

## **WHAT IS HYPNOSIS?**

**Dar Brooks Hypnotherapy and Healing Arts**

**Hypnosis is a relaxed yet highly focused state of mind. It is not sleep, it is an altered consciousness trance state. In order to achieve this state of mind, the hypnotist will have you focus on relaxing your mind and body. As a result you will be able to bypass the logical conscious thinking part of your mind, or as it is called, your critical factor. For hypnosis to be effective you need to be in the trance state. This gives the hypnotist the ability to be in contact with your deeper, sub-conscious mind. When this happens it gives you the ability to release both physical and mental, past traumas, and change habits permanently.**

**When you are in a trance state, selective desired suggestions are given to your subconscious to effect positive change in your life. Hypnosis and self hypnosis are effective for changing habits, letting go of emotional blocks, and stress.**

**With hypnosis you can stimulate confidence, self worth, self esteem, have better sports and business performance, memory, and motivation.**

**Professional hypnotherapy can improve an array of physical conditions. It can help reduce symptoms; such as chronic pain, Fibromyalgia, and other illnesses.**

**If you have inner conflict it can be resolved by reframing negative and traumatic perceptions of your past.**

**As a hypnosis client you will be able to access your true power and succeed in spite of everyday life challenges. Hypnosis teaches you how to approve of yourself, love unconditionally, release past issues, anger, and unforgiveness. As a result you will feel capable of being the best that you can be. With the help of the hypnotherapist, you will be able to choose and create a life where you will be able to reach the goals you desire. Hypnosis teaches you how to respond to circumstances from choice rather than reacting. It is a powerful way of taking back control of your mind and your life.**

**“Change Your Mind, Change Your Life”**

**call Dar for your appointment: 612-940-2094**