



Hypnotherapy with Amanda Handel Introducing your Unconscious Mind

In preparing for your Hypnosis session, here are some things to know about that part of yourself which you are not able to be consciously aware of. Understanding the attributes of your Unconscious (Subconscious) Mind will help you to gain agreement with your whole-self, and you will see your desires fulfilled.

Your Unconscious Mind:

- Stores and organises all your memories – both chronologically and in themed categories
- Is the domain of emotions, dreams, curiosity and creativity
- Takes care of your physical body – respiration, digestion, healing, cell replacement, reproduction, energy storage/release ... and much more
- Enjoys serving you and works with pleasure when given clear, positive direction
- Takes everything literally and personally. It cannot process negative thoughts or instructions - they confuse it
- Works on the principle of least effort, following the path of least resistance
- Has your best interest and well-being at heart
- Does everything it can for your health, and will fight for your life
- Learns by repetition in accord with everything you suggest and teach it
- Protects you in dangerous situations with the “flight, freeze or fight” response
- Is a highly moral being protecting your personal values

Before your session you will need to prepare a vivid image of your desired outcome and formulate it in a sentence or two which encapsulates this. Write it out by hand and bring it with you. I will present it to your Unconscious Mind on your behalf, as a direct suggestion of your wishes for changes you ask your Unconscious Mind to make with you. Your desired outcome needs to be well-formed and stated as follows:

- In positive terms only, and very specifically
- As a desire which has been initiated by yourself, and yourself only
- As something you will maintain by yourself, and yourself only

Finally, I will need your permission to use gentle appropriate touch to your hands, shoulders, arms and head. Please let me know if this is granted.

I'm looking forward to working with your whole-self in Hypnotherapy to make change and to achieve your dreams.

Amanda