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|  |  | **General Information & Misconceptions*** Hypnosis is a naturally occurring state. We are in a trance many times each day. (Example: Missing an exit on the highway/writing a text or email and not realizing someone has been speaking to you)
* You are not sleeping or unconscious. You are conscious throughout the process.
* The Hypnotist does not “control” the client. You are always in control; you are always safe; and I am always working for your highest and greatest good.
* Hypnosis can never make you do anything against your will, nor is it a “truth serum”
* You will never get “stuck” in hypnosis. This is simply not possible.
* Hypnosis is a state of increased awareness and heightened suggestibility. Hypnosis temporarily relaxes the conscious mind and taps into the subconscious mind. It is here, that with the suggestions, powerful changes occur.
* Hypnosis is not fragile- you can scratch, cough, adjust and remain in hypnosis. You are not going to “mess it up”.
* It is normal to feel as if you are just sitting there with your eyes closed, and nothing is happening. You will likely feel awake, and be able to hear everything that is said, as well as any background noises.
* The key is to allow for this process to happen and take place. Do not try to force anything. Do not critique, judge or analyze the process- just allow.
* **You will go exactly to the level that you need today for your success**
* There is no need to worry about “taking notes”, or remembering anything said in session. I will remind, and reinforce, what is needed. Your only job is to relax, allow and enjoy. I will do the rest.
* Anyone can be hypnotized, if you allow and accept it.
* Hypnosis does not feel like anything specific. There is no one specific feeling. There is no right or wrong. For some people there is a feeling of lightness, in a good way, o heaviness in a good way, or even the feeling of electricity moving through the body. However, there is no one universal feeling, sensation or experience. Each person is unique.
* Along the way, I may ask you to imagine certain situations and scenarios. Do not worry about forcing yourself to “see images”, as if you were watching a movie. It is enough to simply listen and let yourself think about them.
* 1 minute of hypnosis is equal to 15 minutes of sleep, so you may leave here today feeling as if you just had a wonderful nap.
* You may be hyper-focused on my words, or your mind may wander; either way, your subconscious is still listening, and receiving the beneficial information.
* **YOU are going to do amazing!**

**How many sessions will I need?*** Every client is different. Hypnosis sessions are not “one size fits all”.
* Clients may experience relief, or progress, in 1-2 sessions. However, more sessions are commonly needed, over a longer period of time, in order to be successful. This is especially true if the unwanted behavior has been habitual for many years.
* The general recommended amount of visits for true, lasting changes and results is 4-6 sessions.
* Hypnosis for Weight Loss and Smoking require a minimum of 3 sessions, but 4-6 sessions are strongly recommended for your success.
* Discussion and estimationof sessions needed will be determined in your initial consult and visit.
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| CONTACTHypnosis is a guided, temporary relaxation of the conscious mind; allowing positive and beneficial ideas to become accepted by the inner/subconscious mind.Hypnosis can help your conscious and subconscious mind be in agreement. Have you ever decided to do something, but then not followed through with it (such as an exercise program or a diet)? When part of you wants to do something, but another part of you objects, you are not fully in sync with yourself. Hypnosis is a way to get those arts of you on the same page.PHONE:508.930.1887WEBSITE:RhiannonRising.comEMAIL:Sheree@RhiannonRising.comHead with gears**Did you know?**A survey of the psychotherapy literature revealed the following recovery rates:**Psychoanalysis:**38% after 600 sessions**Behavior Therapy:**72% after 22 sessions**Hypnotherapy:**93% after 6 sessions**Infinity****Pricing:**Initial consult and session (90 minutes):$100Follow up sessions:$80 ( 60 minutes)  |  |