

FREQUENTLY ASKED QUESTIONS

Can I be Hypnotized?

The amazing thing about self-hypnosis is that we do it all the time. Hypnosis and self-hypnosis are really just focused attention. Whenever you are concentrating on a task such as watching a TV show, reading a book or communicating on the Internet, you are focusing your attention and entering a light hypnotic state that increases the power of your mind. Hypnosis channels this power and concentrates it on changing the old programs.

Am I going to be Controlled?

This is both the hope and the fear of people who are interested in hypnosis but have never experienced it. People secretly want to be controlled and forced to change while at the same time they are afraid of what might happen if they really change. One big advantage of hypnosis and the use of self-hypnosis is that you know you are fully in control. Any time you want to, you can stop and emerge from hypnosis. You really are in the driver's seat.

What does Hypnosis feel like?

Usually during a hypnosis session you will feel comfortable and relaxed. When you enter a deeper state you will experience a comfortable drift feeling somewhat like daydreaming. Some people report that at times they felt like "my mind just went somewhere else for a while." This is the experience of deep relaxation and letting the subconscious mind take charge. It is a special time during which your unconscious mind is reorganizing its understandings and developing new abilities. When you just relax and let it happen, you have the most wonderful results.

Is Hypnosis Dangerous?

Absolutely not. Hypnosis was approved by the Council of Mental Health of the American Medical Association in September of 1958 as a safe practice with no harmful side effects. We greatly underestimate the ability of the subconscious to protect itself. One of the elements in the subconscious mind is to provide protection from accepting suggestions which are not in the body's best interest. More people hurt themselves and/or others while wide awake than they would ever in a state of hypnosis.

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On Line Course Available!

<http://PainFreeChildbirth.com>



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FEAR & DISCOMFORT
OF LABOR PAIN
WITH PAINLESS
CHILDBIRTH PROGRAM



By Mark E. Wilkins, Ph.D.

HOW DOES HYPNOSIS WORK?

To understand how hypnosis works, you must understand the functional difference between the conscious and subconscious mind.

The conscious mind contains the short-term memory and the intellect. It functions primarily as a yes/no computer, constantly analyzing, rationalizing, and discriminating our thoughts and perceptions. The language of the intellect is logic and reason. We usually become accustomed to ignoring, ingesting or repressing our subconscious feelings to get through our day. That is why stress is called the "silent killer". But the intellect is really just an island floating on a vast subconscious ocean; an ocean the depths of which we are often unaware.

The subconscious mind, however, contains the habit center, emotions, intuition, long-term memory, self-preservational mechanisms, and controls bodily functions. The language of the subconscious is imagery and metaphor, which doesn't quite make sense to the intellect. And the subconscious is not logical; it does not respond to reason and facts as the intellect does. (Most long-term smokers intellectually grasp the dangers of the habit; but for them it is just a "concept".) Also, the subconscious is lazy and takes the easiest paths.



Yet, there are times in our lives when we are made very aware of this powerful ocean. During stormy emotional turmoil, sudden loss, or trauma, when our lives seem to grind to a halt, we witness the subconscious mind's power to override our bodily functions and intellect: we cannot function, eat, sleep, talk, or even think clearly. Or when we grapple with a persistent habit such as nail biting or fear of public speaking and fail to resolve it. Sometimes, when we "think" we have resolved our sufferings, the subconscious creates a wake-up call: a psychosomatic symptom or illness, years after a traumatic event, just to show us who is in charge.

Healing is not an intellectual process! You cannot improve your life or heal your pain by telling yourself with just your intellect, you "should" change or "just get over it", or "be rational". In trance, you can communicate with your subconscious mind through creating, recreating, or visualizing mental images and memories as in a lucid dream state.

But first you [must want to heal or change](#). Once you establish your awareness, you are free to access buried memories, unmask erroneous beliefs, repair your self-esteem and restore your physical, mental or emotional health. The results can sometimes be miraculous.

IMAGINE HAVING A PAINLESS CHILDBIRTH!

When you empower Yourself, expect to:



- Enjoy 9 months of wonderful mental expectancy.
- Have an enjoyable, very short, and discomfort free contraction period.
- Utilize powerful subconscious visualization techniques enabling painless birthing and proper body dilation.
- Eliminate any fear of the birthing process.
- Eliminate drugs, pain & discomfort while having a trauma free birth.
- Eliminate any period of post birth depression.
- Have the ultimate bonding experience with your new child.



Your CHILDBIRTH does not have to be long and painful! Many cultures around the world experience little or no discomfort during child birth. When you employ hypnosis in the birth of your child, pain and discomfort is usually eliminated and imagine your child being born without drugs and trauma.

There are studies showing that a child delivered in a stress free, trauma free environment have higher IQ's and fewer problems both physically and mentally in the lives.



With hypnosis you will be fully awake and aware of everything during the birth. Picture yourself enjoying the birth of your baby.



Years of conditioning to young girls in our western society has engrained the belief that child birth is long and painful. How many women, during your own growing up, have told you horror stories about long labor and suffering? Yet in many culture, the woman is working in the

fields, and takes a break to have child birth assisted by a midwife and then returns to her work leaving the care of the baby to an elder or midwife.

We like to start working with you, the expectant mother, during the 7 month and continue up to the delivery.

As a by product of this program, you will learn self hypnosis and pain management which you may use the rest of your life.

After the initial session, you will be given a deepening CD for daily practicing. Your husband or coach will also participate in several of the lessons.



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