



HYPNOSIS TO RELINQUISH THE PSYCHOLOGICAL BARRIERS OF ENGLISH COMMUNICATION

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Abstract:

Many students and people today suffer and agonize from mania of psychological barriers to communicate in English. Many a time, acquiring the English language skills do not succor them success in communicating. They plunge in depress and dust their brain to communicate in English compare to their mother tongue language. At times, hypnosis is indispensable and amenable to relieve from those ordeals. Hypnosis is a highly relaxed mental state which bypasses the critical mind, shows readiness to learn and reshapes the assumptions in a hypnotic trance state. It works by allowing the people to alter the unconscious thought process to achieve the targeted goals. The psychological barriers embedded in unconscious thoughts replace the negative assumptions and firmly gets suggested to reach the challenges by Hypnosis.

Key Words: Communication Skills, Induction, Hypnosis, Trance, Fluency, Confidence Building. Rapport & Positive Affirmations

Introduction:

It may sound unfamiliar to many that communication does wonders by mental training for psychological barriers while transmitting the communication. It is also for sure that one forge ahead of perfection fading away of oblivion through the mental process of alteration in the mind by placing the person into hypnotic trance and implant positive affirmations into the subconscious mind. The dictionary envisages the meaning of Hypnosis as "the induction of a state of consciousness in which a person apparently loses the power of voluntary action and is highly responsive to suggestion or direction. "Despite possessing worthy knowledge to communicate like usage of language, syntax, alluring construction of sentences, excellent instances to deliver, intonation, stress, etc., to transmit at the stage or seminar, interview, jams, etc., their speaking becomes failure due to self sabotages, psychological hurdles, etc. To refrain from all the problems, hypnosis is mandatory for relief. Hypnosis is a highly scientific process to program the subconscious mind to achieve infinite success in transmitting communication effectively. Here, the mind is highly responsive during the hypnotic state and receive positive constructive suggestions where this process shapes the person's ability and influences his demeanor. Hypnosis can break undesirable traits and instill easiness in every activity. This study emphasis the mandate of Hypnosis to eradicate the psychological imbalances while communicating.

Pitfalls Observed During Transmission of Communication:

Communication is worthless if it is not done attractively, excitingly, interestingly, usefully and blissfully to the listeners. But, some habitual wretched patterns influence the perceptions for communication because minds have deeply implants the barriers which are shaped by continually evolving brain networks that interpret sensory data. Reconstructing of problems in the mind multiples the negative associations and cooperate to dismantle the spirit of communicating. Once the resistance is not handled properly while speaking, it leads to resentment. The irritation turns into impatience and communication barrier is erected soon. Unless the hurdles are erased through hypnosis, there may be a chance of the person to move into rejection of speaking. There starts the physical separation from the mind and begins annoying himself or herself about the lack of ability to communicate. The emotional numbness demises the expertise of language skills and creates aloofness between the communicator and the listener which is a dangerous trap to the communication. A communicator has to be constantly develops himself eschewing the problems arise during communication after all observations and recordings. During my observation, it was found that 'pattern interrupt' creates tension. The bizarre situation prevails when confrontation comes over the stage. The communicator loses himself to set himself or herself in the body position and dump with shocks and shivers lacking attention towards the message. Despite the people prepare to deliver the message in a very right way, the fear of poor retention makes the message awkward towards transmission by repetition of sentences and words, in ability to recall, disorganization of the matter, etc. The credibility of communication even reduces due to blockage of speech and no idea of intention of what to say next, etc. It is also found that the communication derives negative meaning when the communicator faces embarrassment and panic. My observation analyzes the problems that are arouse usually in the communicator are constantly fluctuating in the speech, apathy over the audience, anxiety, peculiar attitude at the stage, formation of timid, jubilation influences, personality conflicts, fear of reprisal, defensiveness, etc. International

Academic and Industrial Research also mention that the psychological barriers have a huge influence to disturb the communication.”

Suggestions to Keep Array of Mind in APT:

Hypnosis is inevitable tool for modifications of communicational barriers psychologically like , attitude at the stage, speaking abilities, phobias, stammering, negative feelings during transmit of message, conditional pauses, etc exerted as a medical treatment. Hypnosis is a relaxation technique takes to heightened concentration. Through the suggestions during hypnotic state (trance), the people updates or replaces all the unwanted thoughts and insert positive associations with good affirmations. Here, the person examines his or her subconscious mind how it operates during hypnotic state provided with suggestions. Usually, the communicator or the person is taken into hypnotic state through inductions. The person is asked to recline in a chair or lying on the floor, bed or couch with the eyes closed. He may be asked to get relax focusing on his breath or looking constantly over object. The person receives suggestions or commands called anchoring that allows the person to enter in a step of deep relaxation and concentration. The anchoring deeply embeds in the mind due to reinforcement and repetition of commands every time and go to trance where the mind allows them to examine the unconscious vague triggers and endeavor to get rid of them. The mind in this state is in tune by controlling the body and responds to the suggestions to alter the barriers. In this trance, the persons are able to bypass the incongruent ideas like fear of speaking, rapid heart beating, trembling knees, chaos to venture the message, nervousness, etc. in the deep sleep where normal brain processes are altered. Many instances through research by Dr. Amir Raz, the professor of Psychology has proved that brain changes when acting on hypnotic suggestions. The hypnotists get down to the root cause of negative assumptions and over ride them with better information through anchoring where replacement happens with a helpful response. The survey examined how the students had severe fear of communicating would respond to hypnosis. The study found that hypnosis helped to improve the levels of anxiety while speaking which moderates the expectancy of the communicator. The hypnotic suggestions build confidence in the hypnosis where he will be guided and unlocks the special area of the brain, the subconscious. The hypnosis can easily tame negative thinking patterns by eliminating psychological barriers like shaky voice, sweating hands, fear of forgetfulness, no fluency, etc. The hypnosis empowers the mind to expect success.

Misconceptions of Hypnosis:

Many have given hypnosis a bad rap. Hypnosis is not a magic, it is a mental science approach to solve varied techniques. According to Wikipedia “Hypnosis is a human condition involving focused attention, reduced peripheral awareness, and an enhanced capacity to respond to suggestion. “Hypnosis has also been depicted with an ignorant notion as black magic, mockery, voluntary acting, susceptible, etc. But, hypnosis is the archaic form of Western Psychology and the religious practice of ancient India. Hypnosis takes one step further than the meditation with a goal. An overwhelming majority of mass speculate that all the people are not hypnotizable unless with some personality traits. But, everyone may go into deeper trans keeping their emotions with empathy, mind to learn new skills, dreaming for reaching goals, interest to alter their unnecessary traits, etc. Dr. David Spiegel says that “hypnosis reduces activity in the dorsal anterior cingulate, an area of the brain which is the part of everyone’s conscious awareness network.” Many guys and gals never believe its credibility as someone snaps with fingers and others make them fall asleep and turn the things out of their control changing one’s brain chemistry. Some people feel it as just acting, placebo, hoax etc. But, this hypnosis moves around for thousands of years in Egyptians. It is true that a person cannot be hypnotized unless there is a willingness of him. The myth hovers over many people and students is that one can’t come out of the state of his or her own as it wholly hinged on the operator. But, the truth lies is that once the operator cults or stops the suggestions or commands, the person himself or herself awakens by opening the eyes and feeling relaxed and alert as if he or she drifts into a natural sleep. The rumour that spells out by many also is that the subject or the person remains unconscious while in trance. On the contrary to it, the person will be able to hear and talk during trance and also aware of the surroundings. The unfortunate part of many is frightens instead enlightens in extracting many benefits of hypnosis. No person or subject during trance reveals his or her own secrets but recalls the happiest memories, victories and blissful moments during trance which in turn helps to use after trance also. There is no need of special powers for the operator or the teacher to make the person hypnotized. An average learner with the willingness and yearn to learn can master the skills of hypnosis. Like other playing instruments, hypnosis can also be learnt easily so as to wipe out the barriers pertaining to him. No person becomes dependent on hypnosis every time to achieve his targeted goal. It has no physical effects on the body. It’s just fabulous activity to feel awaken refreshed every time.

Modes of Learning to Develop Communication through Hypnosis:

Hypnosis reframes the phobia of speaking, worries to stand on, fluency while speaking and anxiety to complete the speech, performance of speech, etc., with a new information controlling perceptions. It helps with self-criticism, body dysmorphia, self esteem, indecision, etc. During the stages of hypnosis, initially, the rapport is built between the hypnotist and the person where the body of the person becomes relaxed and the brain enters changing levels of brain wave pattern as Alpha and Beta Pattern (even measured by an EEG, Electroencephalo

graph) The hypnosis has three components to process on the subject or person to let him into wonderful and peaceful trance. The first part is induction. Induction involves the generation of the hypnotic trance in the subject or person. The mind and body gets relaxed by the subject, the body metabolism and brain wave activity levels brings in for accepting suggestions or commands in the induction process. The conscious mind filters the suggestions into the subconscious mind due to its nature. The other is programming. Once the person gets into relaxation and deep state of trance, the desired target should be programmed into the mind through accurate and positive suggestions and commands. Here, the suggestions and commands called anchoring must be thoroughly checked in the process because the outcome of programming gives output what input is done. Here, the communication / anchoring / programming thus established, allows the mind to be fed. After all the programming is fed with desired and resulted goals, the person is guided to come out of the trance. Albeit there are many modes of hypnosis, to name a few are..

Eye Fixation Technique: Here, the person access hypnosis willingly and deeply. Whenever the suggestions are delivered by the operator or hypnotist, they themselves focus on changing their work in the mind. James Braid developed this technique. It is natural that the initial methods of inducing hypnosis involve the eyes and fixing their attention. Now, the individual is asked by the operators to look up at their own forehead picking spot on it to create more strain and take them to trance to wipe out barriers stuck in their mind with internal dialogue

Neuro Linguistic Programming: This is a very live technique which untangles negative associations in the mind through determining positive triggers. Neuro refers to neurology, linguistic refers to language and programming is instilling the input. The person is asked to close the eyes and relax, look at the problem high and color it to make it large. Then, editing the images into shrinking small size in varied versions, the person is asked to feel and notice the scene of the happiest experiences from it.

.Self Hypnosis: This is a self-guided hypnosis. Here, the person follows certain steps to induce himself or herself into hypnotic state through recordings and constant memorizing or chanting hypnotic suggestions. . The person is asked to look at the problem large in the inner mind and asked to colour it for severe measure of pain. Later, the problem is to be shrunk small in size through various colours and ultimately disappears the problem in the scene in the mind. After all the task, when he awakes, he feels free and relief from all barriers.

Hand – Clasp Method: The subject is given many tests culminating in the hands-clasp test. The session starts with the subject receiving suggestions for relaxation and when the person struggles to open his hands, the operator gazes fixedly into eyes and assumes the commands. The subject then suggests closing the eyes and get into deeper sleep for every count of second and establishes good control over the subjects and proceed counting for one, two, etc., to go into the deepest possible hypnotic sleep. **An Unique Arm Levitation Method:** The subject is instructed here to stand facing against the operator at a certain distance. He is suggested to point at the outstretched right arm and to fix his gaze on the pointing finger. The operator proclaims to upward the subject's eyes to the operator eyes to his or her own accord and is suggested that for higher and higher the finger reaches high, the subject will fall into a deep hypnotic sleep . When the finger reaches to the level, the persons involves in deep sleep

Betty Erickson Technique: This technique engages the imagination and makes use of inductions. Here the people engage their imagination and absorb themselves in the process. The procedure starts with opening eyes. It is well known as 3-2-1 technique. The operator counts three and asks the subject to hear and feel for the suggestion like clock ticking, pressure of the chair on the back, feet on the floor.etc. This process repeats for focusing by counting two and then one. Visualizing the objects and sense in the head, the subject is gradually enters the trance. Besides the above, there are umpteen methods that are represented individually apt to them. To name a few are Wolbergs Levitation Method, Swayback Method, Eye-ball set method, Cognitive hypno therapy, Hypno analysis, Solution- focused method, Hand shake, Eye cues method, Voice Tone, Countdown breathing method, Sudden falling backwards technique, Body scan method, Cold and Hot reading, The Swish Pattern, Misdirection method, Regression to cause, Future pacing, Reconnections, Analytical Rapid process, etc.

Conclusion:

This study helps to understand hypnosis as a medical weapon for honing of communicational skills by beating many depressions down switching from 'must' instead of "should". The amazing powers of hypnosis can help the people or students stay apt to speak well accurately, firmly, fluently by heightening energies. No doubt, this study of hypnosis is designed and deciphered how to increase the optimism, revitalization, filled with enthusiasm, energetic and positivity towards uplifting communication skills in English to live the life to the fullest satisfaction.

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