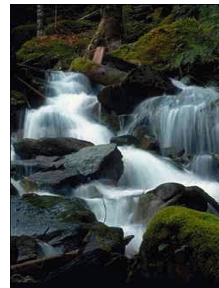
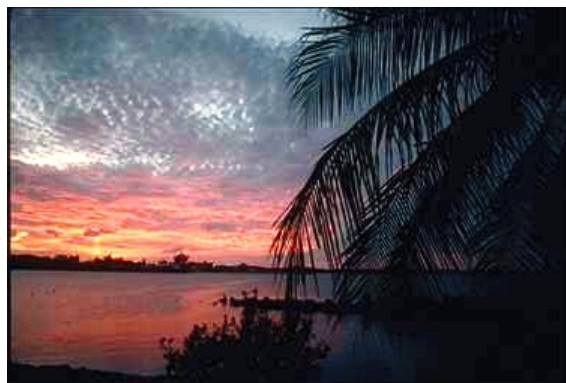


# What Hypnosis Is & Isn't

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**Hypnosis is the creative, constructive, & purposeful use of one's own mind...**



## ■ **A Tool for Positive Change, Inner Healing & Transformation**

Hypnosis is simply a tool used to relax the body, balance the emotions, and focus the mind. The relaxed and focused state helps facilitate positive change, inner healing, and increased awareness.

## ■ **Natural, Safe, & Effective**

Hypnosis is safe, natural, and effective. You do not lose control. You cannot be made to do or say anything against your will. You remain in complete control at all times.

## ■ **Move Beyond Struggle**

Creating positive, lasting results is facilitated when the conscious and subconscious minds work together. Hypnosis provides the conditions and opportunity for this to happen.

## **HYPNOSIS...**

- IS a natural healing tool
  - IS a pleasant experience
  - IS gentle, yet powerful
  - IS highly effective
  - IS a relaxed state of being
  - IS a focused state of mind
- 
- Is NOT a coma state
  - Is NOT mind control
  - Is NOT a sleep state
  - Is NOT a magic wand
  - Is NOT unconsciousness
  - Is NOT the control of will

There is nothing magical or strange about hypnosis. Hypnosis is most often experienced as a relaxed and pleasant state of being. You remain aware of what is being said to you, and you remember what takes place during the session.

By itself hypnosis is not therapy. It is a state of physical, emotional, and mental relaxation which allows a person's inner potential for positive change, healing, and greater understanding to be realized.

**HYPNOSIS OVERVIEW**