

“YOUR  
MIND  
CAN  
DO  
AMAZING  
THINGS  
IF  
YOU  
ALLOW  
IT  
TO”

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HYPNOTHERAPIST

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*The Power of Words*

What  
is  
Hypnosis?



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# WHAT IS HYPNOSIS?

Hypnosis is a natural state of mind characterized as a feeling of increased relaxation.

The conscious mind becomes subdued which allows ideas and suggestions to be introduced to the unconscious mind more easily.

We experience the hypnotic state every day, often more than once.

Have you ever driven your car from point A to point B and then realized that you didn't recall driving past familiar sights along the way? Or have you tried to initiate a conversation with someone who is watching TV intently?

These two examples are both a state of trance.

Hypnosis is the alpha level of consciousness. You pass through this daydream like state as you fall asleep at night and again as you wake up in the morning.

Research has proven when you watch television, you are in this alpha state for two-thirds of your viewing time.

## COMMON QUESTIONS

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### *Can I be Hypnotized?*

It has been found that all normal people are hypnotizable to a greater or lesser

extent. People with an I.Q. less than about 90 generally are not hypnotizable.

### *Is There A Hypnotized Feeling?*

There is no hypnotized feeling.

Most people feel very relaxed when in hypnosis, some people feel heavy, some people feel light. Other people have absolutely no feeling that they are in hypnosis and believe they have not been hypnotized when they most definitely have.

### *Can The Hypnotist Make Me Divulge All Of My Secrets?*

You will not divulge any secrets under hypnosis unless you want to do so. The hypnotist does not have any control over the subject.

The subject can easily reject any suggestion the hypnotist makes, no matter how simple or complicated the suggestion might be. The subject can open their eyes, emerge from the state of hypnosis and walk out of the room at any time they choose.

### *Do Hypnotists Have Special Powers?*

This is a common misconception. The hypnotist does not have any special powers to hypnotize you. The hypnotist leads the subject into a state of hypnosis. In other words, the subject has all the ability.

## MISCONCEPTIONS ABOUT HYPNOSIS

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*The largest misconception about hypnosis is that it is sleep.*

The subject is wide-awake and aware of everything around them. This misconception stems from the stage hypnotist's use of the word "sleep".

## WHAT CAN HYPNOSIS BE USED FOR?

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There are many situations which can be improved by the use of hypnosis.

Some of the common uses are:-

- Stop Smoking
- Lose Weight
- Stress Reduction
- Self Esteem
- Addictions
- Improve at Golf

## FEES YOU CAN AFFORD

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We can often save you more than the cost of our service alone. So why not call us today?

Call 08 85363004