

## **What is hypnosis and what can it do for you?**

Hypnosis is a state of focused consciousness that allows you to move beyond your old limitations. This is done when your hypnotist helps you to focus your mind. Your hypnotist will assist you in achieving the hypnotic state.

Once this has been achieved, you will then receive what are called hypnotic suggestions. These suggestions will enable you to use the power of hypnosis in your life and make the changes you desire.

Modern professional hypnosis is a tool that can help you, just like it has helped millions of other people to take back control of their lives.

We can help you change old habits and to provide you with motivation and confidence to do the things that you may have been putting off.

Hypnosis was sanctioned by the medical profession in 1958 and has been used ever since to help individuals overcome chronic pain, create anesthesia, and heal psychogenic illnesses, as well as normal everyday problems such as managing stress, overcoming bad habits and more by professional hypnotists.

Here, we also offer you the opportunity to learn self-hypnosis as part of your sessions so that you have that skill after you have completed your work with us.

We provide success even when every other approach has failed.

## **What is professional hypnosis?**

The professional hypnotist or also called a “Consulting Hypnotist” is different from the “stage hypnotist” you may have seen or heard of. The stage hypnotist uses hypnosis to entertain. What we do is very different.

Professional hypnosis is the applied use of hypnosis to help you to reach your goals and overcome old useless habits.

See the back panel of this brochure to see a partial list of uses for hypnosis.

Self-hypnosis may also be part of a good hypnosis program. Ask your hypnotist if using self-hypnosis is recommended to help you reach your goals. We developed and teach a modern form of self-hypnosis called 7<sup>th</sup> Path Self-Hypnosis®.

## **Is hypnosis safe?**

Hypnosis is safe. It feels similar to experiencing a daydream. Usually you will feel relaxed when doing hypnosis. Although some techniques are very active and you may even speak with the hypnotist during your session.

Hypnosis in and of itself is a very pleasant experience. It is a time to let go of the other thoughts of the day and focus on the issues you came in to work on.

Scientists, medical professionals, psychologists and professional hypnotists have been using hypnosis for over 200 years and no one has ever been hurt by simply going into hypnosis.

Hypnosis is a natural state of mind that everyone has experienced naturally many times. Literally, millions of people have safely experienced hypnosis.

## **Can I be hypnotized?**

Of course, you can! It’s easy to go into hypnosis and it is a normal state of mind that everyone has already experienced.

In fact, hypnosis is such a normal state of mind, most people usually don’t even realize that they are hypnotized.

Normal, everyday hypnosis occurs when you are driving down the road and lose track of time, or, when you are focusing on a book or television program and you don’t even notice something that is going on around you.

When you come in for hypnosis, all you need to do is follow the instructions of the hypnotist.

Anyone of at least normal intelligence and the willingness to follow instructions can experience hypnosis and use it to improve his or her life. This includes children and teenagers.



## Who will hypnotize me?

It is now commonly accepted that all hypnosis is really self-hypnosis. When you follow the instructions of a hypnotist, you will actually be hypnotizing yourself. Your hypnotist is a highly trained and qualified hypnosis professional.

Your hypnotist is bound by professional ethics and the laws of the state in which it is practiced.

Your hypnotist has undergone advanced professional training and achieved additional certification in the advanced hypnosis system called 5-PATH®. He or she is a professional who will maintain the highest ethical standards, treat you with respect and maintain confidentiality.

## Hypnosis can help you succeed when nothing else has worked!

Hypnosis is one of the fastest growing fields of human achievement. As hypnotists, we are working with people who are frustrated because nothing else has helped them achieve their goals.

They have tried every other avenue that they can think of without success. We use hypnosis and teach self-hypnosis so that people like you can succeed in making important changes.

Did you know that many of the most successful professional and Olympic teams use hypnosis to help their athletes win? That's true. Now you can use this advantage for yourself, whether you are trying to overcome an old problem or if you want to grow to a new level of personal achievement.

## Hypnosis is your tool for success!

We encourage you to call or come into our office and ask us questions about hypnosis and our services. We enjoy answering questions. It is part of our job. Hypnosis can help you with the following and more:

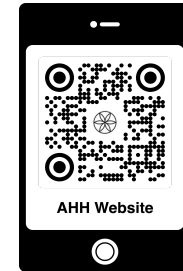
- |                 |                      |
|-----------------|----------------------|
| Stop Smoking    | Weight Loss          |
| Sleep Problems  | Stress               |
| Remove Fears    | Relationships        |
| Remove Habits   | Guilt & Grief Issues |
| Substance Abuse | Test Performance     |
| Motivation      | Stage Fright         |
| Public Speaking | Pain Management      |
| Anger Issues    | Sexual Issues        |
| Abuse Issues    | Self-Esteem          |
| Concentration   | Confidence           |
| Test Anxiety    | Shyness              |
| Procrastination | Children's Issues    |
| Improve Sports  | And More...          |

*Call to ask about any issues not listed here*

# Professional Hypnosis Services Information



## Learn how hypnosis can help you succeed



Access Holistic Healing & Hypnosis

239-776-2211