The Law of Attraction - in Easy Terms

Admin

Manage

posted by Graham J Stuart

B A A Q

Aside from therapeutic interventions, there are some powerful personal development tools and techniques you can learn to Some Defiline - Leave a message enhance your wellbeing.

Blog!

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. "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.

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

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

Positive thought/feeling \rightarrow energy \rightarrow more energy \rightarrow opportunity \rightarrow positive action \rightarrow harmony

Negative thought/feeling → energy → more energy → event → lack of positive action → 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

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

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

Simple Lessons of Wisdom from Your Inner Guru

notice the good parts.

is all about.

bright colours.

words - 'In five years, will this matter?'

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

- 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.

important to stay true to yourself. - Save for the things that really matter – and enjoy them.

- Make peace with your past, forgive and let go - so it won't screw up the present.

- Stop comparing your life to others - you have no idea what their journey

- Get rid of anything that isn't useful. Clutter and baggage weighs you down and holds you back Nothing will change – unless YOU change

- Remember to take a deep breath - it calms the mind.

candles - use the nice sheets- wear the best clothes - show people you care - be grateful - and enjoy. - Be eccentric and a little crazy now - don't wait for old age to wear

- There is no past, there is no future, there is only "now" - so burn the

- Forgive and learn - but you don't have to forget - 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.

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

- 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

it's still a wonderful gift. To Your happiness and Success, Graham Stuart www.mindbodyhypnosis.co.uk View complete story

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After hypnotic induction (or in some cases even without it) participants exposed to suggestive statements can experience altered perceptual or bodily sensations. For instance, told that their arm is getting heavier and they cannot move it, a suggestible participant may experience paralysis of the arm. Sceptics may wonder about the veracity of these experiences but brain imaging results are indicating they are real and not merely

suggestion that they would see words as meaningless symbols.

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.

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

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

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

"The psychological disposition to modify and generate experiences following targeted suggestion remains one of the most remarkable but underresearched human cognitive abilities given its striking causal influence on behaviour and consciousness," said Oakley and Halligan. View complete story

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-identifies-

By scanning the brains of subjects while they were hypnotized, researchers at the School of Medicine were able to see the neural changes

effectiveness of hypnosis for problems like pain control," said the study's senior author, David Spiegel, MD, professor and associate chair of

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

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 trauma. Distinct sections of the brain have altered activity and connectivity while someone is hypnotized, they report in a study published online July "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

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Hypnosis for Smoking Cessation 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 the hypnotism, I want to go to the gym every day, otherwise I feel really bad."

includes:

Alfred Lord Tennyson

Institutes of Health.

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bleeding and pain during dental procedures."

Jack Nicklaus Jackie Kennedy David Beckham

Albert Einstein Winston Churchill Kevin Costner Orlando Bloom Mozart

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

The list of people past and present who turned to hypnosis to help them develop positive habits, overcome limitations, or iron out personal problems

posted by Graham J Stuart 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

of people. Success stories abound where hypnosis has been used to quit smoking, lose weight, and manage pain, some of which are detailed below: In a group hypnotherapy session among 3,000 smokers sponsored by the American Lung Association, 22% reported not smoking for a month afterward. (The International Journal of Clinical and Experimental Hypnosis, 2000). During surgical radiology, hypnosis diminishes patients' pain and anxiety, shortens surgical time, and reduces complications from the procedure.

According to Dr. Clifford Lazarus, Ph. D., hypnosis is "a genuine psychological phenomenon that has valid uses in clinical practice." [1] The number

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

The evidence is everywhere. One study concluded that patients who quit smoking with hypnosis are twice as likely to remain smoke-free than those

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

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

Scientific Studies on Hypnosis - Blog 1 posted by Graham J Stuart

own. A study of 60 overweight females concluded that hypnosis was 30 times more effective for weight loss.

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.

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 don't have the skill" "I'm not smart enough" "I don't have the experience" "I'll never have what I need" "I'll never be wealthy or successful"

If so, you are actually programming yourself for failure – because whatever you tell yourself or think to yourself....the answer is always "YES".

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....and many more 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 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.

Modern Ho'oponopono is an adaptation of an ancient Hawaiian problem-solving technique that allows practitioners and subjects working with

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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"!

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

Simple Life Coaching Lessons posted by Graham J Stuart

- 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.

- It's not important to win every argument for the sake of it—but it is

- 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.

- When it comes to going after what you really love in life – never take no for an answer. It's never too late to be happy – it's in your own hands.

- If it's not working - do something else

- Frame every unwanted situation or so-called disaster with these

- Go outside every day - look around for opportunities - and notice that miracles are waiting everywhere for you.

- If we all put our problems in a big pile - and then compared it with

- Envy is a waste of time and saps your energy - accept what you

everyone else's pile - we would probably grab ours back.

already have - not what you think you need.

DON'T want.

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

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

Neuroscience Gets Serious About Hypnosis

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

processes and medically unexplained neurological disorders.

posted by Graham J Stuart

Neuroscience gets serious about hypnosis

phenomena previously considered automatic.

brain-areas-altered-during-hypnotic-trances.html

University School of Medicine have discovered.

associated with hypnosis.

28 in Cerebral Cortex.

psychiatry and behavioral sciences.

condition the "waking state"). However, Oakley and Halligan say new brain imaging findings do support the contention that hypnosis is a distinct form 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. Oakley and Halligan concede that "it remains to be seen if these particular changes are unique to hypnosis."

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

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).

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Scientific Studies on Hypnosis - Blog 2

The easiest way to break bad habits is through hypnosis. Newsweek Magazine.

Hypnosis gives you more confidence. The Magazine Psychology Today

and Behavioral Sciences, Stanford University

failed using other methods and therapies.

The Validity of Hypnosis

(Lancet, 2000)

who quit on their own.

<u>View complete story</u>

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

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. 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 been shown to be effective in helping people to stop smoking and in controlling overeating. David Spiegel, M.D. Associate Chairman of Psychiatry

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Scientific Studies on Hypnosis

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

"This explains why, under hypnosis, help cancer patients deal with painful treatments.

children, who simply talked to the researchers normally.

feelings and energy that block you from abundance!

Do you ever tell yourself (or think to yourself) any of these things?

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"I wish I could do that"

"I'm too out of shape"

"I'm unattractive"

"No one loves me"

About Ho'oponopono

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Payment methods

"I'll always fail"

"For me, it's impossible"

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

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,

"I'm a loser" "My ideas never work" "I'm sick all of the time" "I don't know who can help me"

During this process, practitioners are able to connect to experience a euphoric awakening, connecting to the divine to receive inspiration while clearing away limiting beliefs.

therapeutic or wellness providers to emotionally and mentally let go of conscious and subconscious memory.

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Blog

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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.

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