

Chapter 4

2. Hypnosis is different from meditation due to the state of mind that the person is in once they have quieted their thoughts. Hypnosis usually needs the assistance of another person a therapist, a clinician to help the person to relax and get to a state of mind to be able to access possible suppress memories. Those who are able to go into a state of hypnosis has to be open to destroy of being under a hypnotic state for the process to be effective. Meditation on the other hand is usually done by the individual putting themselves in a quiet state of mind focusing on their breathing and quieting their thoughts. Meditation is usually done alone in a quiet peaceful space that allows the individual to connect with their inner self and a higher being..

4. Mindful meditation is the ability to quiet one's mind to them relax the body. The ability to focus on a particular thought or object to bring peace of mine. The impact that meditation has on the brain and the body is to be able to connect with ones consciousness to then modify the current state of mind or feeling within oneself. Meditation has been found through research to help reduce blood pressure and help those manage hypertension. Meditation has been found to help lesson stress and to ease anxiety by allowing a person to quiet their mind.

9. Alcohol is considered a depressant. Some effects of alcohol use on the physical person is it can make a person feel good at first depending on how much they have drank. It can also make a person feel sedated and disconnected from feelings

within the moment, considered a temporary Band-Aid. Alcohol can affect one's memory while intoxicated and a person's level of consciousness has the ability to lower during alcohol use. Body can become dependent on drinking alcohol and has the ability to be addictive.

15. Night terrors is where someone is sleeping and they're trying to escape from whatever it may be that they could be dreaming about that at times involve screaming and a sense of panic although not awake. Usually those who have night terrors have no memory of the event that was taking place while they were asleep for a short. There is no general treatment for this type of parasomnias unless there is some type of medical or psychological condition that may be adding to the night terrors happening.

21. I do personally believe that dreams are meaningful. I believe that dreams are a method of things that are happening in the subconscious mind in regards to past present and future life. Dreams are often associated with people placing things that directly affects the individual. For me personally if I remember a dream when I wake up in full detail I know that there is a message in the dream or something that is coming in the future.