

Waking Hypnosis and Relationships

I recently read some troublesome statistics regarding marriage, divorce and the family unit. I found this information especially interesting and with the divorce rate being at an all time high, I sought to take my interest one step further by examining waking hypnosis, relationships and their correlation with each other.

I've always believed hypnosis to be a contractual agreement between the hypnotist and his client. As with any contract it should encompass a clear understanding of three factors. The intent, process and desired outcome between both parties. In the beginning stages of a relationship, the *intent* is the navigation of the means by which you attain the object of your affection. The *process* (in this case waking hypnosis) is disguised in the form of flirting, courting, anticipated romance, sensual gratification, daydreaming and more. Of course the *desired outcome* is a lasting relationship with the intended party.

I'd like you to look back for just a moment and revisit a time when you were in the 'creation stages' of romance. Do you remember the motivation you had in perpetuating the relationship? And how thrilling it was to anticipate the next union? How much fun it was to experientially take the romance to another level. How about the excitement and challenge of exploring uncharted territory? Do you remember experiencing the 'high' of the whole scenario?

My point here is that waking hypnosis in a relationship is finely interwoven like the threads of a garment. And the good news is that you can use this information to your advantage by simply going back to basics! Remember the ingredients conducive to hypnosis: physical relaxation, focused concentration and the acceptance of suggestion. These components are all found abundantly in every relationship! With your partner's approval, a daily regimen of re-enforcing healthy, positive suggestions at the opportune moments can be the determining factor in the longevity of your overall happiness and partner compatibility. And here's the kicker... a healthy relationship will boost your moral, enhance your physical pleasure, and provide an atmosphere of warmth and understanding for both parties. Want a healthy relationship? Hypnosis works!

By Robert F. Otto, C.Ht., Diplomat and Board Member of the International Medical and Dental Hypnotherapy Association®