by having the clients imagine themselves free from whatever issue brought them for hypnosis as the hypnotherapist fills them with positive suggestions for change.

It was discovered long ago that simply bringing "stuff" that we were consciously unaware of to our rational conscious mind is not enough for a 'cure.' Freud was wrong.

Abused when you were a child? Enjoy This Free Private Treatment

By Bryan Knight on June 17th, 2013

Here's a free solution to emotional, mental, physical or sexual abuse you may have suffered as a child. And all you need is

half-an-hour of undisturbed time plus your imagination.

This technique can transform you [from Victim to Victor](#)

10 steps to solid self esteem
Feel better about yourself now, and for good

More »

hypnosis
downloads



Dealing with Anger

By Bryan Knight on May 25th, 2013

Everyone becomes angry on occasion. The Professor rightly points out that anger can be a great motivator for change. So the odd angry feeling is nothing to worry about. Just be sure to target the right culprit. And take action that is constructive.

But if you find yourself constantly angry then hypnotherapy is a great way to re-discover your calmness and to be relieved of useless anger. The old technique of hitting a pillow -- even venting your impatience -- only increases your anger.

As the professor advises, the best way to deal with your anger is first, to put the cause into perspective (remember the old "serenity" prayer?). And secondly, to take yourself less seriously.

Recognize what's comical about your anger and allow yourself to laugh. For instance, when you're stuck in traffic.

A common cause of anger comes from situations we have labelled stressful. That's where my new page could help you:

[Beyond Stress Management](#)

Dealing with Negative Thoughts

By Bryan Knight on May 13th, 2013

Many people think negatively. "I'm going to fail." "No-one likes me." "I'm too fat."

Such thoughts often seem to pop into your head automatically. The good news is that with Dr. Knight's powerful thought-stopping technique you can combat such

automatic thoughts and transform negativity into positive thoughts.

Read more about this on the Hypnosis Depot site at [stop those negative thoughts now](#)

Remember, there's no need to [Obsess!](#)

Dealing with Guilt

By Bryan Knight on May 6th, 2013

Guilt can really damage your life. But you can deal with it. The first step is to decide if you truly deserve to blame yourself for something you did. if so, then:

1. make amends
2. forgive yourself.

But what if you're not really guilty? For instance, if you were sexually abused when you were a child you may feel guilty about your participation. But the guilt does not belong to you, IT BELONGS TO THE ABUSER.

For more on this subject, and many views on the issue of forgiveness, go to: [Overcoming Childhood Sexual Abuse](#)

A brief tip to deal with any kind of guilt:

Write about your guilty feelings -- on paper with a pen or pencil, NOT on a computer or other electronic device -- then burn the paper.



Dealing with Anxiety

By Bryan Knight on April 25th, 2013

An unknown error occurred formatting this story.

Hypnotherapy helps Adele conquer stage fright

By Bryan Knight on February 5th, 2013



My admiration for Adele is magnified because she speaks the way I used to: like a real Cockney. [For those of you who live under a rock, Adele is a fabulous British singer whose actual accent is the proud, foul-mouthed language of those of us born within the sound of Bow Bells in London's East End].

Believe it or not, according to the tabloid SUN, Adele suffers with stage fright. Since she's scheduled to perform the James Bond "Skyfall" song at the 2013 Academy Awards show she is using hypnotherapy to conquer her nervousness about appearing before millions of people.

The tabloid claims that Adele is particularly anxious because her hero Barbra Streisand will be in the audience. That's particularly poignant given that Streisand is known for her terror of the stage. If anyone could benefit from hypnotherapy, it's her.

Anyway, while the story is good for potentially boosting business for hypnotists the whole piece is likely some hack's fictitious creation designed to sell a few more papers.

Which should not detract from the fact that hypnotherapy is great for helping people to deal with anxiety of all kinds, including public speaking and stage fright.

{photo by John Whiles}

Placebo is not a dirty word

By Bryan Knight on January 25th, 2013



Recently Dr Joe Schwarcz, well-known Montreal chemist, writer and broadcaster, gave me permission to republish an article of his on the subject of [Mesmer and the placebo effect](#) .

When I notified members of the 3 hypnosis email lists to which I subscribe about this there was an immediate, vociferous response. Advocates of homeopathy, for example, were horrified at the suggestion that their practice relies on placebo.

Similarly for practitioners of EFT. And this, despite my stating that "EFT works", although not because it is based on science. Donald Robertson's calm, clarifying responses to those hypnotists who evidently misunderstood Dr Joe's column and who, in some instances, even seemed to not understand the meaning of "placebo" caused further hysterical responses. Someone even sent me a video in which they claimed there was scientific support for EFT.

There was, of course, no science in the video.

Meanwhile I faced the prospect of having a scalpel thrust into my eyes to remove cataracts which were muddying my sight. This was a terrifying prospect. Until I used a symbolic form of EFT (imagining tapping while repeating "even though I'm terrified of eye surgery, I choose to be calm and relaxed").

From that night I no longer dreaded the surgery. The first operation, apart from a lengthy wait, was stress-free.

EFT -- that is, placebo, the essence of hypnosis -- works.

Do You Like Hypnosis On Video?

By Bryan Knight on November 15th, 2012



I watch in wonder as one of my grandchildren, all of a year-and-a-half old, manipulates his mother's smart phone and happily calls out his baby version of his sister's name when he spots her face in a video.

To him, and the other 7 grandchildren, videos are commonplace.

All the Web marketing gurus teach us oldtimers that video is the way to go. But I find them time-consuming and irritating. (Of course, I'm referring here to marketing and SEO videos not mementoes of the kids). I much prefer a pdf.

Look at the advantages with print:

- you can skim,
- you can zoom in,
- you can print,
- you can copy,
- you can highlight,
- you can cut and paste.

With video? You're forced to watch from beginning to end. Quite often there's no way you can even fast forward, particularly if you're watching a webinar.

True, it can be rewarding to actually see the author and not just read his or her words, but apart from the speaker's mother, who cares?

Nevertheless, I have succumbed to the mania and produced a few marketing videos for my website. Even testimonials.

One video in particular that might interest you actually guides you into hypnosis. Here it is. Enjoy:

To see this video in its "Home" and view my other creations, go here: [Discover what it feels like to be in hypnosis](#)

Many more are planned so be sure to "like" what you see and subscribe to the channel. Thank you.

Positive Hypnosis Vanquishes Depression

By Bryan Knight on November 5th, 2012

Depression is so widespread and so debilitating. The biggest challenge of course in coming out of a depression is the lack of motivation. Everything seems useless, pointless, dull.

One of the worst things you can say to a depressed person is "snap out of it". When you're feeling lethargic, hopeless, bored and helpless such a misunderstanding of the emptiness of depression is guaranteed to drive the depressed person deeper into feelings of non-caring.

Fortunately, hypnosis experts such as [Dr Michael Yapko](#) have enlightened us as to the causes and cures for depression. Perhaps one of the major clues to understanding depression is to study the sufferer's life patterns.

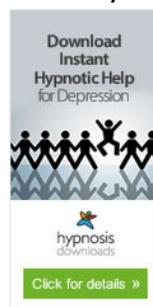
To shatter those patterns which are harming the depressed person is not easy but hypnotherapy aids the positive process.

I recall a middle-aged client who had cut herself off from her family, church and hobbies -- even refusing to leave her house. Previously she had been an active, highly social person. Hypnosis enabled her first to imagine herself once again sewing quilts, handing out clothing at her church, planting vegetables in her garden and then to actually do these things.

First we had to reframe her doctors' gloomy statements that she was doomed because of some mysterious chemical imbalance that could only be relieved with medication. Strangely, the prescribed pills only made her depression worse. However, the gloom and doom began to lift as soon as the client took

the simple action of going for short walks with her daughter.

As I'm fond of saying: "diagnosis is not destiny."



Hypnosis and the Facebook Phobia

By Bryan Knight on November 2nd, 2012



Is reluctance to appear in Facebook a phobia? I'd never considered the possibility until Marcia Yudkin wrote that Facebook "gives her the creeps."

Marcia is a prolific author, speaker, consultant – and introvert. She runs a highly successful business online. Her weekly newsletter is a goldmine of information. Her work has helped many introverts, including me.

Facebook makes Marcia shudder precisely because of its over-the-top social aspects. She prefers real-life flesh-and-blood friends and is horrified about the characteristic baring of one's personal details on the site.

I share Marcia's Facebook recoil. We introverts are not comfortable with such public displays. As Marcia writes: "My friends and family are not the business of anyone else."

So, while this avoidance of Facebook could be considered a phobia – and hypnotherapy could "cure" it --it's one of those situations where hypnosis is unnecessary.

Actually, Marcia's reluctance to appear on Facebook is not really a phobia because her objections are rational. And the essence of a phobia is that it is an [irrational fear](#).

To find out why Marcia does very well without Facebook take a peek at her website: [No blog, no Facebook, no regrets](#)

Do You Want To Use Hypnosis To Be Perfect?

By Bryan Knight on October 25th, 2012



Well, if you do, you're out of luck. Hypnosis can improve your reading speed, lower your blood pressure, and end your phobia but it can't make you perfect.

Anyway, to be a perfectionist guarantees failure. You're never fully satisfied because no-one is perfect so you're doomed to disappointment.

But hypnosis can help you to accept and love your imperfect self.

Many hypnotists talk about their clients' "Higher Self". Consulting with, and trying to match, that superior being is probably as close to perfection as most of us are likely to get.

Hypnosis can help you do your best. It can help you achieve more. Even be better at your chosen sport. Hypnosis can, like the students in a famous Russian experiment who were hypnotized to imitate famous musicians and artists, even lead you to being near-genius.

Can Hypnosis Cure Internet Dyslexia?

By Bryan Knight on October 15th, 2012



Recently I discovered that I'm in the grip of Internet Dyslexia.

My symptoms?

- misreading words on web sites
- impatience with unclear download instructions
- clicking on links that don't work
- feeling stupid because I can't understand web content
- not noticing my own typin errors
- prefer to daydream or nap rather than work on my computer
- cursing the creators of built-in obsolescent software
- difficulty to remember common words or phrases
- falling asleep during webinars
- feeling overwhelmed by too much information

These irritants often end with me wanting to throw the comuter out of the window.

I know that one solution would be to hire a cooperative teenager. Also, when they're available, I do lean on my grandchildren aged 6 to 11 to make temporary fixes to my ID condition.

And, of course, ID will disappear eventually as those of us over 50 years old die off. [Traditional dyslexic sufferers can find [treatments](#) here].

But in the meantime, could hypnosis provide a more long-term answer to help me to overcome the malady?

Well, I've not yet tried any of the following (because another ID symptom is procrastination) but theoretically hypnosis could be used to:

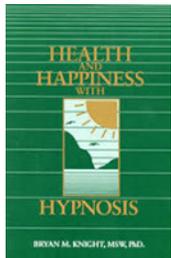
- stop putting things off
- feel enthused about working on the computer
- be calm when people behave stupidly
- develop better self-control
- improve my memory
- expand my vocabulary
- heighten my powers of concentration

Wow. I just realised that this post may be the hypnotic beginning of the end of my Internet Dyslexia.

But first, I'm just going to take a nap.

Why do hypnotists not help themselves with hypnosis?

By Bryan Knight on October 9th, 2012



This perennial question arose again while I was reading "Some Kind of Peace" a new mystery novel by Swedish authors Camilla Grebe and Asa Traff.

The protagonist, like one of the authors, is a CBT therapist. She helps people suffering with all kinds of issues but can't, or won't, help herself deal with her own fear of the dark.

So realistic is the characterization of the fictional therapist that I was immediately reminded of colleagues who seem reluctant to apply the wonders of hypnosis to, for example, their own excess weight or fear of public speaking.

There's no simple answer as to why they don't enjoy self-hypnosis (or even hypnotherapy with someone else) to achieve their goals. In my own case, procrastination flourishes as I dismiss the obvious hypnotherapeutic answer to my lack of motivation.

On the other hand, there does seem to be a new trend among all kinds of therapists to consciously take care of themselves.

Like the British therapist who decided to take a month's holiday: "I talk to my clients about work /life balance and thought it was time I also started to listen to myself."

And she made that decision without living through the horrors that assail our fictional CBT heroine.

Perhaps my own solution lies in reading more fiction # [Yeah, right, that's a great way to stop procrastinating!]

Because, obviously, reading [mysteries](#) by or about therapists can be inspirational.

Hypnosis ends my fear of dentistry

By Bryan Knight on October 2nd, 2012



Recently I paid a fortune to have a broken tooth removed and a fake one implanted. To my astonishment my phobia of dentistry had vanished completely. None of my symptoms (except for excess sweating) remained. No more shaking, no more anticipation of pain, no more churning stomach, no more anxious days and nights preceding the dental work. While a large part of the credit for this amazing change has to go to my dentist (Dr Sheila Hofbauer) it is hypnosis that made the major difference.

Although I had previously used self-hypnosis to reduce the terror created by torturous dentistry when I was a child in England some 65 years ago the phobia persisted.

Now, however, the self-hypnosis was enhanced because I had hypnotized a client over Skype a day before my series of dental visits began. I think the positive suggestions I gave him about self-confidence, relaxation and freedom from being anxious, were absorbed and subsequently acted upon by me.

Anxiety and phobias can be beaten: [Put an end to your anxiety](#)

Hypnosis to combat Infertility

By Bryan Knight on September 26th, 2012



Recently Psychology Today published some posts about Hypnosis and infertility. Hypnosis cannot, of course, make a couple fertile. But what it can do is relieve the stress and tension around infertility treatment. The Comments on the PT blog reflect this and are worth reading. My own contribution was to take issue with the person who blamed stage hypnotists for spreading misinformation about hypnosis thus depriving desperate couples of a way to encourage their becoming pregnant. You can read the [PT blog here](#), particularly the recent post by a British hypnotherapist whose own experience of relaxation techniques helped him become the father of a much-loved boy, now 6 years old.

Is it true that I won't remember anything that went on during the hypnotherapy session?

By Bryan Knight on September 19th, 2012



No. On the contrary. You will remember everything you want to remember. Unless:

- you request a suggestion for amnesia,
- you choose not to remember, or
- you spontaneously forget.

Would a client under the influence of morphine have a difficult time to reach somnambulism?

By Bryan Knight on September 5th, 2012



"Somnambulism" is the concept of a very "deep" level of hypnosis that some practitioners consider mandatory if a client is to successfully achieve change. Since I consider this to be a belief, rather than a fact, my answer is that reaching somnambulism only matters to the therapist. Might morphine make it easier for a patient to utilise hypnosis? After all, she is already relaxed. I'm not aware of any studies on this so I am not giving a definitive answer.

How can hypnotherapy help a terminally-ill person focus her mind when she has little time left and might be suffering from nausea and pain?

By Bryan Knight on August 23rd, 2012



Hypnotherapists who specialise in pain control say that the focusing may begin first on the pain. Alleviation of some discomfort helps the client feel she still has some control.

Then, when she's ready, she exercises the ultimate in self-control: letting go.
