

Important information to read before the session!

Directions to Bastugatan 44:

Let the travel planner at <http://www.sl.se> plan for you.

From the T-centralen/Central Station (if you're arriving by regional train or from Arlanda)

Take the subway's red line towards Fruängen, Liljeholmen or Norsborg.

Travel three stations to Mariatorget (takes approx. 5 min). Take the entrance towards Torkel Knutssongatan. Go to the right when you get out from the Metro and follow that street past Ica and Willys. Walk on the right side of the street (very important!) when it splits into one part that leads down towards the water and a part that climbs up towards the mountain. You're going up! On the right side of the street, Torkel Knutssongatan soon changes its name to Bastugatan. Go to no. 44. (approx. 5 min walk from the metro). The gate is like a grey door between two old houses.



If you arrive by commuter train from the south:

You can get off at Södra Station, choose the entrance near Rosenlundsgatan. Follow that street to the right until you reach Krukmakargatan on the right. Soon you will see Torkel Knutssongatan. Turn left on Torkel Knutssongatan. Then follow as above.

If you arrive by car. Use GPS to find the way. Bastugatan 44, Södermalm./Stockholm.

Unfortunately, parking can be a bit tricky. You can park on the street IF you find some space. Make sure to have some extra time for this, you might not find a parking place quickly.

If you are early and need to wait for your session

Unfortunately I don't have a waiting room. Just a chair up in the attic in a very cold stairwell.

If you are early, I suggest you go to a café nearby or take a walk. Behind the house is a small path into Monteliusvägen where you will find Stockholm's probably most beautiful view!

Send me an SMS to my number 070 24 777 40 when you are outside the door 5 minutes before the appointed time and I will call you and guide you in how to get in and find me. Normally, I can't answer earlier than that, as I need preparation time for each client.

Regarding cancellations:

Cancellation must be made no later than 3 days before the visit in order not to be charged.

(Unfortunately, I have to pay for your time in the venue regardless of the reasons you have for cancelling). If you are having a cold with a cough it can be disturbing for the hypnosis so that it won't work to enter hypnosis. One suggestion is to buy some immune-boosting Kan Jang from the grocery store a few days before the session if you have been around people with colds to avoid

having to cancel and lose money due to a cold. In autumn and winter, many people catch colds easily due to vitamin D deficiency. (when the sun is not shining as strong anymore).

To keep myself healthy during autumn and winter, my favorite trick is that I take approx. 3000-4000 IU of vitamin D/day (=75-100mcg, preferably in a combo product with K2- vitamin and Magnesium) from September to the end of April (summertime the sun provides vitamin D) together with 25 mg of zinc! And at the slightest symptoms of a cold, I raise the doses (to 10 000 IE D-vitamin and 75 mg zinc) and I usually feel perfectly well again with no symptoms in a few hours if I react quickly.

How to get the most of the session

- 1) I can't make you do anything you don't want to do - it's teamwork! We work together!
- 2) You do NOT lose control when you are in hypnosis. You know what you say and do. It feels more like a guided meditation or like daydreaming. You may see images in your head, but you still know you are in my room on my bench. So your mind is still quite sharp and you may not even realize that you are in hypnosis even though you are!
- 3) You cannot get stuck in hypnosis. You can leave the hypnotic state whenever you want/need to.
- 4) I cannot read your thoughts and you choose what you want to tell me during the hypnosis. If it comes up super private things and you want to keep some sensitive details to yourself, you can! You can say for example: "I'm experiencing a situation now where I've done something really stupid and I feel so ashamed, but I don't want to tell you what I have done that I am ashamed of". I can still help you without knowing the shameful part! Don't worry! And I'm also the last person in the world to judge you if you want to tell me what you feel ashamed of! You choose! :-)
- 5) You can only work with things that you are ready to deal with. And I can only guide you to where you are ready to go. So the more sick and tired you are of your problem the better! ;-)
- 6) I can't do the work FOR you. You need to help me to help you by being aware of your problems and ready to face them. It's a teamwork, not me doing everything. For that reason, I can therefore neither guarantee results to all clients nor give money back if we don't reach the results you like. Because everything is Not up to me. However, I ALWAYS do my VERY VERY BEST to help you reach the result you desire and I work hard for it and therefore I have very satisfied clients overall!
- 7) It is important that you tell me during the journey if you experience some strong resistance to something we do, or if something doesn't feel right during the session, if it goes too fast, etc. So never say what you think that I want to hear. Just be honest with how you feel. If something feels wrong let me know immediately so that you I can help you better, instead of just being silent and disappointed afterwards. ;-)
I am here to listen to your needs and I CARE and I WANT to make sure that the session feels good and safe for you! Listening to what the protesting part of you is saying is sometimes the key to solving your problem!
- 8) When I ask you questions during hypnosis, the trick is to say the first thing that pops up in your head. So you should not think for a long time and try to come up with a clever solution. Because we don't want to talk too much with your rational mind. Your rational mind probably already knows how you SHOULD feel, how you SHOULD think and how you SHOULD act in certain situations, so we don't need to talk to that part more, it has already understood! Instead, we want

to talk to the irrational part of you – the part that creates confusion and feelings that disturbs your wellbeing. So you actually communicate better with the problem when you ACT IRRATIONALLY during the session, which means to talk before you think, so that's why we do that! ;-)

9) What you say during hypnosis doesn't always feel correct, or logical, because it often feels like a lie or like a fantasy when you let your subconscious mind talk and connect with the irrational part of you. So it is NOT a sign that the hypnosis is not working. :-) Just continue - Everything is fine!

10) **Only doctors are allowed according to the law to treat diseases.** Here we focus on reaching beyond the mental barriers and feelings that hold you back as well as building a better self-image and strengthening your mind so that you can bring out more of your best self. If you suffer from mental illness I am now asking you according to law to contact psychiatry for treatment! If you want to combine hypnosis with seeing your regular psychologist you can also do that.

11) In the 1st session, we talk for about 50 minutes to discuss the problem. After that, we start the hypnosis the rest of the time.

12) It is common to cry a little during hypnosis when problems are released. Just let it flow if that happens. I don't judge. You can fix any mascara afterwards. Or use waterproof mascara or skip it.

13) Don't get stressed if images don't appear immediately when I ask for that during the hypnosis. Some people just need a little more time. And not everyone sees things in pictures.

14) Some things that come up may be symbolic images. A bit like in dreams at night. You may dream at night for example that you are being chased by a monster - and the monster might be a symbol of all the workload that you need to take care of at your workplace that you feel chased by. During hypnosis, for example, we can deal with problems a creative way by working with that monster instead, calming the monster down, to help you become more relaxed.

15) Hypnosis is NOT a truth serum to prove things in criminal cases. Some details may be incorrect. I can not use hypnosis to remember how many people were sitting on the metro for example on my way to the office, because I probably didn't notice so that info is not stored in my brain. So if I try to find that info during hypnosis my brain will probably make something up that is incorrect.

16) Your mind may think that some processes during the session seem silly. But the most important thing is that we solve the problem you wanted help with, everything doesn't have to feel super logical on the way there! :-) The best attitude is to be a little like a curious playful child!

What happens AFTER the session?

1) Sometimes changes happen quickly. Sometimes gradually over several months. Because the change is happening quite naturally, it may happen that you notice a few months later when you look back that in fact, there have been big changes. A few weeks after the session, you may go through a range of emotions and experiences before the pieces of the puzzle begin to fall into place. You may find yourself starting to think differently, experience situations in a new way, and find that you start to act in a more constructive way.

2) Some feel that they first are going back and forth between the old and the new way of thinking. The good thing is that the subconscious usually wins and it is now running a New program!

3) Sometimes one session is enough to start noticing results, sometimes not. Don't be too quick to evaluate. Problems remain until we have learned what we are supposed to learn from them! 2 sessions are minimum. The most common is that people see me for about 2-3 sessions in total.

4) I never promise results and do not promise results after the 1st session either. However, quick results are common. If the problem lies in several layers (common!) you might not notice anything until we have had time to work on several aspects of the problem after the second or third session.

5) In exceptional cases, it happens that the problem first disappears completely and then starts coming back again (usually it then settles at a lower level than before). This usually means that the problem has several partial causes. We haven't found them all yet so the problem will come back until all the causes are found and released. Hypnosis is of course not the solution to all problems for everyone either. But it's a very good method for a lot of things!

6) Sometimes the most important thing is to reverse a negative spiral. In such cases, we may not fix everything but then I might help you reverse the vicious spiral so that things start going in the right direction. When that turn is done, you may find that you can do the rest of the work yourself!

7) Some people get very tired after the session. (it will pass!). Others get more energy. We never know before. Some people experience a wow feeling after the hypnosis, which then subsides a little after a few days. It is quite natural if the wow goes down. This is because you have become accustomed to the positive feeling and that this level becomes your new standard. The biggest effect is felt in the shift. Nobody can be super happy constantly.

8) If you have several feelings/behaviors that hold you back in life, it is often not the problem that you have requested help for which is resolved first. Sometimes there are other things that we need to resolve first before the change you most long for will come. The great thing about that is that we have usually solved more problems than you wanted when we're done! :-)

9) Some clients TEMPORARILY feel a little worse for some days after a session before that reverses itself and you gradually feel better. In some cases it doesn't get reversed by itself but after session nr 2. IF you notice that you experience a temporary strong negative feeling afterwards and it feels tricky to handle, get in touch with me IMMEDIATELY and we may be able to find an earlier date for your return visit to get through it faster! Don't worry! I'm here to help you! The absolute last thing you should do in that situation is to cancel the next session. We don't destroy anything. What you are experiencing is TEMPORARY. A problem often has several sub-causes and it's a bit like peeling off layer by layer of an onion. When you release one layer maybe you will notice another layer until we have released that layer too in the next session!

10) IF we happen to run into each other in town, you can choose to say Hello to me if you want to. Out of respect for your privacy I will otherwise pretend that I don't see you. So it's not because I don't care but to respect that you may not want to let others know that you've had a problem to deal with! And I'm also a bit face blind, so sometimes I don't recognize old clients right away. ;-)

I look forward to helping you! :-)

I will do Everything I can to help you create wonderful changes in your life!

Warm regards / Boel Björkenwall