



Michelle Miller
Clinical Hypnotherapist/Life Coach
michelle@creativelifemanagement.net
Phone (305) 573-3368

What if I can't be hypnotized? By Michelle Miller

"What if I can't be hypnotized?" The answer is: everyone can be hypnotized, if they want to. All hypnosis is self-hypnosis, whether you do it alone or be guided by the hypnotist. As a person is guided by the voice of the hypnotist, they will focus on the gentle rhythm of their breath and as they decide to flow with the process, relaxation can be achieved. It's those people that are anxious of letting go and fear releasing their control that have the trouble being hypnotized. Perhaps those are the ones that need it most. Honestly, a person is always in control under hypnosis. You have the power to open your eyes at any time to awake if you are not experiencing what makes you comfortable. Hypnosis is a way to allow ourselves to relax, to let go and to be in the moment of calmness-giving ourselves a chance to de-stress. Hypnosis can also be used as an ego boost- giving us confidence and rejuvenating our energy to forge ahead in our days. Hypnosis is much like meditation or the state of prayer.

Taking time-out to put aside our rational minds is a powerful way to connect with our feelings, beliefs, and memories. Whether you are at a crossroad in life, feeling anxious, want conquer an addictive habit, hypnosis will help you find the answers you need. I work with each client individually trying to help them have awareness and understanding of their specific issue. Hypnosis helps you to explore whatever is not in your conscious awareness. It's important to take the time to assess. The trouble is that when feelings arise or we get stuck and have difficulty moving out of our box, we don't take the time to listen to what our true needs are. I use hypnosis to help my clients gain a better understanding of their experiences and to align them with their true intentions. It's amazing but in the still quiet part of the mind, a person can always come up with what's best for them. All we need to do is to take the time to listen.