



FAQ - ALL HYPNOSIS IS SELF-HYPNOSIS

- A. What is Hypnosis?** Hypnosis is a natural heightened state of responsive awareness where you are open to new ideas, thoughts and suggestions. Some call it an altered state of consciousness, e.g., "in love". It's not *exactly* guided imagery or mindfulness or meditation or entertainment. It is a naturally occurring state that is being maintained by a process whereby we are able to access vast resources in the subconscious mind & apply them in ways that are congruent with our life goals.
- B. Is all hypnosis like stage hypnosis?** No. Differences in Goals- people are volunteering, they want to be there, they want people to look at them Vs. Individual sessions which are therapeutic, motivational, looking to change something, or need to resolve an issue in their life-all previously discussed & agreed upon.
- C. What does Hypnosis actually do?** **Access** our subconscious mind, an amazing, untapped resource. **Reprogram** our thinking, dispel old, unwanted, negative thoughts and replace them with new, positive thoughts. **Enhances** our motivation to change, goal achievement, personal & spiritual growth, and to release individuals from their problems and the causes of their problems.
- D. What actually happens?** A hypnotized client 's brainwave pattern will fluctuate somewhere between alpha and theta. You will automatically go to the correct level that you need for your success! Each time you go into hypnosis, you will go into it much more easily and much more deeply! No, you can't get "stuck" in hypnosis.
- E. Does it Work? Yes!** Psychoanalysis: 38% recovery after 600 sessions, Behavior Therapy: 72% recovery after 22 sessions, Hypnotherapy: 93% recovery after 6 sessions (...different level of thinking!) Most people can be easily hypnotized. Only 2 kinds of people can NOT be hypnotized: An I.Q. under 70 or developmentally challenged, & paranoid/psychotic people. Relaxation is NOT a requisite for hypnosis; It is your willingness to participate in the process that makes it possible! No one can force you against your will. You can block it, both consciously and subconsciously, and in that case there would be little reason to continue. **The RULE is, people enter into hypnosis in direct relation to the amount of fear they have.** Once you overcome any apprehension, through understanding the truth about hypnosis, it is a simple and enjoyable experience. You will awaken feeling more relaxed, more at ease & at peace than before going into hypnosis. In almost every case, subconscious blocking can be overcome with conditioning through several sessions.
- F. Can Hypnosis affect a change in just one or two sessions? Sometimes.** The fact is, in many instances one or two sessions of hypnosis may enable a person to **break a habit**. However, in the majority of cases it requires a number of sessions before a favorable result is obtained. It is not a panacea; it cannot cure all human problems, and it cannot do it instantly.
- G. Difference between Hypnosis & Meditation? Intention!** Meditation is typically passive, as you empty the mind and release & let go of thoughts... It takes more discipline, & it's usually more difficult to achieve than hypnosis. Hypnosis is active, like meditation with an agenda...you enter with a *goal in mind to reprogram the subconscious* with whatever you choose. ...Relaxation is never the 'main event'; relaxation is how hypnotists guide you into a receptive state to then imagine things you might otherwise shy away from & to look at things from a different angle.
- H. How does it actually work?** Hypnosis bypasses the critical faculty of your brain- your conscious judgment- and opens the door to your powerful subconscious to offer positive selective suggestions...it becomes responsive to *repetition* & positive ideas! (Self) Hypnosis is the natural, safe and most efficient way to reach the subconscious mind and modify those old, unwanted habits and behaviors.

- I. **What is the “Conscious 7” vs. “Subconscious 24/7”?** You (Your Conscious mind) can consciously pay attention to about 7 things at a time. Imagine a giant library (your brain) that stretches out for miles and is many stories high. This library is full of artifacts and books of knowledge- It contains every experience you’ve ever had. The library (Your Subconscious mind) has rules. A librarian (the critical faculty) inside can only check 7 things at a time. During self-hypnosis, the librarian relaxes enough to allow you to shine light on the resources you need to solve your problem. The answer comes from inside your own personal library, filled with your stuff, so it’s custom tailored to you!
- J. **Which is stronger, your will or your imagination?** Your imagination will always be stronger!! The brain cannot distinguish between what is real or what is imagined, so imagery and suggestions are used during hypnosis to create new nerve connections and neural networks – in other words, habits, thoughts and feelings are changed.
- K. **Can people lie in hypnosis?** Yes, people can lie in hypnosis! **Will they tell me their personal secrets?** NO, you won’t tell me any of your secrets!! You will always be able to make decisions at all times; you are always in control! Remember, in trance, you are more in control because you are using the power of your subconscious.
- L. **Is Hypnosis contrary to religious teachings?** MOST major religions see Hypnosis the same as they would any other tool you may use to help you with self-improvement. 1956, The Roman Catholic Church, Pope Pius XII gave his approval of hypnosis; Under the aspect of anesthesia, it is governed by the same principles as other forms of anesthesia.
- M. **Will I ever be unconscious?** You will NEVER be unconscious, just more focused than before. It is **impossible** to hypnotize someone against their own will. You won’t do anything you wouldn’t ordinarily do!! Hypnosis is safer than watching TV with all their messaging to you....
- N. **What will hypnosis do for me??** Hypnosis does NOT give clients (physical) abilities that they do not possess. It can ENHANCE any abilities you ALREADY have. EX. You are a musician? You can be a better musician! What it CAN do is help teach you to use your own abilities, for your own benefits, pre-determined by you. You would NEVER do anything immoral or against your own judgement.
- O. **What do I expect to feel?** Everyone experiences hypnosis differently. HOWEVER, you will feel better than before! 1 minute of hypnosis = 15 mins of sleep; You’re going to FEEL GREAT! The first time you might feel like you’re just sitting there in the chair with your eyes closed. You might think you’re not doing much. There might be a shifting of breathing. You might think “I can just get up & walk out, but you won’t! Your mind might wander, and that is OK!! You’ll still hear my voice in the background, likely hear every word and remember as much as you would from any normal conversation. You might feel something physical or you might get a sense of a visual representation / a memory or auditory representation of what it feels like- it’s different for everyone. There’s always a sense of comfort when you’re in a good trance state. You may feel heavy like you’re sinking into the chair you’re sitting on. You may feel light like you’re floating weightlessly. Or you may experience the mysterious sensation of . . . sitting in the chair, listening to me speak. Whatever you experience is just right for you, because we all do trance in our own way. It’s OK if you want to move, you can cough, sneeze, scratch an itch, talk if you need to. Nothing disturbs the hypnosis. I want you to feel safe and comfortable at all times. We keep it professional at all times.
- P. **How long does it take? Will I remember anything?** Because you must be a willing participant in hypnosis, each individual's experience will vary. Your desire for change, and the level to which the issue is embedded in your subconscious, all play a part in how quickly change can happen. I can’t wave a magic wand, but if you really want the change, follow my instructions and watch it happen! You are the one in control. For the most part, you will remember nearly everything. Your conscious mind may wander, but your subconscious never forgets, especially while in hypnosis, when it is highly alert 24/7.
- Q. **In Summary...did I address all your concerns?** Hypnotists retrain the subconscious to help ordinary people overcome habits/problems. We can’t MAKE anyone do (or not do) anything...we just help train their brain to do what it is that the client chooses to do. If you don’t choose it, it won’t work. We can’t put you “under” because you don’t fit under the chair. It’s actually all pretty easy if you want change.... So, does that sound good?!