**How Can I Tell If I Am Hypnotized?**  
by Karen Branch,

ATH Co-Editor of Hypnotherapy

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This is a question I am frequently asked by my clients and it is a good one. Movies, television and stage hypnotists tend to dramatize hypnosis and make it appear to be something much more otherworldly than it really is. Inexperienced people expect they will be entering a zombie-like trance and then will begin to do all manner of weird things!  
  
The truth is much more boring; you may not be able to tell at all, because hypnosis is a normal and natural state of mind. What you will feel is deeply relaxed, inwardly focused and able to use your imagination in a way that feels as if you are having a daydream with your eyes closed. Your arms and legs may feel very heavy and you may feel like it is just too much effort to move at all. It is a wonderful feeling to be this relaxed.   
  
The hypnotic state is based on brain wave cycles per second. When people go in for sleep studies, they put little probes on their heads which measure these brain waves in order to determine the depth of  
sleep during the night. The waves are divided into four categories: Beta, Alpha, Theta and Delta. Beta brain waves cycle at approximately 20-30 cycles per second. This is the wide awake and alert state of the conscious mind. Here intellect is supreme and reasoning is highlighted. When in the deepest level of sleep, the brain waves enter the very slow cycles of Delta, about 3-5 cycles per second and it is very hard to wake up. But in between Beta and Delta are the states of Alpha and Theta. Alpha waves occur simply when you take a deep breath, put your feet up, close your eyes and relax. You are still awake and aware of everything, just calm and relaxed. Brain waves at this level average between 7-14 cycles per second. Theta waves are a bit slower still; while in this state it feels a little like drifting in and out between being awake and asleep. Whenever you are trying to finish that last chapter in a book or watching a movie late at night, but you keep nodding off, you are in Theta.ep sleep, you would be in the territory of Alpha and Theta and officially hypnotized. Not especially dramatic or glamorous, but true.  
  
This is important because when you are in the Alpha or Theta state you are in a heightened state of suggestibility. You are up to 100 times more likely to accept and act upon the suggestions, images and ideas you receive while in this level of mind. You begin to create a superhighway between your conscious and subconscious mind, creating the perfect conditions for reprogramming your mind to receive the benefits and advantages you desire.  
  
After hypnosis when you come back up into the wide awake or Beta state, you may feel as if you’ve had a relaxing nap. You may feel a little spacey or light headed for a few minutes and this passes very quickly. Time in the Alpha/Theta state becomes very interesting. Most hypnosis sessions are around 30-40 minutes long, but when I ask my clients how long they felt the session lasted, they typically report that it felt like about 10-15 minutes. They just can’t believe they have been in hypnosis that long!  
  
Time really does become relative at this level of mind. Then, even though they may not believe they were “hypnotized”, they know they entered some other territory of the mind and they feel fantastic!

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**About the Author**

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