

HAPPINESS STARTS HERE

9 KEY THINGS ABOUT HYPNOSIS





What is Hypnosis?

It's 2024 and Hypnosis still has a certain reputation. Let's clear up some popular misconceptions.

A lot of people carry deep-seated beliefs about hypnosis. They base these beliefs mostly on things they have seen on TV, in a movie, in a show, or read in a newspaper.

Participants have been portrayed in ridiculous ways. From clucking and behaving like a chicken to forgetting their own name.

It may have appeared as if a dark magic force, the hypnotist, took over and left participants losing all their self-control.

Other people think hypnosis is something from another world; woo-woo, a bit crazy, weird and not to be taken seriously. It's something for the hippies.

Some people believe only the dumb, gullible, and weak-minded can be hypnotised and certainly, they do not belong to that category.

Other people fear they will sleep through the process and won't remember anything because they were unconscious. Some fear they may even get stuck in that state forever.

Some people fear I may turn them into someone else; or that once the work is done, they may not be able to recognize themselves.

But let me be very clear. None of this is true.



What are the 9 key things you need to know about Hypnosis?

1) You are safe because it is not mind control.

You give yourself and the hypnotist permission to influence the way you think, feel, and behave positively. It is much like any conversation you would have with someone you trust.

2) It's scientifically based, not "woo-woo".

Hypnosis is a natural occurrence that everyone experiences daily.

3) Your secrets are safe with You.

They stay secrets unless you prefer to share them.

4) You are in control at all times.

You are not asleep nor will you be unconscious. You will hear everything that has been said.

5) You still have to do the work.

It's not a magic pill. You transform because you want to and will receive as much change as you are open to.

6) Your dignity is highly respected at all times.

You will be more than you are now and still be who you are at the core. You are not losing anything that makes you "you". You win an upgrade.

7) Everybody can be hypnotized.

The more imaginative and creative you are the easier it will be for you. You will need to focus, understand what is said, and engage in the collaboration.

8) You won't get stuck in Hypnosis.

You are in control, awake, and aware at all times. Hypnosis doesn't necessarily require any trance at all. Eyes open, eyes closed- it's up to you and your level of comfort.

9) Feel free to relax and release a happier You.



I am Christine Philipp.

I hold the belief that the ultimate luxury is a mind, healed and empowered.

As your guide, coach, and confidante, my mission is to provide a swift and simple path to lasting transformation, ensuring quality results that redefine comfort and well-being, where your past no longer dictates your present.

Welcome to a world where your mind becomes the ultimate masterpiece, naturally and effortlessly.