

# ABOUT SPIRITUAL HYPNOSIS

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### Why Hypnosis?

#### The unconscious mind drives our lives 95% of the time.

- This is known and taught by psychology and neuroscience in the world's top institutions.
- Unlike the conscious mind, the unconscious does not hope, wonder, or suppose. It is simply a positive imaging unit that draws upon our stored beliefs to *literally program our lives*.

#### Hypnosis bypasses the conscious mind, where the more limited activity of critical thought and analysis takes place, and goes directly to the unconscious, where our beliefs are stored.

- Conscious processes 40 bits of information per second. *Unconscious processes up to 11,000,000 bps.*
- Conscious holds thought for up to 24 hours max before dropping it to unconscious.
- If unconscious accepts a thought, it becomes a belief, influencing emotions, attitudes, and physicality.

#### Our unconscious foundational beliefs are learned from the influential people and in our lives.

- Most are created *before the age of seven*.
- By age 21, family, teachers, ministers, peers, and the media have told us who we are and how the world works over 60,000 times.

#### Our beliefs influence our emotions, attitudes, and even our physical structure.

- Our cells are intelligent and listen to our unconscious programs (beliefs).
- They then act on orders from our unconscious to create how we look, feel, and act.

### What is Hypnosis?

#### A simple and effective method of planting *intentional beliefs* in the unconscious to affect positive life changes.

- Induces a hypnotic state of deep relaxation and focus.
- Through suggestion, influences the unconscious to adopt and reinforce *beliefs that we choose!*

#### Hypnosis works with the imagination.

- The body and brain don't distinguish between imagining something and experiencing it physically.
- When we imagine something under hypnosis, our physical self interprets it as an actual experience. Example: Believe in and affirm perfect health and wellbeing, and the body gets busy manifesting it. Affirm, worry about, or obsess over poor health, and the body manifests that.

### We can change our unconscious programs (beliefs) through hypnosis to realize more of the positive life changes we desire!

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### The Facts about Hypnosis

#### **You remain fully aware while under hypnosis.**

- You are not asleep. You are aware of and can hear everything around you. You simply won't care because you will be enjoying the feeling of deep relaxation. The word "sleep" is often used in hypnosis because both the unconscious and conscious associate sleep with deep relaxation.
- You may feel compelled to shift, cough, or scratch, and you will be able to do so. You simply will find yourself wanting to relax again as soon as any physical impulse has passed.
- If something or someone requires your attention, you will be able to respond.

#### **Nobody can hypnotize you against your will.**

- You must *want* to experience hypnosis. As a trained and certified hypnotist, I merely facilitate an experience that *you choose* to participate in.

#### **The hypnotic state of deep relaxation is 100% safe.**

- You will not reveal secrets – your unconscious will not allow it.
- You will not accept any suggestions that your unconscious sees as misaligned with your highest good.
- You will not do anything against your will – your unconscious simply will not allow it. Have you ever seen a stage hypnotist lead someone to act in a way you would find embarrassing? The participant's unconscious agreed with it. Did you notice how a dozen others did not agree? The stage hypnotist knows that some are more open to silly suggestions and they intentionally find the agreeable ones.
- There is no stage or performance involved. Your Higher Mind will safely guide your unique, personal experience. *Nobody else will be aware of your experience unless you tell them later.*

#### **You will always come out of hypnosis when called out.**

- And you will feel better than you did beforehand.

#### **You are already familiar with the hypnotic state. Some examples:**

- Driving, arriving at your destination, and thinking "I don't even remember getting here."
- "Zoning out" while watching TV or playing a video game.
- Lying in bed and being neither fully asleep nor fully awake – perhaps having a "waking dream".
- Daydreaming.

### The best part is there's nothing you need to do! Just RELAX.

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### How Spiritual Hypnosis Differs from Standard Hypnosis

#### **We look up to the unconscious rather than down.**

- Common theory of the mind places the subconscious and unconscious below the conscious. However, both are actually above the conscious in vibrational frequency, and thus closer to the Higher Mind.
- The ego resists and rebels when we tell it to look up rather than down.

#### **We go beyond the unconscious mind (3<sup>rd</sup> density) to reach the Higher Mind (5<sup>th</sup> density).**

- Imagination is the bridge. All hypnosis uses the power of the imagination. However, we are using it to open the unconscious to the Higher Mind's influence.
- We seek to align our unconscious beliefs with the Higher Mind's multidimensional view, which understands that:
  - We are Divine Spirit projecting into 3D form.
  - ALL things really are possible.
  - Every moment is a choice, and all choices are valid.
  - Divine Love is the heart of all creation, and we can tap this power at will—as long as we believe it.
  - There really is nothing to fear but fear itself.

#### **Once accessed, we seek to anchor the Higher Mind's vision into our unconscious mind and cellular structure.**

- We become more attuned to the frequency of Divine Love and all its creative potential.
- With practice and reinforcement, the Higher Mind's vision becomes the driving force in our lives.

**Spiritual Hypnosis can help you step closer to realizing that you are powerful co-creator with the tremendous power of Divine Love behind you.**