

Hypnosis in the past was not considered to be a form of science. On the contrary, most people believed it to be something associated with witchcraft and magic. In the present day, research has proved that hypnosis can be easily classified as a part of science. This is attributed to the fact that it has several characteristics which make it a science. A person who does not know anything about hypnosis, or one that has little knowledge about the same, finds it quite challenging as there are many rumors and theories about the subject. Researchers and scientist who have studied the subject all over the world have found it to be actually a type of science that should be studied further in order to fully understand it. The origin and development of hypnosis is the only way a person can be able to see the scientific aspect of the subject.

As an individual, you can o a small experiment that will help you understand why [hypnosis is considered to be a science](#)

. Start by looking for any bright object, preferably one that can be easily held between your fingers. If possible, get a lancet case and use it for this experiment as it is one of the best objects that can be used. Once you have your bright object, place it between the middle, fore and thumb fingers of your left hand. Make sure you are holding it from a distance of about eight to fifteen inches from your eyes. The best position should be above the forehead in order to get the strain on the eyelids and eyes. Now maintain a fixed and steady stare on the object and see what happens.

To see the best results of this experiment, you should try getting a test subject. This can either be a close friend or relative. Make sure they understand it is important to have the mind riveted on the object while maintain a steady stare on the object. Using a test subject is advantageous as you will be able to have a better look at the results. When your subject follows these instructions, you will notice that their pupils will start contracting as a result of the consensual adjustment of their eyes. Afterwards, the pupils will start dilating and to a certain extent, they will start assuming a wavy motion.

If your subject does not seem to yield such result, you should stop the experiment and begin again making sure you follow the instructions above. Once you have reached to the point they start assuming a wavy motion, take your middle and fore fingers of your right hand and make sure they are extended and slightly separated. Move these fingers from the object and towards the eyes. When this is done effectively, the end result is subject's eyelids closing involuntary and with a vibration like motion.

When this situation does not arise, or the subject decides to move their eyeballs, you should

start from the beginning. Make sure that they understand the importance of letting their eyelids close when you reach the point of moving your fingers to your eyes. They should know that this can only be achieved if their eyeballs are fixed in a particular position while their minds are focused on the object that is above their forehead. When such a process is followed properly, the end result is the involuntary closing of the eyes with a vibration like movement. In some cases, the eyelids may close spasmodically. This is an experiment that can be used as proof that hypnosis is actually a science. Different people will have different response times and slightly different reactions before the end result are achieved. All the same, the experiment proves that hypnosis is part of science.