

The Powerful Mind

We get what we practice in life. If you focus on negative thoughts, undesirable outcomes and unpleasant memories, you perpetuate behaviors that bring those things into your life.



When you focus on something and put energy toward it, the more likely you are to bring it into your life. Hypnosis allows you to eliminate unwanted behaviors and focus on what you do want, the outcomes you desire, and the life you want to live.

Stop Smoking
LOSE WEIGHT
REDUCE STRESS
IMPROVE
PERFORMANCE



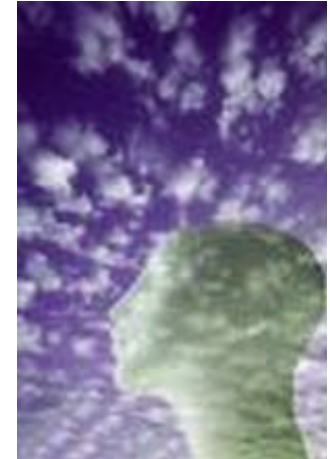
Lynne received her training at the Thomas Institute of Hypnosis. She is certified through the National Guild of Hypnotists, and a member of the National Federation of Hypnotists.

Beneficial Bodyworks



151 Route 27
Raymond, NH 03077
(603) 231-4702
www.beneficialbodyworks.com

Hypnosis



Change
Your
Mind!

Beneficial Bodyworks



151 Route 27
Raymond, NH 03077
(603) 231-4702
www.beneficialbodyworks.com

What is Hypnosis?

To explain what hypnosis is, it might be easier to start with what hypnosis is not. When a person is hypnotized, they are not asleep, in a trance, or under someone's control. They are aware of everything that is taking place around them.

According to the American Council of Hypnotic Examiners, hypnosis is "a natural yet altered state of consciousness that allows us to bypass the critical factor of the conscious mind and speak directly to the subconscious." Simply put, this means we ask the conscious mind to step aside while we speak to the subconscious.

Hypnosis is a very normal, natural state that most of us experience in every day life. Examples of daily hypnosis would be:

- ? Driving a car and realizing that you can't remember the last three or four streets or that you just passed your exit
- ? Reading a magazine or book and realizing that you haven't taken in a single word
- ? Watching TV or a movie and becoming aware that you don't actually know what's going on because you've been daydreaming about something else

Dispelling the Myths

- ? You cannot get 'stuck' in hypnosis, this is quite impossible
- ? You do not become in any way unconscious or semi-conscious
- ? You cannot, at any time, be made to do things you do not want to do
- ? You are totally aware of yourself and your surroundings at all times
- ? You do not go to sleep
- ? You are not under anyone's control
- ? You can voluntarily leave the hypnotic state whenever you wish to
- ? Hypnosis is a truly natural state of mind and body

What does it feel like?

Below are some of the sensations that a person might experience during hypnosis.

Extreme state of relaxation
Heaviness
Lightness
Tingling
Cool extremities
Floating sensation
Heightened sense of awareness

Self Hypnosis

Self hypnosis is a powerful way to improve how you feel. The self-talk we accumulate through experiences over the years has a profound affect on us. Learning how to overcome negative beliefs that surface as negative thoughts is key to eliminating old patterns of behavior.

Self hypnosis is an effective method of improving your physical, emotional, mental and spiritual quality of life. Imagine changing the way you feel about something so that you are free from past fears. Imagine remaining calm and focused even in difficult situations or around difficult people. Imagine reaching and remaining at your ideal weight - or becoming and remaining a non-smoker.

Beneficial Bodyworks



151 Route 27
Raymond, NH 03077
(603) 231-4702
www.beneficialbodyworks.com