

## Hypnosis and Advanced Hypnotherapy

*It's helpful to understand what Hypnosis is.*

**Hint: there are a lot of misconceptions about Hypnosis!**

□ **Hypnosis is not sleep. You are not asleep when you are in hypnosis.** If you go to sleep, there is an extra fee ☺ You will be able to tell me your feelings, ask questions, and move around to get comfortable. Many people think Hypnosis produces a numbing trance that overpowers a person- not even close. Advanced Hypnotherapy sessions need your interaction and keen participation to create the changes and success you want.

□ **Your awareness, mental, and emotional abilities are heightened and focused** during the Hypnotherapy session. Amazingly so. You experience a day-dream like state, only **much more vivid**. And you are alert and interactive. It is comparable to when you are just waking up and you know you are awake but your mind is still in contact with your dreams.

□ **Although you may become very excited or very relaxed, you are always in control.** You'll have all the control during a Hypnotherapy session - with me - that you have at any other time.

□ **Hypnosis is neither unnatural nor supernatural.** Hypnosis stage shows do make people look -as if- they are in an unnatural zonked out state. And it's these shows and Hollywood movies that distort the experience of hypnosis, making people afraid of it, instead of using it to improve their lives. Those people on the stage show, the contestants, are definitely in hypnosis. BUT remember, they have given complete permission to the hypnotist on the stage, and they are fully cooperating with the stage SHOW hypnotist.

□ **You can protect yourself at all times and stop hypnosis, or go to the restroom if the need arises.**

□ **You can remember what happens in your session, it's part of the experience to learn, as you make significant inner changes.**

□ **Surprisingly increased capacity for recall of events of your life. Even ones you wouldn't think are important.** (But your subconscious mind feels differently!) You may remember experiences very clearly, and you may vividly recall the details and feelings. And, often people come up with experiences of their past that they don't remember, but after the session, they'll ask a parent, sister or brother, and the event is verified - it actually happened!

*Hypnotherapy practiced at my office is more like a conversation, full of feelings and discovery.*

When people who work with me are asked by family or friends what it was like, they say,

"well, it wasn't like going into a trance or anything like that. It was more like having a conversation. But my feelings really came to the surface, and I remembered things I never thought I could remember." Then the family member or friend looks puzzled, like, "wow, you didn't go into any hypnotic trance or go under?" And they say, "no, it was much more interesting than that. I participated and learned a lot about myself."

I am getting reports back from the people I work with that people around them are noticing some good changes in them. And it surprises those people that there was no deep trance or "overpowering" hypnotic state involved in acquiring these good changes.

I'll help you connect with your feeling mind, the subconscious mind, in order to make the changes that are so important to you, if all other "thinking" (will-power) attempts have failed.

***One of the goals of Advanced Hypnotherapy is to help you find the good, in things that you previously felt were only bad.***

In the deep levels of Hypnosis you reach in sessions you can discover things about yourself, particularly about your feelings that you might never have learned in any other way. I'm not just talking about bad stuff, but also good and wonderful things about yourself, your *real* self. Good and wonderful things you may have forgotten, or may not have felt since you were a little child.

***Discover aspects about your inner-self. Be re-introduced to the power of love and strength that exists within you.***

When you understand that hypnosis is a natural / God-given power that all human beings possess, then hypnosis can become a tool and a talent for you. As you understand this, hypnosis becomes an endowment of ability and power that can serve you to create positive changes in your life.

***Once you have experienced Advanced Hypnotherapy you are able to progress to a more advanced level the next time.***

Each following session tends to be much more successful because the mind learns through experience and your confidence increases as Advanced Hypnotherapy helps you to make successful, life enhancing changes in your life.

***Increase of control:*** Advanced Hypnotherapy is designed to increase the control you have of your life. People I have worked with report having an increase of control not only as they progress in each session, but as they experience things in their daily lives. They begin to report that things which used to upset and annoy them, have lost power.

During the session I am the guide but you determine the pace of your progress. I can't do your inner-work for you, I can only open the door, and then you have to walk in yourself. If you truly want to resolve and heal, your progress can be rapid.