What is hypnosis and how does it work?

Hypnosis is a state of heightened suggestibility. It is an integrative process of rebuilding habits and behaviors, as well as emotions, beliefs and feelings. These emotions are stored in the subconscious. By connecting with the subconscious in a trance state, we can change habits, feelings and behaviors. We all go into states of hypnosis everyday when we are driving a car, watching TV, playing video games and before you know it 4 hours have gone by.

What is your subconscious?

The subconscious mind is the part of the mind that directs your conduct through the habits and emotional desires acquired from the influence of your environment.

Can hypnosis help me stop\_\_\_\_\_\_\_\_\_\_?

Yes, By connecting with the subconscious in a trance state we can change habits.

Can hypnosis get to the root cause of a problem?

Yes it can. By answering the questions honestly and having a willingness to heal, so when we speak to the subconscious in trance we then can go deeper into the healing process.

I saw a stage hypnosis show and it looked like people on stage were under mind control. What’s that about?

Sometimes  hypnosis is feared because the view of a person surrendering their will is reinforced by the act. Stage hypnotist design a show for entertainment purposes, which includes participants doing strange things. The hypnotist chooses people that are highly suggestible and may have a desire to have a less inhibited experience of themselves. Under hypnosis people can give themselves permission to do many things they wouldn’t otherwise do. Under normal circumstances under hypnosis you will not do anything that is against your morals or beliefs

I am very analytical, will it be difficult for me to be hypnotized?

No. Anyone can be hypnotized. By using different warm up exercises it will allow us to know what wording to use that you can relate to in order to help relax your mind.

What will I feel ?

Hypnosis is a very pleasant feeling of complete physical and mental relaxation. It is similar to knowing you are awake and going into the sleep state.

What should I expect during a session?

The first session we will review your goals and expectations and go over any questions about the process that you have.

How often should a session be done and how many sessions?

After the first session we would like you to wait 2-3 weeks to allow you to adjust to the changes that were made pertaining to your goal. Depending on what your goal is it could be from 1- 7 sessions needed.

Is there a guarantee? How will I know it worked?

There are no guarantees. You will know that it worked when you see or feel the changes that are occurring in your life.

Will I get stuck in hypnosis?

No. Hypnosis is a very natural state and can not hold anyone against their will

Can you help me forget a terrible experience I went through?

Hypnosis will not make you forget a terrible experience, It will allow you to be able to cope and move forward from that experience.

Will I remember what happened during hypnosis?

Some people will remember everything and some people will remember nothing and others will remember bits and pieces. Kind of like a dream. How some times you remember everything about your dream and other times nothing at all or only bits and pieces.

What If I remember something awful that I had forgotten?

Your subconscious will only allow you to remember what you are able to handle. It will help you to be able to release any emotions toward that situation.