

## The Basis of Christian Hypnosis

Common belief: Jesus is the way, nothing more and nothing less.

All Hypnotists in the Fellowship of Christian Hypnotists must have this common belief.

1. The truth shall make you free.

**John 8:32 (KJV)**

<sup>32</sup> And ye shall know the truth, and the truth shall make you free.

Our behavioral and emotional problems, be it family problems, relationships, self esteem, substance abuse or other are all a result of not knowing and acting on the truth. Often our "truth" is not His truth. People often believe the lies that they are not good enough, that they can't live without drugs, that they can't live without a certain person or relationship or that they can't quit over eating or smoking. Hypnosis is just a tool Christian Hypnotists use to bypass the critical factor of the mind to give us a better view of the truth or how things really are. Christian Hypnotists help people see the truth that they can live without substance abuse, over eating, toxic relationships and that they are good enough to love themselves and to receive the love of others. You will make better decisions with a better view of the truth.

2. There is a power greater than your problems.

**1 John 4:4 (KJV)**

<sup>4</sup> Ye are of God, little children, and have overcome them: because greater is He that is in you, than he that is in the world.

No matter what your problem is there is a power greater than your problem. Once again Christian Hypnotists use hypnosis as a tool to bypass the critical factor of the mind to help people see this and see new options. The reason 12 Step programs have been more successful than any secular programs designed to deal with the same problems is that if you know there is a power greater than you and that power is your resource you will try to do things beyond what you see yourself doing by yourself alone. As Christian Hypnotists we do referrals, we refer up.

3. You can call on that power.

**Zechariah 13:9 (KJV)**

<sup>9</sup> . . . they shall call on my name, and I will hear them: I will say, It *is* my people: and they shall say, The LORD *is* my God.

**Matthew 21:22 (KJV)**

<sup>22</sup> And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

As Christian Hypnotists, hypnotism is not our religion, Christianity is. Our focus is not on hypnotism, it is on Christ. Hypnosis is only a tool and is a form of focused attention. The bible tells us that prayer is the sincere desire of the heart. Not quite the same, but they are similar. The bible tells us in many places we are to meditate on God and His word. This type of meditation is not new age it is age old. As a Christian Hypnotist I recommend that whatever problem you bring to me for hypnotism, that you take also to Him in prayer and meditation. We are here to help, but He is the source of all help and aid.

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