

Chapter 1 : Time Distortion - Under Hypnosis - Magical Apparatus

Time distortion is a tool that you can use in hypnosis to achieve a variety of results. Your mind can speed up or slow down your perception depending upon what the desired results are.

Therefore, you will actively participate in the structuring of your hypnotherapy program, including setting up the goals for each hypnosis session. Throughout the hypnotherapy process, you will progressively learn self-hypnosis. Ultimately, you will learn how to manage your problems independently, using the tools and strategies acquired through hypnotherapy. What can I use hypnotherapy for? When clients contact us to schedule hypnotherapy sessions they are motivated by a desire to change something about themselves. The majority of our hypnosis clients want to learn how to manage stress more effectively. Unfortunately, stress is a part of life: Some people want to change negative beliefs, perceptions, thoughts or emotions, unwanted automatic behaviors, addictions, habits, or body reactions and replace them by positive ones. Others seek hypnosis to alter central processing of sensory information e. Many clients pursue hypnosis to improve their work, athletic, or academic performance; some of them seek help to enhance memory, concentration, and retention of information in order to improve school performance or better prepare for important tests or examinations. And since there is a growing awareness of the effectiveness of hypnosis in treatment of various medical conditions, many of our clients use hypnosis to supplement medical treatment of physical or emotional problems IBS, SIBO, anxiety, panic attacks, OCD, insomnia, TMJ, fibromyalgia, headaches, infertility, sexual dysfunctions, to mention just a few, control side-effects of medications, or to prepare for surgical procedures and help with post-surgical recovery. It is our belief that the brain establishes new neurological pathways in the same way that your body learns new movement patterns. When you are learning a new dance, you need to repeat the same sequence until it becomes automatic. We will also look at your medical history and discuss any previous interventions you might have tried. Once we are clear about your goals, we will explain to you what approaches may be used during your hypnotherapy process. Then we will decide together on the course of action. We will also explain how you will feel when you enter a hypnotic trance and answer any questions you may have. This part of hypnosis session is called the Induction Phase. Most our clients want to include stress management in their hypnosis intervention, so our hypnotic inductions always have a relaxation component. Throughout the Induction Phase we will monitor your responses and we will adjust induction instructions accordingly to make sure that you enter the appropriate level of hypnotic trance. We will test your trance depth at the end of the Induction Phase. Once you are in a hypnotic trance, we will start Suggestions Phase of your hypnosis session. During the Suggestions Phase you will be using your mind to create thoughts and mental images intended to facilitate the changes that need to happen for you to meet your self-improvement, health or wellness goals. After all suggestions are delivered, you will bring yourself out of hypnosis. Once you emerge from hypnosis you will feel rested and relaxed, but totally alert and sharp. You will be fully functional; you will be able to drive safely and return to your usual activities right after the session. Before you leave our office we will discuss your experience, review the goals for the next session, and explain to you how to work with the recordings of your session until you come back to us for a follow-up. Your follow-up session will have a similar general structure as your first session. We will review your responses to the previous session followed by the hypnotic induction, suggestions, return to the usual waking state, and discussion. During your hypnosis sessions you will be sitting in a comfortable recliner chair. The room will be well-lit and we may play relaxing music in the background. The number of sessions required to reach your goals will depend on the specifics of your case. Three to five sessions are typically sufficient to address one issue. [Click here to view video testimonials and written testimonials from our former clients.](#) How will I feel when I am in a hypnotic trance? During the entire length of your session you will know exactly where you are and you will have total control over your body and your mind. When in a hypnotic trance you will be able to think clearly and make decisions. When we invite you to focus on an idea or thought or ask you to create certain images in your mind, you will have the ability to decide if you want to follow our suggestions or not. If you choose not to follow our suggestions you will not enter hypnosis. Once in a hypnotic trance, you

will also be in total control and you will be able to emerge from hypnosis at any time you want. Relaxation All our clients tell us that hypnosis is a profoundly relaxing experience. This is because the hypnosis inductions we use involve suggestions of relaxation, comfort, and safety and we reinforce the feelings of peace and calm as the session progresses. Even people who say that they can never relax physically or mentally and are skeptical about their ability to sit still for any period of time are shocked at how easily and naturally they enter into a deeply relaxed state. We often hear comments such as: Rather than feeling comfortably heavy, some people feel as if they were floating. I forgot about it. Clients who arrive to a session feeling pain or discomfort in their body typically experience disappearance of pain during the course of hypnosis session. Furthermore, they remain pain-free after emerging from hypnosis and maintain that comfortable state after leaving our office. Empowerment Our clients tell us that hypnosis is a very empowering experience. Increased self-confidence, self-respect, self-reliance and an overall feeling of empowerment is a result of: The effects of ego-strengthening suggestions we use during hypnotherapy sessions. The clients realizing and seeing the evidence that their work creates real and lasting positive changes in their lives. Absence of distractions or negative self-talk During hypnosis sessions our clients observe gradual disappearance of distracting or negative thoughts: This is because in hypnosis, perception of time shifts from external to internal internal time is perceived as slower than external time. Enhanced imagination Another commonly reported feature of hypnotic trance is enhanced imagination. Our clients say that in hypnosis it is natural and easy to create and sustain images. The images, thoughts or sensations experienced in hypnosis are more vivid, more clear, more apparent, and more immediate than the same images, thoughts or sensations in the usual waking state. Ability to access and intensify emotional states When in a trance, our clients can easily access and intensify emotional states. Since our clients participate in guided hypnosis sessions, the feelings and emotions we guide them to intensify are positive. An interesting feature of hypnotically induced emotions is that they persist after the hypnotic trance is terminated. I no longer had fears of closed spaces and was overall a more calm, relaxed and confident person. I am very happy with the results of my hypnotherapy with Teresa and because of my positive experience I often recommend hypnosis to my friends and family members.

Chapter 2 : Time Distortion - Self Hypnosis - Hypnotherapy

In NLP, we sometimes talk about submodalities and time distortion. Submodalities are the qualities of our thoughts; the size and color of the images in our mind's eye, the loudness and tonality of the sounds in our mind's ear, the timing, intensity or temperature of the sensations we experience.

Sat, 14 Jan Under Hypnosis Usually, when my girlfriend is in trance, I address her in the second person, like "You will now feel I hypnotized her and I spoke directly to her subconscious mind, and addressed her conscious mind in the third person. Subconscious mind, you and I have deep rapport. Together, we make her feel wonderful things. As you and I talk, I want you to allow her conscious mind to be entertained with the wonderful visualizations that she so enjoys when she is in trance. Let her see those visualizations now, as you and I talk. When I took her out, she asked "How long was I in? She said "It felt like I was in for 2 hours! As you and I talk, I want you to regulate her normal breathing, and I want you to allow her body to remain completely relaxed, and I want you to allow her conscious mind to experience an incredible total mind and body orgasm that will seem to her to go on for an entire hour. When I took her out, she had a big smile on her face. I asked her "Was it powerful? The pleasure swirled around in my head. Of what is the spirit made? What is worth living for? And what is worth dying for? The answer to each is the same. Elman discovered that hypnotizing someone while they are asleep creates a deep state of hypnosis. Hypnosleep is discussed in a video from Mark Cunningham. It is a very suggestible state. One late Saturday night, I was reading to my girlfriend in bed. As I had hoped, she fell asleep. She was laying on her side with her back to me. At the end of the story I said "And they lived happily ever after. Even as you sleep, you continue to listen to my voice. Even as you continue to sleep soundly, you hear my voice. Even as you sleep, you can go deep into hypnosis. As you continue to sleep soundly, you can go into DEEP traaaaance. She continued to sleep. She did not seem to notice. I continued "Deep relaxing trance. Going deeper and deeper. Even as you continue to sleep soundly, you go deeper, and deeper, and deeper into trance. After about a minute of this, I said "Throughout the night, you will enjoy very restful sleep. You will have many dreams tonight. You will dream about you and me in very exciting sexual situations. You will have many exciting and satisfying dreams tonight, and you will come many times. I waited a couple minutes and then I did it again. Then I decided to test to see how it was working. I said "Even as you sleep, you can enjoy my touch, and my touch only serves to send you deeper into trance. Then I lightly pinched her nipple. Usually this makes her nipple respond, but there was nothing. So I said "Even as you continue to sleep soundly, you can make this nipple hard. Then I tested my commands by saying "Even as you sleep, you can roll over on your back. Roll over on your back now. And she was still sleeping, with very slow deep breaths. I continued talking to her as I lightly caressed her stomach and then let my hand wander lower. Then I slid into third base. I said "Even as you sleep, you continue to enjoy my touch. My touch sends you deeper into trance, as you enjoy very restful sleep. Even as you continue to sleep soundly, you can savor the wonderful sensations. She was still sleeping. Her vagina was contracting, but the rest of her body remained totally still. I did this for a minute or so and then I told her to come again. At this point, I realized that I could get away with anything. So, I went and checked email. Then I told her to move over and then I went to sleep. Did you touch me while I was asleep? Later in the day we were sitting on the sofa and I asked her again "Can you remember what you dreamed about last night? While she was under, I said "Last night you had many dreams. The dreams are all stored in your subconscious mind. When you open your eyes, your subconscious mind will make all the dreams available to your conscious mind. Then I said "What did you dream about last night? Then we went parking in your convertible and you were touching me while many women watched. While hypnosis is often paraded in that form with large crowds visiting celebrity hypnosis experts to see what wonders they can perform, the majority of hypnosis used is to aid people seeking a solution to a problem they cannot resolve easily with any other method.

Chapter 3 : Self-hypnosis - Wikipedia

Time distortion is an audio hypnosis session which allows you to both experience hypnotic fluidity in time and learn how to direct that fluidity in desirable ways. Whether this is your first encounter with hypnosis or whether you are an experienced practitioner of the art, this deeply relaxing and engaging session will enable you to discover.

Proudly created with Wix. As you are waiting in a queue, you look into the middle distance, your eyes relax and unfocus, and you go into a little day-dream. You snap out of this trance when the person behind taps you on the shoulder: Meanwhile, you were oblivious to the passing of time. On a cold, wet, windy day, you are waiting outside for your transport to arrive. The wind-driven rain stings your face, the bitter cold seems to penetrate your bones. After what seems like a very long time, you check your watch again: You are making a familiar journey, perhaps driving your car, getting on and off public transport, or just walking. Your mind is concentrated on other matters. When you arrive at your destination, you have no conscious awareness of the process of the journey itself, and your perception of time is derived from the inner world of your thoughts, not from your actual progress through the real world. Time-Distortion in Hypnosis Hypnosis involves experiences of dissociation. A hypnotist may invite you to dissociate yourself spatially: You may experience an altered perception of Where you are. Similarly, your perception of "When" may also be altered. In the Foreword, Harold Rosen distinguishes between various different types of hypnotic manipulation of Time and discusses non-therapeutic applications, for example aiding Learning processes. In Time Regression, a therapist guides a client backwards in time to explore memories that might be hidden from conscious awareness. In Time Progression, the therapist invites the client to explore imaginatively a possible future. Both procedures invite the mind to blend memory and imagination to create vivid hallucinations that are not necessarily indications of real world events. Time Regression should be used with great caution: Time Progression is often used in sports coaching, encouraging athletes to envision a successful performance. However, recent studies have shown that some subtleties are required for this approach to be effective. In the waking individual, time distortion is a fairly common experience You might be studying, practising a musical instrument, or training for sports, concentrating intently on the activity at end. When you stop, you are amazed how much time has passed. Whilst in Flow, you are engaged in the present moment, not distracted by thoughts of future reward. This intense engagement with Now dissociates the mind from the normal perception of clock time. The theory of Flow-Pairs would predict that Delayed Gratification is only part of the altered experience of Time in Flow. If there is a high level of Time Distortion, we would expect a correspondingly high level of some balancing opposite characteristic. To oppose the inner world experience of Time Distortion, there must be some high-precision factor related to external, real-world time. I suggest that this balancing characteristic goes beyond Delayed Gratification to comprise a general exclusion from consciousness of any awareness of Past or Future. Flow is characterised by a strong focus on the instantaneous Present. In Flow, intense concentration on the Now of the current experience filters out consideration of any other time, Future or Past, just as the intense focus on one particular subject prevents competing topics from becoming a distraction. The Flow-Pair for Concentration is Relaxation. Similarly, the experience of Time in Flow is enhanced by your being relaxed about the Past, not anxious about the Future, just utterly concentrated in the moving instant of the Present moment. One man was in an automobile that skidded off the road and that turned completely over twice, before landing at the bottom of a decline. He commented about his subjective feeling that time was now either standing still or going in slow motion; it seemed to him as though it took approximately half an hour from the time the car started to turn over till it hit the decline on the side, as though it took another half an hour before the car turned over to its roof, as though there was still another half an hour before it turned over to the other side, etc. Sometimes, in an emergency, the mind becomes wonderfully clear, Time seems to slow down, so that people are able to execute complex rescue procedures far beyond their normal abilities. As for the man in the car crash, the inner experience is of a long period of time, compared to clock time in the external real world. So there are two types of Time Distortion. In Type I, "Time flies" when you are having fun, or if you are in Flow. But, Type II, "Time goes into slow-motion" in an emergency. Hypnosis can guide you towards

either type, according to the precise wording of the Hypnotic Suggestion. There is little or no inner experience. Time seems to go into slow-motion. The inner experience may include vivid, complex and lengthy sequences of events, which are experienced at normal speed, but which occupy very little time in the real world. But other Richard Nongard, Richard Bandler and other NLP practitioners have documented Type I distortion, in which a long period of clock time in the real world seems much shorter to the individual. This can be used to reduce the effect of unpleasant, boring or painful situations. In the real world, high speeds may be involved. Thoughts and imagery are often much increased, in comparison to real world time, but the individual feels their thinking to be at normal speed. Thoughts are experienced normally. But in what seems to be a short time, a much longer period of clock time may elapse in the real world. Which type would help you achieve superb performance in sport, music performance or martial arts? Bandler reports that a young girl, hypnotised with a suggestion of Time Distortion, was able to overpower several adult martial arts experts. Quite simply, she was able to observe, analyse and move faster than they could, because for her, time had gone into slow-motion. As a musician, I have personal experience of Time Distortion in my best performances. Although the music maintains a steady tempo, time itself seems to go into slow-motion for me, so that I feel that I have ample time to take decisions when improvising, or to execute complex technicalities in written music. These are all Type II Time Distortions, where the subjective experience is that there is lots of time, whereas the real-world clock measures a much shorter time. Flow and The Zone are similar, but different.

Chapter 4 : Time Distortion | Brian David Phillips Shifting eXperiential Reality

Originally published in , at a time when hypnosis was beginning to be recognized as a therapeutic tool by the American Medical Association and others, this seminal work reports on research done between and

Perhaps in your past you thought improving your influence or changing minds or habits would have been a hard thing to do. There is an area of study in hypnosis and NLP that explores this very topic and process, and has developed a range of techniques for harnessing it for improved human achievement. We call it "time distortion. I have spent a decade and a half exploring, developing, and mastering a range of refinements with time distortion, to the point where I can confidently say I use it during training, during coaching, and in a wide variety of business contexts. And it can be very, very effective. Time Distortion is a profoundly useful set of techniques for consciously affecting how people think, because it makes adjustments to something we all already do naturally and unconsciously, frequently. And this leads us to experience both positive and negative results from these effects. NLP Practitioners know that we do not have to be at the mercy of this effect, but instead, can harness it and use it more with intention, for ourselves and others. How does Time Distortion work? Here are just some of the principles involved there are more than just these: We assign meaning to all experience. Emotion colors our memory of experience. When we review experiences, and assign and review meaning drawn from that, it changes our perceptions of those time periods, which enables us to amplify some aspects of memories, and downplay or delete other aspects of memories. How we feel when we are doing the above, colors the process further. NLP Practitioners learn techniques and language patterns for shifting how people distort time from being "at effect" to "at cause. One of the most important factors to understand is We encode memories differently between a "Future Possibility" and a "Past Experience. We know this thanks to our work with submodalities. As a result, people draw meaning from these distinctions, differently. Future Possibilities have no momentum yet, sometimes have less meaning attached to them, and sometimes encounter greater resistance to name just a few differences. Past Experiences have momentum as a result of sense-memory and muscle-memory, are easier to repeat, and sometimes have stronger meaning and emotions attached to them to name just a few differences. How you refer to these distinctions is usually automatic. How you store them in your mind is usually automatic. One example of intentional time distortion would be to have you experience some of these things, differently, which may change how you feel and think about them. It takes the occurrence from a negative memory, and puts you back before it, looking forward towards making a better choice in the future. It re-enables greater hope. It takes a future possibility and encodes it as a past occurrence, playing up the positive meaning of the newly chosen future activity. These are just baby steps with time-distortion techniques. This area of NLP skills becomes even more fascinating when you begin to combine these approaches, thereby changing the perception of the past and the future in single sentences. Your results begin to accelerate when you start to combine them strategically with other Ericksonian language patterns, and with congruent use of vocal tonality and rhythm. And when you learn to engage your inner editor as well Only if you want to have gotten that good at this. Study the above example Here are just some of the things you can accomplish with time distortion When you finally become ready to step things up further

Chapter 5 : NLP & Time Distortion: We Are the Meaning Makers | Mastery InSight Institute

self hypnosis, hypnosis, learn hypnosis, visualization, creative visualization Hypnosis - Hypnotic - Self Hypnosis - Hypnotherapy - Creative Visualization. Time Distortion in this hectic fast pace world is becoming increasingly more necessary.

James Braid[edit] The English term "hypnotism" was introduced in by the Scottish physician and surgeon James Braid. I believe they were the first experiments of the kind which had ever been tried, and they have succeeded in every case in which I have so operated. I shall, therefore, give the result of my experience of hypnotism in my own person. In the middle of September, , I suffered from a most severe attack of rheumatism, implicating the left side of the neck and chest, and the left arm. At first the pain was moderately severe, and I took some medicine to remove it; but, instead of this, it became more and more violent, and had tormented me for three days, and was so excruciating, that it entirely deprived me of sleep for three nights successively, and on the last of the three nights I could not remain in any one posture for five minutes, from the severity of the pain. On the forenoon of the next day, whilst visiting my patients, every jolt of the carriage I could only compare to several sharp instruments being thrust through my shoulder, neck, and chest. A full inspiration was attended with stabbing pain, such as is experienced in pleurisy. When I returned home for dinner I could neither turn my head, lift my arm, nor draw a breath, without suffering extreme pain. In this condition I resolved to try the effects of hypnotism. I requested two friends, who were present, and who both understood the system, to watch the effects, and arouse me when I had passed sufficiently into the condition; and, with their assurance that they would give strict attention to their charge, I sat down and hypnotised myself, extending the extremities. At the expiration of nine minutes they aroused me, and, to my agreeable surprise, I was quite free from pain, being able to move in any way with perfect ease. I say agreeably surprised, on this account; I had seen like results with many patients; but it is one thing to hear of pain, and another to feel it. My suffering was so exquisite that I could not imagine anyone else ever suffered so intensely as myself on that occasion; and, therefore, I merely expected a mitigation, so that I was truly agreeably surprised to find myself quite free from pain. I continued quite easy all the afternoon, slept comfortably all night, and the following morning felt a little stiffness, but no pain. A week thereafter I had a slight return, which I removed by hypnotising myself once more; and I have remained quite free from rheumatism ever since, now nearly six years. Autogenic training[edit] Autogenic training is a relaxation technique developed by the German psychiatrist Johannes Schultz and first published in Schultz based his approach on the work of the German hypnotist Oskar Vogt. The technique involves a step-by-step progression that begins from physiological conditioning, such as muscle relaxation, breathing control and heart rate control. Then it advances to psychic conditioning through mental imagery, acoustic therapy, etc. Without proper motivation, an individual will find it very difficult to practice self-hypnosis Relaxation: The individual must be thoroughly relaxed and must set aside time to perform this act. Additionally, distractions should be eliminated as full attention is needed. This is an option used only when the individual wants to work on a specific goal. The individual must direct their concentration on visualizing the desired result. It can take the form of hypnosis carried out by means of a learned routine. Hypnosis may help pain management, [13] anxiety, [14] [15] depression, [16] sleep disorders, [17] obesity , asthma, and skin conditions. Through practicing self-hypnosis, patients can learn to isolate the feared pain that accompanies many a medical intervention; they can productively dissociate themselves into a position in which they can enjoy pleasurable fantasies and memories, away from the negative aspects of their current reality. Specifically, once the patient is in a self-hypnotic state the therapist can communicate messages to the patient, allowing the relaxation and strengthening process to occur. In addition, since stress prevents well-functioning of the immune system, researchers from the Ohio State University came to a conclusion that self hypnosis to prevent stress can also help in protecting the immune system against the negative effects of it. They proved this by showing that students who performed self-hypnosis during stressful exam weeks showed a stronger immune system when compared to those who did not learn the technique of this phenomenon. Joseph DeLee , an obstetrician, stated

in the early 20th century that hypnosis was the only risk-free childbirth anesthetic. Common self-hypnotic techniques include: Pretending the hand is numb and placing it upon a painful region to remove the sensation there. Perceiving periods of time accompanied by pain as shorter in length and those free of pain as longer lasting. Viewing the pain as a non-threatening, acceptable sensation perhaps merely pressure that causes no trouble. Other uses[edit] Self-directed thought which is based in hypnosis can be used for many other issues and behavioral problems.

Chapter 6 : Time Distortion in Hypnosis: An Experimental and Clinical Investigation by Linn F. Cooper

Time Distortion in Hypnosis: An Experimental and Clinical Investigation by Cooper, Linn F., M. D., and Erickson, Milton H., M. A., Phd and a great selection of.

Accelerated learning techniques are becoming increasingly more necessary in this modern world. Learning through time distortion is harnessing the subconscious through conscious direction. Through self-hypnosis, you too can learn to review information in a time distorted fashion. As an example, one concert violinist put herself into a self-hypnotic trance and through self-induced time distortion practiced her music in several different ways. By "playing" the difficult spots mentally, it helped her finger memory to improve in speed and accuracy. She was able to review long pieces over and over in very brief "world" time periods, and her technique and technical performance improved strikingly. By repeating memorized material in a time distorted fashion, valuable associative patterns can be firmly established and conscious recall becomes more available. Using time distortion, problems can be reviewed and approached from all angles in a matter of seconds. Hypothetical lectures, appointments and scenes can be laid out in your mind, prepared for and visualized in a brief amount of time. Kinesthetic body movements in gymnastics or the martial arts can be reviewed in this way as well. In a similar way solutions to everyday problems can be achieved effortlessly and quickly. By simply trusting your subconscious mind, you establish a better awareness and faith in your own abilities. As Einstein pointed out, time flows at different rates for each person. Some people have experienced their whole life flash before their eyes in a matter of seconds just prior to a sudden death-risking situation. Also dream researchers have discovered that a one minute dream sometimes feels like hours to a dreamer. In one experiment, hypnotized subjects were given imaginary tasks to perform in their minds -- like designing a dress and preparing a complicated meal. They were tricked into thinking they had an hour to accomplish their tasks, but they really had only 10 seconds. After 10 seconds had elapsed in world time, the hypnotized subjects experienced intricate and accurate detail in their inner perception that seemed to them to be a complete hour! A posthypnotic interview revealed that the subjects experienced no difference in their "thinking" and that at no time did they feel hurried or speeded up. Time distorted thought thus seems to have superior clarity to normal conscious thought beset with constant distraction. The experiment was achieved by starting a metronome at 60 beats per minute while the hypnotist stated that he was slowing it down gradually. The same suggestibility can be achieved in a self-hypnotic state. Use an audible second-ticking clock or a metronome stroking at 60 beats per minute. Assume a comfortable position in a chair or a bed, and achieve a self-hypnotic state. After getting into a deeply relaxed state, your heartbeat will entrain itself to the slow rhythm of 60 beats per minute. Concentrate on deep rhythmic breathing and clear your mind to allow your brain waves to also slow down. Now begin using the following suggestions on yourself: I am feeling wonderful. Repeat the above suggestions or similar ones over and over to yourself until you "feel" that each click of the metronome is spaced between 2 - 4 minutes apart. Bring into mental focus the material you want to review and say the following: At this suggestive state of mind, you can review any material you wish in a matter of seconds over and over again. You work at optimal levels of efficiency when you are relaxed and enjoying yourself. The more you practice this exercise, the easier it will become. Bring yourself out of the self-hypnotic state by counting backwards from 10 to 1 and then progressively awaken. Always give yourself a post-hypnotic suggestion that the next time that you want to experience self-hypnotic time distortion, it will be easier and faster to undergo. You can even create a tape for yourself with the above suggestions. A new training manual with over two hundred mental exercises has recently become available for those willing to improve themselves.

Chapter 7 : NLP Sedictopm Secrets- Time Distortion

Time distortion is such an important strategy in clinical hypnosis that Milton Erickson, M.D. even wrote an entire book on the subject in But what do you really know about his experiments and the value of time distortion?

Chapter 8 : Time Distortion

Once you have induced hypnosis, or just adopted the hypnotic mindset, focus on your breathing, move your awareness inside your mind, engage in the moment, observe yourself and use whatever meditative, relaxation or self-hypnosis technique you know to develop a receptive state of mind.

Chapter 9 : Time Distortion in Hypnosis. | JAMA Psychiatry | JAMA Network

Time distortion, the difference between the real time of Originally published in and revised and updated in , this volume will be welcomed by everyone who follows the work of Erickson or the use of hypnosis in a therapeutic setting.