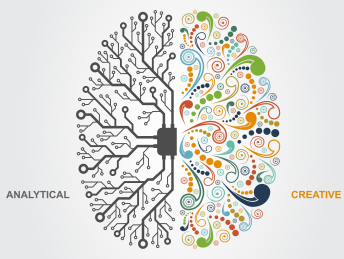
THE TOP 11 *Truths About* HYPNOSIS

#11 EVERYONE CAN BE HYPNOTIZED!

Anyone who is able and willing to follow instruction can be hypnotized, and you cannot be hypnotized against your will. It is a consensual state. It works best when you really want to make changes in your life but are having a hard time doing so or a hard time following through.

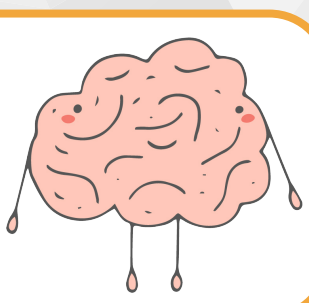


#10 HYPNOSIS IS VERY POWERFUL AND HELPS YOU BE YOUR BEST SELF!

Hypnosis helps you tap into your best self – your inherent power. Practice self-hypnosis daily to increase focus, concentration, and the ability to relax and recharge quickly.

#9 HYPNOSIS IS NOT SLEEP, NOR IS IT RELAXATION

Hypnosis is focused awareness where you are highly receptive to positive suggestion. It is not sleep, nor relaxation. We often have you focus on relaxation in the hypnosis office to help you focus. But there will be many times where you feel excited, or with lots of energy.



#8 HYPNOSIS IS A STATE OF MIND - NOT A FEELING

Hypnosis is not a feeling – it's a state of mind. Some people feel light – like their floating, some feel grounded and safe – like a tree. Others feel nothing at all, or a light buzzing feeling. They're all correct – but it's different for every person.

#7 HYPNOSIS WORKS REALLY FAST

Just as our brain can learn a phobia quickly – which is a learned fear, our brain can learn a new response to an old situation very quickly. The brain is lightning fast and can change using neuroplasticity.



#6 HYPNOSIS WORKS FOR NEARLY EVERY ISSUE

Hypnosis can help you change habits, reduce the sensation of pain, increase motivation, help you heal from past experiences, help you find lost items, eliminate fear, and help with spiritual growth – plus many other common everyday issues.

#5 HYPNOSIS WORKS BELOW THE LEVEL OF CONSCIOUS THINKING

This means you become aware of things that you have not been aware of before – leading to powerful insight!



#4 YOU'LL BE CONSCIOUS AND ALERT THE WHOLE TIME IN HYPNOSIS

We want you to remember all the insight you gain from the hypnosis session, so unless you're using hypnosis for medical purposes including surgery, you'll be conscious and alert the whole time.



#3 YOU ARE ALWAYS IN CONTROL DURING HYPNOSIS

Your hypnotist has no control over you. Hypnosis stage shows where people do crazy things are for entertainment! That's not what happens in a hypnosis office. Your hypnotist serves as a guide, or coach, it's a consensual state. Your hypnotist will work with you to understand your needs, and goals, and that will be an important part of the hypnosis process and suggestions they give you while in hypnosis.

#2 HYPNOSIS IS A NORMAL AND NATURAL STATE OF MIND

You've likely been in a state of hypnosis hundreds of times in your life. Everyday states of hypnosis include: listening to great music, reading a good book, and watching a good movie. A light state of hypnosis is achieved anytime you lose track of time.

#1 HYPNOSIS WORKS – EVEN WHEN EVERYTHING ELSE HAS FAILED!

Even if you've tried other things to resolve your issue, hypnosis can still work because it works differently – it taps into the power of the subconscious mind where our memories and emotions are stored.

Alternatives & Solutions Counseling LLC
& HYPNOSIS SERVICES