

Can I Get Stuck in Hypnosis?

No, you will always wake up normally. If there is an emergency, you will wake up immediately. In hypnosis, you are not sleeping. You are deeply relaxed and fully aware of your surroundings. The situation is similar to that state when you are driving and you miss your exit. You were controlling the car, but your conscious mind was somewhere else.

Is It Safe?

You will never do anything that goes against your moral or ethical code. You will not reveal any dark secrets. You will not be unconscious. Remember, you are aware of your surroundings. It is very safe.

Who Can Be Hypnotized?

Everybody. Some people can go deeper than others, but if you are willing to be hypnotized, then you can be.

What Is a Hypnotherapy Session Like?

On a typical first visit, one hour session consists of determining what it is you want from the sessions and for me to understand the best way to assist you in creating the changes you are looking for and to answer any questions you may have.

Next comes the hypnotic induction, which will leave you refreshed, rested, and ready to continue your day with a smile and a positive purpose.

Hypnosis is NOT the loss of conscious control.

Hypnosis is NOT a mystery.

Hypnosis is NOT falling asleep.

Hypnosis provides a sense of profound physical and mental relaxation, which is both refreshing and revitalizing.

Hypnosis is the state of complete relaxation and super concentration. When you are in hypnosis we can do two things:

- (1) Remove old unhealthy or unwanted values and patterns; and
- (2) Replace them with new healthy desirable ones.

Hypnosis is a powerful tool for changing your behavior.