

Hypnotherapy

What is Hypnotherapy?

Hypnosis is a gentle relaxed state of mind and body, which opens a door to the subconscious mind. Hypnotherapy utilises this state of mind to safely guide you through the door for therapeutic purposes. It enables you to examine, explore and reconfigure aspects of the mind needed to achieve positive change. The experience is often distinguished by the following:

- Feelings of calmness and well being.
- Increased muscle relaxation.
- Predominant smoother brain wave activity (Alpha Brainwaves)
- Deeper insight of your ideas, beliefs, feelings and mental processes.
- A heightened sense of awareness.

Hypnotherapy Explained

The word hypnosis might conjure feelings of up fears and apprehension. Hypnosis is perfectly safe and controlled state of mind.

- *All Hypnosis is Self-Hypnosis.*
- *You cannot be Hypnotised against your will*
- *You cannot say anything that you don't want to.*
- *You cannot be made to believe, think or act in any way that you don't want.*
- *You are fully aware of your surroundings at all times.*

What does it feel like?

It feels like those times when you are staring at an object and allowing your imagination to float and drift away. When we are under hypnosis, we are deeply relaxed physically, while mentally many times more alert than in our normal state of awareness. We hear and respond to everything and are active participants in the therapy.

How can you benefit?

Hypnotherapy can help with anything in which the mind has an influence, so its application is far wider than is often thought and is only limited by our creativity.

What can it be used for?

Medical:

Insomnia, Sexual problems, Fertility, Pregnancy, Hypertension, Headaches, Pain

Psychological:

Depression, Anxiety, Panic attacks, Phobias, Fears, Eating disorders.

Addiction:

Smoking, Alcohol, Marijuana, Gambling,

Past trauma:

Childhood abuse, Unresolved grief, Accident scenes, Injury

Achieve peace and harmony in your life

Your goal of well being, calmness and positivity can be achieved through the use of hypnotherapy.

If you would like to improve , health, well being and gain greater insight and awareness then our trained hypnotherapist can offer guidance in living that promotes optimal health long term. Visit our website or contact us directly for specialist advice that will influence your physical and emotional well being.

