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Introduction Since its inception, there have been many myths concerning hypnosis. While others believe in it, others completely do not buy it. There are even rumors that dark magic and hypnosis are linked. Due to the creepy pictures painted in the movies, hypnosis is seen as a scary way to control the minds of helpless victims, usually by the wicked and evil people in the film. The picture that Hollywood places in our minds is one of the reasons why there are so many myths and legends surrounding hypnosis, and why many people relate it to evil powers and spirits. It is also responsible for people not understanding how helpful hypnosis can be, and therefore, not giving it the fair shot that it deserves. What people should learn is that hypnosis is not a mind control gig or a brainwashing kind of experience. Its basis is a person's free will. When under a hypnotic trance, the person is wholly conscious of what they are experiencing. Therefore, rather than guess what it is about, it is essential that you understand the issue from the beginning. Hypnosis can be described as a state where one is in a semiconscious state so as to tap into memories that are being regressed or blocked out. It is commonly used in people who have gone through some past traumatic stress and have completely blocked out what happened to them or have lost their memory and recollection on important things in their lives. While being hypnotized, someone is believed to be highly focused and to have increased concentration. The individual has the ability to zero in on particular thoughts and memories while simultaneously blocking out any...



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