

PhoenixWay to Holistic Natural Health

INTRODUCTION TO HYPNOTHERAPY

If hypnotherapy is a new experience for you, it's only natural for you to be curious about the process. You will find hypnotherapy to be one of the most enjoyable experiences you have had. You will become supremely relaxed, supremely serene. I can't describe it to you completely; you will have to experience it for yourself to truly understand it.

First of all, hypnotherapy is not sleep. When you are asleep, you are unconscious; however, hypnotherapy is a state of heightened consciousness. Most people have a sense of awakening after hypnotherapy, forgetting everything that has occurred, but they have not been "out." You will remain partially conscious the whole time; you do not abandon your judgment at all.

My only purpose is to help you. The active thoughts that I place in your mind to help you are what we call suggestions. They are for your own good and come from your own stated desires and goals that you've shared with me. You need to feel completely comfortable with me and trust me in order for hypnotherapy to succeed. In effect, you hypnotize yourself; I am here only to assist you in that process.

When you begin to feel drowsy, just relax. Don't try to force yourself into deeper stages, just allow the process to occur. Try to be indifferent, because

indifference opens your mind to suggestion. When you reach a deep-enough state of relaxation, I will implant suggestions in your mind to help you achieve your goals. These suggestions will be of tremendous benefit to you. When they have been absorbed, your unconscious mind will enforce them.

Hypnotherapy will help you, not because of any dominating force of mine, but because my suggestions will integrate with your forces, enlisting them in your behalf for your welfare. In other words, I will help you to do what you have been wanting to do, but so far have been unable to do alone.

This is what you can expect as you sink into hypnotherapy. You will feel drowsy; your eyes will begin to feel very heavy, fatigue creeps up on you, and you'll feel a delightful sense of relaxation coming over you. This feeling happens naturally at bedtime, and hypnotherapy is simply a means of inducing this state artificially and of prolonging it to your advantage.