



# AUTHENTIC TECHNOLOGIES

## CLINICAL HYPNOTHERAPY

### What Hypnosis Is:

The word hypnos is a Greek word meaning "sleep." Essentially, all hypnosis is self-hypnosis, as this is a state we naturally move in and out of on a daily basis.

Human brain wave patterns charted by electrocephalograph (E.E.G.) are measured at cycles per second, and a fully alert person cycles at 25 cycles per second. This is referred to as the beta state. A lightly relaxed person who cycles at a rate of 14 to 20 is also considered to be in the beta state. A very relaxed person who cycles at a rate between 7 to 14 cycles is considered to be in the alpha state. This alpha state gives you greater access to your subconscious mind and is the state of maximum suggestibility. It is also the state where we can change our ineffective and non-supportive patterns into effective and supportive positive behavior patterns.



Hypnotherapy is very effective because the mind does not know the difference between images that appear in our minds and actual waking reality. Neurological studies show that this mirroring part of the brain lights up when subjects are completing an activity or just watching the same activity. This explains why people get so involved in watching sports on television. The brain thinks they are actually playing the sport they are observing.

The mind's ability to create anew is remarkable and hypnotherapy is a fast, safe and gentle way to use your inner resources to fulfill your dreams. We encourage you to listen to these programs repeatedly to reinforce these positive messages. These programs will enhance your ability to remove blocks to achieving your dreams and balance you emotionally.



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During any of these Programs if you need to wake up to handle any situation, you can do so with ease. Even though you are in the alpha state of relaxation, your conscious mind is still aware of what is happening the entire time.

All programs are meant to be listened to in a relaxed and focused state of concentration. Do not listen to any of these Programs while operating machinery or while driving an automobile or any activity that requires your attention.



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