*“You can’t solve a problem on the same level it was created.” Albert Einstein*

**How Can You Benefit from Hypnotherapy?**

* Relax deeply and create a space where you open to new possibilities
* Achieve a deep knowing in your bones that everything will be okay.
* Sort through the confusion and gain clarity.
* Break the patterns that keep causing you problems.
* Stop addictive behaviors.
* Gain confidence.
* Ease or possibly eliminate chronic pain.
* Find heart and clarity in difficult relationships.
* Learn to speak your truth, set healthy boundaries, and make choices in your best interest because at last you matter too.
* Understand your dreams.
* Finally, truly forgive. Yourself and others.
* Connect to positive energies that extend beyond the physical.
* Gain a sense of living on purpose.
* Swap anxiety and depression for a deep-seated peace, trust and joy.

**Common Objections to Hypnosis**

**I don’t think I can be hypnotized**. In my 20 years of practice, maybe 5 people have not been successful. Many have thought they couldn’t be hypnotized. People are just afraid to let go of control.

**I don’t want to let go of control!** You aren’t “knocked out” like in stage hypnosis. It’s a light trance like in massage. You can control what you say. This is a way to quiet your analytical, fear-based ego and hear from a wiser part of your mind.

**I’m afraid of what I’ll find out.** Mostly people find emotion that they weren’t safe to express at the time something happened. In hypnotherapy we help that part of you change the story of what happened in a positive way that makes you feel freer.

**Make a Choice for You!**

Contact **Jane Meyers** for a free 15 minute phone consultation to see how your life could benefit from hypnotherapy. **541-388-2929**; **jane@janemeyers.com**

Sessions (in person or by phone) are $100/hour. If you are a member of ConnectW, your first session is only $75. [**www.janemeyers.com**](http://www.janemeyers.com) **f**or more information.