

Hypnosis

Market Sentiments

Web Search Interest in 1 Year (2010-2011)

Shows general market interest, attention and curiosity online about the topic.

Interest over time

[Learn what these numbers mean](#)



Regional Interest

Shows general market interest online according to geographical location

Regional interest

1.	Ireland	100
2.	Australia	95
3.	South Africa	94
4.	United States	93
5.	New Zealand	87
6.	Canada	78
7.	United Kingdom	67
8.	Singapore	67
9.	India	47
10.	Philippines	40

Note: All results from Google Insights are normalized. So just because a particular region doesn't appear on the top Regional interest list, it doesn't necessarily mean that the niche isn't popular at all - it just means that the term is more popular in other regions.

Demographics (data based on hypnosisnetwork.com)

Demographics are the characteristics of a population. In the field of marketing, it is important to define the demographic profile of your target audience. This is to identify target audience in the overall population and to create a clear and complete picture of the characteristics of the target consumer.

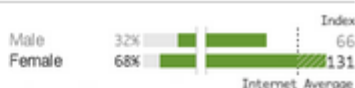
The following data tells you the gender, age, children per household, education status, income levels, and other demographic insights of your target audience.

Demographics

Updated May 2010 • Delayed - Next: Feb 2011



Female



Gender | [Embed](#)



Older

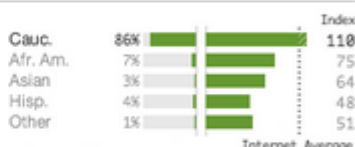


Age | [Embed](#)



Caucasian

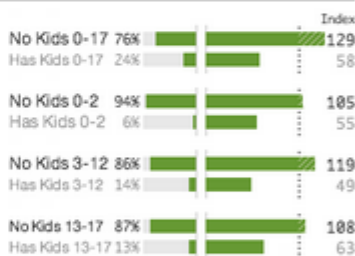
There are more Caucasian visitors here than average.



Ethnicity | [Embed](#)



No Kids In Household

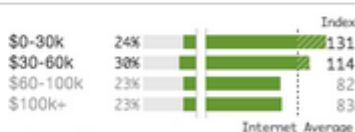


Children in Household | [Embed](#)



Less Affluent

This site attracts a less affluent audience.



Household Income | [Embed](#)



Graduate And Post Graduates

There is a high Index of Graduate and Post Graduates here.





The “index” represents the delivery of a specific audience segment compared to the internet average of 100. Composition, which is represented by the % of audience figure on the left side of the chart, represents the percentage of a property’s total audience that meets a specific demographic criteria.

For example, an index of 100 indicates the target audience is equivalent to the demographic make-up of the total internet population. Any increase over 100 means that the property is “over indexed” and attracts a more concentrated group of a particular demographic group than in the general internet population.

Psychographics (data based on hypnosisnetwork.com)

In the field of marketing, psychographic variables are any attributes relating to personality, values, attitudes, interests, or lifestyles.

The following data profile shows other topics that the audience is likely to be interested to visit and the affinity indicates how much more likely than average.

An affinity of 10x means that your target audience is ten times likelier to be interested in the topics than the average internet user.

Audience Also Likes

Updated Aug 2011 • Next: Sep 2011

Data Source: United States Monthly

	Affinity	
Religion	4 . 9x	<div></div>
Politics & Commentary	4 . 8x	<div></div>
E-cards	3 . 8x	<div></div>
Health News & Info	3 . 3x	<div></div>
Regional/Local News	3 . 2x	<div></div>
Science & Technology	3 . 1x	<div></div>
Flowers/Greetings/Gifts	2 . 9x	<div></div>
Healthcare	2 . 8x	<div></div>
Discount	2 . 8x	<div></div>
News	2 . 7x	<div></div>
Business News & Info	2 . 7x	<div></div>
Magazines	2 . 7x	<div></div>
Incentive	2 . 7x	<div></div>
Consumer Goods	2 . 5x	<div></div>
Pharmacy	2 . 5x	<div></div>

Frequently Asked Questions

- What is hypnosis?
- What are the two theories are used to explain this altered state of consciousness?
- How does hypnosis work?
- How can I hypnotize my friend?
- How long should a typical hypnosis session last?
- What are the negative consequences of hypnosis/auto questioning?
- Can Hypnosis correct a negative pattern of behaviour learned during childhood?
- Can hypnosis work to provide motivation to lose weight or exercise?
- How do the effects of hypnosis differ from the effects of drugs?
- Does hypnosis work when working on confidence, happiness, depression and attraction?
- What is the most important thing to remember about hypnosis?
- What is the most powerful method of hypnosis?
- What are the pros and cons of clinical hypnosis?
- In hypnosis, what is a good way to go from induction to suggestion?
- Does hypnosis help in clearing unresolved issues in my subconscious mind?
- Does hypnosis really work in curing and improving your mind?
- What is the similarities and differences between hypnosis, meditation and biofeedback?

- What is the best way to put someone under hypnosis?
- What are the different hypnosis techniques?
- Why is it necessary to relax for hypnosis to work?
- How fast are brainwaves when under hypnosis and how compared to when remembering traumatic experiences?
- What are the signs of hypnosis?
- Can a person tell a lie while under hypnosis?
- What is the purpose of hypnosis?
- What are the benefits of hypnosis?
- How do you try and hypnotize people who can't seem to relax or stop fidgeting?



Problems & Frustrations

- **Using cds and mp3s but not seeing any results**

I have a lot of Self Hypnosis Cd's and Mp3's and most of the time when I use them, my mind starts wandering into random thoughts and I lose focus on the guides voice and instruction, many times I don't even hear the suggestions. Is this something I should work on? I've heard from some people that this is actually beneficial since it shows that the conscious mind is busy, allowing suggestions to enter into the sub-conscious. I'm not totally sure and I would love some expert advice on this since it has been setting me back quite a bit. I also sometimes fall asleep while listening to hypnosis Mp3's and then I wake up right when the guide starts to count me back up. Not sure what's going on here either.

- **Cannot afford to go to a therapist**

Basically I have no money to go to a therapist so I heard you can put whatever message you want and listen to it at night and your sub conscience will pick it up and you'll start to act it out. Should I use such audio messages instead of going to a therapist?

- **Wish to use hypnosis again but don't have the right resources**

Basically I have a quick question. I have tried hypnosis in the past for stress. But this was just a book and a cd. And I still use it sometimes now. But I have a real problem with sugar cravings. I'm not over weight or anything and I am quite healthy and have tried everything to deal with the cravings and am thinking of turning to hypnosis as a last resort. But I'm not sure how to start hypnosis on that because I've got no resources for that.

- **Been doing hypnosis but have had varied success**

I've been doing hypnosis the past few weeks and have had varied success. My goal is to become a great stage hypnotist. Anyway, none of my suggestions aside from "wake up" seem to be working. Does anyone mind helping out a beginner?

- **Qualified hypnotherapist but lack of confidence**

I have been a qualified hypnotherapist for a couple of years but I find that my confidence is lacking a bit, especially with Past Life Regression. Can anybody help? What do I do when a client is gagging to find a past life but doesn't "see" anything when I have done my bit? I haven't had much success with this at all, what am I doing wrong I do the PMR and then the script for finding the past life through the mist after speaking to the guardian of the bridge.

- **Having problems inducing**

Hi, I've been trying for months now to induce a friend of mine to no avail. I have hypnotized someone before and even achieved somnambulism on my first try, but with this person, I don't know. She volunteers to try it so it's not that, I can't really use long progressive inductions on her because she either falls asleep for real or gets bored and quits. If I try to use a shorter induction, I don't get the results I need. I've even talked to an ultra depth practitioner for advice and still have nothing. I'm thinking maybe because I'm so close to this person the rapport is just so screwed up? That's the only conclusion I can come to.

- **Mind keeps moving and prevents hypnosis**

I need help getting hypnotized. I have successfully been hypnotized before but only once. Every other single time i fail because of one thing, i can't stop thinking. i can't get my mind

to shut up and be quiet, it thinks too much, especially that I am an aspiring hypnotist, there's even more for me to think about like inductions and techniques being used on me, instead of just shutting up and listening.

I've probably listened to and watched 20 hours of hypnosis videos/tapes yet none of them seem to be able to get me into a trance... I always find myself distracted by either a random thought or itch on my body. I do get very very relaxed and a very heavy feeling but i cant seem to get any further! Please help me! I want to know what hypnotism and trance state is actually like!

- **Unsure if anxiety can be treated with hypnosis**

I have generalized anxiety disorder and cannot get pills to work for me. I do not tolerate drugs very well. I was considering hypnosis for my anxiety and wondered if anyone has tried it and if it worked for you. Any information would be appreciated!

- **Don't really understand how Hypnosis works**

Hello, I'm pretty new to hypnosis. I've downloaded a lot from Uncommon Knowledge and other websites as well and have a few questions. Firstly, I always fall asleep during the hypnosis. I don't always remember the end of some tracks, and where some are meant to put me to sleep for the night, some have a part where they try to wake me up. Sometimes I wake up but other times I don't and stay asleep for a few hours or however long my naps usually are. I'm almost always laying down during hypnosis because of a low-back problem. Does the hypnosis still work if I'm asleep and don't wake up on command? Does that mean

I'm at a different sleep level? What if sometimes I dream during the induction and it's not what the hypnotherapist is saying? Also, at completely other times when I'm not lying down, sometimes I daydream or my mind wanders during the induction and I'm not exactly doing or imagining the things the hypnotherapist is telling me to do (probably because of a hint of ADD). Are the hypnoses still effective if I listen to it and my mind wanders sometimes? Third and finally, how safe are playlists? Such as if I have 3 or 4 tracks I'm supposed to listen to daily, can I put them in a playlist and play them back-to-back, such as at night when I'm going to sleep? How safe is this?

- **Unsuccessful induction**

My first inductions was on a class mate, she fought me and I didn't deepen fast enough as she "felt the urge" to sleep but jerked her head out of it in like 2 secs during the arm pull and 8 word... How would you manage someone who does this?

- **Tried hypnosis but not seeing desired results**

I've been trying to solve a problem of my own a couple of times both with 7th path self hypnosis and with 2 other hypnotist. After several tries, in the regression the information doesn't seem to come.. it's just "black" like an empty space.. I've really tried to relax and trust what's coming but it doesn't seems to work anyway.. It's kind of driving me nuts that it never seem to solve the problem.. What are your experiences with working with other hypnotists in the profession? Thanks

- **Tried to conduct hypnosis on another but unsuccessful**

Every time I try hypnosis the same thing usually happens. I do the suggestibility tests and everything goes as planned. Than I choose the most "hypnotically connected" person and than go into the rapid induction. Sometimes I put one more sugestibility test for good

measure. Every time I try and do they still have their eyes open and staring at me. I keep on going with the induction, but no matter what I do, they always show that they are relaxed but can't go any deeper. What's my problem?

I have a friend who I was trying to hypnotize... I know that I got through but in a very light way... like she was only bubbling on the surface of the trance... and I know for a fact that I know how to do an hypnosis, as I have done it before with amazing speed and really good results. The problem is that she is almost unconsciously trying to block me from sending her deeper into trance, not focusing on my voice. If I tell her to imagine a staircase she begins to focus on - how does it look? Does she know it? Where is it located? What colour is it? - And a lot of other stuff... Now I have tried to tell her how it looks, or even that it is a random staircase. But no matter how I do a countdown deepener there is no result, other than her relaxing... just used a staircase as an example... So I would like to know how you suggest I tackle such a problem...

My mother wanted me to hypnotize her and for the life of me, couldn't seem to get her to respond as well as any ordinary client. She tested emotional in suggestibility but wouldn't take the inferred suggestions, so I also threw in some direct, which was worse. I finally just used progressive relaxation, which worked but the depth was not convincing enough for me to accept to work with. I had never experienced this problem as of yet. Everything seemed so easy, till now.... a very grounding experience. LOL I would love suggestions from those who are much more experienced. I have only been doing this for about a year and half. My confidence is just beginner level. (Working on that).

I am not a hypnotherapist but am considering becoming one. Doing a lot of research. I do not have any experience hypnotizing other people but have had some success (i think) here and there hypnotizing my Wife.... Here is where i am having a problem. She says that it worked but i am not sure that she is telling me the truth, i am looking to see if there is a way to tell whether or not it is working. I know my wife, she would tell me it was when it was wasn't just so i would not feel bad. I have used John Cleesattels induction.

I'm a newbie at this and I am having a problem with people failing a test almost every time. I do an induction, deepening, several rounds of varying counts, them and me, an eye catalepsy test and an arm catalepsy test which works well and then I eventually do 123 sleep eye fractionation but they keep on anticipating the 3 when i stop at 2 and open their eyes which clearly indicates they are not in a deep enough hypnosis. what am I doing wrong and what can I do to deepen them to where I can test for this and eventually a lost number test so I really know they are deep enough to do the work I want.

- **Problems hypnotizing people who are over-analytical**

I am able to hypnotize certain people deeply: they pass tests such as arm catelepsey, and disappearing numbers etc., but they are still over-thinking the suggestions I give them. I can see them doing it. Right now, if I detect over-thinking, I'll use a confusional script... and that works, but I get bored of using the same method, and I'd like to try others. I thought that perhaps using the same method as a 'double induction,' - recording myself and then talking over my own voice (another confusional method) might work well...