

Discover Hypnosis

The safe & natural
wellness solution

Rachel Kingcaid, Hypnotist

CONTENTS

Introduction	2
What is hypnosis?	3
Hypnotic myths	4
Misconceptions	5
"Can I be hypnotized?"	6
Who can't be hypnotized?	7
How does hypnosis work?	8
How it feels to be hypnotized.	9
What solution do you need?	11

INTRODUCTION

I want to thank you for your interest in hypnosis and joining me on this journey.

Since 2002, I've worked with thousands of people to help them improve their lives with hypnosis.

In this small booklet, it is my desire to reveal to you how you can take control of your life and achieve your goals with remarkable ease.

I look forward to helping you discover how hypnosis can help you live a happier & healthier life.



Rachelle Kingcaid

Owner & Director of Plymouth Hypnosis

What is Hypnosis?

Most people are familiar with the image of hypnosis that is portrayed in the movies and on television. This is a far cry from the actual reality of hypnosis.

Hypnosis is a natural state of mind that each of us experiences every day.

Have you ever found yourself engaged by a project that focused all your attention and time seemed to simply fly by?

Have you ever tried to speak with someone who was working at their computer and you had trouble getting his or her attention? That is a natural state of hypnosis.

Daydreaming is a very deep state of hypnosis!

Here is a simple definition of hypnosis that most researchers agree on: "The ability to follow suggestion without conscious intent."

Hypnotic Myths

Some people erroneously believe that in order to be hypnotized you must be weak-willed. Numerous studies have shown that hypnotizability is completely unrelated to that characteristic.

Hypnotizability has nothing to do with gullibility, low-intelligence, submissiveness, imagination or being weak-willed.

In reality, the stronger your will, the better your concentration is and you will go into a trance state faster and easier!

Hypnotic Misconceptions

Let's take a close look at a few popular misconceptions:

CAN A PERSON GET STUCK IN HYPNOSIS?

Impossible. It's important to understand that ALL hypnosis is self-hypnosis. You guide yourself into trance and if for any reason you want to emerge from hypnosis you will instantly and naturally open your eyes and become fully alert.

WILL I REVEAL ANY DEEP DARK SECRETS?

No. You will be in full control of your words and a hypnotist cannot get you to reveal information that is embarrassing, private or irreversible.

WILL I CLUCK LIKE A CHICKEN OR BARK LIKE A DOG? (You know you wanted to ask that, right?) No. You cannot be made to violate your own moral values or accepted patterns of behavior.

IS THE HYPNOTIST OR HYPNOSIS CONTROLLING MY MIND?

Absolutely not. Remember, all hypnosis is SELF-hypnosis! YOU are in complete control of the process. Just like daydreaming and popping back into "reality". It's the same thing.

"Can I Be Hypnotized?"

I hear that all of the time "I don't think I can be hypnotized." And, it always amazes me because when I ask them how they would know that, they never have a real answer.

They might say, "I'm too smart", or "I never want to be out of control" or "I just don't think I can", etc.

Well, you may be surprised to learn that you already experience hypnosis on a daily basis.

Common examples of this are:

- When you find yourself completely immersed in an activity to the exclusion of everything else! That is a natural trance state.
- Watching a movie and becoming completely transfixed in the plot.
- Reading a book for a few pages and having no idea what you've just read.
- Hypnosis is not witchcraft, manipulation or magic. It simply is a tool that will allow you to tap into the power of your mind.

Hypnosis is not witchcraft, manipulation or magic. It simply is a tool that will allow you to tap into the power of your mind.

Who Can't Be Hypnotized

Generally, those that cannot be hypnotized fall into at least one of these four categories:

- Someone who is intoxicated or high on narcotics
- Children under six years old.
- Someone with an IQ under 70.

Those three above, because they just have a hard time concentrating for any period of time.

Lastly, someone who just doesn't want to cooperate. (There are times when someone calls my office for a spouse or a friend to "get" them hypnotized. Because you can't be hypnotized to do anything against your will, this could never work.)

That is, by the way, one of the reasons WHY we have the initial consultation/mini-session appointment.

Call to schedule your Hypnosis
Screening with a Certified Hypnotist
610-397-1515

How Does Hypnosis Work?

Hypnotic change works through the power of suggestion. To fully understand the how, it's important to understand your conscious and subconscious state of mind.

You see, each day we fluctuate between the conscious and subconscious state of mind.

Recall the last time you drove your vehicle. Maybe you were going to work, shopping or to the doctor's office. Think about that trip.

Do you recall the details of that drive? Probably not! Most people do not consciously drive their vehicles.

For most people driving is something done in our unconscious mind.

You don't say to yourself, "I must put the vehicle in gear, release the parking brake, check over my shoulder for oncoming traffic, signal to turn left, release the steering wheel to right the vehicle and stay in this lane."

How It Feels To Be Hypnotized

We're sure you have seen zombie-like characters in the movies and on television that are supposedly in a hypnotic state. This common misconception can create resistance for those who are being hypnotized for the first time.

It can be hard to allow yourself to relax if you think that under hypnosis you surrender all control of your behaviors to the hypnotist.

In fact, when you are hypnotized, you are in more control than when you are in the normal daily state.

You become internally focused, and your surrounding environment becomes less important and insignificant.

And, if for any reason there was an emergency or your attention was needed, you would immediately come out of hypnosis to respond appropriately.

People in a hypnotized state may appear to be asleep, but the biological state of sleep is very different from hypnosis.

How It Feels To Be Hypnotized

While your body is relaxed, your mind will be fully alert and aware of the suggestions it is receiving.

All outside stimulus will become irrelevant. Your focus will be directly on the words of the suggestions you are receiving and your breathing will be light and rhythmic.

You may have a distorted sense of time. You may feel like you have been in hypnosis for just a couple minutes, even if it has been sixty to ninety minutes!

What Solution Do You Need Most?



Lose Weight



Stop Smoking



Manage Stress

We also help people improve their **Sports Performance** and overcome their **Fears & Phobias**.

Now is the time to take action. Getting started with us is easy.

Call today to schedule your **Hypnosis Screening Appointment** to speak with a Certified Hypnotist.

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PlymouthHypnosis.com