



Official **Hypnosis** for Business™

In this document we explain what Official **Hypnosis** for Business™ & Modern Hypnotherapy is, and how it works.

Part 1. Hypnosis simply explained.

Part 2. Hypnosis using the Alexaa Mind-Model.

Part 1. Hypnosis simply explained.

- Alexaa has combined the best of TCM, Psychotherapy, RTT, Clinical Hypnotherapy, CT, NLP and Cognitive Behavioral Therapy into a very successful approach.
- Alexaa uses a special, very fast and effective form of hypnosis and hypnotherapy; Deep Direct Delta Hypnosis.

The roots of hypnosis date from 2600 BC.

A very effective 100% natural and completely safe process, making you feel very relaxed and focused. Great for making fast fixes and positive change in your life.

It's important for you to know that;

- We DO NOT control you,
- You are always in control.
- You can't do things you do not want to.
- We're just giving you back control of yourself, over your mind.

What is Hypnosis?

Hypnosis has something mysterious for many people.

Is it magic? What's the secret?

Why has hypnosis been very effective worldwide for 1,000+ years?

Simply put

Hypnosis, simply put, is a way to go into a trance. If you're in hypnosis, a deeply relaxed state of your body and mind, in which you are enormously focused at the same time.

Hypnosis

Puts you in a different state of consciousness, in deep theta/delta brain waves in your subconscious.



Why is this important to you?

The quality of your subconscious, your 'programmed mind', is the quality of your life!

Every day 95% of your decisions, behavior, and results come from your subconscious mind, where all your memories, fears, and emotions are undefeated. Your emotional database.

This becomes concretely visible in your life, as the 'print out' of the quality of your subconscious.

How does hypnosis/ hypnotherapy work?

Theta/delta brain waves are a very deep level in your subconscious. where everything you've ever experienced is stored.

All your positive and negative stories, memories, emotions, and feelings. That's where we find all the solutions to your problems.

You can't reach this level on your own!

Very important for you

Alexaa's business hypnotists have the professional skills set to achieve this level.

And it's the exact place to find the solutions you need.

That is why we go right there, very precisely and directly into your subconscious, quickly solve the cause of your emotional-physical problems in 1-3 sessions.

Without endlessly talking about your problem again, we work on your experiences, ingrained destructive patterns, and beliefs.

And replace them with constructive patterns and beliefs that support your goals, dreams, and desires, directly and deeply in your subconscious.

So that your subconscious, no longer sabotages your conscious goals.

This is great for quickly realizing lasting(!) positive changes in your life.





What does that mean to you?

It means to you that after the deep direct delta hypnosis session. a new reality arises in your life;

1. with better patterns and programs in your subconscious.
2. which is a perfect basis to make 95% of your decisions.
3. and that will create a better quality of your life.

Are Alexaa Online sessions effective and safe?

Our #1 priority is that you always feel safe.

This is the most important thing in hypnosis!

#2 priority is that you achieve the same wonderful results as in a live session.

In your first session, we will give you instructions on how to stay safe, whatever happens during the session.

For example, in the event that the connection is lost (which we still never have) you automatically go out of hypnosis, and you can pause or end the hypnosis session by yourself. We continue as our connection is restored, or we make a new appointment.

Either way, you'll always be safe, and you'll feel safe. We will guide you. You're always in control.

Conclusion

So hypnosis isn't fuzzy stuff or magic.

On the contrary, it gives you back control of your life in a very concrete way!

Alexaa's Official Hypnosis for Business™ and Modern Hypnotherapy is the quickest way to enjoy your life even more.

With a better feeling than ever before. With less pain and problems, with a greater sense of freedom and fulfillment!

Your Alexaa team!

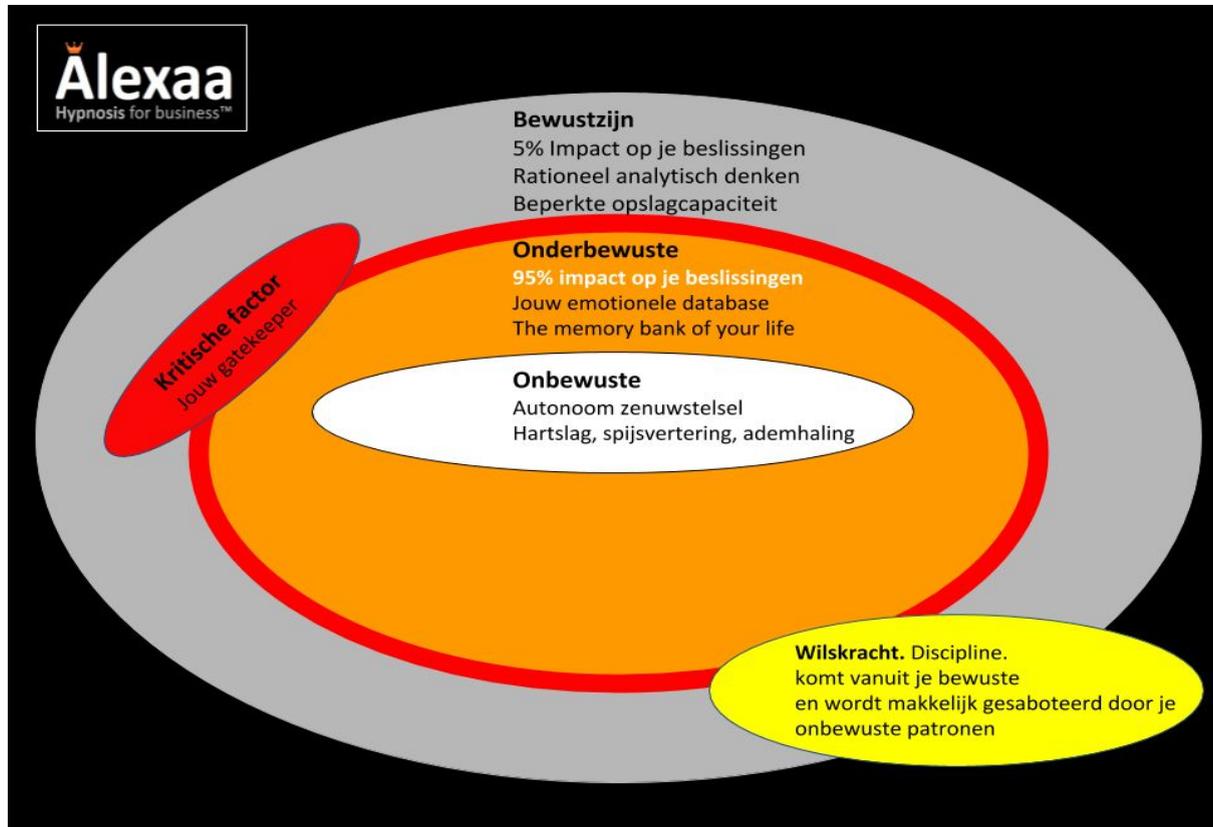
Part 2. Hypnosis using the Alexaa Mind-Model.

How does hypnosis work exactly?

We will gladly explain it to you using the Alexaa Mind Model.

This model divides your mind into three parts:

Your conscious, subconscious and your unconscious.



Your unconscious

Has been programmed at birth. It regulates all body function (e.g. breathing, heartbeat, immune system, etc.). The unconscious cannot learn much. You can condition reactions or behaviour (think of Pavlov reaction). Physical reactions to an emotion are also regulated here.



Your subconscious

95% of your decision comes from your subconscious.

Everything you have ever experienced in your life is stored in your subconscious. So you can also see your subconscious as your own Emotional database, the memory bank of your life.

This is 'programmed' by the environment in which you grow up between 0-7 and 10 years. The subconscious determines our personality. So how we behave, certain habits, ideas about 'how life works'.

And what it takes to be accepted by the group you grow up in. What you have to do to not be rejected and accepted so that you feel loved and accepted safely and have a better chance of survival.

This is stored in the subconscious. The subconscious stores everything you go through, that already starts in the mother's belly. Research has shown that the storage capacity seems almost unlimited. It uses your brain as a pattern recognition machine.

In the beginning this is stored neutrally, but after a while the subconscious analyzes the stored information and from there a certain behavior or habit. This behavior or your habits are very difficult to change. These patterns determine 95% of your actions 95% of the decisions you make. So they always have a greater impact on your life than your conscious choices.

Your conscious

Only 5% of all your decisions come from your consciousness.

This is where you find the analytical and logical thinking, the ratio or your mind. It focuses on things in the here and now. The consciousness is always searching for logical explanations or solutions. Our behaviour does not always come out of consciousness, only we do not know that. Often the patterns are fixed in the subconscious. Willpower is in the part of the consciousness and only works for a short time. Therefore it is very difficult to break through a pattern on willpower.



Your critical factor

The critical factor is part of consciousness. When information comes in, the consciousness assesses whether it is rational/logical. If so, the critical factor compares this information with what is already stored in the subconscious. If (new) information does not match what is stored in the subconscious, the information will be rejected. It then has no effect on your personality.

As an example: When a child has ever experienced an anxious moment with a dog, the subconscious will possibly maintain the coupling of dog = fear and danger. Even though the child actually likes dogs. As a result, the fear response will remain, even if it is undesirable.

As will recognize, you are then aware that you want to change undesired behavior but time after time you do not succeed. And very tiring struggle between your conscious and unconscious.

What is the basis of your behaviour?

Your subconscious forms the basis of your behaviour, the way you think, reason, experience, feel and it determines your perspective on the world. Unwanted thoughts, beliefs, fears and unpleasant emotions can be transformed into a desired form under hypnosis in a pleasant way.

Why hypnosis works

When you go into hypnosis, you are brought into a deep relaxation/trance. This deep relaxation allows you to talk directly to the subconscious without the critical factor influencing it. By talking directly to the subconscious, you can give new suggestions that the subconscious will accept as truth. In this way the conviction, reaction of the body or mind can be changed to a new truth.





You will feel wonderfully relaxed and focused

During Official Hypnosis for Business™, your daily thoughts and worries disappear into the background, making you feel deeply relaxed and focused. This creates space in your head and body. Maybe one more thought will pass by, but then you don't have to do anything with it. Changes you make during a hypnosis session have a profound effect. The choices and/or steps you make are powerful, which creates new possibilities.

Like a good book or movie

If you read a good book, see a good movie and you're completely absorbed in the story, you're already in a trance and you've hypnotized yourself. Even if you are driving a car and suddenly think, I am already here, you were (unconsciously) in a trance. It must have happened to you sometimes that you were so focused on something, that you forgot the time. So daydreaming is also a form of hypnosis. You were just in a trance!

You're always in control!

Sometimes people are afraid of hypnosis or they find it exciting, because they think they lose control, are completely out of control and may not be able to get out of it.

Often these thoughts come from the hypnosis shows on TV. However, you remain in control yourself, you know exactly what happens during the sessions and you always come out of it.

The great thing about hypnosis is that you subconsciously get all the freedom to find the answers you already have deep inside.

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