



## Healing Through Hypnosis

### **What is Hypnosis?**

#### **What Can It Do for You?**

- Hypnosis is a tool, or technique that aims to help you move beyond the critical part of the mind and into the subconscious part where all of your patterns are stored. This is the area of the mind where you are more accepting of suggestions.
- When in hypnosis it can feel like a deeply relaxed state of being. You may experience certain body sensations such as tingling, floating, or a heaviness in the arms and legs. You will generally be disconnected from any immediate concerns you are carrying, focusing more on inner processes. It has been described as a good feeling that you might like to be in all the time. Sometimes people aren't aware that they have been in hypnosis until they are out of it after the awakening process.
- It is a myth that a hypnotist puts you into hypnosis. It is a voluntary process that you allow yourself to be guided into by way of the techniques used to help you achieve the hypnotic trance state.
- Hypnosis is not mind control. If anything is spoken to you that goes against your values or morals, or is inconsistent with how you feel about yourself you will either just ignore it, not pay any attention to it, or open your eyes and resist the suggestions.
- Hypnosis is not a “truth serum”. Although you can lie under hypnosis if you so desire, it is most unlikely if you are aiming to get to the root of your problem. The hypnotist cannot make you share any information that you do not want to divulge.
- Through the process of hypnosis you come to recognize the power of your own mind to make behavior changes, and that realization prevents you from becoming more susceptible to suggestions from others that aren't in line with

your personal goals.

- Typically, you will remember everything that transpired while in the hypnotic state. Though you may feel as if you have drifted “in and out” at times and may not consciously remember every detail, your subconscious is aware of everything that has been spoken and absorbs the therapeutic suggestions. You can still interact and respond to the therapist while in hypnotic trance and may remember only what is relevant and forget or disregard the rest.
- You cannot get “stuck” in hypnosis. This is because it is a normal brain wave state that we go in and out of multiple times per day. This brain wave state is similar to meditation where you are between a state of full conscious awareness and the sleep state. If you do fall asleep, you will awaken normally. Most of us go in and out of hypnotic states every day, for instance while you are engrossed in a good movie or book, driving on the highway, or when highly focused on a task.
- Hypnosis can be used for almost any positive behavior change you would like to make in your life. This includes patterns of emotional states which facilitate how you respond to events and the people in your life. It will not eliminate your natural emotions but can help you have a more tempered response.
- Hypnosis is not psychotherapy. It primarily has to do with helping make positive behavior changes in your life. It can help you understand the power of your own mind and thoughts and get to the root causes of why you have developed certain patterns of behavior in your life. At its most basic level, it addresses the idea of “This is what I am doing now, and this is what I would like to do instead”. The subconscious mind is accessed to assist in changing patterns from one current behavior to the new desired behavior. The number of sessions required to do this can vary from person to person.
- Hypnosis can work for just about anyone willing to actively participate in the process, however there are some exceptions as to who may be a good candidate for hypnosis. Those with certain psychiatric/mental health disorders or mental disabilities may need more advanced assistance from a qualified practitioner.

## ***The Power of Your Subconscious Mind***

The reason we engage in any behavior is because we feel it has some kind of benefit to ourselves and our situations in life. The subconscious mind controls everything you do that you don't have to think about (ie: physiological functions such as breathing, digestion, walking, etc).

Generally, about 90% of what we do every day is executed by the subconscious mind. As children, between the ages of 0-7 we live in brain wave states where things are absorbed very easily from our parents, environment, and personal experiences and challenges. Through this process childhood foundations of behavior and belief patterns are created. This information is then primarily used to keep us safe and protected which will affect how we respond and react to life as adults.

Anything the subconscious mind perceives as not in your best interest will not be absorbed. The down side of this is that we cannot snap our fingers to make a behavior change, but what a hypnotist can do is help you to find the power within your subconscious mind to change these patterns for yourself.

Once you understand the benefits that you are receiving from your current behaviors, all the hypnotist does is aid in transferring that benefit to a different and new healthy behavior change that gives you the same rewards.

Unless you rewire your old limiting beliefs you have about yourself, you will continue re-creating what you have right now because the majority of your life is run at the subconscious level. With this knowledge you become empowered to change that by inserting new, life enhancing beliefs as a replacement.

Consciously you can make efforts at behavior change, but unless you have those beliefs wired into your subconscious mind, these changes are generally short lived.

We all have limitless potential to achieve whatever we want in life. The subconscious mind doesn't know the difference between reality and imagination. It doesn't judge, it doesn't care what you put in, it only reflects back what's inside it.

Do you like where you are headed in life? Consider that you most likely have life enhancing belief patterns in the areas in which you are happy with your life.

# Conscious Mind VS Subconscious Mind

## Conscious – The Visible Mind

- The conscious mind is responsible for about 10% of our daily activity. It is a creature of habit and enjoys remaining the same. It does not like to be inconvenienced or to do anything different from what it has done in the past, even if the proposed change is a positive one that is to your benefit.
- People are anxious to improve their circumstances but are unwilling to improve themselves as it is against the nature of the conscious mind to change; therefore, they remain “stuck”.
- The conscious mind is naturally untrusting and suspicious. For example, if someone told you that you are the most beautiful person they have ever met and want to write a book on your intelligence level, you might question the sincerity of this kind of statement.
- The conscious mind is the command center and decision maker, focused on the five senses. Within it you create your goals, reason, and analysis. It's the busy part of your mind where you speak, study, use logic, act or react, and play sports.

## The Subconscious – The Unseen Mind

If you imagine an iceberg, with 10% appearing above the surface, and the remaining 90% below the surface, that represents your subconscious mind. It is the “unseen” portion. The subconscious mind simply takes in and stores information. It is like a sponge. It acts similarly to the hard drive of a computer. It doesn't make any judgments on the input it receives. It is also innocent and naive, like a small child, and mostly, doesn't know how to help you unless you give it detailed instructions. It is also responsible for the complete operation and upkeep of your body (beats your heart, pumps blood, controls breathing, controls hair and nail growth, etc.).

- The subconscious mind doesn't understand negatives. When you say you don't want something, your point of attraction or focus is on what you “don't” want. So when you say, “I don't want to be sick”, you are placing your attention on being sick and that is what you'll get more of. This is one of the biggest reasons people fail to achieve their conscious desires. As a little test, right now do not think of a

big black bear ringing your front doorbell. Did you think of it? Of course you did.

- To change the physical effects in your life you must change the original, underlying beliefs to bring them more in line with the kind of reality that you want to experience. Your imagination and emotions will then automatically come into play to reinforce the new beliefs.
- What you believe to be true in your experience is true. As an example: you are overweight and have tried diets to no avail but you tell yourself you want to lose weight and affirm “I now think of myself at my ideal weight”. But hence, once you start to examine your underlying beliefs, you discover that through past conditioning you actually believe you're not worthy and should not look attractive, or that carrying extra weight is a protective mechanism for you in some way.
- Your subconscious mind is always self-protective, and as we have learned, the reason we engage in any behavior is because we feel it has some kind of benefit to us. So with any true behavior change, it is important to get to the underlying belief patterns driving the current behavior that your conscious mind no longer desires.
- Your subconscious mind doesn't understand humor or sarcasm. Being similar to a small child, it will take whatever you say literally even though you may be joking. You must be careful with how you word things. By making a seemingly benign statement repeated often, such as “This job is a pain in my neck”, you may just find you physically start to develop neck pain!

## ***Final Thoughts***

The first key to behavior change is to become aware of your own self-talk and begin to monitor the kinds of things you say to yourself all day. How many statements, that you perceive as negative, come at you in a day? What can you do to eliminate their influence on you? Start becoming aware of how the subconscious mind reacts to your thought processes and how those thoughts may be helping or hurting you without your conscious awareness. At the end of the day, you are the creator of your own reality by your perceptions and beliefs. Everything you witness in your current life is an accumulative product of your most dominant past thoughts.