

Learn to turn goals into realities thru hypnosis

All About Hypnosis...

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HYPNOSIS: A definition that is both simple and illusive. Simply, it is the process of suggesting to the subconscious the behavioral or attitudinal changes necessary to achieve a goal. The subconscious enters into relaxed brainwaves, or what is commonly referred to as an alpha state. At this level, there is less resistance to suggestions in keeping with the goals at hand. The perception by many is that one has to be in a "deep" trance like state in order to achieve any benefit. Fully awake, however, one is just as influenced by the power of suggestion.

Most people can become hypnotized . . . whether they elect to is another story.

What each of us is truly capable of achieving is often times never fully realized. I have a client who is able to undergo minor surgery without the need of any anesthesia. She utilizes self-hypnosis to maintain her focus and her control over her body. I signed up for a fire walk, presuming the entire process must be a gimmick because human tissue would burn when it touches hot coals. Fortunately my instructor, with enormous patience, guided me through a very successful fire walk. I learned, as you will learn, that there are no limitations - except the ones we put on ourselves.

As I say to many clients, once you get out of your own way, you will clear the way to the right course of action.

The tapes that are described are intended to help you achieve a goal. They are incredibly soothing and often create an enhanced sense of well being. These tapes can be used when you're going to bed at night or during the day for a relaxing respite. The only caution I offer is that they never be used when operating a vehicle or equipment. Your enhanced relaxed state could slow your reaction time down, and it's just not worth putting yourself and *others* at risk.

For a first time user, I always suggest that you find a quiet and comfortable spot where you'll be free from interruptions for 30 to 45 minutes (depending on the tape length). Start the tape, close your eyes, and let my voice guide you. If you're pursuing a specific goal, then commit yourself to that goal. If you're seeking relaxation and freedom from stress, then just let yourself float to the words and the feelings. Remember, you're always in control.

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Through the Maine Center of Hypnosis and Hypnotherapy and our self-hypnosis tapes, you will achieve the ultimate self-help tool for improving how you deal with life and how life deals with you. Areas that our tape program address are:

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- Stop Smoking
 - Lose Weight/Weight Control
 - Overcome Depression
 - Improving Self-Confidence
 - Sleeping with Insomnia
 - Overcome Phobias
 - Minimize Pain
 - Past Life Regression
 - Wizard's Wand
 - Protective Shield
 - Sexual Fantasy
 - Pure relaxation
 - Getting rid of *Stuff*
 - Plus many more great tapes