

Oil in My Hands Wellness

Hypnosis Frequently Asked Questions

1. What is hypnosis?

Hypnosis is a trance like state of complete relaxation. It is similar to the feeling you get just before falling asleep, or just before waking. You can compare it to the altered state of consciousness experienced while meditating, or even watching TV or driving with intense focus. It is natural and common.

2. Will I lose control?

No, you won't. The client's subconscious is always aware of what is happening which gives you complete control over what you choose to do. You are always able to choose your level of acceptance in the process, and no one can make you do anything outside of your values and beliefs. Also, your practitioner will always discuss the script to be used, and its desired outcomes with you, prior to a hypnosis session.

3. Will I remember what happened? What if I fall asleep?

Everyone is different. Some will remember absolutely everything, some only bits and pieces, and some won't remember much at all. The key is to know that your subconscious is still aware of what is happening, leaving you in control of every aspect of the session, and still allowing for successful progress. This is the same for if you were to fall asleep. While it isn't the goal, if it happens, it is perfectly fine and may have been exactly the outcome you needed. Trusting that your experience will go exactly as it needs to for your best outcome, is always the intention.

4. Can you help me forget a terrible experience I went through?

While it may be possible to temporarily "forget" a terrible experience, it is possible that it could still affect you. An option to explore with hypnosis could be learning how to reframe that experience in a more positive way, so that you can deal with the outcome, and release the negative feelings associated with it.

5. Does hypnosis really work? Is there a guarantee?

While there is no guarantee, hypnosis does really work. You have to be a willing participant, and allow it work. We have many success stories, which you can view testimonials on our website. You hold the power to your own healing and success. We are here to guide you through the process of accessing that place of healing, and choosing your most optimal path to wellness.