

EVERYDAY HYPNOSIS

"Whenever we become absorbed in what we are doing, we slip into hypnosis. Self-hypnosis results when you become absorbed in reading a book, in your work, in watching a motion picture or TV program, while listening to an interesting talk, even during some religious ceremonies. Any strong emotion may also produce hypnosis... Though these situations are not labeled hypnosis, that is just what they are."

David B. Cheek, M.D. and Leslie M. LeCron, M.A.

"Suggestions involving a need to remember sensory stimuli and sequences of events are part of most hypnotic induction rituals... An hypnoidal state is entered when recalling a tune, remembering the visual images of waves breaking on the beach, the movements of a candle flame, and the words of a poem..."

David B. Cheek, M.D.