

INTRO TO HYPNOTHERAPY

Hello and welcome. My name is Wynne Stewart and I am a nationally certified hypnotherapist. The fact that you are researching and/or considering hypnotherapy as a means to heal, tells me that you are progressive in nature. I would like to talk with you about hypnotherapy, what it is and how it works. Before I speak on its' incredible benefits, I would like to dispel some of the myths surrounding hypnotherapy. Many people have a vision of hypnotherapy based on Hollywood's portrayal, the therapist orders the client to do something that would normally be out of character. The truth is, hypnotherapy cannot make you do something against your own values or moral code. Another misconception is that, while in trance, a person becomes a complete mind slave to the therapist; the truth.....you have the power to move around in session, edit what you say, and come out of your trance at any time. Some participants wonder if they are even hypnotized at all, in fact, most people have total recall of their trance experience. Another misconception is that, after one session, poof.... You become a nonsmoker or become thin as a model.....although hypnotherapy has its magical qualities, it is not a magic pill. It is, however, a very powerful means to transformation and healing. I liken it to therapy on steroids. Hypnotherapy is not a passive door to healing; In fact, it's very interactive. Recordings are a very useful tool for reinforcing change. Hypnotherapy works by entering into a deep state of relaxation, allowing access to the subconscious, the keeper of everything that's ever been, and more importantly, the treasure box of our deepest desires and the means to which we can meet them. And the truth about trance is that we all walk around in them.....usually replaying negative self-talk.....whatever it may be.....we all have tapes we play out mostly on an unconscious level. And, most of the tapes or beliefs that we operate from were formed as children. So think about this. Unless you've done some very deep, extensive work, you are probably living your life based on a belief system that you formed in your early years, from a child's perspective. Those beliefs were formed based on either repeated experiences or a traumatic event. Hypnotherapy provides a way to shine light on the false belief, uncovers the truth about it and allows for a new belief to form.

The subconscious drives about 90% to 99% of our behavior. So we may have all sorts of useful information; information that we cannot seem to implement into our lives. For example. Most of us know that sugar is hard on our bodies and too much of it can cause obesity, diabetes and other health issues. So we make a decision that we don't want to harm our body by eating sugar anymore. Yet 2 hours later we are eating that bag of m and m's. Rarely does information change our behavior. Hypnotherapy provides a way to create a new picture of what we want and secures it to our subconscious by creating a multisensory experience surrounding our vision. The subconscious understands why we are doing what we do and it knows what need is getting met by our seemingly destructive behavior or pattern. Hypnotherapy allows easy access for uncovering our needs and it is so creative, genius really, in its ability to create new ways to meet our needs. Ways that are more in line with how we want to live. I hope this information has helped answer any questions you may have and I wish you well on your healing journey.