

Hypnotherapy

Hypnotherapy is essentially the clinical use of hypnosis for healing physical and psychological diseases.

Usual questions from any lay person regarding Hypnotherapy are :

1. What happens in the Hypnotherapy process ?
2. Do we really get Hypnotised ?
3. Can you read or control our mind in hypnotic state ?
4. What if we get stuck up in hypnosis ?
5. Can we get caught up in past life ?
6. If we see our past life, can the unhappy or bad memories ruin our current life ?
7. Is Hypnotherapy is all about positive thinking only ?

Let us understand the usual steps during Hypnotherapy.

1. We understand and record the presenting problem, disease, physical or psychological pain, etc. as
2. We explain the basic concepts of mind theory and especially how sub-conscious
3. We use various diagnostic tools to understand the core issue which may be
4. We take the client through various therapeutic aspects such as ego-states r
5. We also help the client with understanding and practical usage of forgiveness
6. We release various traumas leading to healthy and productive life of client.
7. We relieve the client of past/childhood bothering memories and belief system
8. We remove the mental blockages in the financial, relationship and career re
9. We release various unresolved emotions, fears and phobias.

Following are a few of many areas where Hypnotherapy works best and mostly in a permanent

* Stress * Unresolved emotions from childhood * Inability to express oneself * Depression * Suicidal T

Now that you have understood the process, it will be easy to understand the answers to ques

1. All answers to the problems of the client are hidden in his/her sub-conscious mind. He/she cannot a
2. Only those answers or memories from the sub-conscious mind are accessed
3. The Hypnotherapist does not read the mind of any client.
4. The Hypnotherapist only facilitates the process but the client himself gets hy
5. No client can ever get stuck up in a hypnotic state. It is possible that some c
6. The client cannot get stuck up in the past life memories because the Hypnot
7. The Hypnotherapist heals all the related issues during age/ past life regress

Hypnotherapy is the safest and recognized mode of therapy used for clinical healing of the client.

Hypnotherapy is based on one of the basic principles of holistic health that we cannot separate mind from body. Therefore, Hypnotherapy uses Creative Visualisation through various techniques leading to the healing of the client.

Hypnotherapy Clinic

The word "hypnosis" is derived from the Greek word "hypnos", meaning "sleep". It is an abbreviation of James Braid's (1843) term "neuro-hypnotism", meaning "sleep of the nervous system".

Hypnosis is a natural state of mind. It is not a sleep. It is a state of altered awareness in which access is available to the sub-conscious mind.

Today, the scientists claim about 50 levels of hypnosis, but simply speaking there are three levels – Light Trance, Medium Trance and Deep or Somnambulistic Trance.

Hypnosis is simply a way of relaxing and setting aside a conscious mind while at the same time activating the subconscious mind so suggestions can be made directly to the subconscious enabling the patient to act on the suggestions with greater ease and efficiency.

Hypnotherapy is very safe and yet highly effective method/therapy without any side-effects that is undertaken with a subject (person undergoing hypnotherapy) in hypnosis for facilitating healing solutions.

This therapy got credibility in India after 2002 when it was accredited as an acceptable therapeutic modality by the Union Ministry of Health, Govt. of India.

Hypnotherapy is often applied in order to modify a subject's behavior, emotional content, and attitudes, as well as a wide range of conditions including dysfunctional habits, anxiety, stress-related illness, pain management, and personal development.

Some of the many benefits that can be attained through Hypnotherapy are :-

01. Increased Relaxation & the elimination of the tension
02. Increased & focussed concentration
03. Improved Memory
04. Improved Reflexes
05. Increased Self Confidence
06. Pain Control
07. Improved Sex Life
08. Increased Organisation & Efficiency
09. Increased Motivation
10. Achieving Weight-loss
11. Controlling Smoking Habits
12. Improved Interpersonal Relationships
13. Slowing down the ageing process
14. Facilitating a better career Path
15. Elimination of Anxiety & Depression
16. Overcoming bereavement (emotional pain due to someone's demise)
17. Elimination of Headaches including Migrain Headaches
18. Elimination of Allergies and Skin Disorders
19. Strengthening one's immune system to resist any disease
20. Elimination of habits, fobias and other negative tendencies
21. Improving decisiveness
22. Improving the quality of people & circumstances in general that you attract in your life
23. Increasing your ability to earn & hold on to money
24. Overcoming obsessive-compulsive behaviour
25. Elimination of Insomnia
26. Improving the overall quality of your life
27. Improved Psychic awareness
28. Establishing & maintaining harmony of body, mind & spirit

We at Jeevan Maggic run this Hypnotherapy Clinic to help our clients achieve most of the above benefits.

To know the Therapists' [Click here.](#)

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