

# *Not Hypnotism but Suggestion*

## Henry H. Brown | Summary | Daily Applications to Improve your Life

Henry Harrison Brown's *Not Hypnotism, but Suggestion* is a book advocating a philosophy known as “NOW” philosophy, or “Soul Culture,” which posits that a person can control their environment and achieve their desires through the power of suggestion and affirmation. Brown argues that suggestion, while similar to hypnosis, is a natural phenomenon by which external stimuli influence thought and emotion, giving individuals the ability to shape their reality through their thoughts. Brown utilizes examples from daily life and hypnotic demonstrations to illustrate this point, encouraging readers to embrace this principle and consciously cultivate their thoughts for positive outcomes.

### Main Themes

1. **The Primacy of Suggestion:** Both authors emphasize the ubiquitous and powerful influence of suggestion in shaping human experience. Brown asserts, "Suggestion is that which causes a sensation or a thought," making it a fundamental force in our lives.
2. **Self-Mastery through Suggestion:** Harnessing the power of suggestion, particularly through self-suggestion or affirmation, is key to achieving self-control and shaping one's destiny. Brown states, "Each person now, in ignorance of his power and of the laws of mind (and foremost among them is the Law of Suggestion), creates his body and his surroundings from his choice."
3. **Dispelling Myths about Hypnotism:** Brown vigorously debunks the misconception that hypnotism involves one person dominating another's will. He argues that hypnotic phenomena result from the subject's own concentrated will in response to accepted suggestions. He argues, "The phenomena occur, but they are not hypnotic. They are not the effect of a power that the operator possesses, but are the effect of the subject's own mind."

4. **The Importance of Concentration:** Both authors highlight the crucial role of concentration in directing the power of thought. Atkinson presents nuggets of wisdom encouraging positive thinking and focused action.
5. **The Potential for Positive Transformation:** Through understanding and applying the principles of suggestion, individuals can overcome limitations, achieve health and success, and live more fulfilling lives. Brown posits, "Voluntary Concentration upon a chosen thought is the long-sought 'Philosopher's Stone.' He who has acquired it, is Master."

## Key Ideas and Facts

**Thought Creates Reality:** The authors repeatedly stress the power of thought to shape our physical and mental states, emphasizing that focusing on desired outcomes can manifest them in reality. Brown states, "Thought is power. It is the power the Individual uses to direct the Absolute power in which he lives and moves as an, Ego, an individualised being."

**Responsibility for Choice:** Individuals bear responsibility for the thoughts they entertain and the suggestions they accept, ultimately shaping their own destinies through their choices.

**The Subconscious Mind's Power:** Both authors acknowledge the immense power of the subconscious mind in influencing behavior and realizing desires. Brown explains, "All power comes from the sub-conscious...It does nothing that is not willed by the Conscious mind."

**Safety and Ethics of Hypnotism:** Brown vehemently defends the safety and ethical use of hypnotism, arguing that individuals cannot be compelled to act against their will or conscience. He states, "The only principle concerned in the phenomena is the constant one of concentration upon an Affirmation that is the result of a chosen Suggestion."

**Practical Applications:** Brown provides numerous examples and formulas for using self-hypnosis and affirmations to address various challenges, including pain, nervousness, insomnia, illness, bad habits, and fear.

## Quotes

- "The Key to Wisdom, the Inlet to Power, And the road to Success, are all found In the Principle of Suggestion..." - Henry Harrison Brown
- "Suggestion is the objective side of life. The subjective is Affirmation. An Affirmation is a statement of Truth. Each person is controlled by his convictions of Truth." - Henry Harrison Brown
- "A MAN CAN THINK WHATEVER HE WISHES, AND CAN MAKE THAT THOUGHT A REALITY IN THE OBJECTIVE LIFE." - Henry Harrison Brown
- "The School of Suggestion is the University of the Soul. All other schools are of the intellect. This school opens the door through which to reach the Ego itself. None other is equal to it." - Henry Harrison Brown
- "He who dares assert the I, May calmly wait. While hurrying Fate Meets his demand with sure Supply." - Helen Wilmans, quoted by Henry Harrison Brown

## Conclusion

These sources offer a compelling exploration of the power of suggestion in shaping human experience. They advocate for understanding and harnessing this power through self-suggestion and concentration to achieve self-mastery, overcome limitations, and realize desired outcomes. By dispelling myths and emphasizing ethical applications, the authors illuminate the potential for positive transformation through the intelligent use of suggestion.

The book suggests that understanding and applying the Law of Suggestion can lead to self-mastery in many areas of life. It can be used to:

- **Overcome pain and illness:** By consciously focusing on thoughts of health and well-being.
- **Break bad habits:** By replacing negative thought patterns with positive affirmations.
- **Achieve success and prosperity:** By affirming desired outcomes and taking inspired action.
- **Develop creativity:** By accessing the subconscious mind through techniques like post-hypnotic suggestion.

## Glossary of Key Terms

**Suggestion:** Anything that causes a sensation or a thought. It is the objective force that influences the mind.

**Auto-Suggestion (Self-Suggestion):** The act of suggesting something to oneself. This is the internal process of influencing one's own mind.

**Affirmation:** A statement of truth, often repeated to oneself to create a desired belief or mental state. It's the subjective counterpart to Suggestion.

**Concentration:** The act of focusing the mind on a single thought or object to the exclusion of all else.

**Hypnosis:** A state of heightened suggestibility induced by a hypnotist. Brown argues that the term is misleading and prefers "Suggestion."

**Sub-conscious (Subjective Mind):** The part of the mind that operates below the level of conscious awareness. It's the seat of deep-seated beliefs, emotions, and habits.

**Conscious (Objective Mind):** The part of the mind that is aware of its surroundings and can make deliberate choices.

**Will:** The faculty of the mind that enables one to make choices and direct actions. Brown stresses the importance of a cultivated Will.

**Post-Hypnotic Suggestion:** A suggestion given to a hypnotized person that is to be acted upon after they awaken from the hypnotic state.

**"NOW" Philosophy (Soul Culture):** Brown's philosophical system emphasizing the power of Suggestion, Affirmation, and Concentration for self-mastery and spiritual development.