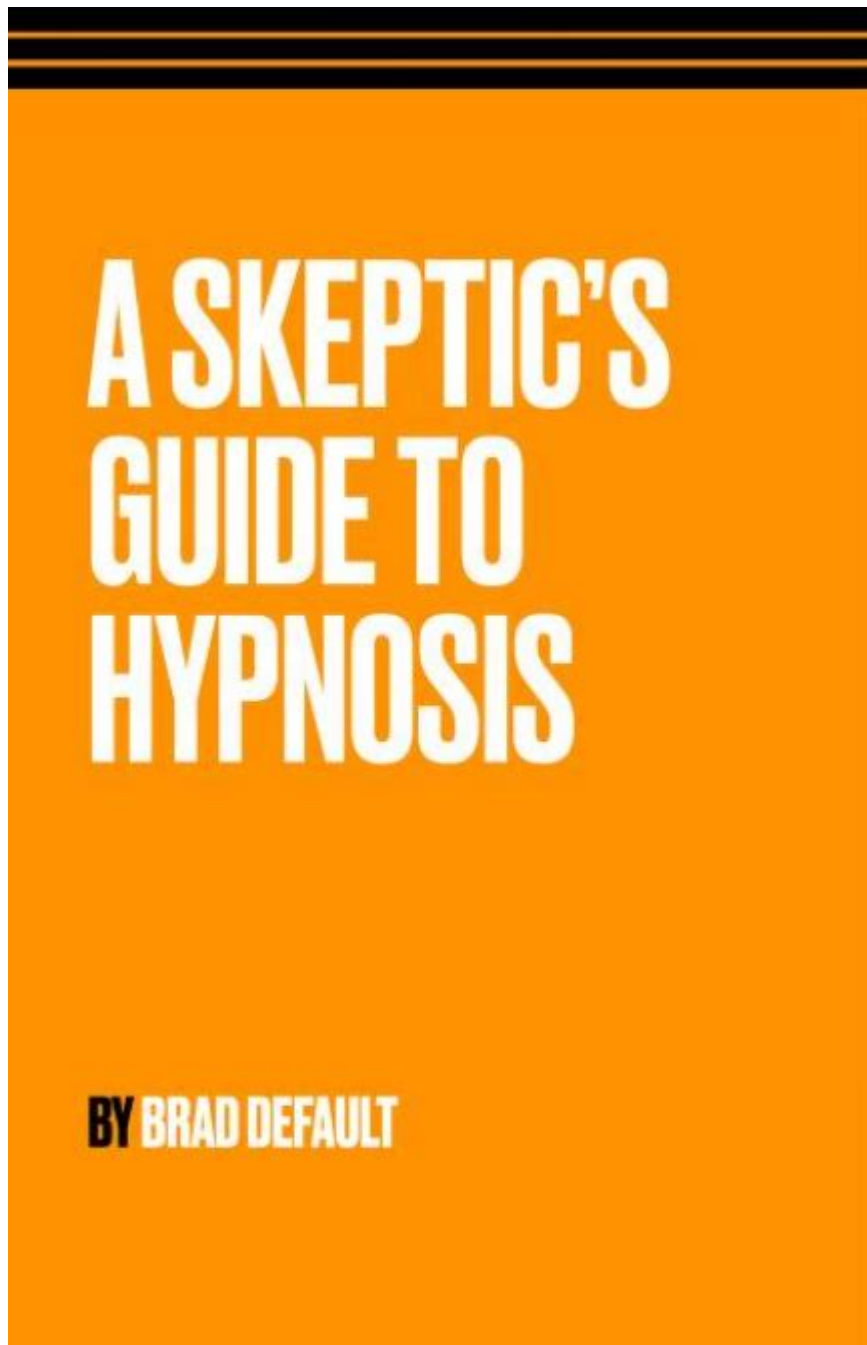


[A Skeptics Guide To Hypnosis](#)



A Skeptic's Guide to Hypnosis: Unmasking the Myths and Unveiling the Science

Are you intrigued by hypnosis but also deeply skeptical? Do you picture swinging pocket watches and mind-control scenarios, straight out of a stage show? You're not alone. Many approach hypnosis with a healthy dose of doubt, fueled by misconceptions and sensationalized portrayals. This comprehensive guide provides a skeptic's perspective on hypnosis, separating fact from fiction and

exploring the science behind this fascinating phenomenon. We'll examine the mechanisms, debunk common myths, and ultimately help you form your own informed opinion.

What is Hypnosis, Really?

Contrary to popular belief, hypnosis isn't about mind control or making someone do things against their will. It's a state of heightened suggestibility, a naturally occurring altered state of consciousness characterized by increased focus and concentration. Think of it like being deeply engrossed in a book, so captivated that you're unaware of your surroundings. Hypnosis utilizes this focused state to enhance communication between the conscious and subconscious minds. This allows for suggestions to be more readily accepted and potentially lead to changes in behavior or perception.

The Science Behind Suggestibility

Hypnosis works through a process called suggestibility. This isn't about weak-willed individuals; it's a natural human trait, varying in degree from person to person. Studies using brain imaging techniques like fMRI have shown that hypnosis affects brain activity in specific regions associated with attention, self-awareness, and emotion regulation. The level of suggestibility isn't a fixed trait; it can fluctuate depending on factors like the hypnotist's skill, the subject's motivation, and the overall environment.

Debunking Common Hypnosis Myths

Let's tackle some pervasive myths surrounding hypnosis:

Myth 1: Hypnosis is mind control.

Reality: A hypnotized person retains their free will. They can resist suggestions they find objectionable or uncomfortable. The hypnotist guides the process, but the individual ultimately chooses what to accept or reject.

Myth 2: Only vulnerable people can be hypnotized.

Reality: Suggestibility isn't linked to personality traits like vulnerability or weakness. It's more about the ability to focus and concentrate intensely. Many highly rational and successful individuals are easily hypnotized.

Myth 3: Hypnosis reveals hidden memories.

Reality: While hypnosis might improve recall of certain memories, it's not a reliable method for

uncovering repressed or false memories. Memories elicited under hypnosis are susceptible to suggestion and distortion.

Myth 4: Hypnosis is a magic trick.

Reality: Hypnosis is a scientifically studied phenomenon, not a mystical art. The techniques used are well-documented, and the effects are measurable. While the experience can feel unusual, it's rooted in psychology and neuroscience.

Hypnosis in Practice: Therapeutic Applications

While stage hypnosis often prioritizes entertainment, therapeutic hypnosis is used in various contexts:

Pain Management: Hypnosis can be effective in managing chronic pain by altering the perception of pain signals in the brain.

Anxiety and Phobia Treatment: Hypnosis can help individuals confront and manage anxieties and phobias by creating a safe space to address triggering situations.

Habit Modification: Hypnosis can be used to assist in breaking unwanted habits such as smoking or overeating, by altering subconscious associations.

Stress Reduction: Techniques like progressive muscle relaxation, often used in conjunction with hypnosis, can promote relaxation and reduce stress levels.

A Critical Evaluation: When to Proceed with Caution

Despite its potential benefits, it's crucial to approach hypnosis with a critical eye:

Choose a Qualified Practitioner: Opt for a licensed and experienced hypnotherapist with appropriate credentials.

Understand the Limitations: Hypnosis isn't a cure-all. It's a tool that can assist in addressing specific issues, but it's not a replacement for medical or psychological treatment.

Be Realistic about Expectations: Hypnosis is not magic. Results vary depending on the individual and the specific application. Manage expectations accordingly.

Consider Ethical Concerns: Ensure your chosen practitioner adheres to ethical guidelines and respects your autonomy.

Conclusion

A skeptical approach to hypnosis is valid and even encouraged. Understanding the science behind suggestibility, debunking myths, and choosing qualified practitioners are crucial steps in forming an informed opinion. Hypnosis is not about mind control but about harnessing the power of focused attention and suggestion for potentially beneficial outcomes. While it's not a miracle cure, its applications within therapeutic settings, when used responsibly, show considerable promise. By approaching the subject with a healthy dose of skepticism and a willingness to learn, you can navigate the world of hypnosis with clarity and confidence.

FAQs

1. Can I be hypnotized against my will? No, you cannot be hypnotized against your will. You retain control throughout the process.
2. Is hypnosis safe? When practiced by a qualified professional, hypnosis is generally considered safe. However, it's crucial to find a reputable practitioner and communicate any concerns.
3. How long does a typical hypnosis session last? Session lengths vary, typically ranging from 30 minutes to an hour.
4. Will I remember everything that happened during hypnosis? Most people remember the session, though some may have fragmented recall. A skilled hypnotherapist will ensure you feel comfortable and safe.
5. Can hypnosis help me quit smoking? Hypnosis can be a valuable tool for smoking cessation, often used in conjunction with other methods like counseling and medication. Success rates vary depending on individual factors.

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Roberta Temes, Ph.D., 2004-09-06 From treating cigarette addictions to losing weight, from setting career goals to getting a good night's sleep, this updated second edition by noted psychologist and hypnotherapist Roberta Temes shows how to use hypnosis responsibly to improve one's quality of life. Includes updated step-by-step instructions for self-hypnosis, plus clear explanations of what hypnosis is and how it works, tips for finding a reputable hypnotherapist, tips on solving problems in one's love life, career, health, and more. • First edition is the bestselling book on hypnosis on the market • Revised and updated with more thorough step-by-step instructions for self-hypnosis • Author websites: www.drroberta.com and www.hypnosisbyphone.com Want to kick a habit or a field goal? The secrets in this book will improve your game and your life. - Bob Reese, Peak Performance Specialist

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Dr. Steven Novella, 2018-10-02 An all-encompassing guide to skeptical thinking from podcast host and academic neurologist at Yale University School of Medicine Steven Novella and his SGU co-hosts, which Richard Wiseman calls the perfect primer for anyone who wants to separate fact from fiction. It is

intimidating to realize that we live in a world overflowing with misinformation, bias, myths, deception, and flawed knowledge. There really are no ultimate authority figures-no one has the secret, and there is no place to look up the definitive answers to our questions (not even Google). Luckily, *The Skeptic's Guide to the Universe* is your map through this maze of modern life. Here Dr. Steven Novella-along with Bob Novella, Cara Santa Maria, Jay Novella, and Evan Bernstein-will explain the tenets of skeptical thinking and debunk some of the biggest scientific myths, fallacies, and conspiracy theories-from anti-vaccines to homeopathy, UFO sightings to N- rays. You'll learn the difference between science and pseudoscience, essential critical thinking skills, ways to discuss conspiracy theories with that crazy co- worker of yours, and how to combat sloppy reasoning, bad arguments, and superstitious thinking. So are you ready to join them on an epic scientific quest, one that has taken us from huddling in dark caves to setting foot on the moon? (Yes, we really did that.) DON'T PANIC! With *The Skeptic's Guide to the Universe*, we can do this together. Thorough, informative, and enlightening, *The Skeptic's Guide to the Universe* inoculates you against the frailties and shortcomings of human cognition. If this book does not become required reading for us all, we may well see modern civilization unravel before our eyes. -- Neil deGrasse Tyson In this age of real and fake information, your ability to reason, to think in scientifically skeptical fashion, is the most important skill you can have. Read *The Skeptics' Guide Universe*; get better at reasoning. And if this claim about the importance of reason is wrong, *The Skeptics' Guide* will help you figure that out, too. -- Bill Nye

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a skeptics guide to hypnosis: *A Skeptic's Guide to the Mind* Robert A. Burton, M.D., 2013-04-23 What if our soundest, most reasonable judgments are beyond our control? Despite 2500 years of contemplation by the world's greatest minds and the more recent phenomenal advances in basic neuroscience, neither neuroscientists nor philosophers have a decent understanding of what the mind is or how it works. The gap between what the brain does and the mind experiences remains uncharted territory. Nevertheless, with powerful new tools such as the fMRI scan, neuroscience has become the de facto mode of explanation of behavior. Neuroscientists tell us why we prefer Coke to Pepsi, and the media trumpets headlines such as Possible site of free will found in brain. Or: Bad behavior down to genes, not poor parenting. Robert Burton believes that while some neuroscience observations are real advances, others are overreaching, unwarranted, wrong-headed, self-serving, or just plain ridiculous, and often with the potential for catastrophic personal and social consequences. In *A Skeptic's Guide to the Mind*, he brings together clinical observations, practical thought experiments, personal anecdotes, and cutting-edge neuroscience to decipher what neuroscience can tell us - and where it falls woefully short. At the same time, he offers a new vision of how to think about what the mind might be and how it works. *A Skeptic's Guide to the Mind* is a critical, startling, and expansive journey into the mysteries of the brain and what makes us human.

a skeptics guide to hypnosis: *A Skeptic's Guide to Belief* Ken Crispin, 2019-04-04 What would happen if you faced your doubts, set aside your preconceptions, and decided to follow the path of truth wherever it might lead? Most people, whether believers or atheists, doggedly defend what they have always believed. Many see this as an expression of faith. Yet, there is something almost inexpressibly sad about the plight of people living out their lives in reliance upon beliefs they dare not question. Perhaps that is why many of us come to a point at which we feel compelled to pursue the truth, no matter what the implications. But even if we found the courage to embark upon

such a journey, could we really find a path through the scientific, philosophical, experiential, and theological thickets that surround the great questions of life? And if we did, would we know the truth and be set free? Would we be forced to face a long-feared despair? Or would we find ourselves still staring impotently at an enigmatic universe? This is a book unlike any other. It addresses these questions with unflinching honesty, drawing evidence from a diversity of scientific fields and subjecting the competing arguments to rigorous skeptical analysis.

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-James Randi, President, James Randi Educational Foundation, randi.org From alternative medicine, aliens, and psychics to the farthest shores of science and beyond, Robert Carroll presents a fascinating look at some of humanity's most strange and wonderful ideas. Refreshing and witty, both believers and unbelievers will find this compendium complete and captivating. Buy this book and feed your head! -Clifford Pickover, author of *The Stars of Heaven* and *Dreaming the Future* A refreshing compendium of clear thinking, a welcome and potent antidote to the reams of books on the supernatural and pseudoscientific. -John Allen Paulos, author of *Innumeracy* and *A Mathematician Reads the Newspaper* This book covers an amazing range of topics and can protect many people from being scammed. -Stephen Barrett, M.D., quackwatch.org Featuring close to 400 definitions, arguments, and essays on topics ranging from acupuncture to zombies, *The Skeptic's Dictionary* is a lively, commonsense trove of detailed information on all things supernatural, occult, paranormal, and pseudoscientific. It covers such categories as alternative medicine; cryptozoology; extraterrestrials and UFOs; frauds and hoaxes; junk science; logic and perception; New Age energy; and the psychic. For the open-minded seeker, the soft or hardened skeptic, and the believing doubter, this book offers a remarkable range of information that puts to the test the best arguments of true believers.

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nervousness, listlessness, lack of energy, lack of drive, smoking, excessive weight, tensions, etc. and even some emotional inhibitions. You will also learn ADVANCED SELF-HYPNOSIS techniques used, among others, to increase performance, eliminate pain, or influence others. These advanced techniques are practiced by athletes, politicians, traditional healers, and on radio, TV, at events, etc. Nonmedical practitioners and physicians can also benefit from the Modern Hypnosis Technique. Of course, you can also use your acquired skills to astonish and surprise your family, friends, and acquaintances as the excerpts from the following three experiments shows: An EXPERIMENT with FALSE MEMORY: Hand the test subject a piece of paper listing a very long number. For example, something similar to this: 164839244312673, 778241983711893. Tell the subject: Please read and memorize this number. Once I take the piece of paper away after a few seconds, you will have memorized the entire number and can write it down. Then take the piece of paper away from the test subject and say: And now you are able to write down the entire number without errors just from memory. Remember: Each suggestion must be canceled by a counter-suggestion. An EXPERIMENT with FALSE PERCEPTION: Tell the VP the following while handing him or her a peeled onion: I am giving you here a nice, juicy apple! Eat it, you will love its taste and it's good for you! The subject will think of the onion as an apple and actually eat it like an apple. A counter-suggestion is here not required since no effect continues after the action has been completed. An EXPERIMENT with POST-HYPNOSIS: You can also use a subject and post-hypnosis, an action that is to be carried out at a later time. Example: Call me at 8 in the evening to tell me that you cannot visit me tomorrow. When I ask you why you cannot come, you tell me you don't have time! Remember: All these experiments must have a clearly defined effective start and end of a suggestion. Never allow an effect to continue after the hypnosis without first canceling with a counter-suggestion. The listed experiments were just a small excerpt from the many possible hypnosis techniques. Moreover, you can also use your own creative ideas to develop and carry out new and interesting experiments. The number of fantastic possibilities is endless once you have learned the methods provided by the Modern Hypnosis Technique instructions.

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of the essential insights of healing communication, without resorting to the long-term expense of a professional intermediary. Therapy should change, simply because there is a more effective approach to healing and personal growth. That approach, the subject of this book, relies on each person's inherent goodness, a resource that is surprisingly easy to contact in the space between egoic thoughts.

a skeptics guide to hypnosis: Quantum Healing Hypnosis Jeffrey Winzant, 2023-02-15 Do you want the power to heal yourself? Despite the ever-advancing innovation in the field of medical science and related fields, humanity still grapples with sickness, disease, disorder, and pain of many kinds. Many ailments, both physical and psychological, remain unconquered. However, there is new hope—an alternative that has been somehow sidelined or taken for granted by many people. Quantum Healing Hypnosis Technique (QHHT) is a revolutionary method of curing or overcoming our present anxieties, traumas, depressions, hang-ups, and other emotional and psychological issues. QHHT is also found effective in healing a myriad of physical illnesses and diseases including life-threatening ones, which conventional and modern medicine cannot fully treat and cure. Step fully into who you are and who you are meant to be. In this guide, you will discover: ● The amazing healing power of the Quantum Healing Technique ● A list of various emotional, psychological, and physical illnesses that QHHT can overcome ● The ease and convenience of this proven technique ● The safety of undergoing QHHT ● Testimonials about the reliability of QHHT Developed by Dolores Cannon of the United States, QHHT is a unique, but simple and effective way of dealing with health issues. There are no boundaries to this healing modality, limited only by the individual's imagination. It has been proven effective for thousands of people all over the world regardless of age, gender, racial, or cultural background. Based on the concept of Past Life Regression, QHHT deals with the recovery of memories or incarnations. You can incorporate your past, present & future life and plan a new path for your life relevant to your life's purpose and mission. You will also learn how to set yourself up as a practitioner in this field. By becoming an expert in QHHT, you can help others by healing them with their hurts and traumas in their present life. With Quantum Healing Hypnosis Technology, you can create a future where you will be having a life of happiness with the potential to earn more money from this increasingly popular healing method.

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to this change in paradigm has made PANS and PANDAS difficult for clinicians to diagnose, unbearable for parents to endure, and controversial for scholars to accept. As such, there is no recognized standard of care. We have written this work in an effort to change that. This is a textbook by physicians for physicians. It was written to bring back some of the art of medicine to physicians caring for a group of children and families who really need it. PANS and PANDAS are complex disorders that demand a rich, multifaceted response with novel treatment approaches. The material in this book is assembled from the peer-reviewed medical literature, in combination with over thirty years of clinical experience caring for the sickest patients, both in and out of the hospital. Here you will find conclusive evidence for the existence and pathophysiology of PANS and PANDAS, alongside testing and treatment interventions the author has successfully used in his own practice with hundreds of children. The book concludes with rich appendices including commonly used labs, doses of medications and supplements, a sample flare protocol, extensive support for parents, sample IVIG orders, and much more. We hope this resource allows you, the physician, to help these suffering families heal.

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a skeptics guide to hypnosis: *You Can Stop Smoking* Jennifer Percival, 2007 With the ban on smoking in public places in Great Britain coming into force in July 2007, there's never been a better time to quit smoking. *You Can Stop Smoking* is a comprehensive step-by-step planner based on proven methods that have helped thousands of people to successfully give up. Practical and accessible, it contains all the advice, information and support smokers need to ditch the cigarettes for good. Including choosing a 'quit date', planning your campaign to quit and coping with nicotine withdrawal. Full of quizzes, questionnaires and other interactive elements, the reader can tailor the plan to their own needs and circumstances to give up successfully the first time.

a skeptics guide to hypnosis: Monsters & Magical Sticks Steven Heller, Terry Lee Steele, 1991-10 If you want to know how hypnosis really works (and, no, it has nothing to do with waving of hands or other similar nonsense), you will want to read this book. If you want to know the magic behind Ericksonian techniques and Neuro-Linguistic Programming, you have to read this book. From one of the true masters of hypnotherapy, this is one book that can really change your life!!

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they can be customized for any situation and used almost anytime and anywhere. Join Eldon Taylor on your own self-improvement exploration using the tools in this book and on the accompanying audio download. Experience hypnosis and subliminal patterning for yourself!

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a skeptics guide to hypnosis: *Fun with Hypnosis* Cordell M. Svengalis, Professor Svengali, Pro, 1998-05 If you have ever seen a hypnotist perform and thought, 'If I could only do that', this book is for you! Thanks to the genius of Professor Svengali, you will learn to hypnotise in less than one hour. 'Subjects' will follow your every command. Friends will be flabbergasted by your new-found skills. This book contains everything you'll need: step-by-step instructions make it easy; dozens of routines you can perform; no guesswork - word-for-word scripts; you will be the hit of your next party; never-before hypnosis secrets revealed.

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DE-HYPNOTIZE YOURSELF AND EMPOWER YOUR LIFE , WORK AND RELATIONSHIPS We are all victims of "post-natal suggestion." By learning how to use your thoughts, feelings and imagination through the dramatic new approach to self-hypnosis presented for the first time in this book, you can become more fully alive—and make your life and yourself what you want them to be. Grounded in state-of-the-art clinical sociology, this wide-awake approach to self-hypnosis enables you to use your creative imagination to redirect and empower all areas of your life without having to "put yourself in a trance." Rather, you will learn how to free yourself from the "trance" of everyday life limitations and misconceptions. Teaching you how to be your own life-change consultant, this book gives you practical techniques you can use to get what you want out of your life, your work and your relationships. It provides a training program for self-empowerment, with detailed exercises, techniques and tactics that you can use anywhere, any time, in any situation. "This very useful book shows the readers step by step how to live more fully by combining modern (alert) self-hypnosis with advanced principles of social psychology. I highly recommend it for all who wish to enhance their task performance, their social relationships, and their life enjoyment." Theodore X. Barber, Ph.D. Director, Biomedical Research Foundation Author of Hypnosis, Imagination and Human Potentialities

a skeptics guide to hypnosis: **Why People Believe Weird Things** Michael Shermer, 2002-09-01 This sparkling book romps over the range of science and anti-science. --Jared Diamond, author of *Guns, Germs, and Steel* Revised and Expanded Edition. In this age of supposed scientific enlightenment, many people still believe in mind reading, past-life regression theory, New Age hokum, and alien abduction. A no-holds-barred assault on popular superstitions and prejudices, with more than 80,000 copies in print, *Why People Believe Weird Things* debunks these nonsensical claims and explores the very human reasons people find otherworldly phenomena, conspiracy theories, and cults so appealing. In an entirely new chapter, *Why Smart People Believe in Weird*

Things, Michael Shermer takes on science luminaries like physicist Frank Tipler and others, who hide their spiritual beliefs behind the trappings of science. Shermer, science historian and true crusader, also reveals the more dangerous side of such illogical thinking, including Holocaust denial, the recovered-memory movement, the satanic ritual abuse scare, and other modern crazes. Why People Believe Strange Things is an eye-opening resource for the most gullible among us and those who want to protect them.

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a skeptics guide to hypnosis: Remarkable Healings Shakuntala Modi, 1998-04-01 Psychiatry remains an emerging discipline. Many people suffer from ailments that have no apparent cause, no obvious cure. Quite by accident, while using hypnotherapy, Dr. Modi discovered that pastlife regression can be a beneficial treatment. Many of these patients, under hypnosis, claimed to have spirits attached to their bodies and energy fields, creating psychological and physical problems. Based on years of experience, Dr. Modi describes techniques that release these spirits, revealing how patients can sometimes recover within a few sessions. While most doctors would agree that emotional states affect our health, few would give credence to spiritual influences. In this truly groundbreaking book, Dr. Modi presents evidence that something beyond the physical affects the health of many people, and urges medical scientists to objectively assess this revolutionary approach to mental and, often, physical illness. Pioneers have the courage to put aside the status quo and evaluate what the evidence shows, even if it defies the prevailing logic of the time. Both physicians and the general public should explore the pioneering work of Dr. Modiwork which no doubt has produced many remarkable healings.

a skeptics guide to hypnosis: The Head Trip Jeff Warren, 2009-03-18 A world at once familiar and unimaginably strange exists all around us, and within us – it is the vast realm of consciousness. In The Head Trip, science journalist Jeff Warren explores twelve distinct, natural states of consciousness available to us in a twenty-four-hour day, each state offering its own kind of knowledge and insight – its own adventure. The hypnagogic state, when our minds hover between waking and sleeping, can be a rich source of creativity and even compassion. Then there's the Watch, an almost magical waking experience in the middle of the night that has been all but lost to electric light and modern sleep patterns. Daydreaming and trance, lucid dreaming, the Zone, and the Pure Conscious Event – from sleep laboratory to remote northern cabin, neurofeedback clinic to Buddhist retreat, Warren visits them all. Along the way, he talks to neuroscientists, chronobiologists, anthropologists, monks, and many others who illuminate his stories with cutting-edge science and age-old wisdom. On this trip, all are welcome and no drugs are required: all you need to pack are a functioning cerebrum and an open mind. Replete with stylish graphics and brightened by comic panels conceived and drawn by the author, The Head Trip is an instant classic, a brilliant and original description of the shifting experience of consciousness that's also a practical guide to enhancing creativity and mental health. This book does not just inform and entertain – it shows how every one of us can expand upon the ways we experience being alive.

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Discusses the nature of hypnosis and its possibilities in the fields of medicine, psychology, dentistry, and law enforcement

a skeptics guide to hypnosis: Hypnotherapy and Hypnosis Cengiz Mordeniz, 2020-12-02 Although hypnosis has been used for centuries to improve mental health and well-being, not until recently has it been applied in modern medicine. Some efforts to integrate hypnosis into Western medical practice in the late nineteenth century were met with stiff resistance by the majority of medical doctors due to lack of scientific foundation, thus hampering its widespread use. The biopsychosocial approach brought about by recent progress in brain research, however, has revived the interest in hypnotherapy. In this book, we shed light on the scientific basis of hypnosis and elaborate its use in modern medical practice.

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a skeptics guide to hypnosis: Fits, Trances, and Visions Ann Taves, 2020-03-31 Fits, trances, visions, speaking in tongues, clairvoyance, out-of-body experiences, possession. Believers have long viewed these and similar involuntary experiences as religious--as manifestations of God, the spirits, or the Christ within. Skeptics, on the other hand, have understood them as symptoms of physical disease, mental disorder, group dynamics, or other natural causes. In this sweeping work of religious and psychological history, Ann Taves explores the myriad ways in which believers and detractors interpreted these complex experiences in Anglo-American culture between the mid-eighteenth and early-twentieth centuries. Taves divides the book into three sections. In the first, ranging from 1740 to 1820, she examines the debate over trances, visions, and other involuntary experiences against the politically charged backdrop of Anglo-American evangelicalism, established churches, Enlightenment thought, and a legacy of religious warfare. In the second part, covering 1820 to 1890, she highlights the interplay between popular psychology--particularly the ideas of animal magnetism and mesmerism--and movements in popular religion: the disestablishment of churches, the decline of Calvinist orthodoxy, the expansion of Methodism, and the birth of new religious movements. In the third section, Taves traces the emergence of professional psychology between 1890 and 1910 and explores the implications of new ideas about the subconscious mind, hypnosis, hysteria, and dissociation for the understanding of religious experience. Throughout, Taves follows evolving debates about whether fits, trances, and visions are natural (and therefore not religious) or supernatural (and therefore religious). She pays particular attention to a third interpretation, proposed by such mediators as William James, according to which these experiences are natural and religious. Taves shows that ordinary people as well as educated elites debated the meaning of these experiences and reveals the importance of interactions between popular and elite culture in accounting for how people experienced religion and explained experience. Combining rich detail with clear and rigorous argument, this is a major contribution to our understanding of Protestant revivalism and the historical interplay between religion and psychology.

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a skeptics guide to hypnosis: Emotional Comfort Judith Davis, Judith M. Davis (M.D.), 2005-04 Based on sound scientific principles, The Davis Technique for Attaining Emotional Comfort is an easily learned self-hypnotic system that allows you to create a new entity in your mind: an Inner Guide. By searching your memory for the origins of your problems, your Inner Guide finds true solutions and enables you to become consciously aware of them.

a skeptics guide to hypnosis: A Beginner's Guide to Meditation Rod Meade Sperry, Editors of the Shambhala Sun, 2014-03-11 As countless meditators have learned firsthand, meditation practice can positively transform the way we see and experience our lives. This practical, accessible guide to the fundamentals of Buddhist meditation introduces you to the practice, explains how it is approached in the main schools of Buddhism, and offers advice and inspiration from Buddhism's most renowned and effective meditation teachers, including Pema Chödrön, Thich Nhat Hanh, the Fourteenth Dalai Lama, Sharon Salzberg, Norman Fischer, Ajahn Chah, Chögyam Trungpa Rinpoche, Shunryu Suzuki Roshi, Sylvia Boorstein, Noah Levine, Judy Lief, and many others. Topics include how to build excitement and energy to start a meditation routine and keep it going, setting up a meditation space, working with and through boredom, what to look for when seeking others to meditate with, how to know when it's time to try doing a formal meditation retreat, how to bring the practice off the cushion with walking meditation and other practices, and much more.

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