



## Frequently Asked Questions

Hypnosis is a very simple and naturally occurring state of mind. To get an idea of how hypnosis actually works, consider two alternative states of mind - the first one is when your thoughts are occupied with what is going on in a very conscious way. You are very aware of what you are thinking. The second state is one in which things are running automatically. You are thinking about things but perhaps aren't consciously aware of what you are thinking. This is the state in which decisions are made which affect your beliefs and your emotions. Hypnosis is simply a way of helping you make the right decisions and develop the right beliefs for you, thereby helping you to 'feel' better and to get better day to day results.

Most people's questions about hypnosis stem from the confusion caused by technical and Hollywood style explanations of the subject. Questions often reflect people's worries about control or danger or lack of understanding about the process. Here are some of the more common questions encountered.

### *What is Hypnosis?*

Hypnosis is an altered state of consciousness, one in which the critical filtering capabilities of the conscious mind are bypassed. Hypnosis is a method of changing your thoughts, behaviors, and even your body... using the power of your mind! Hypnosis works by guiding you into a deep state of relaxation, which some hypnotherapists prefer to call a "trance". During this state, the hypnotherapist begins providing the subconscious mind with positive suggestions and stories to help achieve the goals of the individual.

### *Will You Lose Control When Under Hypnosis?*

No, in fact hypnotherapy can help you gain control... of respiration, heartbeat, blood pressure etc. You remain in control the whole time and will only integrate those suggestions that are useful and appropriate for you. Nobody can be hypnotized against their will. Hypnosis is not about control by the hypnotist. It is about working together so that the client can be empowered to create change in his or her life. Hypnosis and hypnotherapy are about empowerment and people's incredible capacity for change.

### *Is Hypnosis Sleep?*

No. There are a wide variety of states of relaxation, from light to very deep, and hypnotherapy works equally well in any of them. Although the word hypnosis comes from the ancient Greek word 'hypnos' meaning sleep, it is a misnomer. Hypnosis is generally a very relaxed state but it is not sleep. Many people after a session of hypnosis don't believe that they were hypnotized at all but that comes from misconceptions about just what a 'trance' in fact is.



## *What Does Hypnosis Feel Like?*

The answer is that hypnosis probably feels different for everybody. Many hypnotists use elements of relaxation procedures, so people commonly associate a feeling of relaxation with hypnosis. Different people have all sorts of bodily responses to relaxation instructions - some feel as though their body is very heavy, whereas some can feel very light, almost as if they were floating. Mentally, people also have different responses. People typically report feeling very focused or absorbed, often effortlessly so. Since instructions for imagery are often used people can have very vivid imaginative experiences - many report feeling "as if they were there." During your session, you'll feel immensely relaxed. And when finished, you'll be brought back to the waking world feeling fully alive and energetic, truly ready for what the world has to offer you.

For some people, the hypnosis session may feel as though it lasted just a few minutes. For others, it seems as though they've been in that relaxed state for hours. That's perfectly normal... hypnosis can be so relaxing, you tend to lose track of time! It's just a state of total and utter tranquility... and that's high enjoyable.

## *Will You Be Able to Awaken From the Trance?*

Yes, hypnotherapy just creates a state of relaxation, either light or deep. Hypnosis is not about control. If you want to come out of hypnosis you simply choose to do that. We go in and out of hypnosis and other altered states of consciousness (e.g. daydreaming) many times a day but we always come back out of them easily and naturally. There is no evidence that anybody can become stuck in hypnosis. The worst that might happen could be that you fall asleep - and wake up unhypnotised! During a hypnosis session, you're simply in a state of deep relaxation. If your hypnotherapist was to leave during a session, or your CD player were to run out of batteries, you would either simply wake up or drift off to sleep. No-one has ever been "stuck" in a state of terminal hypnosis!

## *Will I Say or Do Things I Don't Want to When Hypnotized?*

The simple answer is no, you can't be made to do anything you don't want to do in hypnosis. In hypnosis you retain power over your ability to act upon suggestions, although if you do allow yourself to act upon a suggestion you may feel as though the effects are happening by themselves. We usually don't tend to have conversations with clients when using hypnotherapy and in any event your conscious will is always present.

## *Is Hypnosis Safe?*

Absolutely. Hypnosis is a completely natural method of absorbing information. In fact, we all enter hypnotic states every day in our waking lives. You CANNOT be hypnotized if you don't wish to be. And you CANNOT be hypnotized to do anything against your will.



## *Can Anyone Be Hypnotized?*

Yes, as long as they want to. It's just relaxation after all. You also can't be too intelligent or too strong willed to undergo hypnotherapy. You actually can use your intelligence to assist you in entering a state of hypnosis.

## *Are There Any Side Effects with Hypnotherapy?*

No, though as the effects of hypnotherapy on the body are sometimes akin to deep sleep, it can take a few moments to wake up (just as if you have been sleeping).

## *Is Everything I Say Confidential?*

Totally.

## *How Long does it Take for Hypnosis to Work?*

Hypnosis often produces dramatic results in as little as one session. However it can take days or a couple of weeks before the changes are truly implemented at a deep level within the mind. The actual number of session varies with the individual and the issue.

## *What Can Hypnosis be Used for?*

Hypnosis can be used for almost anything... changing your thoughts, behaviors, even your body! You can use hypnosis to boost your confidence, increase your memory, for spiritual guidance, to cure your stage fright, lose weight, develop your intuitive sense, improve your sport, stop smoking... and a whole lot more!

Your mind creates your own reality. It can do anything. Hypnosis is your key to taking control.