

What is Hypnosis/Hypnotherapy

Hypnosis is a state of focused consciousness. Your hypnotherapist will assist you in learning how to achieve this state by guiding you into it. Once this has been achieved, you will then receive what are called hypnotic suggestions. These suggestions will enable you to use the power of hypnosis in your life and make the changes you desire.

Hypnosis is a tool that can help you just like it has helped millions of other people to take back control of their lives. Hypnosis can help you change old habits and to provide you with motivation to do the things that you may have been putting off.

Hypnosis has been sanctioned and used by the medical community since 1958 to help patients overcome chronic pain, create anesthesia, and heal psychogenic illnesses.

Hypnosis and self-hypnosis have been shown to be effective in reducing stress and stress related illnesses. Hypnosis has also been shown to help mothers give birth to their children with little or no pain.

Is hypnosis safe? Hypnosis is safe. It is very similar to experiencing a daydream. Usually, you will feel relaxed when doing hypnosis.

Hypnosis in and of itself is a very pleasant experience. It is a time to let go of the other thoughts of the day and focus on the issues you came in to work on.

Scientist, medical professionals, psychologists, and hypnotherapists have been using hypnosis for over 200 years and no one has ever been hurt by simply going into hypnosis.

What is hypnotherapy? Hypnotherapy is the applied use of hypnosis. Therapy can be defined as anything that is done to move someone toward health and wholeness. Thus, hypnotherapy is the

use of hypnosis to help you move toward health and wholeness. Hypnotherapy is also used to help you reach goals when nothing else has helped.

Self-hypnosis may also be part of a good hypnotherapy program. Ask your hypnotherapist if using self-hypnosis is recommended to help you reach your goals.

Self-Hypnosis

MAXIMIZE YOUR POTENTIAL BY USING A MIND -BODYSPIRIT APPROACH ~ 7th Path Self-Hypnosis ® is a special form of self-hypnosis that encourages you to incorporate your own highest spiritual or philosophical beliefs. This kind of approach brings a welcome focus to the practice of self-hypnosis, inviting this kind of power and wisdom into the process.

7TH PATH ™ IS SIMPLE In just a few hours you can master the techniques used in 7th Path Self-Hypnosis ®. Anyone of normal intelligence who wants to learn this process can learn it and use it to make powerful changes in their lives. You will find that the process is simple, yet profound in its ability to help you move along in life, moving you past old blockages to success. A typical course, whether done one -on -one, in a classroom or by listening to a recording, consists of:

Δ Explaining how the mind works

Δ How hypnosis works

Δ How to induce self-hypnosis

Δ How to construct hypnotic suggestions to make the changes that you want to make. You can change your life with the Path!

PROS ARE TURNING TO SELF -HYPNOSIS

Self-hypnosis is used by many professional athletes to help them reach their potential. And 7th Path Self-Hypnosis ® goes beyond conventional forms of self-hypnosis, and way beyond mere visualization techniques of the past.

HOW YOU CAN LEARN 7TH PATH SELF -HYPNOSIS ®

People from all around the world are learning 7th Path ™ in the following ways:

1. Private Sessions is the high-end approach to learning 7th Path. ™ In private sessions you work one -on -one with a 7th Path Teacher/Hypnotherapist .

2. Taking Classes is a popular way to learn 7th Path. Classes are conducted by 7th Path teachers who guide you through the process and answer questions.

3. Classes recorded on cassette tapes or CDs is our distance learning approach to getting on the Path. These recordings also make a great way to review classes.

7th Path Self-Hypnosis ® Is the Ultimate Self-Help Method to Lose Weight, Reduce Stress, Gain Self-Confidence, Sleep Better, End Bad Habits, Improve Concentration, Improve Mood, Improve Sports Performance, Practice Anger Management, work on Relationship Issues, And, More!