

Hypnosis is a trance like state that is mostly characterized by heightened imagination, extreme suggestibility and relaxation. With this in mind, one will find that it is quite easy to practice it as long as they know what they are doing. Some people assume that hypnosis is all about getting to keep someone in a trance like state. However this is not the case. One has to know the different ways that hypnosis can be practiced if they are to learn how they are going to practice it. In the past, hypnosis was seen to be a method of demonic worship and spirit related practices. Presently, it is being accepted as one of the most therapeutic ways to solve mental related problems and the likes. Anyone who is interested in knowing how to practice hypnosis will need to know what it is in general and how it is simply carried out. A definition by the 'state theory' shows that hypnosis is not a trance like state, but a mental state. With this in mind, you will find that it can be also be defined as imaginative role enactment. There are other definitions about hypnosis that can make it quite easy to understand. However, some of these definitions tend to distort the true meaning of hypnosis and they are therefore not recommended. A person who is interested in practicing hypnosis should be able to understand the above definition and use it as the only genuine definition for hypnosis.

For hypnosis to occur there has to be induction through a process. In this case, the induction is done by a process which is known as hypnotic induction. Hypnotic induction is a result of a series of preliminary suggestions and instructions. The length of the series will be determined by the type of hypnotherapy being used, as well as the desired result. Hypnotherapy is the terminology used to define hypnotism which is done for therapeutic purposes. This is done by a hypnotist when there is a subject present. The other type of hypnosis is known as self-administered whereby an individual uses auto-suggestions and instructions to create self induced hypnosis. An individual who is interested in knowing what it takes to practice hypnosis should have all this information in order to know the type of hypnosis they would prefer to practice.

Once the types and definition of hypnosis are known, the next step is getting an idea of the induction techniques which are available. Before hypnosis begins, there has to be induction techniques. In the past, induction was defined as putting the subject in a trance. However, the following theorists have stated it as being a means of heightening a subject's expectation, focusing attention, defining their role and so forth. With this in mind, there have been very many techniques which have been used as induction methods for hypnosis. These techniques will vary depending on the result that is needed by the hypnotist and the condition of the subject being hypnotized.

One of the most popular induction techniques is known as the 'eye fixation' technique. This was a technique that was developed by James Braid and it is popularly referred to as 'Braidism'. In the present day, there are many variations of this technique that are used by hypnotherapists. A person who wants to learn hypnosis should familiarize themselves with the variations so that they can choose the technique that will suit them best. Basically, any individual can learn hypnosis and its various effects. However, before they learn and practice hypnosis, they should gather information from the right sources. Once information has been gathered and a path has been chosen, practicing hypnosis should not be a hard task.