

Veterans Coaching Alliance

Hypnosis

Information from The Tad James Co <https://www.nlpcoaching.com/>

What is Hypnosis?

Current thinking in Psychology generally agrees that we all have a Conscious Mind and an Unconscious Mind. Making a change in our attitudes, beliefs and values is not easy for most people to do, because they approach the change consciously. But for a change to happen it needs a two-pronged approach to the Conscious Mind and the Unconscious Mind. Hypnosis facilitates that by making the Unconscious Mind more amenable to suggestion from the Hypnotist or even by you.

The Unconscious Mind is the part of you that runs your body. It allows you to breathe you while you sleep. It makes your heart beat. It causes your nerves to send information along the neural pathways. The Unconscious Mind is the source of the intelligence of your body and Hypnosis and Hypnotherapy allow you to tap into the power of the Unconscious Mind to change your life for the better.

Today, after years of research, The Tad James Co. is confident that hypnosis is a credible, scientifically-based process for successfully creating change at the unconscious level.

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