

"How Will You Hypnotize Me?"

I will begin the EMPOWERMENT HYPNOSIS© induction by asking you to close your eyes and then I will simply begin talking to you and giving your mind EMPOWERMENT SUGGESTIONS© to help you begin to relax your body and enter into the EMPOWERMENT HYPNOSIS©.

Then I will gently call your attention to different parts of your body to help you to relax even more completely and give you hypnotic suggestions to assist you in gradually merging more deeply into a pleasant, healthy state of hypnotic trance.

All the while you will maintain full conscious awareness and be fully in control. (You will not lose conscious awareness unless you happen to fall asleep.) Then I will give you the EMPOWERMENT SUGGESTIONS© to help empower you to achieve *your* goals.

Fees

The fee for private hypnosis sessions is \$125.00 for one hour and for 1 1/2 hours it's \$175.00. The first session is always 1 1/2 hours.

Choose Your Hypnotherapist Wisely

Ask about your hypnotherapist's experience, training, certifications and licensing. A competent hypnotherapist will have been trained through a recognized school, be experienced, and be certified by a nationally recognized professional organization. Some hypnotherapists also teach hypnotherapy and are certified as trainers by their professional organization.

While no states license hypnotherapy as a separate and distinct profession, hypnotherapists are typically licensed by their states as Licensed Counselors, Social Workers, Psychologists or Psychiatrists.

In my Professional Biography in the next column, you can read about my training, experience, certifications (both as a hypnotherapist and as a trainer) and licensing.

Professional Biography

As a mental health counselor and a consultant, Edward Wilson is highly skilled in problem solving through psychotherapy, hypnotherapy, teaching, counseling and, most of all, through listening and understanding.



He earned his Master's degree in Counseling Psychology and his Bachelor of Science in Psychology from the University of Houston where he graduated Cum Laude. As a member of two national honor

societies and a published author, he is a frequent public speaker and has taught on the university level.

Edward Wilson has earned an honor that is merited by only the very elite in his field. He has been awarded the highly coveted CCMHC. The Certified Clinical Mental Health Counselor designation is conferred by the National Board of Certified Counselors only after an extremely rigorous and stringent certification process.

Mr. Wilson is licensed by the state of Texas as a Licensed Professional Counselor. He trained in hypnotherapy with Associate Trainers in Clinical Hypnosis, a highly regarded training facility. He is certified by the National Guild of Hypnotists both as a hypnotherapist and as a trainer in hypnotherapy.

Edward Wilson currently has over 30 yrs. of clinical experience conducting and teaching hypnotherapy and has hypnotized more than 27,000 people in his large group seminars in cities all across the nation.

Mr. Wilson has experience both in business management and as a management consultant. He has been honored by inclusion in "Who's Who in the South & Southwest," "Who's Who of Emerging Leaders in America" and "Who's Who in the World."

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The Power of Hypnosis

**with
The Wilson Method©**



**EDWARD JOHN WILSON,
MED, LPC, CHT, CCMHC**

**"Helping
You
Achieve
Your
Goals
Through
the
Power
of the
Mind"**

The WILSON METHOD EMPOWERMENT HYPNOSIS

My EMPOWERMENT HYPNOSIS© is a modern, participatory form of hypnosis in which you remain fully conscious and aware. My special hypnosis helps put you in control instead of putting you under the control of someone else.

"What is Hypnosis?"

The definition of hypnosis is very simple. Hypnosis is a state of consciousness in which your mind becomes more open to accepting suggestions, new learnings, thoughts and ideas that are good and beneficial for you. And, because my EMPOWERMENT HYPNOSIS© puts you in control, you are empowered even more than with ordinary hypnosis.

"How Did Hypnosis Originate?"

The origins of hypnosis date far back into antiquity. For instance, there is clear evidence that the ancient Egyptians used hypnosis for

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"Helping you achieve your goals through the power of the mind." 713-524-6377 (Information Line) 2715 Bissonnet Suite 301 Houston, Texas 77005

both physical and emotional healing and also as an anesthesia for performing surgery.

My EMPOWERMENT HYPNOSIS© Helps Put You In Control

Unlike ordinary hypnosis, my special hypnosis helps put you in control instead of putting you under the control of someone else.



Instead of becoming unconscious and unaware, you remain fully conscious and aware during the hypnosis and you remember the things that occur. These are a few of the many therapeutic advantages of my WILSON METHOD EMPOWERMENT HYPNOSIS©.

Experiencing My EMPOWERMENT

HYPNOSIS©

Most people find that being hypnotized with my special hypnosis is quite relaxing and refreshing.

However, many think they are going to feel very strange or odd while they're hypnotized. With my EMPOWERMENT HYPNOSIS© that is generally not the case because *you* remain in control. You remain fully conscious, aware and alert.

Because of this, some people find the feelings of being hypnotized to be so subtle that they don't feel hypnotized at all, even when they actually are.

To help those very few, I give everyone a complete list of physiological and mental changes to look for during the hypnosis. By knowing what to look for, it helps them recognize their experience of being hypnotized.

"How Does Your EMPOWERMENT HYPNOSIS Work?"

My EMPOWERMENT HYPNOSIS© can be invaluable for helping you achieve almost any goal. It works by helping your mind to become more open so it can more readily accept suggestions, ideas, concepts and new learnings about changes in thinking, feelings, behavior and bodily functions.

I've now hypnotized more than 27,000 people with my EMPOWERMENT HYPNOSIS© to help them quit smoking, lose weight and accomplish goals. As their minds become empowered by accepting the hypnotic suggestions, it becomes possible, sometimes for the first time in their lives, for many of these people to achieve their goals.

I've also hypnotized many hundreds of people suffering from the emotional pain caused by relationship problems, failures or lack of self-confidence or self esteem. These are people who were not able to reach their goals because of the negative beliefs they held in their minds. (Most of us are totally unaware of our own negative beliefs.)

My EMPOWERMENT HYPNOSIS© has helped many of these people to fully heal from their emotional pain, increase both self-confidence and self-esteem and achieve their goals.

I have also used my EMPOWERMENT HYPNOSIS© to help many people correct the unconscious attitudes that block so many of us from achieving the levels of success and prosperity that we could and should be experiencing.

The Many Uses of My EMPOWERMENT© HYPNOSIS

I've used my EMPOWERMENT HYPNOSIS in many different areas of self-improvement and personal growth. Some of the more common issues I've used my EMPOWERMENT HYPNOSIS© to help deal with are: 1) *Losing Weight and Keeping It Off*, 2) *Quitting Smoking Completely*, 3) *Eliminating Other Forms of Addictive Behavior*, 4) *Controlling Stress*, 5) *Reducing Nervousness and Anxiety*, 6) *Raising Self-Confidence and Self-Esteem*, 7) *Correcting Numerous Unconscious Attitudes that Block Prosperity and Success*, 8) *Developing More Positive Mental Attitudes in Other Areas*, 9) *Developing Higher Levels of Motivation*, 10) *Increasing Success in Sales*, 11) *Eliminating Procrastination*, 12) *Im-*

proving memory and concentration, 13) *Empowering Emotional Healing*, 14) *Accelerating the Body's Ability To Heal from Disease, Surgery and Injury*.

THE POWER OF MY SELF-HYPNOSIS

Self-Hypnosis is a learned skill that obviously can be taught. By learning to use my EMPOWERMENT SELF-HYPNOSIS©, one can learn to give oneself EMPOWERMENT SUGGESTIONS© for self-improvement.

I have taught many people to use my EMPOWERMENT SELF-HYPNOSIS to aid them in achieving many different types of goals. For example:

1) *Master Emotional Problems* such as Anxiety, Nervousness, Tension, Fears, Depression, Frustration, Anger, Irritability, Hostility, Shyness.

2) *Build Positive Feelings and Attitudes* such as Love, Warmth, Ambition, Courage, Tact, Sense of Humor, Poise.

3) *Sharpen Skills of Mind and body* such as Memory, Concentration, Comprehension, Efficiency, Organizational Ability, Creativity and Imagination, Athletic and Mechanical Skills.

"What if I Can't Be Hypnotized?"

This is one of the most common questions that come up. And it is certainly possible that you might be one of the types of people who cannot be hypnotized which is primarily those who refuse to be hypnotized. The fact is that no one can be hypnotized against their will. Therefore, if you are not willing to be hypnotized, then it will probably not be possible for you to be hypnotized.

"Is Hypnosis Safe?"

Yes, of course hypnosis is safe. Hypnosis in any form, has never been known to be harmful to anyone, at any time, *ever*. This is because the mind maintains certain *safeguards* that protect you from accepting any hypnotic suggestion or ideas that might either be damaging or harmful to you or that your unconscious mind does not consider to be in your best interest.