

[<http://www.americanchronicle.com/articles/viewArticle.asp?articleID=13841>]



Beverly Hills, CA September 21, 2006

Hypnosis - Master Your Fears and Phobias

Pradeep Aggarwal

Most people struggle with their fears and phobias. Hypnosis offers a very natural and effective cure for treating fears and phobias. Hypnosis by way of mental and physical relaxation helps you to train your mind to react differently to your fears and phobias.

Deep relaxation lowers your blood pressure, which in turn reduces the tension in your muscles and brain. Hypnosis reduces the amount of stress related hormones, which help your body to return to its normal state.

The technique, which is used in Hypnosis is that, the conscious part of the brain is subdued so that the subconscious portion is upfront and becomes accessible to the hypnotist. Then the Hypnotist reprograms your subconscious mind and you absorb all the instructions without thinking about it. The subconscious mind is responsible for all those activities which you do automatically like driving a car. It controls your heart rate, your breathing without being dependent on the conscious mind. The conscious mind, which is the rational mind, takes a back seat.

Fears and phobias are learned behaviors. The Hypnotist can help you overcome them by helping you to relate it to something funny. After the session you may feel that the fears and phobias were nothing of great importance. It helps you to tune out of the worries and doubts and you feel more free and relaxed. Hypnosis is often compared to daydreaming, as the people in this state of mind feel uninhibited.

Hypnosis could be an advisable therapy with the help of which you can master your fears and phobias. It can help you reduce your stress that you suffer and it is an amazing option to changing your behavior.