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Diane Agate, Co-Founder
1945 - 2015



Tuesday, September 29th 2015



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This Should Not Take Long

Nicholas Pollak / September 28, 2015 /

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When I became a hypnotist, I believed hypnosis would not work unless the client came to see me each week for six weeks. I am happy to say this is not and was not the case.

Over the last 25 years, I have found the most effective way for hypnosis to take effect.

I ask clients to come once a week for three weeks, then once every two weeks – six sessions spread over nine weeks. The one exception to this program is a somnambulist.

Outside of hypnosis, a somnambulist is a sleepwalker. Inside of hypnosis, the somnambulist goes to the deepest levels immediately, the levels a hypnotist looks for at a hypnotist show. One in five persons is a somnambulist, who only requires one or two sessions to resolve a problem.

Let me explain why six sessions in nine weeks is a perfect format for non-somnambulists. Although you may think hypnosis takes effect straightaway, that is not necessarily true. Hypnosis always works but sometimes its effects wear off quickly.

Television personality Howie Mandel was an example. He was hypnotized briefly to shake hands with people since he does not like to touch others for fear of germs. He hypnotized

This should be done for several minutes. The hypnotist freely shook everyone's hands. After five minutes of not being hypnotized, once again he would not shake hands.

Hypnosis always has an effect but it may not last as long as one would like. Hypnosis wears off two or three days after the first session, four or five days after the second, and 10 to 14 days after the third.

Reinforcement is necessary on a continuing basis to deeply place the suggestions within the subconscious.

Understand that the subconscious only gives you the responses you have trained it to give you. If you do not like the person you are, you must take full responsibility. Hypnosis presents new images of the behaviors you want to your subconscious. Once the subconscious gets what you want, from that point on you will receive the new behaviors.

The more sessions you have, the deeper, the more effective the results. I wait two weeks between sessions three and four because hypnosis can take time to work. It plunges deeper into the subconscious each time. By waiting the two weeks, we see what is sticking, what is not. Once we know, we reinforce areas of slippage.

You can expect 600 sessions with a psychologist or psychiatrist to achieve what you can gain in six sessions with a hypnotist. Psychologists and psychiatrists do excellent work, but they only talk to the clients' conscious side. Hypnosis address the subconscious.

When you understand that the conscious is merely 10 percent and the subconscious 90 percent of the brain power we use, you know why hypnosis is much swifter.

You never are too old. I have an 82-year-old client who plays cello. He came to me to resolve his stage fright. It worked for him as it does for others.

Do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (<mailto:nickpollak@hypnotherapy4you.net>). See my website at www.hypnotherapy4you.net (<http://www.hypnotherapy4you.net>)

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Thank You to the Agents and Restaurateurs of Culver City

Thank you for all the support you have given me and the police officers of the Culver City Police Department over my career. After 31 years, I make my final laps around this City before I retire at the end of this year. I leave you in the caring capable hands of the next generation of officers.



Sincerely,
James T. Raetz
Serial Number 511
jim@raetzlaw.com

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Mostly Sunny

SSW Wind 4.6 mph

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