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 HEALING, HYPNOTHERAPY, AND COUNSELING CENTER
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477
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Volume I Sixth Edition

CELEBRATE SUMMER JULY 2012 MONTHLY NEWSLETTER

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Featured This Month:

- *The Basics of Hypnosis and the difference between Hypnosis and Hypnotherapy*
- *10th Natural Healing Arts Fair & Featured Business Biz-Builders*
- *Hypnotherapy Session Coupon (on back or below for electronic version)*
- *Questions, Answers, and Facts*

Energy in Motion Presents The 10th Natural Healing Arts Fair
 Lamplighter Inn North (near I-44)
 2820 N. Glenstone Avenue, Springfield, Missouri

August 18th & 19th, 2012 11 am - 5 pm

Special Events Friday, 6 pm - 8 pm and Saturday, 6 - 8 pm
 Admission: \$5 for adults, \$3 seniors, 12 and under free

- Learn the Ways of the Wise
- Explore the Quantum World of Unlimited Possibilities
- Discover the Art of Miraculous Healing
- Experience Indescribable Wholeness
- Natural Healing Professionals/Booths/Presentations/
- Networking/Drumming and Dance Circle

Friday night 6pm - 8pm "Keys to the Secret Worlds"
 Interactive Discussion Group - presented by Eckankar

Saturday Night 6pm - 8pm Kindred Souls Social Hour: "Beyond The Circle"
 The Falcon Family Powwow Dance demo and drumming

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Learn to Relax
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By Gordon Rosenburg

The Basics of Hypnosis and Hypnotherapy

What Is Hypnosis?

Hypnosis is a technique whereby a hypnotherapist induces a trance-like, altered state in which the client becomes more susceptible to suggestion and highly focused on what they are being told. It is believed that hypnotherapy primes the brain to accept changes in the unconscious part of the mind. However, one is not unconscious while they are hypnotized. Actually, they are 200-300 times more coherent under hypnosis than in a normal state of consciousness. They are aware of what is happening around them which is why it is not possible to “control” or give inappropriate suggestions to a client as they would simply realize that something improper was happening and react accordingly. The hypnotherapist has to “play” on their words as the subconscious mind dismisses negative words such as not, cannot, will not, no longer, won't, and so forth.

Is There a Difference Between Hypnosis and Hypnotherapy?

Hypnosis is defined as an induced state of altered consciousness. Hypnotherapy is simply using this altered state as a therapeutic treatment. You can think of hypnosis as a claw hammer and hypnotherapy as pulling out a nail. Hypnosis is a tool that can be used for many jobs whether

it's for entertainment, conversation or therapy. Here at Power of the Mind, we focus on the hypnotherapy aspect.

Is Hypnosis or Hypnotherapy Dangerous?

There is no evidence that points to hypnotherapy causing any psychological or emotional dangers. The only time hypnosis is dangerous is when it is used at an inappropriate time. You should never listen to a session (such as a MP3 or CD) when you are driving, operating machinery or in any situation where it isn't safe to be without the full use of your faculties.

Who Can Be Hypnotized?

Almost anyone can be hypnotized, although some people are more susceptible to hypnosis than others. Those with a more creative and visual mind (who typically have an infinity for the arts) tend to be the most susceptible to hypnosis. Even children can enjoy the benefits of hypnotherapy once they reach the age where they can understand and follow instructions.

The only group of people who should not be hypnotized are those who suffer from delusions as they may be unable to consciously differentiate reality.

SPECIAL DISCOUNT COUPON

Hypnotherapy Session
ONLY \$35.00 each (regular \$50.00)

Must present coupon at time of payment - one coupon per session (Excludes smoking and regression) offer expires September 30, 2012

online coupon code POMNL812



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QUESTIONS, ANSWERS, AND FACTS:

How Effective is Hypnosis?

Results of Comparative Study by American Health Magazine:

Psychoanalysis:
38% recovery rate after 600 sessions

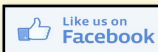
Behavior Therapy:
72% recovery rate after 22 sessions

Hypnotherapy:
93% recovery rate after 6 sessions

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The human brain continues to create new neurons throughout life. Exercise and cognitive stimulation can impact the number of new cells created in your brain.

Be social: Interacting with others supports cognitive health by exercising diverse areas of the brain.



If you have a question you would like published in our newsletter, please email powerofthemind@mail.com (all answers are the opinions of Power of the Mind Healing, Hypnotherapy, Counseling, and Reiki Center® All Rights Reserved)