***What The Hypnotic State Is… and Isn’t***

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Your subconscious mind is so powerful. Congratulations on your interest in tapping into the power of your mind in order to help create some powerful and positive changes in your life and your health. It’s a pleasure and honor for me to work with you and help you make these great changes in your life. Please read this instruction sheet which gives you a thorough explanation of the state of hypnosis. We go over it in the beginning of your session during your intake time. Feel free to ask any questions so that you feel totally clear and comfortable with this effective process of hypnosis. We’ll also do several easy suggestibility tests to show you that you can pick up suggestions. Remember, all hypnosis is self-hypnosis. You create these positive changes, while my role is that of a coach. I’m good at what I do, and have great success with my clients. I look forward to helping you.

Let me first explain what therapeutic hypnotism is *not*. It is **not** what you see portrayed on TV, movies, cartoons, and on stage where a hypnotist appears to have control over someone. This couldn’t be further from the truth. A hypnotist has no control over a client. In fact, all hypnosis is self-hypnosis. In the state of hypnosis *YOU* are in control. In fact, my role as a hypnotherapist is to help you get back into control around the issues you are working on, and facilitate this deep state of relaxation where your subconscious mind becomes available for positive suggestions for the change you desire. You are in control and will respond to suggestions that you are open to for changes you desire and deserve.

**The state of hypnosis is a natural mind state** in between waking and sleeping. It is a time where your **subconscious mind becomes available for new positive suggestions for desired change**. In this state **you become highly responsive to suggestions for the positive changes** you desire. It’s very natural, it is there available for you to use, given to you by a Higher Source to help you manifest health, joy, love and prosperity in your life. It’s all good. Nothing bad can happen to you in this state, of course. The reason hypnosis is so effective for improving health is that the subconscious mind controls and runs the body’s millions of functions. It’s also the place where your habits and emotions live, and where the invisible walls of resistance can reside. Hypnosis was approved by the AMA in 1958.

Here are the various mind states that you use every day, followed by a number representing the number of cycles per second (Hertz, Hz) that your brain is moving at in that state. You are familiar with all of them.

* Beta = awake and alert 30-13 Hz
* Alpha = relaxed 12-8 Hz
	+ the state of hypnosis
* Theta = deeper hypnosis, imagery, near sleep 7-3 Hz
	+ a deeper state of hypnosis
* Delta = sleep, dreaming 2- .5 Hz

The state of hypnosis is the Alpha and Theta states. You are familiar with these states because you flow through the Alpha and Theta brain wave states each night as fall asleep. You also drift into either or both of them when daydreaming, during meditation and prayer, when watching TV, when running or playing in the “zone.” It is an altered state of consciousness, just like sleep is an altered state of consciousness, but it’s not as deep as sleep. So it’s deeper, slower and more relaxed than being awake and alert (Beta) and less deep, less slow than sleep (Delta). Yes, it’s that natural, simple and normal. Yet, you have not been taught how to use that natural mind state, a time where your subconscious mind becomes available for new positive suggestions for desired change, where you become highly responsive to these suggestions. (over)

So my role as a hypnotherapist can also be called a hypnosis facilitator and positive mind coach. It’s great and effective work, I’m very good at what I do and I love supporting positive healthy change in people in such a non-invasive way. I am happy to share some of the many, many success stories when I see you.

 I use a common style of therapeutic hypnotism, using my trained voice and special licensed relaxing background music, along with encouraging you to use your breath to relax. I don’t use any visual objects such as a watch and I don’t touch your body. I don’t ask you questions when you are in the state of hypnosis during initial sessions. Your job is an easy one… to sit back in a comfortable recliner and let the words flow, receiving the suggestions. You don’t have to concentrate on the words. Many people hear all the words. For others the words drift away, but the suggestions still get in. Others get some “busy mind” but the suggestions still get in. If “busy mind” occurs, simply bring yourself back to your breath, my words and the music. In the state of hypnosis, you *will* feel relaxed. Some people feel so relaxed that their arms and legs feel heavy. Others feel relaxed in a way that they feel light and tingly. You may experience time distortion, images, or some eyelid fluttering. You *will not* be unconscious, in a coma, “out,” “under” or asleep.

 As your body relaxes, your brain waves will automatically slow down and you’ll drift into a state of hypnosis. It’s natural, built-in to work. Some people drift lightly, some people enter a deep state, most are somewhere in the middle. To measure the depth of the hypnotic trance, I use a 6-level hypnosis depth scale, with level 6 being the deepest. All you need is a level 1 depth for smoking cessation, weight loss, stress reduction or sports improvement. In private sessions I use a biofeedback monitor on your left palm to monitor this drifting into hypnosis. It measures skin electricity and doesn’t put any electricity into your system. It simply measures changes in the electrical conductivity of your skin. When skin moisture increases, conductivity goes down. Moist skin conducts electricity better than dry skin. As you relax, your skin moisture content decreases meaning that your electrical conductivity decreases as well – a highly accurate reflection of changes in your physiology. What is so great about this relaxation data is that it gives both of us quantitative feedback to what would be a highly experiential or qualitative experience for you. It helps me to help you very specifically. Clients are all fascinated with the feedback they receive after their session when they see their body relaxation graph on the computer screen.

 To guide my words in the characteristic flowing hypnotic style, I use scripts as an outline or guide to keep the flow going as I address your very individual and specific issues. During the session I mostly look at the computer monitor biofeedback graph, so you are in your own private space in the recliner, relaxing with your eyes closed, so you can let go and flow with this deep relaxed state. There is nothing to fear, you are always in control, you will always be able to stop this state of relaxation if you wish. You won’t know how deep you are. The proof of the hypnosis will be in the results. Everyone seems delighted by the level of relaxation that they are able to achieve. I make a hypnosis CD of the session for you to use daily to support your success as you achieve the positive changes in your life. If we do interactive work in the session, you will still receive a hypnosis CD.

 Your life flows in the direction of your most dominant thoughts. Where you place your energy, it will grow. Your subconscious mind acts on all thoughts and images that it’s given. This hypnosis work helps you to put your focus and energy on the positive, on what you want. It’s a form of positive prayer. It’s time to use your mind for positive goals and vibrant health. I will help you to learn to use your subconscious mind and positive thought which has such energy and power to help you create what you want in your life. I wish you the highest and the best, and so look forward to working with you.