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Everything goes black. Kennedy thinks she is dead and feels peaceful until the pain sets in then it is excruciating, the noise is …, the light is blinding she realizes that she has been shot in the head

Kennedy was in a shooting competition when a bullet accidently hit her. Luckily a nurse was nearby and ran to her aid. Kennedy’s heart rate was dangerously high and the nurse told her you must breath. You are going into shock and we’re going to lose you. The word breath stuck in Kennedy … mind. A year and a half earlier she took a class on pistol. Her teacher taught her a 4 steps technique called: combat breathing. Breathe in through your nose for a count of 4, hold your breath for a count of 4, exhale through your mouth for a count of 4 and then hold your breath again for a count of 4. With her life on the line her training took over slowing her breathing down increased the oxygen in her body and saved her life

Breath has been linked to well-being for a very long time and not just because we need oxygen to survive. Padajama for example is a Hindu breathing technique used to increase the vital energy of the body and mind. The benefits of this ancient practice have long been known but Western science is just now catching up. Scientists at NorthWestern university recently found that the rhythm of your breath enhances emotional judgement and memory recall. Interestingly these effects only happened when inhaling through the nose. Exhaling and breathing through the mouth did not have the same effect.

In other words, how we breathe is important. Breathing technique have also helped people deal with past trauma, soldiers suffering from post-traumatic stress disorder PTSD are usually treated with medication but the recovery rates are low. One study on the effects of yoga and breathing practices in … had impressive results PTSD anxiety and insomnia decreased significantly in just 1 week. These improvements were still present a year later leading some to believe that the change would be permanent. Breathing is a wonderful thing. It keeps us alive and we do it without practice, thinking or effort. But when we apply focus and attention to the breath we shine a light on the mind body connection and tap into our body natural ability to heal.

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Hypnosis is the form of direct communication with the unconscious mind. It’s a valuable tool for raising self-awareness. It can also help people change negative patterns of behaviors. It was accidentally invented by a man named Fronses and Tone Mesmer. Mesmer belongs to a small group of people who have a verb name after them. To mesmerize means to capture the complete attention of someone. Mesmer spent her lifetime trying to do exactly that. Mesmer was born in Germany in 1734. He graduated from the University of Vienne with Honors in Law and Medicine. Mesmer was a believer and Isaac Newton’s Idea that the moon magnetic pool influences the ocean tides. Mesmer applied the same logic to the human body. He coined the expression animal magnetism. Mesmer believes all living things possess a magnetic flute. This flute which enlighten the electricity was kill to people wellbeing. When the magnetic flute was in harmony, people remain healthy. When it was out of black or block people became ill. Mesmer use magnet on his patience. He believed they could remove blockages and allow for the free flowing of the flute. Vienne Elite Society held the miasmatic treatment a great success. It was the calm before the storm. In 1777, his claim to cure blind piano prodigy Maria Terecia Von Paradis was met with his score. Apparently, Paradis could see when Mesmer was in the room. When he left she became blind again. This and reports of inappropriate touching forced Mesmer to flee to Paris in 1778. The French welcome him with open arms. Soon he has over 200 reach and 60 aristocrats curing for his services every day. Individual treatment became problematic. So Mesmer divided the simple solution the back head. Mesmer claims to have personally magnetize this unusual contraction. It consisted a large wooden tough filled with iron glass bottle and water. Patients would sit holding hands in a circle around the vacate. At the same time, Mesmer circled the room dressed in a wizard. The mainly female patients would erupt in violence faith or hysterical laughter. Mesmer with then removed them to a separate private room for further treatment. This procedure was greeted with rise eyebrows. In 1784, King Louis XVI whose wife Mary Antoinette was one of Mesmer’s patients took action. He ordered the commission to examine the medical man methods. The commission said there was no such thing as magnetic flute. Mesmer left Paris with his tail between twin his legs. He wonder Europe as an excite for the rest of his life and died in 1850. Mesmer’s theory of magnetic flute may has been mystical mumbo jumbo. Yet many patients still said his techniques were a success by accident or design Mesmer used suggestive mental stage for positive outcomes. By addressing the unconscious mind he cure his patients of psychological illness. He was simply hypnosis by another name.