

Hypnosis

The old myths and misconceptions about hypnosis have given way to proven, scientifically sound applications. Today the use of hypnosis is seen in medicine, dentistry, law enforcement, professional sports, and education.

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 habits of a lifetime with hypnosis.

Will hypnosis work for me?

Everyone with an Average IQ can be successful in using hypnosis. And since the session is custom tailored to your individual needs, it works for almost anyone. How will I know if I'm hypnotized? Most people cannot tell the difference between the hypnotized 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 behaviour.

Is this hypnosis safe?

This system is based mostly on hypnosis and NLP (Neuro-Linguistic-Programming). Both of these are completely safe. You are aware and in control at every moment and can terminate the session at any time. You cannot get stuck in hypnosis. You can't be made to do something against your will! Hypnosis is a safe, relaxing, and enjoyable experience.

How does this hypnosis help me to quit smoking?

Because your reasons for smoking cigarettes are different than other people's reasons. The areas you need help in are not the same as your friends'. And since we custom tailor the session to you and address your specific needs, you become a non-smoker with ease.