

# Depth Hypnosis

TIPS ON WORKING WITHIN AN ALTERED STATE

---

## As we are working within an altered state ...

---

it is important to be as relaxed as possible and to keep your eyes closed until I count you out, bringing you back into ordinary awareness.

## You are in control of this process ...

---

and can ask to be counted out at any time. You are held in a carefully constructed, compassionate and safe container. Whatever unfolds for you is perfect for you. In fact, you are, in a very real sense, leading the entire process! Part of my job is to provide the structure and prompts to help you progress through your unique experience.

## A lighter trance ...

---

is used in Depth Hypnosis than most hypnosis modalities. You may not even realize you're in an altered state -- that is, until you come out! Then it can be very apparent just how relaxed you've been and how much more wisdom and information you had access to.

## Please feel free ...

---

to ask any questions before we start. One of my goals is for you to become as comfortable as possible during the process.

## Letting the conceptual mind rest ...

---

is very important to this process. When accessing that part of our experience that is normally hidden, the subconscious mind, the best attitude to hold is one of trust that there is no need to rely on the ordinary conceptual/critical mind to make anything happen. This means relying more on whatever is arising effortlessly in the moment (whether images, scenes, a felt sense of what is true, even random words, etc.) without trying to create meaning or connections.

Meaning and connection will likely become apparent later on in the session. I am amazed again and again how seemingly disparate images and events that unfold in the altered state weave together a beautiful story that speaks to the issue at hand, and is only revealed as such at the end.

**Learn more at:**

[FreedomThroughInquiry.com](http://FreedomThroughInquiry.com)