

What is Hypnosis?

The brain operates in four general states, these four states correspond to electrical activity in the brain

- ◆ **Full Conscious Awareness**
- ◆ **The Hypnotic State**
- ◆ **The Dream State**
- ◆ **The Sleep State**

We pass through all four states sequentially as the electrical activity decreases on our way into sleep and as it increases on our way up to total wakefulness.

In the Hypnotic State, the doorway between the conscious mind and the subconscious mind is opened, memories become easily accessible, and new information is stored.

In the Hypnotic State, you are not really "thinking" in the traditional sense. You are "experiencing" without questioning, without critical judgment or analysis, just the same as when you watch a movie. The hypnotherapist can then make suggestions that are very likely to "stick" - precisely, because your conscious mind is not getting in the way. You are not "judging" or being "critical" of the suggestions.

If for some reason you *will* yourself not to allow the suggestions to be accepted, they won't be. For example, the smoker who comes in to stop smoking but is not really committed to that goal, cannot be forced to do so.

There is no person or power on earth that can force you into hypnosis; you must want to go into hypnosis and follow the hypnotist's direction to the letter.

The chief concern for the subconscious mind is one of instinct, the strategies for health and welfare, self-preservation and survival are irrevocably etched in the subconscious. The subconscious function of the mind begins to operate in early childhood, long before the conscious mind.

The conscious mind along with its critical faculty develops later in early childhood. By this time, the subconscious mind has firmly embedded in it the instinct to survive---to keep the organism well and healthy.

A less technical definition of hypnosis is: A naturally occurring altered state of consciousness in which the critical faculty is bypassed (mind in the conscious mode) and acceptable selective thinking established.

This simply means that the reasoning, evaluating, judging part of your conscious

mind is bypassed. While we wonder how this could possibly happen, we are subject to it all the time. The advertising industry is dedicated to bypassing our critical judgment all the time in order to influence our buying behaviour.

With the critical faculty bypassed, specific thoughts/suggestions can be lodged in the subconscious where they can propel the client toward a desired goal or change behaviour in a positive, permanent way. Any such suggestions must be acceptable to the client, of course. They would have no effect otherwise.

You will probably be amazed by just how many different issues hypnotherapy can help with. Most people know that hypnosis can be helpful for stopping smoking and treating phobias. However, you may be more surprised to find that it can help you to pass your driving test or become better at public speaking.

Your health is your most precious possession – take care of it while you have it.

Hypnotherapy can help with;

- ◆ Past Life Regression
- ◆ Stopping Smoking
- ◆ Weight Loss and Weight Management
- ◆ Insomnia and Sleeplessness
- ◆ Memory
- ◆ Exam Help
- ◆ Motivation
- ◆ Sports
- ◆ Phobias
- ◆ Confidence Building
- ◆ Anxiety
- ◆ Wedding Nerves
- ◆ Fitness and Health
- ◆ Relationships
- ◆ Fear of Flying
- ◆ Driving Test Anxiety
- ◆ Public Speaking
- ◆ Allergies
- ◆ Post Traumatic Stress Disorder
- ◆ Irritable Bowel Syndrome
- ◆ Pain Management
- ◆ Blushing

**These are just some of
the disorders which can
be treated using
Hypnotherapy.**

Hypnotherapy

Fee Structure

First visit inclusive of consultation
(Allow 1 Hour for first visit)
All treatments **£40.00**

Nutritional Supplements

May be prescribed and are a
**VITAL part of the treatment and they
greatly assist a speedy return to well-
being and are charged for separately.**

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Hypnotherapy

**UNLOCK THE
CAUSE**

**TO FIND THE
CURE**

