



Free yourself from fear and self-sabotaging habits with hypnotherapy

A myth-busting guide to lasting change

With audios to use at home



www.eliziandays.com



Hello and welcome

I'm Liza, a Certified Hypnotherapist and Restorative Yoga Specialist, with a professional background in global media and cultural relations, including years at trusted organisations like the BBC and the British Council. I now specialise in complementary therapies that support conventional healthcare, helping people who are stressed, tired or navigating health issues and work to find more ease, rest and self-worth.

Whether you're exploring hypnosis for the first time or looking to deepen what you already know, this guide offers a clear and practical foundation. You'll discover how simple guided practices can help you feel calmer, more resourced and more resilient. I hope you enjoy it and am here to support you as you explore what's possible.

Liza

What this guide covers

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By the end of this guide, you'll feel clear about how hypnotherapy works, will have experienced a deep self-hypnosis relaxation and understand how it can support your wellbeing, build healthy habits and boost your confidence.



Email liza@eliziandays.com or click [here](#) to book a free 30-minute consultation



Introduction to Hypnosis

If you're reading this, you might be considering hypnotherapy for the first time or have some experience and want to discover more. You'll learn what's really happening in hypnosis, how the mind responds, and why hypnotherapy is such a powerful tool for meaningful, lasting change

What is hypnosis?

Hypnosis is actually a very natural state. It's something you drift in and out of every day, often without realising. Maybe you've noticed a relaxed, hazy place between being awake and falling asleep. Or the moment you're so absorbed in a film, a piece of music, or a familiar drive home that you stop noticing everything around you.

It's simply a state of focused attention where your subconscious mind becomes more receptive to suggestion. This is particularly helpful if you receive positive suggestions that support your wellbeing or the changes you want to make.

Most people describe it as deeply calming. You remain aware of what's happening and in control the whole time. You're not unconscious or "under" in the way stage shows or movies might suggest. And you can absolutely open your eyes or bring yourself back to full alertness at any time.

You might remember everything, or only parts of it. Both are completely normal.

It's also important to say this: no one can make you do anything in hypnosis. You can't be made to cluck like a chicken, reveal your deepest secrets, or behave in a way that goes against your values. All hypnosis is essentially self-hypnosis. You choose to enter that focused state, and you decide what suggestions you take on.

In therapy, hypnosis is a collaborative process. Rather than something done to you, it's something you actively participate in. Because it uses the language of the subconscious, it often feels creative and intuitive. Many people say it feels a bit like guided daydreaming - only more purposeful, and with a deeper impact.

Want to go deeper?

WATCH NOW: [Download](#) and watch the introduction to hypnosis explainer video. Click [here](#) to download.

At the end of this guide, you will find the full [free Introduction to Hypnosis Starter Bundle](#) for you to download and keep. And don't forget to [book a free 30-minute call](#) with me or email your questions to liza@elizandays.com.

Stage hypnosis or hypnotherapy?



There are two types of hypnosis you may have seen or heard of:

- **Stage Hypnosis**, which is for entertainment (think theatrical tricks and exaggerated reactions).
- **Clinical Hypnotherapy**, which uses the same natural state for therapeutic, evidence-based change.

Clear your mind

Some of the phenomena you might associate with stage hypnosis - like deep focus, amnesia, heightened recall, positive and negative hallucinations and regression are sometimes leveraged in therapeutic hypnosis. Along with physical sensations like analgesia (pain relief) and anaesthesia, especially in areas like phobia treatment, pain management or stress reduction. But the intention is always healing and support.

You don't need to go into a "deep trance" for it to work. Most therapeutic sessions use light to medium levels of hypnosis, which simply feel like deep rest or guided meditation.

Breathe

During the guided relaxation later in this guide, you might notice:

- A feeling of lightness or heaviness in your limbs or eyelids
- A floating, dreamy state
- A sense of comfort, stillness or warmth

Or you might just feel peaceful. You're not aiming for anything dramatic, simply allowing your body and mind to relax into a calmer, more open state.



The push and pull of the conscious and subconscious mind



Are you listening more to your conscious or subconscious mind?

Our minds are made up of two complementing, but sometimes conflicting parts - the conscious and the subconscious.

Although, as individuals, we are often more aware of the busyness of our conscious mind, in reality, our subconscious is hard at work behind the scenes assessing the environment and driving our involuntary functions.

The Conscious Mind

This is the part you're aware of - the voice in your head, the planner, the overthinker.

It's responsible for:

- Logic and reasoning
- Willpower and decision-making
- Filtering information based on beliefs and values

But it's limited. It processes about 40 pieces of information per second, and makes up just 5% of your overall mind activity.

That's why telling yourself "I shouldn't be stressed" doesn't always help. The conscious mind can understand what's wrong, but not always fix it.

The Subconscious Mind

This is deep vault where our beliefs and habits are stored. It's the hidden 95% of your mind that runs quietly in the background. The conscious mind is the gate-keeper to this vast depth of the subconscious mind.

It holds and guards:

- Emotions
- Memories
- Habits and automatic responses
- Deep-seated beliefs and identity

Your subconscious doesn't argue or analyse. It will selectively choose to accept or reject both positive and negative suggestions. It's like fertile soil: plant the right seeds (suggestions), and change can grow organically.



Myths and Misconceptions about Hypnosis

Demystifying the truths about hypnosis

Let's talk about some of the biggest myths people have around hypnosis. You may have already come across some of them,

These ideas are often shaped by films, TV, or stage shows, but they couldn't be further from what actually happens in a hypnotherapy session.

So, let's clear them up:



✗ Myth 1: "You're not in control."

Actually: You're always in control.

You may remember everything. Or you might choose to drift off. You can open your eyes and bring yourself back to full alertness at any time. Hypnosis isn't something that's done to you, it's something you choose to experience.

✗ Myth 2: "You might say or do something embarrassing."

Actually: You'll only accept suggestions that feel right and appropriate for you.

Hypnosis doesn't override your values or personal boundaries. You can't be made to cluck like a chicken (unless, of course, that's something you really want to do). Nothing happens without your permission.



Client comments:

"I feel more in control on my feelings, my stress levels, and better equipped to deal with any stressful feelings that come up at any point in the travel. Even when moments of travel are stressful, and things don't go according to plan, I'm able to keep myself calm and address any anxious thoughts."

Fear of Flying Client

Myths and Misconceptions about Hypnosis



✗ Myth 3: "You can get stuck in hypnosis."

Actually: You can't. Ever.

If the doorbell rang, your dog barked, or the fire alarm went off, you would instantly respond. Your subconscious mind is always working to keep you safe, and if there was an emergency, it would immediately bring you back to full awareness.

✗ Myth 4: "Hypnosis is a kind of sleep."

Actually: It's a state of focused awareness - not sleep.

Even though we sometimes use the word "sleep" as a cue to relax, you're not actually asleep. Most people feel physically still but mentally aware, even if their attention starts to drift. You're simply entering a calmer, quieter state of mind where your imagination and focus become more active.

✗ Myth 5: "You need to be weak-minded or gullible."

Actually: People who respond well to hypnosis are usually intelligent, creative and have good focus.

You need to be able to concentrate, use your imagination and stay open to the process. That is why so many high performers, professionals, and leaders benefit from hypnotherapy.

In short:
Hypnosis is safe. It's collaborative. And it works by enhancing your natural capacity to focus, imagine and enter into a more resourceful state of mind.

Client comments:

"I was given many resources to use in my spare time, and into the future. And when we recognised some techniques that worked better, you had the flexibility to rework my sessions around that. It felt like the sessions were led by me, for me, which instilled more confidence in me."

Fear of Flying Client

Who can be hypnotised?

**One of the most common questions I'm asked is:
"Can I be hypnotised?"**

The short answer is: yes, most people can.

Hypnosis is a natural state

You already dip into hypnotic states several times a day.

Examples include:

- Losing track of time while driving a familiar route
- Getting completely absorbed in a book, film, or piece of music
- Drifting between wakefulness and sleep

These are all forms of focused or altered attention, which is exactly the space we work with in hypnotherapy.

Most people respond well

Most adults can enter hypnosis with ease (young people aged 17–24 are especially responsive).

Even if you're analytical or "strong-minded," you make a great hypnotic subject.

✗ When it may not be suitable

Hypnotherapy is a complementary approach, not a replacement for medical care. It may not be suitable in certain circumstances, such as:

- Certain psychotic conditions
- Active manic episodes
- Heavy intoxication (alcohol or drugs)

In some cases, your hypnotherapist will work alongside medical professionals, or recommend an alternative approach.

What about children?

Children under age four usually don't have the attention span to benefit.

But older children and teenagers, especially those who are imaginative and open, can respond extremely well.

In fact, hypnosis is often used to support:

- Sleep difficulties
- Bedwetting
- Night terrors
- Confidence and performance

Of course, for younger clients, parental involvement and consent are essential.

Bottom line:

If you're able to focus your attention, engage your imagination, and want to experience change, it's likely that hypnosis can work for you.

How suggestible are you?

The Lemon Suggestibility Test



You're learning about the power of the mind. Now let's try an experiential experience that will help you understand how you respond to suggestions.

Before we move into deeper relaxation, here's a simple warm-up that I often use in first sessions. The Lemon Suggestibility Test is a short, imaginative activity to help you notice how your mind and body already respond to suggestion, even without hypnosis.

Why it's useful

This exercise gently activates the connection between mind and body, showing how a focused suggestion can produce real, physical sensations. It's also a fun way to explore how you imagine - whether you're more visual, sensory or emotional in the way your mind responds.

What to expect

You'll be guided to imagine walking into a kitchen, selecting a lemon, and cutting a slice. Many people find that they can "see" or "feel" the kitchen, their mouth waters, or they react physically to the imagined sharpness of the lemon.

This is a great example of how the subconscious mind responds to vivid imagery.



Video exercise:

The Lemon

Download and watch this video. Then answer the reflection questions below.

Click [here](#) to download.

Reflection questions

After the activity, take a moment to notice what came up for you:

- Did you notice anything physically?
- What did you "see" in the kitchen?
- Were there any sounds or smells?
- Could you taste the lemon?
- What emotions or sensations came up?
- How would you describe the lemon?
- Based on what you noticed, do you think you're more visual, kinaesthetic, or auditory?

There's no right or wrong way to experience this. Just observe what showed up. Your responses can offer useful insights into how your imagination naturally works.



Activity

Now it's time to experience a self-hypnosis relaxation yourself



Make yourself comfortable, and prepare for self-hypnosis and focused attention or relaxation.

You don't need to "do" anything, just follow along, allow the process to unfold, and trust that whatever you experience is exactly right for you in this moment.

To make yourself ready:

1. Settle into your breathing and take a few long slow breaths in and out.
2. Allow your body to relax.
3. Relax the shoulders
4. Let yourself feel supported and grounded in your seat.
5. Give yourself permission to let go, telling yourself: *"This is my time. Nobody needs anything from me right now. I can simply rest."*



Audio exercise:

Self-hypnosis relaxation

Download and listen to this audio. Find a quiet space, where you won't be disturbed. Sit back and relax.

Click [here](#) to download

What you'll experience in the guided session.

The recording will guide you through a calming and restorative process that may include:

- Gentle breathwork
- Progressive muscle relaxation
- Peaceful visualisation
- Positive suggestions, affirmation and "ego strengthening" to support your confidence and wellbeing

Client comments:

"I have had a mental day, work is crazy, kids are in play schemes so I'm nipping in and out of work to drop off or pick up and was feeling completely overwhelmed and under par. But I just listened to the recording and I feel so much better. It completely centred me and refocused my energy into a more positive mindset."

Jackie, Marketing Operations Director



Why hypnosis supports therapy

In hypnosis, we gently quieten the busy conscious mind and speak directly to the subconscious - where the real blockages and breakthroughs live.

In this relaxed, focused state, you can:

- Reframe old beliefs
- Release stuck habits
- Introduce healthier responses
- Feel calm and grounded again

The body doesn't know the difference between real and imagined experiences. So if you vividly imagine a peaceful moment, your nervous system responds as if it's real and will feel calm. Likewise, if stressful and unhappy moments are replaying in your mind on loop, your body will experience them as though it's reliving those distressing experiences, sending signals to your body you're in danger or under attack.

That's why hypnotherapy can be so powerful for stress, confidence, health behaviours, relaxation and more. You're not forcing change, you're building strong foundations and cultivating positive habits and beliefs from within.

How hypnotherapy can help

Hypnotherapy is a natural way to support your mind, body and emotional wellbeing.

If you're exploring hypnotherapy, chances are you are ready for positive personal development or you've reached a point where you would like to change or improve something in your life that is holding you back.

That something might be:

- A long-standing habit like smoking
- A chronic health issue
- Exhaustion from stress or anxiety
- Worries that keep you awake at night
- A fear or phobia, such as flying that's starting to control you
- Or a sense of stuckness that's hard to name

Hypnotherapy offers a gentle and collaborative but powerful way to create lasting change by working with your subconscious - the place where habits, emotional triggers and beliefs are stored.

Often, clients are high-performing people in demanding jobs who want to make a positive change to their lives and wellbeing, while continuing to excel at work, without compromising their health.

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The History of Hypnosis



A quick look at how hypnosis moved from ancient healing to modern therapy.

Hypnosis might seem like a modern wellness trend, but its roots go back thousands of years. In fact, almost every ancient culture used trance-like states as part of healing, storytelling, or spiritual rituals.

Here's a short timeline of how hypnosis evolved into the respected therapeutic approach we use today.

Ancient Civilisations - c. 3000 BCE

Hypnotic states were used in Ancient Egypt, Greece and Persia, particularly in sleep temples, which were sacred spaces where people entered deep relaxation to receive healing suggestions, often from priests or shamans.

Franz Mesmer (1734–1815)

An Austrian physician who gave us the word mesmerise and was a favourite of Marie Antoinette's at the royal court in Paris.

Mesmer believed that invisible forces, which he called "Animal Magnetism", could influence health. He used hand passes and magnets to shift energy, which laid the foundations for what would later become hypnotism. Though discredited by the medical establishment, Mesmer's work sparked a lasting interest in altered states of consciousness.

French Neurologists - Early 1800s

They moved away from magnets and discovered that it was the power of suggestion, not magnetic energy, that produced trance-like states. This marked a major step toward recognising hypnosis as a psychological process rather than mystical one.

James Esdaile (1808–1859)

A British surgeon working in India, Esdaile performed more than 300 major operations using hypnosis as the only form of anaesthesia. His work proved that the mind could influence the body to an extraordinary degree. However with the introduction of anaesthesia using ether and chloroform in 1846 and 1847, his methods went out of fashion.



Mesmer's theories of "Animal Magnetism" were formally discredited in 1784 by a Royal Commission in Paris that included Benjamin Franklin and Dr. Joseph-Ignace Guillotin. Unable to practise as a doctor, Mesmer took his flamboyant spectacle on stage.

James Braid (1840s)

A Scottish surgeon who coined the term “hypnosis” from the Greek word for sleep. He later realised it wasn’t sleep at all, but a focused state of attention. He helped shift hypnosis from the realm of mysticism to medicine and psychology.

Émile Coué (1857–1926)

A French pharmacist who introduced the idea of autosuggestion. This is the idea that repeating a phrase like “Every day, in every way, I’m getting better and better” could influence the subconscious. He’s often credited with laying the groundwork for modern affirmations and the placebo effect.

Sigmund Freud (1856–1939)

Freud used hypnosis in the early days of psychoanalysis before developing his method of free association. While he later abandoned hypnosis, his interest helped bring it into the medical mainstream.

Ivan Pavlov (Early 1900s)

Best known for his conditioned dogs, Pavlov’s research into automatic behavioural responses helped explain why repetition and association are so effective in hypnosis. His work deepened our understanding of how the brain creates patterns and how those patterns can be changed.

British Medical Association (1955)

The BMA officially recognised hypnosis as a valid treatment for pain relief, childbirth and surgery.

Milton Erickson (1901–1980)

Known as the Father of Modern Hypnotherapy, Erickson introduced a conversational, indirect and deeply personalised approach. He used metaphor, storytelling and even humour in a gentle, respectful style that many modern hypnotherapists (including myself) still draw from today.

This rich history shows us something important:

Hypnosis is not a party trick or New Age fad. It’s a well-established practice that’s been studied, refined and embraced across cultures and centuries, because it works.

Client comments:

If someone is considering working with me for hypnotherapy, what would you want them to know about your experience?

“Working with you through hypnotherapy was life-changing. I finally quit smoking after years of trying, and since then I’ve embraced a healthier, more confident version of myself. I’ve taken up fitness, started putting myself first, and even seen a boost in my career. The tools I gained continue to support me, and I’m genuinely happier and more in control of my life. I’ve even inspired friends to quit the habit too, something I never thought I’d be able to do.”

Tracy, Smoking Cessation Client

FAQs

Will I be asleep during hypnosis?

No. Hypnosis is not sleep. Even if your body feels deeply relaxed, your mind remains aware and alert. You'll be able to hear everything that's said, and you'll be in control at all times.

What if I don't think I can be hypnotised?

Hypnosis is a natural state that most people move in and out of every day. You don't have to "believe" in it. You just need to be open and willing to engage. Most people can enter a light to medium trance state with gentle suggestion.

What if I can't visualise?

That's absolutely fine. Hypnosis works with all types of imagination, whether you're more visual, auditory, kinaesthetic or intuitive. You'll engage with the session in a way that feels natural to you.

Will I remember what was said?

It really varies from person to person. Some people remember all of the session, while others remember parts. Either is completely normal. Some clients describe it like drifting in and out of a daydream, where key moments stand out more clearly than others.

What if I become emotional?

It's perfectly okay to feel emotional during a session. Hypnosis can bring things gently to the surface, allowing you to process them in a safe, supported way. I'll always check in with you and help you feel grounded before we close the session.

How many sessions will I need?

This depends on your goals, history and readiness for change. Some clients notice meaningful shifts after one or two sessions, while others benefit from a programme or regular support. We'll talk through your goals and work out what's right for you.

Can strong-minded people be hypnotised?

Absolutely. Hypnosis is about focus, not weakness. In fact, people who are analytical, driven or used to being in control often do particularly well once they trust the process and allow themselves to relax.

Hypnotherapy is a safe and collaborative process, where your wellbeing and comfort always come first.

Client comments:

"A few sessions with Liza and the difference in my ability to enjoy a hill walk (previous fear of heights) and have a wonderful time on my sailing holiday (previous fear of deep water) was incredible. Liza takes such time and care with her clients. And the results really speak for themselves."

Karen, Fear of heights and falling client

What to look for in your hypnotherapy treatment plan

1. Preparation

Detailed consultation, goal setting and introduction to hypnosis.

2. Stabilisation

Self-soothing and calming tools, ego strengthening, relaxation, visualisation and resource building.

3. Treatment

Working on positive change with evidence based hypnotherapy techniques that build healthy habits,

4. Maintenance

Reinforcing learnings, boosting resilience and continuing to practice.

5. Taking Action

Bringing everything together and making intentional plans.



Email liza@eliziandays.com or click [here](#) to book a free 30-minute consultation

Let me know if I can help

Thank you for taking the time to explore this introduction to hypnosis.

My hope is that it's given you a clearer sense of what hypnosis really is, how it works, and what you might experience if you choose to explore it further - whether in self-practice or with a therapist.

You've learnt what hypnosis what it is - and what it isn't. We've looked at the history of hypnosis and how it's been utilised by doctors across the centuries, You have also had the chance to try some simple relaxation and imagination techniques, reflect on how your mind responds, and begin building a foundation of understanding. If you'd like to ask questions, explore something personal in a safe space, or just talk more about what hypnotherapy could look like for you, I warmly invite you to book a free 30-minute consultation.

In the meantime, you're welcome to revisit the activities, keep practising the audio, and take what you need, in your own time, in your own way.

Warm wishes,
Liza

This guide is just the beginning. If you need further support, please reach out. Why not book a free 30-minute call with me via this link or by emailing liza@eliziandays.com so we can have a proper chat?

So what's next?

Check out the resources and further support on the next page

01

Download your free Introduction to Hypnotherapy Starter Bundle. Follow @ElizianDays on Instagram for more.

02

Watch the Introduction to Hypnosis video, try The Lemon Suggestibility Test and unwind with the self-hypnosis deep relaxation.

03

Book your free 30-minute consultation here or by emailing liza@eliziandays.com.

A FINAL REFLECTION

Your mind is one of your greatest resources. By understanding how it works, allowing it moments of relaxation and focus, you can create the conditions for real and lasting change. Take this work gently, at your own pace, and trust that every small step makes a difference.

Take care of yourself,



Liza

Founder of Elizian Days



Resources and next steps



Free Hypnosis Starter Kit

Download and keep this **Introduction to Hypnosis starter bundle**. Please listen in a safe place when you won't be disturbed. Click **here**.

Your introduction to hypnosis bundle includes:

Free hypnotherapy resources for your wellness journey.

Click on any of the titles to access.

Step 1 - Introduction

Listen to the short introduction video explaining what hypnosis is/isn't and what to expect from your session.

Step 2 - The Lemon Suggestibility Test

Prepare for hypnosis and learn how suggestible you are with this fun and easy warm up activity.

Step 3 - Guided Self-Hypnosis Audio

Make yourself comfortable, in a safe place, and allow yourself to enjoy 20 minutes of relaxation to melt stress away and restore inner peace and calm.

Book a complimentary call

If you have any questions or feel drawn to go deeper, you're welcome to book a **free 30-minute consultation**. It's a gentle, private space to discuss what brought you here, explore how hypnosis works in practice, and consider what support might feel right for you. Click **here** to find a time that works.

Client comments:

"Liza is such a wonderful and caring therapist. She provided incredible support during my smoking cessation journey and was there every step of the way, offering follow-up treatment to ensure I stay smoke-free. Thanks to her, I am finally free from this habit and excited to embrace a healthier lifestyle. Highly recommended."

Smoking Cessation Client

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