

## What can I Expect?

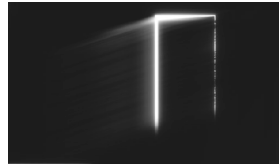
Your first session will be a private consultation.

You will be asked to fill out a brief intake form to assist you in establishing goals for your hypnosis session(s).

You will be in control of your session planning and implementation at all times.

You will have a comfortable chair or sofa to sit on in a quiet relaxing space.

Your hypnotist is your guide and ally, cooperating with you in your plan for self-improvement while navigating you safely through uncertain enterprises.



Art by Mannon C Martin  
<http://mannoncm.deviantart.com/>

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**APPOINTMENT**

For: \_\_\_\_\_

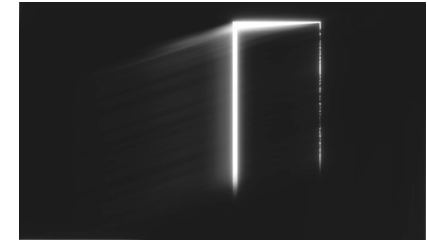
Date: \_\_\_\_\_

Time: \_\_\_\_\_

*If you are unable to keep your appointment, please call ahead.*



Mary Catherine Miller  
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## Hypnosis for Change

### ***What doors can hypnosis open?***

Hypnosis can open the door to your inner self, your highest proclivity, and your truest character.

It can open the door to achieving your goals, discovering your potential, and appreciating fuller awareness of your deepest desires.

Hypnosis can assist you in determining what you most solicit to improve, and guide you to the tools for change.

## **Common Misconceptions**

### **Hypnosis is Sleep [WRONG!]**

**Fact:** Hypnosis is an altered state of conscious awareness very like meditation, daydreaming, or focused concentration. The client retains conscious awareness at all times.

### **Hypnosis is Mind Control [WRONG!]**

**Fact:** The hypnotic state is entered by consent. The hypnotist assists the client to perform self-hypnosis. Clients remain in full control and are not receptive to suggestions that contradict their ethics, morals, or values.

### **Hypnosis is Truth Serum [WRONG!]**

**Fact:** The client remains aware of what is happening while hypnotized and will not be forced to say or do anything against their will.

### **I could get Stuck in Hypnosis [WRONG!]**

**Fact:** The client is in control. There could be a desire to linger in the hypnotic trance a little longer by choice; but one cannot become "stuck" in hypnosis. If the practitioner were to disappear mid-session the client would spontaneously come out of their focused state or drop off to sleep and awaken naturally.

## **Hypnosis Is a Tool for**

...

Self-Empowerment  
Inner Wisdom  
Healthy Sleep  
Anxiety Relief  
Habit Change  
Letting Go  
Quantum Healing  
Healing Grief & Loss  
Self-Confidence  
Healthy Lifestyle  
Unlimited Potential  
Inner Peace & Serenity  
Spiritual Development  
Psychic Power  
Paranormal Perspective  
Memory Enhancement

**... and more**

## **Hypnosis Facts**

### **Hypnosis is a Natural State [Right!]**

**Fact:** Hypnosis is a natural state of mind. You are in and out of a hypnotic state numerous times in an average day. When you are daydreaming, focused, or experiencing road hypnosis, you are accessing the hypnotic state.

### **Hypnosis is Safe [Right!]**

**Fact:** Hypnosis is a safe method of bringing the conscious client into awareness of their deeper inner thoughts to assist in self-improvement.

### **Anyone can be Hypnotized [Right!]**

**Fact:** Anyone of reasonable intelligence and language skills can be hypnotized. The mind remains active in hypnosis. An active mind is not a deterrent to being hypnotized successfully.