

Hypnosis

Hypnosis is relaxing and peaceful as though you were chilling on a beach or quietly meditating. What is probably one of the most fascinating facts is that one session of Hypnosis is equal to 10 sessions of counseling or psychotherapy.

With Hypnosis I put you into an altered state of consciousness (ASC). It feels like you are meditating in a peaceful and relaxed environment. You end up being in between what is known as the sleep state and awake state. This is when I am able to communicate not to your conscious but your subconscious. This is important because this is where everything has been imprinted like bad habits. This is where change actually happens because your subconscious is much stronger than your conscious. I go into your master control system, suggest the things you tell me you want changed, and anywhere from 3-9 sessions you get results (typical average).

Here is a very sad fact, 60% of doctor visits in the United States are due to stress-related problems. Most of these are poorly treated by drugs, surgery, or other medical procedures. So, why are we not doing things with what the earth has provided for us naturally? After all, the earth has everything we need to survive. Also 60% of physicians are referring their patients out to complementary therapies. It is well-documented that Hypnosis is very effective in helping patients with pre surgery preparation and post surgery healing, Insomnia, Fibromyalgia, Chemotherapy side effects, and Hypertension. 70% of the 46 million Americans who smoke want to quit & usually try to quit several times before permanently kicking the habit. Unfortunately, those who do not participate in a cessation program, about 95% will fail at quitting. Also, did you know 95% of diets fail!

<https://www.redbookmag.com/body/health-fitness/a40376/woman-hypnosis-weight-loss>

Brain wave activity is divided into four levels of cycles per second:

Beta - Full consciousness, awake

Alpha - Falling asleep at night & waking up in the morning.

- Hypnosis
- Meditation

Theta - Early stages of sleep.

- Deep meditation
- Deep hypnosis

Delta - Full sleep to deepest sleep.

Hypnosis cannot put you anywhere other than these existing areas of cycles per second of brain activity, which you already experience. For most, hypnosis is a mid-alpha range & although you're in a hypnosis state, you remain fully conscious of everything that is going on around you.

Statistics of Hypnosis

- Provides the best mental and physical stress relief creating an optimal state of health and wellness
- It is the bridge between the mind, the body, and the spirit
- You cannot become stuck in hypnosis since you cannot get stuck in a set of brain waves. This would mean that people could get stuck in their sleep which we know is impossible
- Anyone with a normal brain function can enter into hypnosis. Just like a dream, the client may recall some or most of what happened during the session
- Positive suggestions are processed properly and are actually 30% more effective. The subconscious mind does not process negatives which are 30% less effective.
- The suggestion given to the subconscious becomes a belief, changes the behavior, and creates an effect or action

- Hypnosis gets to the root of the problem which is stored in the subconscious allowing the client to release the problem, heal, and create change
- The client is always in control of their session. If it goes against their belief system they will either reject the suggestion or come out of hypnosis

[CLICK HERE](#) to see 145 things that Hypnosis can help with