



FOR PEOPLE THAT
WANT HELP

HOW
HYPNOTHERAPY
CAN HELP YOUR
DREAMS AND
CHALLENGES

& make your life easier

What you will learn:

What is the Subconscious mind?

What if you fall asleep during hypnosis?

Will you remember your session?

How do I know the Get Results Hypnosis will work for me?

Is hypnosis dangerous?

Can I make you do something against your will or moral values?

What is stage hypnosis and how is it different from clinical hypnosis?

Will you have control over me?

Will I give up my free will?

Can I be hypnotized?

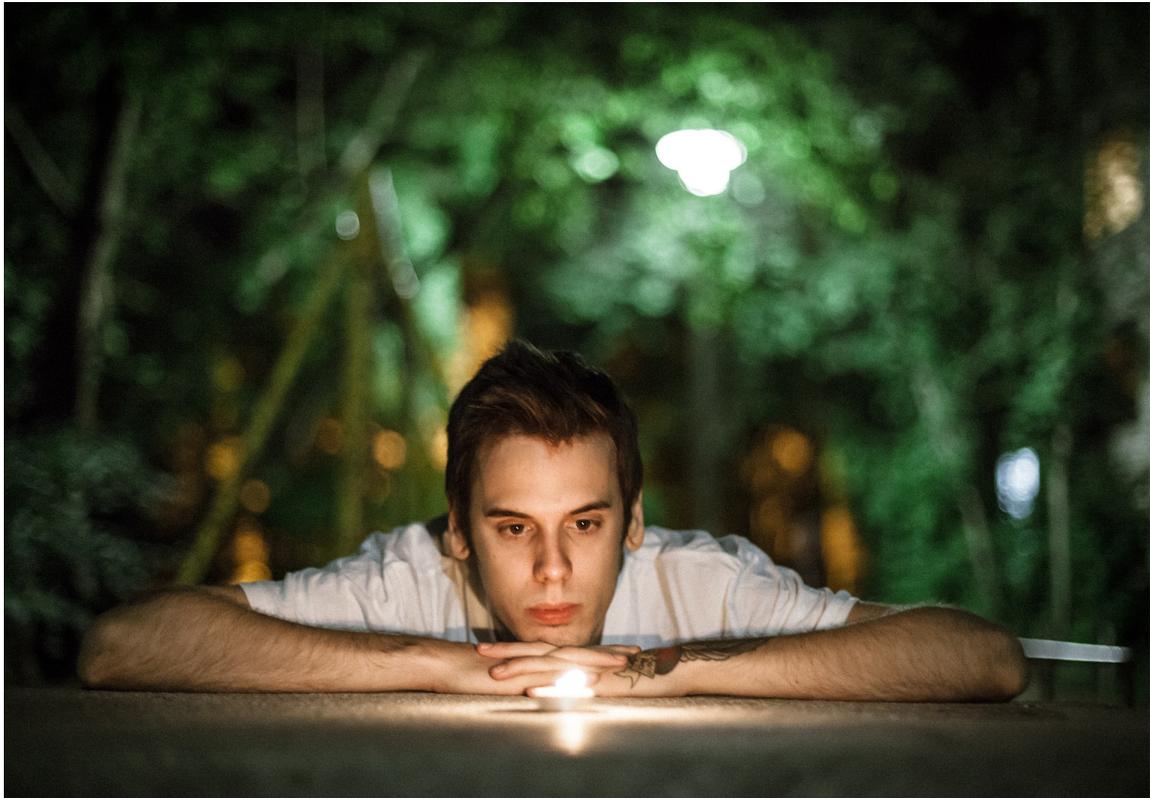
How do I know it has worked?

How many sessions will I need?

Will hypnosis help me manifest my life or help with my LOA activities?

How does Distance Hypnosis work? Will it work for me?

How to ensure you have the best hypnosis phone sessions?



Hypnosis Explanations and How You Can Make It Work For You:

Do you find yourself knowing exactly what you want to do or feel, but you can't seem to make it happen? Consciously, you may know what you want but unfortunately, you may be finding that your subconscious mind might be working against you.

To create true change, we must be able to access this part of the mind.

The Subconscious mind is the equivalent of a hard drive on your computer. It is where all of your programs are stored. While in this deeply relaxed state that we call hypnosis, we focus on changing any negative programming that is not serving you well and replace it with ones detailing exactly what you want.

The reason we do this is because, left unchecked, the subconscious mind will keep doing the same thing over and over again until it is retrained. This is why the majority of what you thought of yesterday and the day before is the same thing that you are thinking of today.

Hypnosis changes that by giving you the power to access your powerful mind and input those things that are going to make you happy.

What if I fall asleep? How do I know I'm not just falling asleep?

'Hypnos' is the Greek word for sleep, but it's not sleep in usual sense of the word. For many of us, sleep occurs when the conscious mind and body lose consciousness out of sheer exhaustion while still holding onto physical, mental and emotional tensions.

If you were "just falling asleep" as you do at home, you would not be seeing and feeling the rapid, positive changes in your life that my clients experience with my Get Results Hypnotherapy.

Will I remember everything?

Yes and no. Sometimes people think that they have heard everything, and upon questioning realize that they did not. Some people do hear everything and some don't remember anything! Every session is different.

As you become more accustomed to moving into deeper states of hypnosis and meditation it then becomes easier to maintain awareness and recall. But it's not necessary to remember everything. The part of you that says "I remember/I don't remember" is your conscious mind speaking.

The subconscious mind hears everything and acts upon suggestions according to your intention. The fact that people who have been under anesthesia can recall with hypnosis what was said during the procedure proves that the subconscious mind is always listening.

Under hypnosis, will I lose consciousness or not be able to remember?

There are a small percentage of people who go so deep into trance and do experience spontaneous amnesia. However, the vast majority remembers everything I say while they are in the state.

Sometimes there is a delayed reaction...in other words; it may take a day for you to fully remember everything.

That is the real beauty of hypnosis: no matter how great you feel when you leave the office after a session, it is in the distillation process that occurs within the subconscious/psyche that one feels the real power.

I "plant seeds," and they begin to sprout and grow after treatment.

If not being able to remember our session is a concern for you, please make sure to mention it to me

How do I know Get Results Hypnotherapy will work for me?

If you are unable to attain your goals, you may actually be hypnotizing yourself to fail!

Just as water always flows downhill, our subconscious habitually defers to the behavior with the strongest emotional charge connected with it. We tend to do what makes us feel the most real and alive, no matter what. If being "bad" is fun, you know what happens... regardless of our logic, goal or morality.

So often we subconsciously invest more feelings in the problem than in the solution, focusing our imagination more intently on what we are not supposed to do, than on making the healthy choice.

Is hypnosis dangerous?

Absolutely not. The Council of Mental Health of the American Medical Association approved hypnosis in 1958. It has been deemed to be a safe practice with no harmful side effects. We greatly underestimate the ability of the subconscious to protect it.

The only dangers are in misconceptions promoted by fundamentalist religious leaders who wish to frighten and disempower their followers. Fear and ignorance

have caused more people to hurt themselves and/or others, even while wide-awake, than would ever occur in a hypnotherapy session.

Can I be made to do things against my will?

Emphatically NO. You can never be made to do anything against your will or contrary to your value system. You would not unknowingly reveal your deepest secrets; it is even possible to lie in hypnosis, which is why testimony while in hypnosis is not permissible evidence in a court of law.

A person will act only upon suggestions that serve them in some way or reinforce an expected behavior, anything else their subconscious will simply ignore. Most people develop these misperceptions from seeing or hearing about a Stage Hypnosis show, which, you must understand, is done for entertainment purposes only.

What is stage hypnosis and how is it different from clinical hypnosis?

In order to "hypnotize" a person into performing silly or bizarre behavior on-stage, the circumstances must warrant the behavior, like in a first year acting class.

The charismatic or "kingly" Stage Hypnotist takes the stage with much flourish, sets his agenda in motion in front of an inquisitive audience and relies on the emotionally charged atmosphere to motivate his "subject" to conform and act out his "commands".

It is all done in the name of good fun, there is much laughter and clapping present, but the Stage Hypnotist most certainly does not have "control" over the participants. The truth is: all hypnosis is self-hypnosis.

Three conditions must be met for hypnosis to work: a person must agree to be hypnotized, participate in the process with their full attention and be able to use their imagination.

That is why the Stage Hypnotist always asks for volunteers, and usually the volunteers have seen a show before so they know what to expect. After the initial hypnotic induction the Stage Hypnotist will then reinforce compliance by asking all noncompliant volunteers to leave the stage.

The Stage Hypnotist does little in the realm of educating the audience on how it all works, thus creating a state of surprise, wonderment, and awe (like a good magician) so they can book more shows. Hypnotherapy differs greatly from Stage Hypnosis in that it serves the client's agenda only and does not serve to promote the illusion that the hypnotherapist possesses magical or occult powers.

Most importantly, remember this: if you really believe you can change or heal yourself, you can! And Get Results Hypnotherapy can help you achieve your goals more easily.

Does the hypnotist (you) have complete control over me?

A certified hypnotherapist's treatment is only as strong as the client's allow-ability.

Think of it like this: hypnosis does for the mind what massage does for the body. When you are enjoying lying on the masseur's table, you are vulnerable and trust the masseur to treat your body according to your wishes. If at any point, he hurt you or did something inappropriate, you would sit bolt upright, would you not? We call this "abreaction."

If a hypnotherapist gave you an undesirable suggestion, you would immediately come out of the state. (This is why it is wise to choose a state Certified Hypnotherapist.) Essentially, all hypnosis is self-hypnosis.

A knowledgeable hypnotherapist, like me, facilitates the process for you.

When someone is in hypnosis, do they give up their free will?

A client cannot give up his free will in hypnosis any more than he can give up his free will when he is asleep. Actually, a client uses his/her free will to go into hypnosis, which is simply a heightened state of concentration and focus.

This is something most of us experience quite often anyway. In hypnotherapy, we isolate an area of a client's life that he/she wants to change, where he/she has not been able to change on his/her own.

So essentially, you gain self-control. When one has not been able to quit smoking on his or her own and quits smoking with the aid of hypnotherapy, that is gaining enormous self-control and personal power!

Can I be put under hypnosis against my wishes or will?

Can you go to sleep against your wishes? Or have a massage against your wishes?

It is essentially the same "alpha" state. Further, your chances of being taken advantage of by a hypnotherapist are equal to your being taken advantage of by a Medical Doctor.

Does it happen? Yes.

Are these practitioners in business for long? No! Again, choose a state Certified Hypnotherapist, like me and take advantage of a free phone consultation and go with your intuition.

Can anyone be hypnotized?

If you are alive, you can do it. Even children and especially teenagers enjoy and benefit from our unique service of Get Results Hypnotherapy.

American Health Magazines compared psychoanalysis, behavioral therapy, and hypnosis, and found that a whopping 93 percent of people recovered after only six hypnosis sessions, while behavioral therapy worked for 72 percent after 22 sessions.

Lastly, there was a 38-percent recovery rate for those who underwent 600 sessions of psychoanalysis. You'll find that hypnosis in the form of hypnotherapy is both effective and efficient.

I have a story for you...

I went to a birthday party for my niece years ago with my young daughter. We arrived early to help my sister with any last minute preparations. We found her in the kitchen with a plate full of frosted sweet cupcakes and a bowl full of bright yellow lemons.

As my sister quickly gave me a list of things to be done, we left the kids – my niece, nephew and my daughter to go play together.

The kids had other ideas. They were eyeing the counter full of treats that were no longer being guarded.

My nephew headed straight for the cupcakes. The strawberry sweet smell mixed with cupcakes that had thick pink frosting piled 2" high were too much temptation for my nephew. He reached his hand out, looked around to make sure no one was looking and grabbed a cupcake. He stuck out his tongue. Brought the cupcake to his mouth and took a quick lick of the velvet smooth strawberry frosting.

My daughter and niece were drawn to the basket of bright yellow lemons. On the counter was a ripe lemon that my sister had been slicing into wedges. My niece chose a lemon from the basket. She felt the weight of it in her hand. Her fingers traced the texture of the waxy skin. She brought the lemon to her face and breathed in that bright, crisp lemony smell.

My daughter was drawn to the already cut lemon wedges. The lemony citrus aroma filled the air. These lemons were so juicy that when my sister cut them, the lemon juice ran over the cutting board onto the counter. My daughter picked up a slice and

put the flesh in her mouth. She bit down and to her surprise found that the lemon had sweetness with the sour. The flavor of the juicy lemon exploded into her mouth.

Then my sister's husband walked into the kitchen. All the kids stopped with guilty looks on their faces. They were caught red handed. They were sent outside to play and the rest of the birthday party goodies were then protected.

Could you image the feel of the waxy lemon? Did you remember what the fragrance of a fresh cut lemon smelled like? Did your mouth water, even a little bit, at the thought of the sweet and sour lemon juice?

This is because in order to make sense of the information around you, your brain has to retrieve the memories - the images, smells, textures, and taste. The experience of eating a lemon is something that generates powerful physical reactions as your saliva glands are generally activated just by a memory. Your body responds with a conditioned reflex. This shows how easily that your body can be conditioned to act or react to suggestions.

How will I know it has worked for me?

Most people notice improvements after their first session! Remember, hypnosis is a very profound tool. Change can happen in the snap of a finger. Hypnosis is akin to planting seeds in fertile soil, with the seeds being all of the positive suggestions that we plant during our session. Some seeds will begin to sprout during your first hypnosis session.

Others; an hour later.

Others; in two or three hours, a week, two weeks, etc.

After your first session, you and I will gauge your progress and continue to customize your future hypnotherapy sessions to help you attain your goals.

How many sessions will I need?

Every person and every situation is unique, so there is no way to say in advance how many sessions you will need. Some people get what they need from only one session, feeling dramatically transformed.

A rough average might be anywhere from 3 to 7 sessions, though some clients have come for years because they love the process so much and consider it an essential service, such as getting a massage once or twice a month. Many clients say that it feels better than a massage, because their mind relaxes too!

Are you struggling to get results with the law of attraction?

Have you read books or watched videos about the law of attraction but still can't make it work?

Have you tried techniques such as using affirmations, conscious meditations, wish lists, vision boards, etc... but still haven't seen much or any progress towards manifesting your desires?

Do you read about people manifesting houses, cars, new partners, or mysterious checks in the mail and wonder what these people who have success with the law of attraction are doing that you're not?

If you really want to succeed with the law of attraction then don't give up yet because hypnosis could be the vital missing piece to your law of attraction success.

One of the main problems with the law of attraction is that it requires belief.

Real success requires 100% belief both consciously and perhaps more importantly, subconsciously too.

What usually happens with the law of attraction is that you get some small results, or at the very least just feel more focused on your goals, and feel more positive, but then when you try to aim bigger that is when either conscious or subconscious doubts and limiting beliefs put the breaks on your law of attraction success.

If you want real results with the law of attraction then you NEED to believe. Real belief happens deep down in your subconscious beliefs and patterns of thinking. Much of these beliefs were formed during childhood and through life experiences.

This is how my Get Results hypnosis will help you. The hypnotic suggestions penetrate deep into your subconscious mind, the one area often most neglected, an area where wish lists, conscious positivity, and vision-boards alone just won't help.

My special hypnosis penetrates to the very source of hidden limitations. It is the final key to the law of attraction, which can unlock manifestation success once and for all.

Hypnosis can greatly enhance your positivity and give you an unshakable positive attitude that you will get what you ask for.

Rather than "asking and hoping" for something, you will be focusing on what you want and KNOWING it is due to you and on its way.

This change in thinking alone will dramatically change your manifestation results as you start to expect success.

Whether you are just getting started, or you are a law of attraction veteran my Get Results hypnosis will add an extra element to your attraction potential and make you more likely than ever to manifest your dream lifestyle!

Distance Hypnotherapy Sessions through Skype, video or via phone sessions.

Feel Comfortable at Home or Work

Hypnosis sessions by phone give you the ability to have hypnotherapy sessions with me no matter where you are located or what your circumstances. It makes no difference that you might be thousands of miles away — the moment we begin and you close your eyes, it's as if you were having an in-office hypnosis session.

I offer long-distance phone sessions within the United States as well as internationally. By offering convenient telephone sessions, I am able to accommodate my clients' busy schedules.

Other clients prefer to be hypnotized in the comfort of their own home. In doing so, they are able to relax in their favorite chair and wear their most comfortable clothing. Phone sessions give you the same one-on-one attention and quality interaction that an in-office session does.

I often even hypnotize people over the phone while they are still at work. Over-the-phone sessions give you flexibility even if you are a busy business professional. To do this, all you need is privacy and some uninterrupted quiet time. It doesn't have to be absolutely quiet just — quiet enough.

This works best with people who have a couch or sofa in their office. As with long-distance home sessions, these sessions are done with either a speakerphone or headset.

Another perk of doing hypnosis sessions by phone is that I can create you a customized audio that you can listen to in between sessions, further inputting positive suggestions that are based on your particular goals.

In-Office Hypnosis and Over-the-Phone Hypnosis Therapy Sessions

The only difference between an in office hypnotherapy session and doing one by phone is the inability of the hypnotherapist to react to bodily cues from the subject, such as breathing patterns and facial expressions. This is usually not an issue at all.

How to ensure you have the best hypnosis phone sessions

There are a few simple things that you can do to help get the most out of your hypnotherapy sessions at home.

Going to a professional office ensures that the space is dedicated to quiet relaxation that is free from distractions. Your home or office is probably not set up that way. But it is easy to make some minor tweaks that you can make to get the same benefits of the in office privacy.

- ✓ Have the attitude that you truly want our phone sessions to benefit you. This attitude is a hundred times better than choosing to resist hypnosis. Hypnosis works because you want it to.
- ✓ Make sure to be in a space where you will not be interrupted whatsoever; not even by your pet. Anything that rings or makes sounds should be turned off. This is your special time.
- ✓ Have eaten something earlier so that you are very comfortable and your mind is able to focus on what we are doing. Be sure to skip coffee or any other beverage that contains caffeine.
- ✓ Please have already gone to the restroom before our session so that you are completely comfortable.
- ✓ To further enhance your session, use your favorite warm blanket and sit in a comfortable, chair such as a recliner. If you wear glasses, you will take them off after our initial talk, when we are ready to start the process of hypnotizing you.
- ✓ Sessions can be done by telephone, speakerphone, headset or by Skype on your computer or laptop. A headset is usually the best option.

Get the help you need – no matter where you are!

Next Step

Book a free consultation. All hypnosis sessions (distance or in office) are booked by appointment at <http://www.hypno4success.com/contact>

Hypnosis never substitutes going to see your physician.

*** Please note - all sessions are strictly professional and confidential. Any inappropriate talk will result in the session being cancelled without refund. ***

Go to <http://www.hypno4success.com/contact> to make your appointment and be sure to sign up for my newsletter at <http://www.hypno4success.com/newsletter>. You will receive my most request hypnosis mp3s and goodies that you can use to create a better, happier and more fulfilling life – All for Free. Go ahead and sign up now.

I look forward to working with you!



Best,
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