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**Life Coach of Denver**



Change Your Mind and Change Your Life!

## **The Truth about Hypnosis**

- The Mind is 15% -20% conscious
- The Mind is 80%-85% subconscious
- When the conscious mind and subconscious mind disagree, the subconscious always wins! When the subconscious supports conscious goals, you unleash maximum potential.
- Hypnosis is an educational communication system that allows the subconscious and conscious mind to believe the same message. Hypnosis is the most effective way to affect the subconscious mind.
- 90% of men, women and children easily learn hypnosis.
- There are 20 levels of trance that can be measured by brain wave changes. There are different subconscious skills that exist at different levels. The hypnosis experience automatically reduces stress, creates greater clarity, improves focus and enhances connections to subconscious functions.

I specialize in helping people to create their  
Ideal Lives and Businesses with the power of their minds!

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