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As I am setting up programs and sessions daily and weekly please send me an email with the program(s) you want to take in the subject line to me at [kristopherswenson@comcast.net](mailto:kristopherswenson@comcast.net) so I am able to give you the times and dates of when I am running them.

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### 1) Why Hypnosis?

Gain or maintain control and understanding over a vexing performance , emotional or behavioral Issue.

Self-Discovery for Self-Knowledge.

Hypnosis is a Drug-Free tool ! No side-effects !

### What is Hypnosis?

As there are many questions raised by the subject matter, suggestion is the basic factor in producing and utilizing hypnosis. The suggestions can be smell, taste, touch,sight, sound.

Hypnosis is a wakefull state of focused attention, heightened suggestability with diminished peripheral awareness.

Suggestion and the ability to be hypnotized are interrelated.

Repetition is important in learning as it is in Hypnosis, as the simple definition of hypnosis is suggestion and repetition.

The rest that the subject will learn is modification, amplification and variation of the 2 key ingredients of suggestion and repetition.

Concentration on one idea to the exclusion of all others, elimination of all external stimuli except those needed to initiate the desired behavior is called monoedism.

To this can be added visualization, imagination, desire, of which one or more of these factors may produce the Hypnotic state.

There really is no difference between an act conceived and carried out in a hypnotic State versus a normal waking state.

Hypnosis is a continuum from the ordinary state of wakefulness.

Why does hypnosis work?

Law of dominant effect-attaching an emotion to a suggestion makes it more effective.

Law of reversed effect-when the will and the imagination come into conflict, the

imagination always wins. When one thinks he would like to do something and feels he cannot, then the more he tries the more difficult it becomes.

Law of concentrated attention-this principal states that when spontaneous attention is concentrated on an idea, the idea tends to realize itself.

Suggestibility-this has been described as the degree which one readily accepts suggestions.

Hypnotizability-there is no statistically significant correlation between intelligence and hypnotizability, although experience does seem to indicate that the more intelligent, extroverted and stronger-willed the person is, the more likely he or she is to be a good hypnotic subject.

When a person says "I can't be hypnotized", a reasonable response to that statement is "well, that is very interesting, but I certainly wouldn't brag about it".

90% Hypnotizable

An expert hypnotist should be able to hypnotize 80% of susceptible subjects in 3 or 4 attempts.

Another 10% may be inducted into hypnosis with additional attempts or different methods.

The remaining 10% cannot be hypnotized at all.

Why not brag about it?

There are numerous reasons, such as unconscious resistance, the

inability to have faith in anything, excessive cynicism, being too analytical, intellectualizing what is essentially an emotional experience, certain personality traits that preclude their becoming hypnotized unless they change certain attitudes, lack of faith in the operator or perhaps a natural antagonism to the operators "type".

There are however, instances where these conditions do not exist and yet some people cannot be hypnotized.

Until we find out more about the nature of hypnosis, we will probably never know why a small percentage remains refractory.

It is known that those who make the poorest subjects, generally speaking, are children under the age of 6, psychotics and others of low grade intelligence.

Why? Because these people have difficulty with monoedism (concentrating on 1 idea).

Whats with the Buffalo?

Buffalo Hunting and Social proof—Why you should cut from the herd:

Our time honored and institutionalized American cultures response to the social proof phenomenon regarding our current mindset on any given subject, presented from a source of authority, like the State, a particular marketers presentation in the popular media of the moment or the current popular trending idea of the day always reminds me of the way some Indian tribes, namely the Blackfoot, Cree, Snake, and Crow used to hunt North American buffalo. There are two features of the buffalo that make them especially susceptible to erroneous social evidence. 1st, their eyes are set in the sides of their heads so that it is easier to see from the side than to the front. 2nd, when they run, as in a stampede, it is with their heads down so low they cannot

see above the herd. As a result, the Indians realized, it was possible to kill a tremendous number of buffalo by starting a herd running toward a cliff. The animals, responding to the thundering social proof around them— and never looking up to see what lay ahead—did the rest. One astonished observer to such a hunt described the deadly outcome of the buffalo's obsessive trust in collective knowledge:

“In this way, it is possible to decoy a herd toward a precipice, and cause it to plunge over en masse, the leaders being thrust over by their followers and all the rest following of their own free will.” (from Hornaday 1887).

We need to look up and around periodically whenever we are locked onto the evidence of the crowd.

Social proof is more powerful than we may admit!

Especially if we are not getting the results we want or expect.

Are you going where you want to go?

Are you where you want to be?

What do you base your thoughts, feelings and actions on?

Who and what is in control of you?

Are you getting results you do not want?

HAVE YOU CONSIDERED CUTTING FROM THE  
HERD?

## 2) Attitude

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than money, than circumstances, than success, than failures, than what other people think, say or do. It is more important than appearances, giftedness, or skill. It can make or break a team, a business, a company, a relationship, a home. The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change the past, we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have and that is our attitude. I am convinced that life is 10% what happens to us and 90% how we react to it. And so it is with all of us.....WE ARE IN CHARGE OF OUR OWN ATTITUDES!!!!

## 3) PERSISTANCE

NOTHING IN THIS WORLD CAN TAKE THE PLACE OF PERSISTENCE.

TALENT WILL NOT; NOTHING IS MORE COMMON THAN UNSUCCESSFUL MEN WITH TALENT.

GENIUS WILL NOT; UNREWARDED GENIUS IS ALMOST A PROVERB.

EDUCATION WILL NOT; THE WORLD IS FULL OF EDUCATED DERELICTS.

PERSISTENCE AND DETERMINATION ALONE ARE OMNIPOTENT.

THE SLOGAN "PRESS ON" HAS SOLVED AND ALWAYS WILL SOLVE THE PROBLEMS OF THE HUMAN RACE.

--QUOTE FROM CALVIN COOLIDGE--

## 4) Scope of practice:

I use specified testing to find out what will work best for you, what you are interested in, what makes you tick and what your challenges are.

I help you to solve problems/challenges/issues via Hypnosis

-----I don't fix disorders-----

I help you reach your goals

-----I don't diagnose-----

I coach/teach/guide/instruct/train

-----I don't use psychotherapy-----

I hold sessions in which I induct clients to a hypnotic state.

I suggest to people ways to achieve their goals while the client is in a state of Hypnosis.

I will use suggestion through imagination.

I will teach you self-help techniques using suggestion.

3 specific points of proof regarding my expertise:

I have studied the interplay of mind and body, including hypnosis, as a avocation, for over 40+ years.

I am a member of the National Guild of Hypnotists.

The National Guild of Hypnotists Incorporated is a not-for-profit educational corporation in the State of New Hampshire.

Officially founded in 1951 in Boston Massachusetts the guild is a professional organization composed of dedicated individuals committed to advancing the field of Hypnotism.

I use a very specific intake process to identify and utilize precise scripts and depth testing along the way to do everything possible to promote your success.

1) I have issued and distributed my standards of care/what I do and what I do not do.

2) I state my training.

3) I liberally share my experience.

4) I have issued and distribute my clients bill of rights which incorporates the NGH Client Bill of Rights where I specifically define ethics so I mislead no one.

5) I perform outcome based research.

6) I record all of my sessions for accurate record keeping and analysis so I am able to verify what works and improve on what doesn't.

7) I make customized and specialized CD's upon request.

Disclaimer: This information is not intended to replace a qualified health care

professional and is not intended as medical advice. Health care decisions should be made in partnership with a qualified health care professional. The contents of this website are based upon the opinions of the author unless otherwise noted. The information provided and services rendered is/are for the purposes of the

amelioration of symptoms, modification of behaviors and modification of responses to stimuli only and Kris Swenson will not diagnose, treat or cure in any manner whatsoever any disease, condition or other physical or mental ailment of the human body.

## 5) Index of Services

accelerated learning and pass tests and exams

(fear of) animals

(painless) childbirth

(improve) confidence

(preparation for and recovery from) Dental procedures, both Dentist and patient training

emergency hypnosis for 1st responders

frame control, frame analysis, frame repair

(attainment of) goals

"preventative" Self-Healing suggestions (Getting the correct mind- set)

(train to be) hypnotized

infertility

pain management (amelioration of symptoms)

pain management procedure related (where the pain and discomfort takes place for a pre-determined time period)

(learn to) meditate

(improve) memory

(fear of) public speaking

sales training both "green peas" and advanced

(severe stress/emergency) shooting

(be a better Pistol) shot

(be a better Rifle) shot

skill enhancement

(learn to) sleep on demand

stress reduction

stress reduction alternative to drugs and alcohol

stuttering

(reduce) tinnitus symptoms

6) How to do business with

Kris and what to expect

learn how to self-hypnotize yourself here:

[www.learnselfhypnosis.us](http://www.learnselfhypnosis.us)

learn how to reduce stress by meditating 20 minutes per day here:

[www.twentyminutestressrelease.com](http://www.twentyminutestressrelease.com)

learn how to put yourself to sleep whenever and where ever you want here:

[www.learntosleepondemand.com](http://www.learntosleepondemand.com)

YOU WILL NEED A CELL PHONE THAT IS COMPATIBLE WITH

THE FLUX PLAYER MOBILE APP IN ORDER TO USE THE MEDITATION AND SLEEP PROGRAMS. [HYPERLINK HERE.](#)

7) Pricing of services

You need to do these 2 classes 1st as these are the basis of all the other training.

Learn to how to reduce stress by meditating 20 minutes per day 1 class

\$250.00. You need a compatible smart phone for this class so you can

use the app. See the Flux player hyperlink above.

Learn how to put yourself to sleep whenever and where ever you want

1 class \$250.00. You need a compatible smart phone for this class so

you can use the app. See the Flux player hyperlink above.

After 30-45 days of using these 2 classes we can start on any other training that you want.

## 8) Guaranties

What kind of guaranty do I offer?

NONE

I cannot guaranty human behavior.

Remember the old saying "If it is to be it is up to me"?

Yup.

That is it.

Practice, practice, practice.

What if it does not work?

Remember, life is a do it yourself proposition so I will need you to do what I ask so we are able to get the results we want.

Skeptics and believers usually do fine with hypnosis, cynics do not.

If you are a cynic hypnosis is not for you.

In the event you are a cynic please stay home and do not get involved with me--I cannot help you!

Hypnosis is an emotional and not an intellectual experience.

ILLICIT DRUG USERS AND ALCOHOLICS STAY HOME AS MY CHANCES OF SUCCESS WITH YOU ARE NILL.

Please keep in mind that your success is my success and I will do everything in my power to help--YOUR SUCCESS IS MY SUCCESS

## 9) Payment terms

I accept cash as payment.

No checks.

No credit cards.

No refunds.

No returns.

Payment before or after session:

Before

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