



# The Colours of Life

Coaching - Energy Healing - Spiritual/Soul Therapies

## Hypnosis:

Hypnosis is similar to guided meditation with a specific intent. It helps you access and shift your unconscious mind simply and safely. All hypnosis is really self-hypnosis, making this a very empowering technique.

Hypnosis has been used for thousands of years for treatment and healing of various problems.

Hypnosis is an altered and heightened state of awareness that is sometimes referred to as a trance state. It is a natural state of mind that causes deep relaxation that allows the mind to be open to transformation of thoughts/habits. The hypnotic state allows the relaxation of not only the physical body but also the gateway between the conscious & unconscious minds which allows a person to be more open to discussion and suggestion.

Hypnotic state allows people to explore painful thoughts, feelings, and memories they might have hidden from their conscious minds. In addition, hypnosis enables people to perceive some things differently, such as blocking an awareness of pain.

Hypnosis doesn't work for every-one. People who are intuitive, imaginative, and trusting can be hypnotized more easily.

Here are some common misconceptions about hypnosis:

- Hypnosis will not make you tell secrets. You still have a choice and will not divulge anything
- Hypnosis cannot make you do something against your will. The people you see on stage have a desire to do something outrageous which is why certain suggestions work on them



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