

---

Subject: Conditioning the brain with Alpha waves  
Posted by [Vernon](#) on Fri, 10 Mar 2017 02:08:49 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

Do you think it's really true that you can condition yourself - or some might say 'hypnotize' yourself to learn any skill or to develop any characteristic?

---

---

Subject: Re: Conditioning the brain with Alpha waves  
Posted by [moss24](#) on Fri, 10 Mar 2017 15:27:15 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

I have heard various theories about hypnosis and how it is effective but being a person who's never keen on trying new things, I have never paid much attention to this. Music is powerful though and so anything is possible.

---