

posted by Graham J Stuart Aside from therapeutic interventions, there are some powerful personal development tools and techniques you can learn to Offline - Leave a message enhance your wellbeing.

Blog!

The Law of Attraction - in Easy Terms

Admin

Blog

Copy Module

Manage

One of them is the Law Of Attraction. People refer to the phenomenon of Law of Attraction in different ways, such as; Fate, Synchronicity, Karma or Serendipity. Essentially, The Law of Attraction teaches that in order to manifest a desire, you must first achieve the vibration of that desire. When say or think about something good it makes you feel good = positive vibration.

A W O

"You attract into your life and business, whatever you give your focus and attention to – either positive or negative". Your thoughts and feelings (or a mood) create vibrational Energy = activity. This is because you are connected to all the energy in the universe by

your very existence. All the thoughts we think and actions you take affect something else. We are all affected by each other. You are like a human magnet and the energy you have released (negative or positive) immediately attracts other vibrational energy that is the same

"like attracts like". And as that energy gathers more energy like itself, it keeps growing and gaining momentum. This momentum causes events and opportunities to show up in your life that are related to your thoughts and feelings, because the energy of those events and opportunities that are showing up is attracted to what you are thinking, feeling or doing. If you consistently allow yourself to experience negative thoughts and feelings, then negative situations will arise in your life. If you consistently allow yourself to experience positive thoughts and feelings, that is what will come into your life by way of opportunities for you to act upon.

"The Law of Attraction can be described as the law of vibrational energy"! Positive thought/feeling → energy → more energy → opportunity → positive action → harmony

Negative thought/feeling \rightarrow energy \rightarrow more energy \rightarrow event \rightarrow lack of positive action \rightarrow discord The Law of Attraction is constantly working to attract either negative things or positive things you're your life. It doesn't matter whether you believe it or not, it's just a scientific fact.

When you combine Law of Attraction coaching with personal development and hypnosis you can change the limiting beliefs and unwanted negative subconscious habits that are holding you back.

Just imagine if you could attract "less of what you DON'T want, and more of what you DO want! View complete story

Comments (0)

Simple Life Coaching Lessons posted by Graham J Stuart Simple Lessons of Wisdom from Your Inner Guru

notice the good parts. - When in doubt, take a deep breath- and then use your intuition to make the next small step.

- Open your mind to the possibility - that there is something bigger than you. - Life is short and your time is limited – so make sure you enjoy it. Your job won't take care of you in times of need – but your friends and family will.

- Don't focus on the outside, buying stuff that you don't need – it just gets in the way.

- Make peace with your past, forgive and let go - so it won't screw up the - Stop comparing your life to others - you have no idea what their journey

- When it comes to going after what you really love in life – never take no for an answer.

- If it's not working - do something else - Forgive and learn - but you don't have to forget

miracles are waiting everywhere for you. - If we all put our problems in a big pile - and then compared it with everyone else's pile - we would probably grab ours back. - Envy is a waste of time and saps your energy - accept what you

Hypnosis is a real phenomenon and it is proving increasingly useful to psychologists and neuroscientists, granting new insights into mental

That's according to David Oakley and Peter Halligan who have written an authoritative new review, debunking hypnosis myths, and covering ways

Despite popular folklore, hypnosis is not a form of sleep (this misconception isn't helped by the fact that hypnosis studies typically label the control

of consciousness. After successful hypnotic induction, which involves using mental strategies to reach "a focused and absorbed attentional state",

participants show reduced activity in parts of the brain's default mode network together with increased activity in prefrontal attentional systems.

After hypnotic induction (or in some cases even without it) participants exposed to suggestive statements can experience altered perceptual or

the arm. Sceptics may wonder about the veracity of these experiences but brain imaging results are indicating they are real and not merely

bodily sensations. For instance, told that their arm is getting heavier and they cannot move it, a suggestible participant may experience paralysis of

condition the "waking state"). However, Oakley and Halligan say new brain imaging findings do support the contention that hypnosis is a distinct form

Comments (0)

Comments (0)

Comments (0)

Comments (0)

Consider a study of participants hypnotised and induced to see colourful Mondrian images in grey. Brain scan results of these participants showed altered activity in fusiform regions involved in colour processing, and crucially such changes weren't observed when the participants merely imagined the Mondrians in grey. Another study showed that the famous Stroop effect disappeared when hypnotised participants received the suggestion that they would see words as meaningless symbols.

Many neurological symptoms are medically unexplained with no apparent organic cause and it is here that hypnosis is proving especially useful as a

new way to model, explore and treat people's symptoms. For instance people can be hypnotised to experience limb paralysis in a way that appears similar to the paralysis observed in conversion disorder. People can also be hypnotically induced to experience the sense that there is a stranger looking back at them when they peer in a mirror – an apparent analogue of the real "mirrored-self-misidentification delusion". Hypnosis research is also exposing the apparent volitional element to mental phenomena previously considered automatic. For example, a patient who experienced face-colour synaesthesia received post-hypnotic suggestion that abolished the colours she usually sees with faces (as confirmed by a colour-naming task in which faces no longer had an interfering effect).

By scanning the brains of subjects while they were hypnotized, researchers at the School of Medicine were able to see the neural changes associated with hypnosis. The power of hypnosis to alter your mind and body like this is all thanks to changes in a few specific areas of the brain, researchers at the Stanford

posted by Graham J Stuart Celebrity Ellen DeGeneres famously kicked the smoking habit live on her US chat show, when British hypnotist Paul McKenna hypnotized her and, according to DeGeneres, "probably saved my life." British pop star Lily Allen recently confessed in an interview in the Daily Mail newspaper that hypnosis helped her drop 4 dress sizes, adding "after

Hypnosis for Smoking Cessation

Alfred Lord Tennyson Jack Nicklaus Jackie Kennedy David Beckham According to the American Cancer Society, hypnosis has been evaluated and approved as an effective relaxation technique by the National

The NIH also found hypnosis to be "effective in reducing fear and anxiety, reducing the frequency and severity of headaches, and controlling

Numerous scientific studies have emerged in recent years showing that the hypnotized mind can exert a real and powerful effect on the body. The Wall Street Journal in the October 7th, 2003 The easiest way to break bad habits is through hypnosis. Newsweek Magazine. Hypnosis gives you more confidence. The Magazine Psychology Today

U.S. Olympic athletes use hypnosis to win. It only makes sense that hypnosis is a tool to use to increase ones motivation. The Detroit Free Press.

The evidence is everywhere. One study concluded that patients who quit smoking with hypnosis are twice as likely to remain smoke-free than those who quit on their own. own. A study of 60 overweight females concluded that hypnosis was 30 times more effective for weight loss. View complete story

As reported by NewScientist.com news service: "Hypnosis is more than just a party trick; it measurably changes how the brain works," says John Gruzelier, a research psychologist at Imperial College in London. "Hypnosis significantly affects the activity in a part of the brain responsible for detecting and responding to errors, an area that controls higher level executive functions." The finding is one of the first to indicate a biological mechanism underpinning the experience of hypnosis. "This explains why, under hypnosis, help cancer patients deal with painful treatments."

Research using positron emission tomography (PET) scans, shows that hypnosis might alleviate pain by decreasing the activity of brain areas

As of December 15, 2004 results from more than 3,000 clinical research studies are available showing positive benefits from hypnosis. (According

According to studies done at the Institute of Cognitive Neuroscience, University College London, suggestions given in a hypnotic state, even once,

can produce actions in human beings that are the same type of actions that would have resulted from more long-term conditioning and practice.

In a research study on Self-hypnosis for relapse prevention training with chronic drug/alcohol users, (Am J Clin Hypn. 2004 Apr;46(4):281-97),

individuals who played self-hypnosis audiotapes "at least 3 to 5 times a week," at 7-week follow-up, reported the highest levels of self-esteem and

In a research study done with 60 college student volunteers (Spring of 2004 at Northern Arizona University, Flagstaff, Arizona), using hypnosis with ego-enhancement suggestions showed "significantly dramatic effects" in brain-wave patterns, subjective sense of self-confidence, and test scores

"I wish I could do that" "For me, it's impossible" "I don't have the skill" "I'm not smart enough" "I don't have the experience" "I'll never have what I need"

help us retake 100% responsibility for everything in life, good, bad, and indifferent. Unlocking the Power of Ho'oponopono - Discover the path you'll follow to become a proficient certified practitioner of Ho'oponopono, utilizing the time-tested mantra, prayers, cleaning tools, and meditations in modern practice. Traditional Ho'oponopono Practice - Uncover the historical foundations of mental cleansing as you learn to bring the restorative and corrective power of Ho'oponopono into relationships among people, families, between subjects and goals, and more through divine interconnection.

want to keep feeling the way I was feeling and my rational human brain managed to convince my impulsive chimp brain to just go for a wee while (I advise you to read The Chimp Paradox by Professor Steve Peters if you think I've lost the plot here!). I can honestly say the change in my mood was so dramatic that it amazed me. I felt 100%

sofa in your pyjamas and not move for the whole day? I'm sure I'm not the only one. I

Do you ever have one of those days when you just want to curl up on the

Comments (0)

tasting and enjoying the food you are eating, taking more time over each bite. 2. Look at a photo of yourself when you were slimmer - DO NOT look at the 'fat' photo! Whatever you focus on is where you go towards so focus on where you'd like to be, not on what you want to get away from. If you have never been your ideal or 'happy' weight then take a moment to visualise your ideal weight, what would you be wearing, where would you be, what would you be doing and most important of all, how would you be feeling? Look at

achieved or done well instead. Start a reward jar and pop 50p or even 20p in it every time you take the stairs, go for a walk, resist a craving, etc and plan what you are going to treat yourself to when you reach a certain target. This could be a nice candle or getting your nails drink.

to, get right back on track instantly. Don't wait until Monday, or even the next day. Choose not to step into that downward spiral. You've eaten more than you wanted to, so what? You'll find that people who maintain their 'happy' weight consistently spend less time beating themselves up over what they've eaten so remember; EAT > ENJOY > MOVE ON! Try each of these tips and you will soon start to notice the weight disappearing.

View complete story Comments (0)

- It's not important to win every argument for the sake of it—but it is important to stay true to yourself. - Save for the things that really matter – and enjoy them.

- You were not born to be ordinary – find your purpose

- Life sometimes isn't fair, but it's still good – if you just take time to

is all about. - If a relationship has to be a secret - you shouldn't be in it. - Everything can change in the blink of an eye - so value show gratitude and appreciate every moment.

- Remember to take a deep breath - it calms the mind. - Get rid of anything that isn't useful. Clutter and baggage weighs you down and holds you back Nothing will change – unless YOU change

- It's never too late to be happy – it's in your own hands. - There is no past, there is no future, there is only "now" - so burn the candles - use the nice sheets- wear the best clothes - show people you care - be grateful - and enjoy.

- What other people think of you is none of your business. - Don't waste your time taking yourself so seriously - no one else does. - Don't over analyse life – just show up and make the most of it now.

- Growing old is better than the alternative — dying young.

- Enjoy every moment - your children get only one childhood.

already have - not what you think you need. - Life isn't a bed to lay down in – it's a ladder to climb

- The best is yet to come - focus on what you DO want - not on what you

- No matter how you feel- get up - dress up - show up - and make a

- Life isn't tied with ribbons and bows - and sometimes it's tough - but

To Your happiness and Success, Graham Stuart www.mindbodyhypnosis.co.uk

DON'T want.

Difference

it's still a wonderful gift.

View complete story

posted by Graham J Stuart

Neuroscience gets serious about hypnosis

- All that truly matters in the end is that you loved – and you were loved.

- Go outside every day - look around for opportunities - and notice that

Neuroscience Gets Serious About Hypnosis

https://digest.bps.org.uk/2013/08/01/neuroscience-gets-serious-about-hypnosis/

that neuroscience is shedding light on hypnosis and ways hypnosis is aiding neuroscience.

Oakley and Halligan concede that "it remains to be seen if these particular changes are unique to hypnosis."

processes and medically unexplained neurological disorders.

Another line of research explores the correlates of hypnotic suggestibility. Apparently it is a highly stable trait and it is heritable. It doesn't correlate with the main personality dimensions but does correlate with creativity, empathy, mental absorption, fantasy proneness and people's expectation that they will be prone to hypnotic procedures.

View complete story Comments (0)

"The psychological disposition to modify and generate experiences following targeted suggestion remains one of the most remarkable but under-

researched human cognitive abilities given its striking causal influence on behaviour and consciousness," said Oakley and Halligan.

University School of Medicine have discovered. The scientists scanned the brains of 57 people during guided hypnosis sessions similar to those that might be used clinically to treat anxiety, pain or

the hypnotism, I want to go to the gym every day, otherwise I feel really bad." The list of people past and present who turned to hypnosis to help them develop positive habits, overcome limitations, or iron out personal problems includes: Albert Einstein

Scientific Studies on Hypnosis - Blog 2 posted by Graham J Stuart

been shown to be effective in helping people to stop smoking and in controlling overeating. David Spiegel, M.D. Associate Chairman of Psychiatry and Behavioral Sciences, Stanford University The Validity of Hypnosis According to Dr. Clifford Lazarus, Ph. D., hypnosis is "a genuine psychological phenomenon that has valid uses in clinical practice." [1] The number

and variety of clinical studies serves as testament to the power and effectiveness of hypnosis, often the last resort for people who have tried and

It would take many volumes to contain the sheer quantity of case studies in which hypnosis has made a real difference in the quality of life of millions

of people. Success stories abound where hypnosis has been used to quit smoking, lose weight, and manage pain, some of which are detailed

In a group hypnotherapy session among 3,000 smokers sponsored by the American Lung Association, 22% reported not smoking for a month

Hypnosis can be used very effectively for pain reduction. It can also be very useful in treating anxiety in people who are anxious. Hypnosis has

In another, hypnosis was shown to be 3 times as effective as nicotine replacement therapy and 15 times more effective than trying to quit on one's Comments (0)

View complete story Comments (0)

better than I had done before going, in fact I felt so good that I stayed for double the time I normally do. If there was a way to bottle that feeling I had as I was leaving the gym I would be a millionaire. But for now I'll settle for tuning into that feeling to drive me towards the gym again next time I'm having a wobble.

Top Tips for Long Term Weight Loss 27 Jun posted by Heather Macfarlane There are hundreds of tips I could share to help you to lose weight, many of which I'm sure you will have heard before. Different things work for different people so it's good to have a

done or even a quiet hour with a good book. Remember though, rewards shouldn't be food or 4. Speaking of targets, set a **small target of 5lbs** only to focus on - Even if your overall goal is to lose much more than 5lbs, keeping focussed on only losing 5lbs at a time keeps us accountable and connected to our target rather than feeling overwhelmed and put off by thinking of the 2/5/10 stone you want to lose. There is no time limit to losing this 5lbs, slow

For other helpful ways to lose weight long term and to keep up to date with Keep It Off, sign up to my

FAQs Home News **Contact Us** T&Cs | Sitemap Blog

present.

3. Reward yourself - Let go of these punishing, critical beliefs and focus on what you have

f in 8 💆

and steady is the aim, but reward yourself once you've reached it and then move on to your next 5lb target and repeat the process, taking encouragement and confidence each time that you are moving closer to your goal, one small, achievable step at a time 5. Get back on track instantly - when you experience a hiccup and eat more than you planned

Payment methods

- Be eccentric and a little crazy now - don't wait for old age to wear bright colours. - Frame every unwanted situation or so-called disaster with these words - 'In five years, will this matter?'

Privacy Policy About us

What is Ho'oponopono and How can it help Me? posted by Graham J Stuart What is Ho'oponopono? With Modern Ho'oponopono combined with hypnosis you can take 100% control of your life because you are able to clear away the negative ideas, feelings and energy that block you from abundance! Do you ever tell yourself (or think to yourself) any of these things? "I'll never be wealthy or successful" "I'm too out of shape" "I'm unattractive" "I'll always fail" "No one loves me" "I'm a loser" "My ideas never work" "I'm sick all of the time" "I don't know who can help me" clearing away limiting beliefs. Ho'oponopono uses a 4-phrase mantra combined with a mindset shift you'll learn in this certification course to clean the data of our memories and

> So the moral of the story is that there is no stronger (legal) mood booster than some exercise and going against your chimp (there he is again) and doing what you know as a sensible human being actually works for you may involve a short burst of discomfort but is well worth it in the long run. NB I refer to the gym here as that's where I happened to go this time, but exercise doesn't need to be done at a gym. Do whatever you enjoy. I didn't actually join a gym until I had

Undisputed Power of Hypnosis posted by Graham J Stuart Study identifies brain areas altered during hypnotic trances http://med.stanford.edu/news/all-news/2016/07/study-identifiesbrain-areas-altered-during-hypnotic-trances.html trauma. Distinct sections of the brain have altered activity and connectivity while someone is hypnotized, they report in a study published online July 28 in Cerebral Cortex.

"Now that we know which brain regions are involved, we may be able to use this knowledge to alter someone's capacity to be hypnotized or the effectiveness of hypnosis for problems like pain control," said the study's senior author, David Spiegel, MD, professor and associate chair of psychiatry and behavioral sciences. View complete story

Winston Churchill

Institutes of Health.

View complete story

bleeding and pain during dental procedures."

Kevin Costner Orlando Bloom

Mozart

During surgical radiology, hypnosis diminishes patients' pain and anxiety, shortens surgical time, and reduces complications from the procedure. (Lancet, 2000)

posted by Graham J Stuart

Scientific Studies on Hypnosis

to: http://www.ncbi.nlm.nih.gov/)

below:

failed using other methods and therapies.

afterward. (The International Journal of Clinical and Experimental Hypnosis, 2000).

Scientific Studies on Hypnosis - Blog 1

serenity, and the least anger/impulsivity, in comparison to the minimal-practice and control groups.

involved in the experience of suffering. Scientists have found that hypnosis reduced the activity of the anterior cingulate cortex, an area known to be involved in pain, but did not affect the activity of the somatosensory cortex, where the sensations of pain are processed. Clinical trials of therapeutic hypnosis confirm its potential benefits. Christina Liossi, a psychologist at the University of Wales in Swansea, recently conducted a study of 80 cancer patients aged 6 to 16. She found that those under hypnosis experienced far less pain during treatments than control children, who simply talked to the researchers normally. View complete story

....and many more limiting beliefs? If so, you are actually programming yourself for failure – because whatever you tell yourself or think to yourself....the answer is always "YES". About Ho'oponopono Modern Ho'oponopono is an adaptation of an ancient Hawaiian problem-solving technique that allows practitioners and subjects working with therapeutic or wellness providers to emotionally and mentally let go of conscious and subconscious memory. During this process, practitioners are able to connect to experience a euphoric awakening, connecting to the divine to receive inspiration while

wrote a blog a few weeks ago about boosting motivation and I thought it might help to know that I too am not always bursting with energy and motivation. So, yesterday I was having one of those days when the last place I wanted to be was the gym. However, I also didn't

posted by Heather Macfarlane

Fight Against the Duvet Day

already lost the weight I wanted. To find out more visit www.keepitoff.me.uk or get the book 'Keep It Off: The Key to Lasting Weight Loss' on Amazon. View complete story

whole toolbox of techniques to dip into but people often ask me what my top 5 tips are that are the key to maintaining weight loss, so here they are; 1. Eat mindfully - this involves only every eating when sitting down and really focussing on this photo or visualisation regularly to keep you focussed on where you are going.

free newsletter today. Simply email me today at heather@keepitoff.me.uk

Log in | Create an account

Older Posts