



HYPNOSIS THERAPY

A therapeutic practice that uses guided hypnosis to help a client reach a laser-like state of focus, concentration, diminished peripheral awareness, and heightened suggestibility.

Linda K. Perkes



Thanks for being interested in investigating the healing power, the increased health and wellness that can happen through the modality of Hypnosis.

One of my clients recently made this comment to me.

“The Bible verse in Romans 12:2 that talks about renewing of the mind.....?! That’s what you help people to do, Linda, renew the mind.” -K.G.J.

That's exactly what Hypnosis allows me to do for you. This handbook will go through my own experience with Hypnosis healing and how it can help you!

-Linda K. Perkes

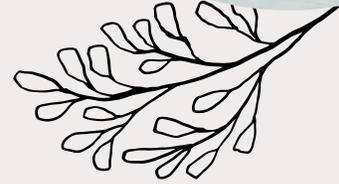


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WHERE IT ALL STARTED

Aug 27, 2019

Grand Teton Wyoming

23 hours actual hiking time. Successful summit. Nasty fact . . . I was incredibly ill with extremely mystifying symptoms. My prayer to God, "Please remove this sickness!" God's answer to me, "No, you must suffer this. There is a higher purpose in your suffering." My response "Ummm Gee thanks....love you anyway."

Two days later, the diagnosis is Mal de Debarquement, a rare neurological disorder, that makes a person feel seasick although they are on dry land. The internet says that this condition may go away, or it may not. Usually, if the patient has it longer than one year, they will have it for the duration of their life.

Nearly two years later; I'd tried everything to get well. The malady persisted.

My prayer "Has the higher purpose been served yet? Dear Lord, will you take this illness away?" God's answer was ****Silence**** Nearly two years of silence. My thoughts "Ummm Gee thanks..."

"Am I going to be seasick everyday for the rest of my life? I'm sure trying to practice patience, and suffer with dignity, but this is mighty difficult."

Mid July 2021

Millville Utah

One morning, mid July 2021, two years, minus five weeks from diagnosis, I sat hunched over at my kitchen counter. I held my aching head in my hands.

A whispered thought pierced through the pain, "Wonder if hypnosis could help Mal de Debarquement?" WHAT!?!

I flew into action.

WHERE IT ALL STARTED CONT.

*Mid July 2021
Millville Utah*

A hasty Google search revealed that other people who formerly had this condition have found a cure by using Hypnosis Therapy.

In three days, I'd found a trusted Hypnosis Therapist in North Logan and I'd booked an appointment. **TWO SESSIONS** and I was cured! Two sessions cured me of that horrible incurable neurological dysfunction called Mal de Debarquement.

After the third session, I asked my new hero, the Hypnosis Therapist if she would consider accepting me as an apprentice. Would she please teach me? I now desired more than anything else, to gain the skills needed to assist others. She asked me a few questions, then agreed to become my mentor.

The higher purpose of my two years of anguish, and of a diminished life, had been served. I'm grateful that my illness had a purpose.

How thrilled I am to now offer Hypnosis Therapy. Read on to discover more.



Hypnosis Therapy Explained

Q. What is Hypnosis Therapy? Isn't it some weird hoodoo voodoo?

A. In 1958, The American Medical Association authorized and approved Hypnosis Therapy as a rational, viable, & beneficial therapy. The word hypnosis comes from Greek "hypnagogia" which means the state of mind that happens just before a person falls asleep.

Q. Is there a good definition?

A. Hypnosis is a state of narrowed attention in which the mind becomes ultra receptive.

Hypnosis Therapy Explained

Q. What does that mean? Can you explain it in another way?

A. Linda's Analogy - Within our mind there is a part of our psyche that rejects good thoughts. Have you ever complimented someone, but they can't take your compliment? Then you know what I mean.

Let's pretend for a moment that this part of our brain is like a security guard at the elevator of a fancy high rise office building. Let's say that there is a most fabulous executive restaurant on the top floor of the building. You already have your reservations. It is your desire to go there to have a delicious meal.

You arrive at the elevator to head to the top floor, however the security guard won't let you enter the elevator. No amount of reasoning with this guard will make him change his mind. There is an impasse. It's a lose-lose. It's looking like you won't get what you want. Then you think of an idea. You figure out how to distract the security guard. It works! He leaves his post! Now you can get into the elevator and go to the top floor. Your goal of having that lovely meal comes to fruition. (End of analogy)

The miraculous effectiveness of hypnosis therapy is due to the fact that the "security guard" part of the brain is distracted. The positive statements that the therapist speaks during a session, can and do "ride" very quickly to the executive functioning (top floor) part of the brain. The positive statements stay in the brain. Nothing flushes them out. They reside there. Clients of Hypnosis notice life enhancing changes in a very very short period of time.

This Hypnosis practice is used habitually by professional athletes and performers. They call it "getting into the zone!"

Hypnosis Therapy Explained

Q. How is this different from professional counseling?

A. Counseling has its place. It's great for some people. A Hypnosis Therapist is more like a life coach. Your coach won't dredge up your childhood, or analyze your past to try to determine what is wrong with you. Your hypnosis coach will treat you like the smart, and successful person who you are. Your coach will assist you in growing toward an even better life experience.

Q. How long does it take for most people to start feeling better?

A. You've read my story. For me, I felt amazing after two sessions! Everyone is different. Studies have shown that six is the average number of hypnosis sessions that an individual attends.

I prefer to have my clients commit to a minimum of four sessions to begin, however I am certainly willing to give just one session if that is requested.

Hypnosis Therapy Explained

Q. How can this be? Why is it so fast?

A. Because the "security guard" part of the brain is effectively distracted so that the positive statements can go into the hippocampus (high functioning part of the brain.)

*** On a side note, studies say that 20 minutes of hypnosis is as rejuvenating as three hours of deep restorative sleep.

Q. Does a client become dependent on their hypnosis coach/therapist?

A. The best Hypnosis Coaches teach people how to become self sufficient and to practice this beneficial habit on their own.

Q. Do some people do Hypnosis long term?

A. Absolutely! It is recommended that a person practice this skill, of self hypnosis for the duration of their life. After my clients have completed at least four sessions, they have the option to order a customized MP3 recording. This way they can listen as often as they would like. Optimally, they will benefit the most by listening daily.



IN CLOSING

Many sources over numerous decades have proven that Hypnosis is a valid & beneficial therapy. It is best when it is not exclusively used for entertainment. I'm glad that you'd let me share my enthusiasm for this marvelous health and wellness modality.

I welcome more of your questions. I'm grateful that you have taken this small amount of precious time to learn more about Hypnosis Therapy.

With Love & Light,

-Linda K. Perkes

GET IN TOUCH WITH LINDA

Reach out to me any time for more information about my services especially Hypnosis!

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