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There are many definitions and descriptions towards the word hypnosis. Hypnosis is a state of trance that is brought through the way of suggestion, relaxation and heightened imagination. Most time people call it a mental state or an imaginative role or enactment. Looking at the above information we can also say that hypnotism can be brought through the way of movies, comic books and television. This is because what we observe while doing these three activities comes out through different ways of action at some point of time. In other words, we can also say that when hypnotized, the subjects stay in our head and this is later compelled to obey, does not matter how strange or immoral the subject could be. So while we ponder over this subject, we need to understand that people have been arguing over this subject for quite a long time, however, people have not been able to explain completely about this subject. We would have seen many people hypnotizing; however, it is difficult to understand the reason behind it. Hence it is really a puzzle about how the human mind works in these kinds of situations.

In spite of all these puzzles, psychiatrists have a fair idea about the general characteristics about hypnotizing. They explained it by way of trance state characterized by extreme suggestibility, relaxation and heightened imagination. However, according to some this does not really seem like a sleep as the subject is alert the whole time. It is compared mostly to day dreaming or the feeling of losing yourself in a book or movie. You are completely aware of what is happening around you , however, you are tuning out of most of the stimuli around you. You are more focused towards the subject of identity in hand, to the near exclusion of any other thought. One of the researches says that an everyday trance occurs while you are daydreaming or watching a movie. These things are actually imaginary while they may seem real to you, which also engages your emotions to the full extent. Hence you might react in different ways like feel fear, sad or happy and you may also feel exited at times or get surprised watching an object around you. All these forms can be categorized under self hypnosis.

Apart from these we might have heard about conventional hypnosis. We might have approached a hypnotist for suggestions or might invite your own idea as if it were real. Say for example the hypnotist says your tongue is swollen up, and then you might feel it the same way and might experience a trouble while talking. Another example for explaining this concept is that, if the hypnotist says that you are afraid, you might feel the same sensation and start sweating at times. These kinds of activities happen to use most of the time and we would have felt this many a time at different points of time. However, in a special mental state, people can feel inhibited and relaxed. Presumably, this is because they tune out the worries and doubts that normally keep their actions in check. You might experience the same feeling while watching a movie: As you get engrossed in the plot, worries about your job, family, etc. We can get a lot of information about these watching movies on our television using services like Time Warner TV. People who are completely stressed out are also given the treatment by the way of hypnosis. This has helped a lot of people to come out of fear and stress. There are also live examples of many who have come out of stress factors and achieved something in life.

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Stuart is a freelance writer who has written articles on various topics. He has gathered few information watching a program on his television powered by a Time Warner TV. He wants to share some of his thoughts in this regard.

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