

Hypnosis and Meditation Differences

1. Goal and Intention

Hypnosis is typically used to facilitate change, such as overcoming fears and challenges, reducing anxiety, or breaking habits. Meditation is about cultivating awareness and mindfulness without a specific goal beyond presence and balance.



2. Level of Guidance

Hypnosis is often guided by a professional to reinforce suggestions. Meditation, while sometimes guided, is usually self-driven and does not require external direction once learned.

3. Use in Therapy vs. Personal Growth

Meditation is generally a personal wellness tool, whereas hypnosis is widely used in clinical and therapeutic settings. The hypnotherapy training you receive allows you to guide clients toward targeted changes and therapeutic outcomes.

