

Call *today* for the appointment that will help you to *change your life!*



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Hypnosis

Improve Your Health
and Performance



*“The only limitations one has,
are set in his or her own mind”*

What is Hypnosis?

Hypnosis is a powerful tool for accessing the subconscious mind and achieving personal goals or affecting desired changes. It can be used alone or with other techniques.

Despite its awesome power, there are few techniques less understood, or plagued by misconceptions. Western medicine has been trying to understand hypnosis since the 1700's. But it has only been within the last two decades that we have truly begun to understand what hypnosis is, and how it can help us in our daily lives.

Unfortunately, many of the **misconceptions** that have developed over the centuries still exist in some people's minds. The average person may think hypnosis is sleep, unconsciousness, mind control, or even magic. Many misconceptions are perpetuated by novels and movies. These misconceptions prevent many people, who could greatly benefit from hypnosis, from ever trying it. Those who do try hypnosis often spend their first session unlearning their misconceptions.

Hypnosis is **not** sleep, unconsciousness, mind control, or magic. In fact it is a **heightened state of awareness**. The person is fully aware, in control, and able to respond to requests, either verbally or by a signal. Ask a hypnotized person to make a reasonable movement, they can comply.

There is **no** surrender of control, no magic. **No one can be hypnotized against his or her will; or made to do anything** he/she does not want to do.

Everyone of average intelligence and higher can be hypnotized if they choose to.

Hypnosis is considered to be a state of selective thinking, where the person (**who is in complete control**) chooses to experience only what is relevant to the task at hand, blocking out everything else. It may also be described as guided concentration.

The guidance can be provided by a qualified hypnotherapist, or in the case of self-hypnosis, by the individual.

However you think of it, hypnosis is a method for **communicating directly with the subconscious mind**. Few people realize the awesome power their subconscious mind has over their lives. The causes for many bad habits are rooted in memories or perceptions that may be forgotten by the conscious mind but retained in the subconscious. Hypnosis helps to access the subconscious and change those habits more quickly and easily.

Although **hypnosis is** not a cure-all, there are many areas where it has proven to be **tremendously helpful** including overcoming fears and **eliminating bad habits** like smoking and overeating. It is helpful in pain control, managing stress, memory enhancement, improving concentration and relieving insomnia. **Hypnosis is a tool that everyone can use and everyone should understand.**

What your mind causes your mind can correct. Every problem has a cause, and when you eliminate the cause from the subconscious mind, the problem will disappear.

You can change your life through the power of your mind. What you believe you can do, you will do.

Summit Performance Dynamics™ offers hypnosis for a variety of reasons that can be helped in a few visits.

Please email us at info@summitpdi.com or contact us by phone at 330-714-8021 to get more information on the following topics and more:

- ◆ Athletic Performance Improvement
- ◆ Business Performance Improvement
- ◆ Personal Development
- ◆ Stress Management
- ◆ Pain Management
- ◆ Anger Management
- ◆ Relaxation
- ◆ Insomnia
- ◆ Stop Smoking
- ◆ Weight Management
- ◆ Fears
- ◆ Visual Imagery
- ◆ Self Esteem/Confidence
- ◆ Memory/Concentration Improvement
- ◆ Test Taking/Study Habit Improvement
- ◆ Body & Spirit Self Healing
- ◆ Allergies
- ◆ Stuttering
- ◆ Nail Biting
- ◆ Public Speaking
- ◆ High Blood Pressure
- ◆ Natural Child-birthing
- ◆ Medical & Dental Procedures
- ◆ And many more....

Hypnosis Works!

Discover the power of your mind!