

Rapid Rewiring™ Breakthrough Program Frequently Asked Questions

Here are a few answers to the most common questions about my Rapid Rewiring™ Breakthrough Program, Rapid Transformation Therapy™ (RTT) and the Transformation recording you receive with this work.

1. What is Rapid Rewiring™?

Rapid Rewiring is a unique fusion of my 23+ years of executive coaching expertise with hypnotherapy which blends positive psychology, neuroscience, somatic, and mindfulness practices for profound holistic results. Empowering you to quickly get at the heart of the subconscious issues that are causing you physical or emotional pain, *and eliminate them*.

Working in harmony with each other, hypnotherapy and coaching quickly address both your subconscious beliefs and your conscious actions and strategies for success. Enabling you to quickly eliminate disempowering habits while integrating new behaviors into your daily life and long-term strategies for growth.

As a certified Rapid Transformational Therapist, HeartHealing™ practitioner and Reiki Master, I am able to help you achieve breakthroughs via hypnosis that would not be possible if I were simply trying to reach your subconscious mind via altered language and self-talk. I am equipped with an array of techniques and tools that are crucial, not just in teaching you how to communicate with your subconscious mind, but also directly accessing and fixing whatever blockages may be there. Here's a brief animation of how the process works: <http://bit.ly/WhatIsRTT>

2. How long does it take?

Each Rapid Transformational Therapy session lasts between 90 minutes to 2 hours. For that reason, we ask you to block off a full 2 hours on your calendar to make sure you're not rushed and have time to transition back to being fully present.

The coaching sessions and hypnotherapy sessions are typically conducted once a week, toggling between coaching and hypnotherapy sessions based on the breakthrough healing package you have chosen. The combination of the two helps translate your new empowering habits and thinking into your daily actions and success strategies for long-lasting success.

3. What does it feel like?

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The experience of drifting into a state of hypnosis feels different for each person. Some people feel a drifting, floating sensation, some do not. Others may feel sleepy, some do not. Most people feel relaxed and at ease. What's most important is to know that how you feel isn't an indicator of how effective it is. Regardless of what it feels like - it's working as your subconscious mind is always on and always listening.

3. Can I get “stuck” in hypnosis?

Nope. That's an old wives' tale. You have complete control the whole time.

You can talk, move your body, get a tissue, even get up and leave (I've had clients who had to stop to pee before!). If our zoom call gets disconnected you may drift into sleep if you're really relaxed, but eventually you'll notice that you're not hearing my voice, open your eyes and reconnect with me on zoom.

4. How does it work?

Hypnosis is not magic - it's science! It works by creating a burst of alpha brain waves (7.5-14Hz) that takes you to that half-awake/half-asleep place. This brain wave frequency is your super learning state and allows you to access your subconscious mind and the blocks hidden there. It's very easy and anyone can do it, you'll see for yourself when you do it too!

5. What if I don't “go deep” enough?

Don't worry about how deep you go. I want you to forget all about that. It's really not important. The depth of trance is not linked to results at all. So don't get stuck on “Am I deep enough?” Just tell yourself the truth, “This is working” and it will absolutely work.

6. What if I think I already know the reasons behind my block or issue?

What makes hypnotherapy amazing is that even if you think you know the reason, you'll see it in a COMPLETELY new way. That's what allows you to change the meaning and ultimately, change your beliefs – rewiring your brain with new neural pathways for success. And for many clients they go back to scenes that are totally different than what they expected. Just relax and trust that your subconscious mind will show you exactly what you need to see.

7. What if I go back to scenes that are painful or scary?

If you go back to scenes from your life that are related to some kind of trauma, it's important to remember that you are not reliving that scene, you are simply reviewing it as if you were watching it on a tv screen and that **you are safe**. I will support you and create a safe space for you to express your emotions and heal, you'll be OK.

8. When will I start to see changes?

There are 3 types of change from Rapid Transformational Therapy - every person is different:

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Immediate: You feel a massive shift right away - immediate changes in your physiology, thoughts and behaviors right in the session.

Incremental: You see consistent shifts every day, or over time.

Retroactive: You don't see the shifts right away and then one day you suddenly look back and see all of the things that are different in your life.

9. What is the Transformation recording and what does it do?

With each hypnotherapy session, you'll also receive your customized Transformation recording.

This powerful recording is one of the key elements to creating sustainable change. It is typically 25-30 minutes in length and is mixed with soothing binaural music to help you achieve a relaxed state every time you listen to it on your own.

You'll want to listen to your Transformation recording every night as you drift off to sleep for 30 days. This repetition is the key to building new neural pathways in your brain for success, as it overwrites and releases the old pathways of fear, anxiety, and self-doubt.

10. What if I need or want another session?

My breakthrough programs are designed to give you powerful healing and create big changes in your life in as little as 30 days. Some clients may need more than one hypnotherapy session based on their particular issues which is why I always have a detailed intake call with you to learn specifically about your current and past challenges. Most clients want to keep doing sessions to work on other areas of their life and receive continued coaching to integrate these new beliefs, habits, and behaviors into their daily routines.

I offer 30-Day, 90-Day, and 9-Month Rapid Rewiring Breakthrough Programs for those who want continued support on their change journey. And for those who are dedicated to personal mastery, we can discuss my exclusive private coaching programs as well.

11. What if the internet connection drops?

If the internet connection drops at any point throughout your session, you will naturally come back to a normal, waking state of reality. At this point, you can simply re-connect your connection, and we will resume our session. If the internet connection drops during the last part our hypnotherapy session, the Transformation phase, do not attempt to reconnect. I will be making a recording for you. Once I have finished making your custom recording, I will reconnect with you and wrap up the rest of our session.

12. Will hypnosis make me cluck like a chicken?

Nope. Not ever.

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