

Hypnosis VS Brainwashing

Many a person, assumes hypnosis is brainwashing. Many a person, be wrong.

Blame Hollywood. They wanted characters in movies to be mind controlled and needed a fancy process of doing it. So they yanked the word “hypnosis” from the hypnotists. And now we’re here.

With you, watching me driving a nail into this myth’s fragile lil’ kneecaps.

Biggest difference between hypnosis and brainwashing is; hypnosis is something done WITH you. Brainwashing is something done TO you.

Hypnosis, be it on stage or a Zoom call with the Crown Prince of Hypnosis, involves working WITH you.

On stage (if you haven’t yet realised volunteers in stage hypnosis shows are volunteers, meaning THEY WANT TO BE THERE, see my [FAQ](#) page.) the purpose is you and the hypnotist entertaining the crowd.

In a Zoom call working with a hypnotist, the purpose is to help you become a better version of yourself. Either by draining anxiety. Breaking a “I just can’t do this” mental block. Or helping you become “dragon energy” confident.

Brainwashing, on the other hand is defined as:

“the process of pressurizing someone into adopting radically different beliefs by using systematic and often forcible means.” - Definition from Oxford Languages.

(If you’re wondering why I didn’t use a dictionary definition for hypnosis, it’s because ALL definitions of hypnosis are wrong. Even hypnotists can’t agree whether it’s a state of mind or a process. If we can’t agree, how are the non-hypnotists who write dictionaries supposed to figure it out?)

The most common forms of brainwashing are political propaganda and media manipulation, and re-education camps.

I don’t need to point out how different this is from hypnosis for anxiety, do I?

If you're like curious people you might be wondering:

Why do people tie hypnosis and brainwashing together?

Because they both involve changing someone's beliefs.

I work as a hypnotist changing beliefs like "the world isn't safe. I'm a broken, defective person." to "the world feels safe again. Life feels easy. I guess I can do anything now, huh?"

Brainwashers do the opposite (it's why watching the news is a form of brain poison).

Brainwashers want you to live in fear. Because fear makes it easy to control people. Everyone knows a scared population will do whatever the government wants. Or what the billionaires controlling the media (allegedly) want.

If you're sick of living in fear, avoid the news.

If you want to undo all that useless fear brainwashed into you by the media, I can help. Here's the link to my newsletter: lawrencebartley.com. Because life's too short to live in fear.