

THE SUBCONSCIOUS MIND

By ANDRE CHAMPOUX, MC.HT.

Many people think that Hypnotherapy is only for weight loss and to help stop smoking. That is barely the tip of the iceberg. Here is a partial list of what Hypnotherapy can help with (and I stress partial): Weight Loss, Unlimited Confidence, Stop Smoking, Control Alcohol, Unlimited Motivation, Overcome OCD, Increase your Unlimited Wealth, Control Spending, No More Ms. Doormat, No More Mr. Nice Guy, Eliminate Procrastination, A New Positive Attitude, Abundance, Be a Better Listener, Be Young at Heart, Better Grades Now, Better Memory, Better Test-Taking, Concentration and Focus, Control Sadness, Cope with Divorce (Adults), Cope with Divorce (Children), Creative Visualization, Dating Confidence, Dealing with Cancer Patients, Dealing with Menopause, Dealing with Terminal Illness, Dump them Now! (Ending a Bad Relationship), Eliminate Night Terrors, End Gambling Addiction, Fear Control (no matter what it is), Anxiety, Anger & frustration, Pain control, Fatigue, Side effects of radiation, Insomnia, Improve self image, Eating habits, Rejecting negative inputs, Past Life Regression, Self Hypnosis, Career Advancement, Public Speaking, Substance Abuse, Self Improvement, Body/Mind Relaxation, Stress Control. The benefits of hypnosis are

almost endless, anyone can benefit from going through Hypnotherapy. My approach to helping a client is usually from 2 different angles. I almost always teach my clients the three steps to Self-Hypnosis. This gives them the skills to not only get through whatever the reason is that they are in to see me for but it gives them the skills to get through many things that may come up in the future. The other approach truly depends on the client and the reason that they are in to see me. One of the mistakes some Hypnotherapists make is when they remove the issue; they don't replace the void with something positive. This is best explained with the following analogy: When you spill a bunch of gas in your paved driveway, if left there too long it will leave a bat spot in the pavement. You don't just dig out the bad asphalt and leave the hole there because the first dirt and garbage that comes along will fill in the hole; you need to put good asphalt in the hole so nothing bad will enter. The same goes for the subconscious mind, you need to put in good stuff when you remove the bad or unwanted stuff will find its way where you don't want it.

The subconscious mind is like a 5 year old child, it absorbs everything it can like a dry sponge. When doing Hyp-

notherapy, the Hypnotherapist needs to get you into a relaxed state so that your conscious thoughts are not getting in the way of the messages that need to be delivered. Almost anyone can be hypnotized; the exceptions are young children who are already in a state of Hypnosis and the insane because they cannot focus on the instructions being given to them during the session. The smarter someone is, the easier they go into Hypnosis.

**HYPNOSIS HELP
HYPNOTHERAPY
59 MILLER DR., BARRIE, ONTARIO L4N 9X2
(CELL) (705) 716-1027 (OFFICE) (705) 999-3211**

