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Important things to know about Hypnotherapy

What is Hypnosis?

Hypnosis is a state of relaxation and/or an enhanced level of concentration. It is a form of “guided relaxation using concentration and suggestions created by you, the client and the therapist. Depending on the client’s motivation there may be a shift in attitude about specific subject matters (i.e. habits/stresses). The only requirement for therapeutic results is that the person has a conscious desire to change, improve or manifest.

Hypnosis is a perfectly safe programming, exploratory and/or relaxing technique that can benefit anyone. It is the ultimate means of heightening motivation by programming your subconscious mind to work in cooperation with your conscious desires. The American Medical Association endorsed the use of hypnosis as a valid therapeutic tool in 1958.

How does Hypnosis Work.

In the hypnotic state you are able to set aside your conscious mind and narrow your attention to one thing – just as you do when you are beginning to fall asleep. When your mind is in a subconscious state (Alpha or Theta brain waves) you are hyper-sensitive to suggestion. Because of this suggestibility, positive programming is extremely effective in helping create positive change.

Can anyone be hypnotized?

Anyone can be hypnotized provided they are mentally and physically balanced and have the ability to concentrate and/or relax. As long as you are willing; you **WILL** experience hypnosis. There is a positive correlation between one’s willingness to relax and concentrate. The best hypnotic subjects are intelligent, strong willed and imaginative. Once you overcome your apprehensions, it is an easy experience, one in which you will awaken feeling much more relaxed, at ease and in peace.

Can people be made to do things against their morals or values?

NO. Hypnotic suggestions **CANNOT** make you do anything against your morals, religion or sense of self-preservation. If such a suggestion were given, you would either refuse to comply or wake up. When in a hypnotic state you will not say or do anything you would not normally say or do.

Can your memory be erased?

NO. If while undergoing hypnosis you want to remember, you will. Some clients may wish to forget something and amnesia can be produced with a post-hypnotic suggestion, but it wears off as quickly as the subject wishes. A hypnotherapist can assist a client in transforming a memory, which may be causing a problem.