

Hypnotherapy

Subconscious Beliefs Rule

by Brigit Ingram



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The 1984 Olympic Games made Mary Lou Retton's name a household word, as the first American woman to ever win a gold medal in gymnastics. Afterwards, the diminutive champion surprised many *Time* readers by sharing one of her secrets in a magazine interview. During the nights leading up to her win, she lay in bed, mentally rehearsing her routine hundreds of times, visualizing a perfect performance down to every minute detail. In effect, she was practicing self-hypnosis.

The gold medalist believed in the process of mental conditioning and affirmation. "Since the mind doesn't know the difference between fantasy and reality, Retton's self-hypnosis helped her to do more effectively what she was already good at," says Master Hypnotist George Bien, a nationally recognized professional hypnotherapist, with a doctorate in educational psychology and communications. "Often the best candidates for hypnosis are highly motivated and intelligent people like Retton, because of their ability to focus and concentrate."

Since the introduction of hypnosis in the 18th century, outdated images of a hypnotic trance-like state, induced by swinging watches and spiraling devices, have been replaced with the concept of concentrated focus and visualization techniques. The belief that the unconscious mind was creative and solution-generating led Milton H. Erickson (1901-1980), an American psychiatrist and author, to elevate the use of hypnosis in his practice; he became known as the father of modern hypnotherapy.

By 1958, the American Medical Association approved and endorsed the use of hypnosis in tandem with medicine, with the American Psychological Association following suit in 1960. Since 1995, the National Institutes of Health have recommended hypnotherapy as a treatment for chronic pain. Many dentists also use it to reduce the fear and anxiety that accompany uncomfortable procedures.

Today, this natural state of heightened awareness, in which an individual easily relaxes, accepts suggestions and listens to the profound guidance of their own inner wisdom, is used as a powerful tool by practitioners of healing arts.

Becky Hays, Certified Hypnotherapist, is one of them. "Hypnosis is a wonderful tool for reaching into the power of the unconscious mind, to create quick and

effective change," she says. "By the first session many clients experience a noticeable difference, reporting feelings of relaxation, reduced stress and calm focus. My clients are amazed to discover how quickly their behaviors and feelings shift, and it feels so natural." Becky continues, "Motivation increases while old habits and cravings melt away. The power lies within the unconscious mind. The resources are there to make whatever change you desire in your life." Becky's focus is on career, health and personal growth. In her work she uses a combination of Hypnosis and Neuro Linguistic Programming which helps people to lose weight, stop smoking, find motivation, increase confidence and reduce stress and anxiety. She is currently co-producing a documentary, "Beyond Belief", which examines the role beliefs play in creating our experience, and illustrates tools, such as hypnotherapy, for changing patterns of behavior."

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Hypnosis cannot negate a person's principles or moral convictions, the experts assure us, nor does it put an individual to sleep. Rather, it creates a deep state of relaxation, allowing the subconscious mind to accomplish permanent change.

Accessing the power of this subconscious core can certainly create positive outcomes. Just ask a certain 1984 gold medalist.

For more information or to find a local hypnotherapist, visit the National Guild of Hypnotists, Inc. at ngh.net. Connect with George Bien at GeorgeBien.com.

Becky Hays is a Master NLP Practitioner, Certified Consulting Hypnotist, Timeline Regression Specialist, Reiki Master Visit her website at open2transformation.com and check out her movie at beyondbeliefthemovie.com. See ad pg 9.