

CAN HYPNOSIS HELP ME ?

- What goals do you have? What kinds of changes would you like to make in your daily life?
- What do you find yourself struggling with on a regular basis? What negative thinking patterns do you sometimes get stuck in?
- What do you find yourself doing, without first thinking about it, that you wish you could do differently?
- What if you could tap into and harness the power of your subconscious mind? What if you could speak directly to your inner mind? What would you like to tell it?

If you keep finding yourself doing what you know doesn't work, although maybe you *logically* know what you should be doing to have what you want, then hypnosis can help you!

HOW HYPNOSIS CAN BE USED ?

People frequently ask what kind of things hypnosis can be used for, and they are often surprised by the vast array of possibilities. Usually the first thing I like to tell them is that hypnosis is helpful for anything where your mind is influencing the situation. And the human mind is really quite powerful – what you are consciously aware of is just the tip of the iceberg. Hypnosis has proven effective for people who want help with:

- Weight Loss/Healthy Eating
- Smoking Cessation
- Stress Reduction
- Relief from Insomnia
- Pain Management/Promote Healing
- Overcoming Fears & Phobias
- Self Esteem & Confidence
- Study Skills & Test Anxiety
- Good Habits for Financial Well-Being
- And much, much more...

HAVE YOU TRIED HYPNOSIS YET ?



New Horizons in Hypnosis

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CHANGE YOUR MIND TO CHANGE YOUR LIFE



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since 1998

"A man is but a product of his thoughts;
what he thinks, that he becomes."
–Mahatma Gandhi

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WHAT IS HYPNOSIS ?

People have been studying and debating over exactly what hypnosis is for more than 200 years, but science has yet to fully explain how it actually happens. However, the basic definition of hypnosis is a state of deep relaxation combined with focused attention directed toward a specific goal.

Hypnosis is a mind-body therapy that offers a holistic approach to reaching your goal. When a person enters hypnosis, there is a change in their brain wave activity, similar to that time just before sleep when the alpha state is entered. During the alpha state, the mind is very open to imagery and creating a rich sensory experience. Since you are many times more suggestible even while in the light state of alpha, it is not necessary to go deep into hypnosis for change to be possible. Many studies have proven the effectiveness of hypnosis.

Some characteristics of hypnosis include:

- Muscle Relaxation
- Deep, Easy Breathing
- Feelings of Well-Being
- Effortless Concentration
- Sense of Being Outside of Time
- Heightened Sense of Imagination
- More Easily Able to Recall Past Events
- Increased Ability to Accept New Ideas

Everybody has the ability to enter a hypnotic state, and in fact, you already do this naturally several times a day without even realizing it. Have you ever had the experience of hitting the snooze alarm and then continuing to lie in bed with your eyes closed, aware of yourself and the room, but not quite able to wake up fully? You've been in a hypnotic state! Another example of hypnosis is any time when you've been so deeply engrossed in an activity, such as daydreaming, reading or watching TV, that your awareness of your surroundings has faded away.

FACTS ABOUT HYPNOSIS

- Hypnosis is not sleep. It may look like sleep to the observer, but in fact a hypnotized person is simply completely relaxed. Although some individuals do become so deeply relaxed when in hypnosis that they think they fell sleep, many in fact experience a heightened state of alertness. For the most part, people do tend to recall everything that occurred during their session.
- Everyone can be hypnotized. What we call "hypnosis" is in fact a natural state that everyone experiences at different points during their day. Hypnotists simply use this natural human process to help change negative thoughts and behavioral patterns into ones that are positive and result in more desired behavior. If you can focus your attention, use your imagination, and have a desire to be hypnotized, you can enter into hypnosis.
- The hypnotist is not in control of you. They are only a guide, a facilitator. The power is supplied by you, the client. The hypnotist will only be in control as far as you give him/her the control. The hypnotist can only suggest, but it is the client who determines whether or not the suggestion will be carried out.
- You cannot be made to do anything against your will. You are in control of the process, including how deep you allow yourself to go. Your subconscious mind's primary function is to keep you safe. You will only act upon suggestions that reinforce expected behavior, do not endanger your life, and are aligned with your own morals.
- You cannot get "stuck" in hypnosis. Should the hypnotist stop speaking to you unexpectedly, you will either come right out of the hypnotic state, or drift off to natural sleep & wake up shortly after.

HOW TO LEARN MORE...

For more information about private sessions and upcoming workshop offerings, please be sure to visit Linda's website:

www.newhorizonsinhypnosis.com

ABOUT LINDA DONALDS

Linda Donalds enjoys working with people using hypnosis techniques to help them dissolve barriers that have stood in the way of them reaching their goals.



In January 1998, Linda became a Certified Hypnotist through the National Guild of Hypnotists (NGH), after completing their "Certification in Hypnotism" course. The National Guild of Hypnotists was founded in 1951, and is the oldest & largest hypnotism organization in the world. Its certification is the most widely recognized credential for the professional practice of the hypnotic arts.

Over the years, Linda has also completed several additional advanced training programs in the field of hypnotherapy, including certification in Neuro-

Linguistic Programming (NLP), 5-PATH® Advanced Transformational Hypnosis, and as a HypnoBirthing® Practitioner. To learn more about her, please visit her website.



SERVICES AVAILABLE

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- Group Workshops
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TO SCHEDULE AN APPOINTMENT

Office hours are by appointment only.
Sessions available in both Lunenburg & Westford.
Please call 508-246-2721.