

The background of the entire page is a photograph of a person's silhouette in profile, looking out over a landscape at sunset. The sky is a mix of dark blue, orange, and yellow, with the sun low on the horizon. The person's head and shoulders are in the lower-left foreground, and the rest of the image is a blurred landscape under the sunset sky.

An Introduction
to
A Hypnosis Session

ines simpson hypnosis

What does Hypnosis Offer You

Well – its personal!

Every session is different – there is no right way ‘to do’ Hypnosis – each session is personal to that individual.

Its your Mind doing the work – and its your Mind that chooses the best Optimum process for each session.

There is nothing that Hypnosis cannot do for you – as everything that affects us – is connected to the Mind. And your Mind is the ultimate tool that is used in Hypnosis.

You may say – well its my Mind that is causing my issue- but that is only a little bit true.

The issue you bring, the event or events, are running programs in parts of your Mind, programs that are not positive for you certainly, but those programs are only running in a small part of your Mind – but that part creates emotions that hurt you perhaps.

In Hypnosis we connect with all the parts of your Mind, including we like to say the ‘Hidden’ parts, that are usually blocked in our everyday consciousness (the conscious Mind has a lot of ‘ego’ and doesn’t like anything else have a say- see below)

Hypnosis is a change of state – and that change allows the parts that can help you – have sway, have power. And believe it or not these parts only want the best – they want balance and calm, a united being – and when there is no interference from the Conscious, Your Mind creates balance and harmony- as that is always the desired state of your entire being.

Hypnosis resets things back to that balanced state.

Its not just about the Negative

Hypnosis offers a reset, as we have said.

It offers Positive change in every way. Hypnosis is used by top sports candidates – not because they are depressed – but because they want to fulfil All of their potential.

You can use Hypnosis in this manner for yourself.

Consider these statements.

Unlock Your Full Potential: Experience Personal Effective Hypnosis Therapy Online

Reprogram Your Mind for Success: Discover the Power of Online Hypnosis Therapy

Transform Your Life from Within: Online Personal Effective Hypnosis Therapy

Harness the Power of Your Subconscious Mind: Online Hypnosis Therapy for Personal Growth

Achieve Lasting Change at Your Convenience: Experience Online Personal Effective Hypnosis Therapy

Yes these are selling headlines – sure – but also true

I would encourage you to use the Self Hypnosis we teach you in every session to go after ongoing Positive change in your life.

Self Hypnosis is the best self Help tool we can give you

A Hypnosis session

Online or offline there is no difference in the depth or power of the Hypnosis session.

The process is to show you how to go into trance – on purpose – so that the other parts of your Mind can have priority.

With the Conscious Mind engaged as the primary Mind in your everyday state – it tends to restrict the ability of your body and other High functioning parts of your mind to help you.

The Conscious Mind allows you to function in everyday life – by controlling the information you process.

This is why Hypnosis as therapy, Hypnosis on purpose, is so powerful in creating change – because you in fact are the power – but that power for most of your day (and even sometimes night) is restricted by filtering through the narrow lens of your conscious mind.

Its like putting too many filters on a water tap – it restricts the flow. Take away the filters and the flow is at full power.

Now remember this is your mind and your physical healing body – it can do you no harm as it wants the best for itself - which is you

THE PROCESS:

In any session we teach you how to allow Hypnosis on purpose (this is called an Induction) and we only need to teach you this once – no matter how many times you choose to have a session, weather next week, or 2 years later. Once the Mind knows – its always has the ability - when you choose – to go to that state. So that also means , if you choose, you can use Self Hypnosis for yourself anytime.

Once in Hypnosis, we basically just ask your Mind to start to work on the outcome you have come to us for.

I work with a process I call the “SuperConscious” I don’t know what this is – but think of it like a Universal Consciousness , a sort of AI – but not an *artificial* intelligence – a True Intelligence – that can help you create your outcome in the simplest easiest way there is.

It may sound crazy – but I can only judge by the outcome my clients get – from nearly 20 years of Hypnotherapy Practice.

And the outcomes my students worldwide get – its not just me!! This process works for anyone that uses it

There may be many steps or very few – in either and every case – though ‘you’ are doing work – in this type of Hypnosis you physically nor consciously have to do anything. You just choose to allow the process, and let your Higher Mind do all the work

Its very simple and easy.

In fact, to reinforce the simplicity and ease – I ask every client to make this verbal contract:

The Contract

Are you READY to allow your mind to take you into hypnosis now?

Are you READY to allow your SuperConscious mind to take you as deep as it needs today?

Are you READY to let your SuperConscious mind do the work, today?

Are you ready to allow Superconscious mind to do Optimum and Beneficial Healing as Completely as Possible today.

WHY I AM NOW EXCLUSIVELY ONLINE

I teach and train practitioners in Hypnosis around the world. And pre COVID that was in done I person – but to stay in touch with my Clients at home and abroad I used Skype. And then Zoom.

That was 5 years ago.

I found that the clients preferred to stay in their own homes, and even when I was in my office- they started to ask to have session online

Then came COVID and everything was online – including worldwide trainings! And they worked even better than in person! If you kept the training to 4 hour sessions

But the Clients stayed online, even after they could come in person.

So eventually I gave up my office and now do everything online.

Online does a few important things:

You, as a client, don't have to travel or find parking – or even put on a coat. And in winter there are no cancellations because of road conditions.

My chair in my office was comfortable – but it was my office my space – that is not as 'safe' feeling as your space and your couch or chair, or even lying on a bed

Lastly – most importantly – accepting therapy online – at a distance (though it's always at a distance as I cannot open you up and move things around!!) accepting – even unconsciously that it is not being in an office that makes the therapy work – it's something else.

And that is a powerful acceptance to creating your own health selfcare and wellbeing.

And my focus has always been to get the best possible outcome for every client I serve.

*ONCE I DISCOVERED THIS NEW WORLD OF THE MIND – I HAVE
PASSIONATELY PURSUED ALL ASPECTS OF HYPNOSIS SO THAT
I HAVE ALL OF THE TOOLS AND TRAINING NECESSARY TO BE A
WORLD CLASS PRACTITIONER AND TEACHER...*

*BUT MOST IMPORTANTLY I AM ABLE, BY USING THESE TOOLS,
TO HELP ANYONE WHO WANTS CHANGE OR HELP TO COMBAT,
DISTRESS, PAIN OR DEEP-SEATED ISSUES THEY HAVE BEEN
UNABLE TO CORRECT.*

*IN OTHER WORDS, I HAVE BEEN BLESSED TO BECOME A
PERSON WHO CAN TRULY HELP PEOPLE WHO DESIRE CHANGE
AND HELP.*

A handwritten signature in black ink, appearing to read "Ines Simpson". The signature is fluid and cursive, with the first name "Ines" written in a larger, more prominent script than the last name "Simpson".

Ines Simpson

I offer comprehensive individual hypnosis sessions to help you resolve your issues, gain more control over behaviors, and cope better with emotions. I use the powerful Simpson Protocol to help you reach the highest and deepest levels of hypnosis.

Using the Simpson Protocol Hypnosis Method allows me to reach the root cause of your pain, suffering, or distress by going deeper into your own mind, where all of our discomfort and pain lies.

MOST IMPORTANTLY by using Simpson Protocol I never have to know what is the cause, or any particulars about your situation – you know, your mind knows and that is what cause the change. I merely facilitate. I help you , but it is you who create the change.

You don't have to tell me anything- if you choose.

You can use this type of hypnosis to help deal with anxiety, eliminate stress and fears – deal with sexual issues and anxieties – phobias of any kind – drug or other related addictions – and of course help you with smoking and weight issues.

Hypnosis works on all these seemingly diverse issues because they all have a starting point somewhere in your mind or psyche and deep state hypnosis allows YOU to access these root causes, safely and without trauma and remove their charge or energy that causes the issue or issues.

CAVEAT: Like everything of value and power to you – Hypnosis work is done by you, not the hypnotist. It's always your choice.

Much like choosing to use a personal trainer to help you exercise – no matter how good the trainer if you don't do the exercises – nothing happens.

In Hypnosis we **cannot** Hypnotise You.

It's always your choice to allow yourself to do the internal work (*and that internal work unlike going to the gym – is a lot less strenuous*).

HYPNOSIS F.A.Q.

"What is Hypnosis?"

Hypnosis is a pure focused state of mind and it is a natural occurring event - like breathing. We all go in and out of Hypnosis all the time - reading a book, watching a movie, in a state of excitement or fear or anger etc. Hypnosis is when you change state from being generally aware to focused awareness. Formal Hypnosis - where there is a Hypnotist and Client - or Stage Hypnotist with carefully selected audience members - is where a clear pure focused state is created to enable the client's mind to create the desired outcome, the client came for.

"Do I give up control in Hypnosis?"

Getting absorbed in a book is hypnosis but does it take away your control? Similarly, you have the power to resist and leave the room whenever you feel uncomfortable in hypnotic state. Hypnotherapy is a journey which leads to the path of empowerment and change. It's you who make that very CHANGE in your life by being totally in control and not under it. All Hypnosis is Self- Hypnosis - you allow or do not allow Hypnosis.

"How does Hypnosis Feel?"

Light Hypnosis feels like when your eyes are closed. A little bit more focused perhaps. When you let go - or allow a Hypnotist to guide you into deeper states it tends to bring a natural and relaxed state - all the way to a trance-like state of 'not-completely awake' and 'not completely asleep' state of reverie. In all states you hear everything around you - as you go 'deeper' you may choose not to pay attention to the noise around you

"How is Hypnosis different from self-talk affirmations or meditation?"

Hypnosis has the advantage of being able to communicate with the subconscious and Higher Mind in a two-way fashion. Affirmations don't facilitate direct responses from the subconscious; they only seek to speak to the subconscious.

Though they are both expressed positively and in the present tense, the effects of post-hypnotic suggestions are more direct and specific.

Using Self Hypnosis you can direct your Higher Mind to work on anything it chooses that is for your Highest Good - or a particular issue - and it will work on it directly and in the most effective fashion.

When using your conscious Mind (affirming) you are guessing what is the best way - and the message only goes so deep
Meditation is a wonderful practice - and when in a Meditation state you are accessing your Higher Mind - but it tends to be undirected, and is certainly a lot harder for the un-practiced to attain results - whereas Hypnosis and Self-hypnosis are pretty immediate, and simple to use

"Is Hypnosis Medically Approved"

Yes, it has been approved since 1955 with the British Medical Association and in 1958 with The American Medical Association
It has been successfully used for many years in medical and dental practices

"Will I remember my session - will I know what is happening?"

It is a major misconception that the hypnotic state locks up your conscious mind not allowing it to remember anything. It actually is just kept aside relaxed and can hear everything and remember everything you choose to remember.

"Can I have a session online ?" "

Yes - I have been conducting almost all my sessions online for 4 years - and the Clients find them much more productive - and easy. Plus they can relax in a bed or couch and when the session is over - if they choose they can stay in the great trance state until they decide to emerge at the best possible time.
Rather than rushing out - so the next client can have the chair

"What is Past Life Regression? Can we prove there are past lives? "

It is very hard to prove anything to do with the Mind. However, there have been studies of children knowing things about other

lives and describing places they had never been as that child - that turned out to be real places. Also, people have in Hypnosis spoken in other languages they had no access to in the waking state. Nevertheless, whether it is imagination, or a way of the mind describing things in a way we can understand - using Regression brings about change and is a very powerful tool in Hypnosis to achieve outstanding outcomes

Regression is helping a client in his imagination to go back in his life. And this is very common. You can have the mind 'rewrite' the data of a past event so that it no longer detrimentally affects the present.

Past-life regression supposedly takes a person to a previous life. Possibly such experiences are a tribute to human creativity. But maybe not!! In any event, such a past-life experience can be therapeutic.

"What is the difference in your Hypnosis method? "

All Hypnosis works the same way. All hypnosis follows the same rules, whether its direct suggestion - where you are in a light Trance and someone reads a script to you (or hopefully your subconscious) - or Hypnosis that uses Deeper states - as mine does. Allowing a client to go into a 'deeper' state of trance means the client's Higher Mind is able to work more freely -and achieve substantially better outcomes.

Also You don't have to tell me anything -except the outcome you desire

In the same way that if your car has a rust spot and you rub some of the rust and paint over it - it looks ok - but it's not a lasting fix. If you go deeper until you find the authentic clean sheet metal and then build it back up from there - it's a lasting solution and sometimes better than the original?

Though of course to follow the analogy - there is no rubbing or abrasion in Hypnosis. It's a very simple and non-invasive way of achieving desired outcomes.

"Is Hypnosis like Sleep? "

The short answer is no. Although the word hypnosis is derived from the Greek god of sleep, Hypnos. In fact, in a trance state, you tend to be more aware than in your regular conscious state. It's just that Hypnosis activates different parts of your mind, and allows them to work towards healing and harmony that is your body's natural inclination - except daily life intrudes and causes

dis-ease. Studies have shown that hypnosis and sleep differ. Studies of brain activity have shown that although there are characteristic patterns of brain activity associated with sleep the same has not been demonstrated of hypnosis. To observers, hypnosis might appear to be like sleep because suggestions of relaxation are commonly given as part of a hypnotic routine, but hypnotised people are in a state more similar to wakefulness.

"Is Hypnosis like a TRUTH serum - do people always tell the truth in Hypnosis? "

No more or less than they do when they are not under hypnosis. Hypnosis cannot compel people to do things they don't want to do, and it can't force them to be truthful either. Suggestions given during hypnosis can deliberately or inadvertently affect memories, and for this reason, hypnotically-assisted memory recall is not admissible in court in most countries.

"Are all my memories stored somewhere and can they be accessed during Hypnosis? "

Memory is selective and malleable. and is changed every-time it is 'remembered' There is no unblemished record of your life stored somewhere just waiting for you to re-discover events from your past. However there is a theory that memories in general are not 'of the mind' but more like a quantum field and are therefore not always accessed by our conscious, but can be accessed by some form of deliberate or inadvertent trance - such as a shock or Hypnosis. With hypnosis you may be able to recall some events that you are consciously unaware of but there is no guarantee that the recall is accurate.

"Is Hypnosis a Science? "

Science is a method of discovering knowledge: it's really a process of subjecting your ideas to an empirical test to see whether they are supported by evidence (see the Wikipedia entry for a much more detailed description). Many researchers take a scientific approach to studying hypnosis: they generate research questions (hypotheses), then they systematically test them to see whether they are supported. Our knowledge of hypnosis advances because of this: people used to believe that the effects of hypnosis were due to a mysterious magnetic fluid; we now believe that the effects are the result of a communication between hypnotist and subject which can affect the way the brain processes information. Research psychologists are interested in what hypnosis is, and doctors and clinical psychologists are

interested in what effects hypnosis can have upon medical and psychological conditions. Their research is published in journals, and you can search the knowledge base using online tools like PubMed or Google Scholar. So there are certainly scientists interested in hypnosis, and you could say that there is a science of hypnosis. Dr Matthew Whalley.<http://hypnosisandsuggestion.org>

"Is Self Hypnosis any good? "

All hypnosis is self-hypnosis. You allow it, or don't allow it to happen. No-one does it to you. Self Hypnosis is a very safe and natural strategy to de-stress and motivate yourself. It is a wonderful method that can transform and empower your life. Through self-hypnosis, you can design your life the way you want. It boosts your morale, self-esteem and performance at work and studies. Get healthier, brighter and happier! You have the power. See my free Self Hypnosis website [LINK HERE](#)

"Are emotional people more likely to be hypnotised? "

No, it is not true. Any specific characteristic or intellect level cannot determine who and how much can anyone be hypnotized. It is usually found that strong-headed people who really want to get hypnotized experience better results.

"Is Hypnosis a Permanent Solution?"

YES.. Hypnotherapy resolves any emotional or physical problem from the root. If used skilfully, along with readiness and trust of the client to work towards changes in his/her life, there are no recurrences.

"Can I be Hypnotised - safely?" "

Yes. Everyone goes in and out of Hypnosis every day. It is a change of state of mind. Usually when focus narrows. When you read a book or watch a movie. Hypnosis is the language of the Mind. And it is always safe. In the same way, breathing is safe, or your heart beating is safe.

"Can I have a session online ?" "

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"How much does a one on one session cost with Ines Simpson?"

Free Initial Consultations:

If you are uncertain whether hypnosis is for you, I offer a complimentary half hour consultation, by appointment, to help you decide if it is right for you.

First Session Cost: \$ 275 (including tax) (typically an hour and a half to two hours)

follow-up \$175 per hour (typical follow-up session last an hour or less and can be in person or on-line)

RECOMMENDED 3 Complete Session Package

\$550 (inclusive)

email: ines@inessimpson.com

phone : 250-586-0586.

“I first hypnotized someone at the age of ten. My brother, Johan, decided to get a book on hypnosis and he used me as his “subject.” Johan made me think that I was glued to the wall and convinced me I had purple polka dots on my hands. I was so intrigued by the possibilities that I talked my best friend into spending many fun (and interesting!) afternoons learning and practising hypnosis. My BIG start on what was to be my Life’s Work, much to my surprise!”



Hi, my name is Ines Simpson and here's a little Obligatory Bio about me.

Prior to Hypnosis, I worked in many fields from the hospitality industry to commercial fishing on Canada's west coast. In my 40's, I started to reevaluate my life and to search for something that would fulfil me and hopefully give my life more meaning. In the late 90s my mother took a hypnotherapy course (by mistake –

she thought it was Psychic event – and I guess in a way it was!) She told me about it and a light bulb went on! And I reconnected to Hypnosis.

From then on I was committed. It seemed to be my thing. Something I could truly commit to.

I avidly (fanatically) pursued a career in hypnosis and became a member of the National Guild of Hypnotists in 2000. By 2005, I was admitted as a faculty member by the National Guild and continues to this day to teach as well as study to add to my knowledge of hypnosis. A field that is never static never finished – there is always more to learn.

I am a Board-Certified hypnotist with the **National Guild of Hypnotists**, the largest hypnosis body in the world. I was, in fact, the very first certified instructor for the NGH in western Canada.

I have my own business **Advanced Hypnosis and Training Institute** in British Columbia. Advanced Hypnosis offers individual services as well as **Mentoring to Full Hypnosis Certification** and **Simpson Protocol** training for hypnotists.

I was inducted in 2012 to the NGH's Order of Braid in recognition of service to professional hypnotism. Each hypnotist inducted to the Order of Braid have enriched the lives of others and have made a significant contribution to the hypnosis profession.

Also in 2012, I received the Hallmark Award- Top Rated Instructor by Student Evaluation Award from the NGH. And in 2014 became the first instructor of Jerry Kein's Omni Hypnosis program in Canada. (Jerry Kein was my Mentor and Hero as a Hypnotist- if you haven't heard of him – look him up – really!)

I also developed and created the **Simpson Protocol**, a method of Hypnosis that allows the Hypnotists to communicate with a Client even when in deep states of Hypnosis – such as Esdaile and even Sichort. For the first time, the hypnotist can converse with the client's deepest mind to learn what the true issues are and to direct it to do what is needed to achieve the best results possible.

GO TO :

[Client Page](#)

[My Hypnosis Page](#)

[Free Introduction to Hypnosis Book](#)

TESTIMONIALS

It has been 24 hours now and I'm still astonished how well and how efficient her technique is. I mean even today I'm feeling great I'm happy I'm positive I have hope and those are the word from a man who's currently going through a nasty divorce because obvious past mistakes.

I can't even put a price or a word on what Ines did for me. This was the best gift I could have ever hoped for. She gave

me my life back, she gave me a future something to look forward to.

Gabe – a client

Extract from a post on Facebook

For two hours Ines worked with my super-conscious mind; corrected, mended and liberated so many pieces on so many levels that I felt completely restored and redesigned. On top of this, we did not even have one word on what the problem was! I thought I was working quite context free with my clients but, after experiencing this style, I understood that I was not even close!

The session seemed to me like Ines sat the greatest creator by her side, as her assistant and cooperating with that assistant, started restructuring me all over again

The feelings I express might seem over exaggerated but those were my feelings and hypnosis is the ability to create the expectation and the belief that change will happen and it absolutely did the job for me!

When we started our session, I was sick with a runny nose and coughs; yet when I woke up the next morning, out of the most relaxing sleep ever, I totally felt at peace, oriented and happy!

Realising that there was no trace of any sickness was a fantastic side effect of all this!

I continued my work that day and met with several clients, feeling completely happy, transformed and grateful for all that happened.

I have used every other method of mainstream hypnotherapy and none have allowed the results my clients achieve now – either in speed of change or quality of change.

I use The Simpson Protocol because it is so very efficient in helping clients resolve their issues. It allows us to leave no stone unturned so that your issues are resolved completely on all levels – mentally, emotionally, physically or spiritually – no matter where they are stored.

And it is achieved while you are in a comfortable relaxed hypnotic trance allowing you to use your own mental assets to do the evaluation and the change work within. This is a pure method of bringing about accurate change and is client-centred which empowers you.

Kenneth C. Eldridge

*Certified Practitioner - Simpson Protocol
Dip Clinic Hyp. Dip Paediatric Hyp. Cert Power Hyp*

*Hypnotherapy Council of Australia – Registered
Hypnotherapist
International Certification Board of Clinical Hypnotherapy –
Professional Hypnosis Certification
PHA Professional Member No 0287*