

## **OCTOBER 2011 NEWS: MODERN HYPNOTHERAPY**

I have recently completed a course in Modern Hypnotherapy and am totally amazed at the effectiveness of this healing modality.

I ask myself why I am so amazed as I have myself experienced hypnotherapy sessions which brought great healing. I do suppose in my case, I occasionally just cannot believe that I am able to assist humans in such a remarkable way.

Most people understand the concept of the “issue is in the tissue” but for those people that want or need further clarity, let me explain. If we were to accept that our “mind” as we know it is not to be found in our heads only but in each and every tissue in our bodies, this concept will be easily understood. No medical or scientific person has been able to isolate the area where “the mind” is situated but because of quantum science we now understand the concept of the entire body being “the mind”.

The mind, from a metaphysical perspective, consists of the conscious and sub-conscious. And it is in the sub-conscious mind that we store memory of the past and present; both good and bad. It is with the use of hypnotherapy that the qualified therapist is able to access information from the sub-conscious and replace the negative with the positive or even neutral input. Thereby affecting lifelong change in humans.

Many people are sceptical and even fearful of experiencing hypnotherapy. This is often as a result of having witnessed people making fools of themselves once hypnotised when on stage. I am pleased to say that a qualified hypnotherapist will always ensure that dignity is kept in place and because of a strict code of conduct, clients will be nurtured and kept safe.

There exists a big difference between stage hypnosis and hypnotherapy. With hypnotherapy, one goes into, AND NOT UNDER, hypnosis. Once in a state of deep relaxation, the therapist “injects” new, positive and helpful suggestions into the sub-conscious mind. This can be likened to installing a new computer program. Most people are completely aware of their surroundings and are in control of their physical bodies throughout this process.

It must however be remembered that “cure” may not be instantaneous and that for many people that hold onto issues, change may be slow. So no quick fixes.

There are people who feel that they cannot be hypnotised. In my teachings, we are taught that only people that are deaf or suffer from brain retardation are not able to be hypnotised. Different personality types will be hypnotised using different methods. In other words the self confessed couch-potato will be induced using a different process compared to a runner.

Some people fear not being able to wake up. Well I suppose we can liken this to falling asleep at night and fearing that you will not wake at all in the morning. It just does not happen! There are no reported cases EVER of this happening.

The sky is the limit as to how many conditions can be treated with hypnotherapy ... depression, stress, phobias, bad habits, weight loss, smoking, sleep or concentration disorders, low self-esteem, study and focus problems, sexual and relationship problems, all children’s issues and lastly criminal and social forensics ... to mention but a few.

Please always ensure that you only go to a properly trained hypnotherapist. In this way you will feel safe, secure, relaxed and achieve results. All that is now left to say is that my rather busy mind is working out a way in which to hypnotise animals to assist them with challenges that they may be experiencing.

Love and light  
Debbie

I work as an energy healer and animal communicator. I teach Reiki, Quantum Touch, Intuition courses and Animal Communication for both adults and children.

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