

Hypnosis What Is It?

Submitted by: Lyne Hallett
Chief Administrative Officer
Canadian Hypnosis Centre

Hypnosis is not, as some people think, a form of sleep. Hypnosis is an altered state of consciousness in which the subject is both alert and aware, and in full control of his or her words, and actions at all times.

The human brain receives messages from four sources. First: The external environment sends messages which deal with weather, news, jobs, music, relationships and everyday surroundings.

Second: Our own bodies provide information concerning our tensions, movements, digestive activities, pain or discomfort and related matters.

The third source is the Conscious Mind. This handles all logic, reason, objectivity, decision making and factors that influence us consciously.

Fourth and perhaps the most powerful is the Subconscious Mind, which receives and holds, neither accepting nor rejecting, all message units received from our religious, social and genetic backgrounds, plus conflicts that enter our consciousness. It holds imprints from life experiences and relationships which affect our personalities. It also holds memories, even from pre-birth periods, and many claim from past-life experiences.

Hypnosis is a means of by-passing the conscious mind's critical factor with its argumentative nature and directly contacting the subconscious mind where attitude, behaviours and other modifications can be achieved.

The experience is enjoyably relaxing and effective.

Hypnosis can help with smoking cessation, weight management, and stress management and so many other self-improving areas.

Dave Hallett CH,MH.CI
Certified Hypnotist

Canadian Hypnosis Centre
www.CanadianHypnosisCentre.com
Lyne Hallett CAO
Chief Administrative Officer
info@CanadianHypnosisCentre.com
(613) 592-6305 1-800-242-2105