

(2) How is hypnosis different from meditation?

In my short answer, I will show how hypnosis is different from meditation.

First, hypnosis is like a trance-like state of mind in which a person becomes more aware and focuses on a specific object, charm, thought, feeling, sensation, or behavior, while meditation is helped by focusing on only one thing at a time.

Hypnosis is natural, while meditation is assisted. For example, during devotion, you meditate on the words of God.

Hypnosis is a state of focused attention in which people are more open to suggestions.

Meditation, on the other hand, is a way to train attention and awareness in order to get clarity.

There are different types of hypnosis, such as traditional (, Erickson, and cognitive, and for meditation, there is mindfulness (breathing exercises) and yoga (sitting still, for example).

To summarize, even though the mind is involved in both, one is natural and the other is aided concentration.