

# Nothing To Fear - Everything To Gain

Hypnosis is possibly as old as mankind. The old myths and misconceptions about hypnosis have given way to proven, scientifically sound applications. Today, the use of hypnosis is seen in a variety of fields, including medicine, dentistry, law enforcement, professional sports, and education.

Most people have a limited understanding of the positive results that can be achieved in a professionally controlled hypnosis session. Let me dispel some of the myths and answer the most frequently asked questions about hypnosis.

How does hypnosis work?

Our minds work on two levels—the conscious and the unconscious. We make decisions, think, and act with our conscious mind. The unconscious mind controls our habits. In the relaxed state known as hypnosis, we can communicate directly with the unconscious mind. This is why it is so quick and easy to change the habits of a lifetime with hypnosis.

Will hypnosis work for me?

Generally speaking, every normal person is “hypnotisable”. That is, people with an IQ of at least 70, with no severe mental disorders. Virtually anyone can achieve successful results using hypnosis.

How will I know if I am hypnotised?

Most people cannot tell the difference between the hypnotised and the waking states. Some people feel relaxed and sleepy, others feel a lightness. One thing that people do notice is an inexplicable change for the better in their daily behaviors.

Is hypnosis safe?

Hypnosis is completely safe. You are aware and in control at every moment and can terminate the session at any time. Hypnosis is not sleep, nor can you get “stuck” in a state of hypnosis. You cannot be made to do something against your will! Hypnosis is a safe, relaxing, and enjoyable experience.

How does hypnosis help me to kick the smoking habit?

Because smoking is a habit, it is controlled by the unconscious mind. Since hypnosis and NLP work directly with the unconscious, this is a method that makes sense. I can help you effortlessly transition into the healthy lifestyle of a happy non-smoker—and it only takes sixty minutes to quit!