

Questions you may have about Hypnotherapy:

WOULD I BENEFIT FROM HYPNOTHERAPY? Yes, especially if you have any of these:

1. Symptoms such as:
 - a. *Nervous tension, anxiety, body tightness*
 - b. *Depression, not wanting to get out of bed, avoiding social interactions*
 - c. *Fears and phobias*
 - d. *Fatigue and physical complaints for which your doctor finds no physical basis*
 - e. *Disinterested in sexual or intimate relationships*
 - f. *Feeling out of control with addictions, drugs, alcohol, food*
 - g. *Difficulty sleeping without drugs*
 - h. *Dreading tomorrow*

2. Do you find it difficult to get along:
 - a. *At work with co-workers, boss, the system*
 - b. *In relationships with family members, children, spouse, friends, neighbors*
 - c. *At school with other students, teachers, principals*
 - d. *With sexual partners, in your marital relationship*

3. Do you often feel:
 - a. *Irritable, angry, dissatisfied*
 - b. *Unhappy, numb, disconnected from others*
 - c. *Hurt, unappreciated, invisible*
 - d. *Sad, depressed not motivated*
 - e. *Guilty, filled with shame, wanting to disappear*
 - f. *You are not getting the most out of your life*

HOW DOES HYPNOTHERAPY WORK?

All of the above mentioned symptoms are most often the product of inner emotional conflicts. With [HEART-CENTERED HYPNOTHERAPY](http://www.abwellness.life) you are helped to become aware of, understand, and resolve your conflicts on the very deepest of levels. In this way it is possible for you to do something constructive about your current situation and experiences.

EXACTLY WHAT IS HYPNOSIS?

Hypnosis is a natural state of altered consciousness that occurs normally in every person just before he/she enters into the sleep state. In **therapeutic hypnosis**, we prolong this brief interlude so that we can work within its bounds and use it for healing for you.

CAN EVERYBODY BE HYPNOTIZED?

Yes, because it is a normal state of mind that everybody passes through before going to sleep. However, it is possible to resist hypnosis like it is possible to resist going to sleep. But, even if one resists hypnosis, with practice the resistance can be overcome. Resistance is just fear and we will do everything possible to educate you and thus reduce any fears you brought into the session. Most fears usually stem from misinformation.

I AM AFRAID I CAN'T BE HYPNOTIZED.

All people go through a state akin to hypnosis before falling asleep. There is no reason why you should not be able to enter a hypnotic state. It is a natural state of mind and all humans know this state. We just use this state for self-improvement, therapeutic purposes and mind body healing. If you are afraid, it is probably the first issue to address in your session.

WHAT DOES IT FEEL LIKE TO BE HYPNOTIZED?

The answer to this is extremely important so that you can truly benefit from hypnosis. The average person has the idea that he/she will be asleep. Please do not equate hypnosis with being asleep or being unconscious. It is actually super-consciousness. You will be highly aware of whatever experience you are having. Your hypnotherapy sessions will prove to be exciting, different from what you expected, new and even spectacular. While in hypnosis, you will find that your mind is active; that you can converse with your therapist, and you may even hear sounds in the room; but these will not disturb or distract you since you will be highly focused on your experience. You can resist a suggestion if you so desire; you will have the ability to remember everything that has happened or you can keep it in your subconscious to be retrieved for the next session. Remember, you are not anaesthetized, you are not unconscious, you are not asleep. Your subconscious mind is active, your thoughts are under your control, you perceive all stimuli, and you are in complete communication with the therapist. The most unique experience you may have is a regression to very young ages - even back to your birth!

HOW DEEP DO I HAVE TO GO TO GET BENEFITS FROM HYPNOSIS?

If you can conceive of hypnosis as a spectrum of awareness that stretches from waking to sleep, you will realize that some aspects are close to the waking state, and share the phenomena of waking; and some aspects are close to sleep, and participate in the phenomena of light sleep. But over the entire spectrum, suggestibility is increased; and this is what makes hypnosis potentially beneficial, provided we put the suggestibility to a constructive use. The depth of hypnosis does not always correlate with the degree of suggestibility. In other words, even if you go no deeper than the lightest stages of hypnosis and are merely mildly relaxed, you will still be able to benefit from its therapeutic effects. It so happens that with practice you should be able to go deeper, but this really is not too important in the great majority of cases.

HOW DOES HYPNOSIS WORK?

The human mind is extremely suggestible and is being bombarded constantly with suggestive stimuli from the outside, and suggestive thoughts and ideas from the inside. A good deal of suffering is the consequence of "negative" thoughts and impulses invading one's mind from subconscious recesses. Unfortunately, past experiences, guilt feelings, and repudiated impulses and desires are incessantly pushing themselves into awareness, directly or in disguised forms, sabotaging one's happiness, health and efficiency. By the time one has reached adulthood, he has built up "negative" modes of thinking, feeling and acting which persist like bad habits.

In hypnosis, we attempt to replace these "negative" attitudes with "positive" ones. It takes time to disintegrate old habit patterns. But change is **much quicker** when addressing issues at their source: the subconscious mind. If you continue to practice the Heart-Centered Hypnotherapy principles taught to you by your therapist, you will notice change quite quickly. Even though at first, you may not notice changes and apparent alterations on the surface, a **restructuring is going on underneath**. An analogy may make this clear. If you hold a batch of white blotters above the level of your eyes so that you see the bottom blotter, and if you dribble drops of ink onto the top blotter, you will observe nothing different for a while until sufficient ink has been poured to soak through the entire thickness. Eventually the ink will come down. During this period while nothing seemingly was happening, **penetrations were occurring**. Had the process been stopped before enough ink had been poured, we would be tempted to consider the process a failure. Suggestions in hypnosis are like ink poured on layers of resistance; one must keep repeating them before they come through to influence old, destructive patterns.

WHAT IS THE DIFFERENCE BETWEEN ORDINARY HYPNOTHERAPY AND HEARTCENTERED HYPNOTHERAPY?

Heart-Centered Hypnotherapy (HCH) trained therapists follow a similar protocol:

1. We always begin by building or strengthening the **internal resources** of the client.
 - a. *A strong, wise internal adult*
 - b. *A resource state that they can always return to with a simple anchor*
 - c. *A spiritual connection, if they desire to have that, for protection and healing*
 - d. *Working always from the Heart Center and surrounding the client with love*
2. We then address the current problematic situation in the client's life
3. The HCH therapist discovers the deeply hidden emotions and feelings connected with the issue.
4. We use those feelings and where they are located in the body to regress back to the source of the issue, regressing to deep within the sub-conscious mind of the client.
5. We use various techniques to assist the client to release from their body, these deeply buried, repressed emotions and conflicts

6. We discover:

- a. *What internal programming they received that are still affecting them*
- b. *What unconscious conclusions they made about themselves*
- c. *What unconscious decisions they have kept buried but which are still in operation*

7. We help them to bring in their higher Wisdom to find resolution for the small child parts within.

8. We then bring in all the healing tools we have to:

- a. *Extinguish negative behavioral patterns*
- b. *Extinguish destructive emotions*
- c. *Bring in new conclusions about themselves*
- d. *Make new decisions about conscious behavior*
- e. *Increase their spiritual connections (if they choose to)*
- f. *Increase the heart-centered love within them*

HOW CAN I HELP IN MY TREATMENT PROCESS?

It is important to mention to your therapist your reactions to treatment and to him/her, no matter how unfounded, unfair or ridiculous these reactions may seem. If for any reason you believe you should interrupt therapy, you can raise your hand and say, "one, two, three, stop". Express to your therapist what is happening. Important clues may be derived from your reactions, dreams and resistance that will provide an understanding of your inner conflicts, and help in your treatment.