

PART 2



HOW TO TAP THE INCREDIBLE SECRET

Powers of Your Own Mind

*“The true value of Hypnosis is that makes
your mind optimally receptive to your
own thoughts”*

Dr H. Spiegel, American
Psychiatrist

Welcome back! By now you are probably getting used to and enjoying going into trance state hopefully twice a day. Don't worry if you can't find the time for two sessions each and every day at first but do try and find time for one session a day. Self-Hypnosis is much like anything else in life the more you put in the more you get out. Notice I did not say the more effort you put in the more you get out since that would give you the wrong kind of message.

You will come to realize that “will-power does not really exist when you are dealing with the mind. Since your subconscious mind will make

you do what it feels you want or need conscious will power does not really come into it.

If you have ever suffered from insomnia you will recognize the problem that the more you try to get to sleep the harder it becomes! Let's imagine you have that important meeting in the morning and you tell yourself that you must get those vital eight hours otherwise you think you will feel terrible and blow some big deal. This kind of state of mind will almost certainly ensure you will fail in your goal of getting a good night sleep. The Tony Hancock episode called the "sleepless night" illustrates this condition perfectly.

In fact while I think of it you could give yourself the suggestion while in trance to the effect that because you enjoy your trance state so much you always ensure you find the time to go into Self-Hypnosis because you know it is so good for you

and you love the wonderfully relaxed feeling it brings.

To program your subconscious mind the very last thing you should do is use brute force! Let your subconscious mind do what it was intended to do. It will not disappoint you! Remember:-

The more relaxed we are the better we perform!

How To Phrase Your Suggestions So That The Subconscious Will EASILY Act On Them:

What we have to remember when dealing with the subconscious mind is that it must react to the suggestions it receives as though they are orders! While the conscious mind is inhibited or subdued by entering trance state it is possible to reach the subconscious mind un-hindered by the conscious mind's critical factor.

In order to get the best results from the subconscious mind we have to follow certain rules when wording our suggestions. If you can create well phrases suggestions you will be able to put this great force for good to work for you without you having to use will power or conscious effort.

MOTIVATION

I would hope that whatever it is you want to achieve with the help of hypnosis it is something you really want and not just some kind of passing whim. The more you want to succeed then obviously the greater the success you will have. It is no use hypnotizing yourself to become a brilliant snooker player if you don't really intend to go down to the pool hall several days a week. Why waste this great force within you and your precious time on something you don't really

want. If you order your subconscious mind to help you to earn more money and really mean it then it will move heaven and earth, work day and night until you have achieved your goal. Remember the subconscious mind never sleeps. I have some suggestions to help you decide what it is you really want to achieve but for the time being just read the following rules on how to talk to your subconscious mind:

RULE ONE:-

In this month's release you are going to learn how to condition your mind to become more positive and receptive to new ideas and thought patterns. It is a strange coincidence that in order to talk to the subconscious mind effectively we have to adopt a positive tone of voice and use positive terminology. This is because the subconscious mind houses our emotional thoughts and so responds well to emotion.

For example if you were phrasing a sentence to help yourself with insomnia you might say “*I always enjoy a good night’s sleep*” or “*I sleep soundly and deeply all night long*”.

It would be wrong to say something like “*I don’t have any trouble getting off to sleep at night. I do not toss and turn all night long*”. This is because if you include any negative words and phrases in your message it reminds the subconscious of the problem that you have going off to sleep at night.

If you are trying to rid yourself of a headache you would not say “*When I return to full consciousness my headache will be gone*” because you are reminding yourself that you have a headache. Far better to say something like “***My head feels wonderfully good and relaxed***”.

There is a mental law which states that “What is expected will be realized”. This is the Law of Mental expectancy. Even in the Bible there is the saying “For the thing which I so greatly feared is come upon me”

So always phrase your message from the point of view of what it is you are trying to achieve and not what it is you are trying to avoid. So the first rule when getting messages across to your subconscious is to BE POSITIVE!

RULE TWO:-

The subconscious mind likes to hear instructions in the **present tense** best. So we put our phrases in the present form like “I am feeling very sleepy”.

You would not say ***“I will feel sleepy”*** because your subconscious mind wants to hear the idea it is receiving as though it is already accomplished. The exception to this rule is if you are recovering from an illness and you want to speed up your rate of progress. For example if you have broken your arm and it is in plaster you cannot tell your subconscious mind that the arm is completely healed, it will not believe you. Your critical factor would be activated and prevent the message from being accepted by your subconscious mind.

After all it knows you have your arm in plaster and so won't be fooled. Instead you have to use a progressive form of the present tense e.g. ***“Each day my arm is becoming stronger and stronger”***. You would do far better to ask your doctor how long you would expect your arm to heal under normal circumstances and halve this time in your suggestions. You will be amazed at the results!

If you are constructing suggestions for some future event you still have to use the present tense. If you wanted to be relaxed giving a speech at a meeting next Tuesday you would phrase your suggestion as follows ***“Next Tuesday when I give my speech to the meeting I am calm, relaxed, and Feel in total control”***.

You want to avoid conflicting images being given to the subconscious. For example you would not say “Next Tuesday when I give my speech to the meeting I am far more confident than I was last time”. This is because your subconscious mind will dig up negative and unpleasant memories of how you used to be. You obviously want your mind to hold the image of how you want to be or behave.

The present tense is important because it exists now it is immediate and is harder for the subconscious to ignore.

“I will eventually be able--

or ***“one day it might be possible For me to “***

These kind of suggestions are far too wishy washy and indeterminate for the subconscious to hold a firm picture of what it is you are trying to achieve.

RULE THREE:-

Be as SPECIFIC as you possibly can. This follows on from rule two. The clearer an image or instruction can be the easier it will be for your subconscious mind to accept it and hold. With a clear goal in mind it will be able to run with it and steer you in the direction you need to go!

It is best, particularly at first, to concentrate on one goal at a time. Certainly in one Hypnosis session you want to stick to one specific area of improvement. You do not want to suggest that you have lost two stone, become a better public speaker, stopped smoking, etc. all in one single half- hour session. You want to stick with your chosen aim and stay with it until you feel there is some improvement. How long this will take will depend on many things.

How realistic your chosen goal is will determine how quickly you achieve your chosen goal. *If you weigh six stone and are only four feet tall you might find your subconscious mind has a little trouble believing that you are going to be the world heavy weight champion in two weeks.*

How well your suggestion is worded obviously has a big effect on how successful you are. However if you follow the advice given here you

should not have any problems. If you find your rate of progress a little slow at first try to re-work the suggestion a little. A little change here or there can work wonders.

Once you feel you are making some progress you can alternate your Hypnosis sessions by introducing another goal. Remember to stick to one goal per session though. If you are trying to get to sleep more easily it would be best to go into trance near to your normal bed time. Perhaps use an early morning slot for some other goal on your list.

RULE FOUR:-

Set a time limit. As I said when trying to achieve a fast recovery from an illness or a broken arm it is a good idea to give your subconscious a time limit to work to. If you like you are being more specific which as we know is what the

subconscious likes. Give it clear quantifiable instructions.

As I have already said try to be realistic when setting your time limit. Don't expect to play Brahms Second Piano Concerto in one month's time if you have only had a couple of lessons and just mastered chop sticks! However if you programmed your mind to do exactly as your teacher tells you and imagine you are an accomplished player you will be truly surprised at your rate of progress. By simply programming your mind to be more alert and retain more information your ability in many area can drastically improve. Remember your subconscious mind can process more than two million bits of information every second and it never forgets anything!

Similarly don't ask your subconscious to make you a millionaire in two weeks if you are currently earning about two hundred pounds each week. However you don't want to underestimate your abilities. I want to go into this in more detail at a later date but I hope you can get the general idea. Basically set yourself a realistic time limit for your goal and you will reach it long before the time limit you have set has expired.

RULE FIVE:-

When phrasing your suggestions use clear simple language. You have to speak to your subconscious as though it is a clever nine or ten year old child. You are not trying to win some English literature prize or redrafting the law of contract. Use clear simple words that say exactly what it is you want!

RULE SIX:

Use exaggerating and emotional words. As you already know the subconscious is your emotional feelings are kept and so you will have greater success if you appeal to your emotions. Use words like:-

**Wonderful Beautiful, Joyous, Exiting,
Tremendous, Generous, Blissful, Love, Sexy,
Brilliant**

I am sure you get the picture. The more you say or think these words or words like them, with real feeling the greater the impact you will have on your subconscious.

RULE SEVEN:-

Make sure you repeat the goal often in your suggestion. Rephrase it many times by using different words and feelings. Use the emotive words above. Be descriptive and make your affirmation as attractive to you as you can. Enlarge upon it. Approach it from different angles and in different ways.

The more often you are exposed to the idea you are going to implant the more firmly entrenched it will become in your mind.

If you want to stop biting your nails it may take a little time before your subconscious replaces the thought patterns that cause you to bite your nails. The more often you replace the instructions to bite your nails with new ones the more likely your subconscious mind will respond e.g.:- “Because I like beautifully shaped long and strong

nails 1 always take great care of them. My nails grow tremendously strong and look wonderful. They are fantastic “

RULE EIGHT:-

Always suggest that you are actually able to do something and not that you have the ability to do something. You would not say “*I have the ability to play squash like a professional.*” You might phrase it as follows:- ‘***I Play squash like a professional***’. Not “*I have the ability to sleep all through the night*” but rather ‘***I sleep soundly all through the night***’. Simply stating the ability to do something distances the action in some way and weakens the affirmation.

Before I give you an example of script for a possible induction lets summarize the rules:-

Rule One:- *Be as positive as possible.*

Rule Two:- *Use the present tense.*

Rule Three:- *Be specific in your affirmations.*

Rule Four:- *Give your subconscious a time limit to work to.*

Rule Five:- *Use clear simple language.*

Rule Six:- *Use strongly emotive words in your suggestion.*

Rule Seven:- *Repeat the goal as often and in many different ways as possible.*

**Rule Eight:- *Suggest you can/are
doing something. Not just
the ability to do it.***

What follows is an example of a possible script to help someone lose weight. Read it through and see how it follows the rules set out earlier. If you have a tape recorder you could record yourself reading the script and play it back after a suitable time has elapsed so that you can go into trance before the script starts. If you recorded some suitably soothing music for about ten minutes or so and then softly bring in the script. You should find the message will get through to the subconscious. Or simply record the induction technique from part one, leave a small pause and then move onto the suggestion after that.

If you are lucky enough to have a Multi-Tracking System you will be able to keep the soothing music in the background and superimpose your

voice over it and adjust recording levels accordingly. You may have some recordings of music you could use but I will give you a few suggestions. The following recordings have been found to work fairly well.

Second movement “Andante” from Concerto for two Pianos and orchestra in E flat major K365 by Mozart.

The “Adagio” from Albinoni’s

The “Romanze Larghetto” from Frederic Chopin’s Concerto for Piano and orchestra in E minor No 1.

The “Adagio assai” from Maurice’s Concerto for Piano and Orchestra in G major.

The slow movement from Mozart's Concerto for Piano in A major K488

The slow movement from Handel's Concerti Grossi op 3 number 1.

Don't worry if you don't have these recordings in your collection because your friendly local library will be able to help. The following recordings are only a suggestion you can use what you want really but remember what it is you are trying to achieve here. Obviously some Heavy Metal Band going at full pelt may not bring you to the desired relaxed state you are seeking. For the same reason the music should be kept very much in the background and not too loud. You can isolate a few minutes of a work and loop it round again and repeat it as often as you wish. I know it is not a very musical thing to do but it does work quiet well, it almost takes on the function of a Mantra in meditation.

WEIGHT LOSS:

I have heard it said that *“many live on one-third of the food they eat and Doctors and diet organizations live on the other two-thirds”*. Most slimmers know that dieting nearly always brings about overeating. Weight goes down initially but soon shoots up again. The idea of living a life of deprivation and self-denial is very difficult to accept for many people.

Obesity can be a very difficult condition to cure as you can see from the numerous magazines available offering a multitude of diets and theories. Let's face it dieting is very big business. If it could be solved easily then nobody would have a problem.

Often the seeds of the problem of overeating can start at a very early age. As we grow up there are all sorts of messages programmed into the

subconscious in connection with eating. When food is left on the plate you are told not to waste it. You are told that you must have three square meals a day. When a child cries because it has hurt itself the parents will often stick a sweet into its mouth as a comforter. Such messages over time will program your mind to eat because you feel unhappy or because you are ill or for many other reasons but not because you are actually hungry and need the food as a source of energy and sustenance.

Eat what you want and lose weight!

Yeah I know you have heard it all before but with the use of Hypnosis you can achieve a healthy normal weight and maintain it while eating as much as you want. The crucial difference is that you educate your subconscious mind so that you only eat what your body actually needs. In other words when you are physiologically hungry and

not when you are psychologically hungry. You only want to eat what your body needs to function and remain healthy.

Your first step in achieving this is to choose the ideal weight that suits you. That is to say the weight that suits your bone structure and height. Look in a mirror and see yourself in your imagination at your knew ideal weight. Don't worry if you find it difficult to imagine yourself in this way. Some people who have been over weight for a long time can have a little trouble at first however trust me you can do it. Perhaps get a picture of someone from a magazine whose figure you admire and see yourself as that shape. Perhaps superimpose your face onto the body either in your imagination or use a photograph of yourself.

The important thing to remember is that your body will take that shape.

What your subconscious mind believes and expects **Will Happen!!**

Now as you have already been told Hypnosis cannot make you do what you don't really want so look at yourself in the mirror and decide whether what you see is what you like or do you want to really change. What follows is an affirmation for achieving the superb figure of your choice. This would normally be read out once you are in a suitable trance state as described in part one.

If you are using a tape recorder the induction should be given in a slow soft monotone as said in part one. The suggestion ought to be delivered in a clear businesslike tone. And when you come to the awakening section read it out a bit louder and more forcefully. Take care not to make your changes in timbre from induction to suggestion too abrupt otherwise you will startle yourself out of trance.

Affirmation for achieving the superb figure of your choice:-

Now do know and do trust that you will immediately awaken totally alert and in normal consciousness should there be an emergency that needs your attention.

You always readily accept the suggestions given while in Hypnosis and reach a perfect balance between the conscious and subconscious mind. Each time you go into trance you find it easier and easier

Now, as you drift deeper into that beautiful feeling of deep relaxation you know it is your birth right to have a perfectly shaped body and of an ideal size.

You know your body to be a truly remarkable creation and you have such a

tremendous respect for it. You know what your chosen weight and size is for your own body and you constantly see yourself in your mind's eye at this weight and size. Your subconscious mind has a tremendous desire to see you looking and weighing and maintaining your perfect size and weight.

Now, relax and let go with each breath you take and go deeper - deeper— deeper. Imagine you are standing alone in a large airy room. The room is known only to you as it is a secret place where you come to relax in peace and enjoy being and feeling slim and beautifully attractive——to love being the real you with your perfect figure.

Now see your room as furnished in wonderful colors. And notice one wall is covered with a large immaculate mirror Beautiful sunlight is filling the room and the mirror is radiating this light and shows the

beauty of your room and also reflects your beauty. You feel wonderful as you take gentle breaths you smell the fresh clean air fill your lungs and you feel so happy. You know that you are always your ideal size and weight when you are in this room and you come here often to relax and feel happy. You feel great admiring your terrific figure in the mirror. You turn from one side to the other enjoying the beautiful attractive person that is you. Now you see a comfortable chair or couch, and go and sit down. It is incredibly comfortable and your body sinks back into the soft cushions. As you relax even more you feel absolutely fantastic mentally, physically, and emotionally. You love feeling so healthy slim, and beautiful. You are feeling so good and wonder why you haven't done this before.

You know you deserve to feel so good and have the best in life. You always do good things for yourself. You love yourself and respect your body. You are loving your new positive attitude to life. You know that your great respect and love of your body is because of your new eating habits.

You enjoy sitting down when eating, and at your regular mealtimes you love to sit down and have much greater pleasure eating than at any previous time. You like to really savor the taste of the food. You like to take time to taste each mouthful to give your taste buds time to enjoy each bite fully. For this reason you put your knife and fork or spoon down between each mouthful to give yourself enough time to really taste the food. When eating with your fingers you put the item of food down on the plate or onto a napkin until you have finished each mouthful.

You only think of what you are eating at that time, you only concentrate on one bite at a time. You enjoy to feel the texture of and nature of the food. You REALLY feel it in your mouth. You find it is the taste of the food that is more important than the food itself or the quantity you are eating. As you savor each mouthful it tastes so-oo good!

Finally when you have enjoyed your mouthful to the full you eventually swallow it is only then that you think about taking another bite. Of course you are not in a hurry so you can take your time. When you decide to take another bite you savor it even more than your first bite. You enjoy it even more than the first and it is only when you have enjoyed your second bite do you go on to your third. And in this way you

repeat the process after each tasty bite enjoying each one the utmost.

The sensory centers in your mouth are very grateful you have taken time to really taste each bite fully. And your stomach is grateful you have allowed it to deal with the food slowly and in its own time. It hates that awful feeling of being stuffed like at Christmas time. Your body thanks and loves you because it knows you are letting it become healthy, beautiful energetic and happy.

You always leave some food on your plate. This is because you only eat what your body needs to function. And as you leave some food on your plate you know you do so because you don't want it. The food is no longer required and so can be thrown away into the dustbin. It will not harm the dustbin but will harm your body if

you eat something it does not need. After all you are not a dustbin. You care for your body and eat good healthy food which is full of nutrients and rich in vitamins. You enjoy fresh salads and low fat foods. You always drink plenty of fresh water during your meal time. You take several sips between each bit of food. You feel wonderfully alive and healthy with these new eating habits.

Whenever you think of eating food when your body does not need it you know you can simply and easily deal with this. You simply relax yourself, take a dee-eep breath, hold it, and slowly count to ten. Then you close your eyes - exhale - and think the words relax - re-e-lax. With these words your body relaxes all over and you drift effortlessly into dee-eep relaxation. Every muscle, every ligament every nerve in your body is going limp and lazy.

Now you can go into your secret room if only for a few seconds and see your beautiful, stunningly attractive figure in your mirror. Now open your eyes and think whether you want to eat now or would you prefer to wait until your meal time when you know you will enjoy the taste much better. You know you will enjoy it all the more later because you will have saved up your appetite.

Your subconscious mind knows very well the difference between real hunger when your body needs food for energy and the stupid desire to eat for some other idiotic reason. Boredom is not hunger nor is worry, neither is disappointment or frustration. These things are nothing to do with eating or feeling hungry.

Your subconscious mind is far too clever to allow you to eat for any of these false reasons. Only fools and idiots do this and you know you are not an idiot. You can tell when something displeases you or stresses you and you feel a fool's appetite coming. You know you can close your eyes and take a long dee-ep breath, hold it for ten seconds, and just think the words re-eelax. You go into your secret room even if only for an instant and you feel absolutely wonderful. You are a beautiful, stunningly attractive, perfectly shaped, human being. You are marvelous.

You know the only time you feel hungry is when your body tells you it need nourishment This is good and natural Eating for any other reason is simply harming your body and because you understand this you only eat when your body needs the food in order to function

properly. Just like a car that needs petrol to go. You only eat when you are physiologically hungry.

Now go back to your secret room and take another long look at your beautiful figure. This is the real you. You love this real you. And you see and feel yourself becoming this person this shape more and more each and every day. You feel very happy because you know that people can see how good you look. You give out such positive vibes to people around you because you feel so wonderfully good. You feel tremendous because you have complete control of your mind and body. You are the boss.

Now relax, relax and go deeper so that these truly beneficial ideas can filter deeper and deeper into your subconscious mind for

*ever to guide you to your true self. Relax--
--.*

(Leave a few minutes blank on the tape or have some peaceful music playing in the background while your mind can attune itself to these ideas and then go on to the wake up section that now follows. Remember to use a gradually more positive and alert tone of voice when using the wake up routine.)

Now it is time to return to normal consciousness. You feel so wonderfully rested. I will now count from one to five, and as I do so, you will feel energy start to build and pulsate through your body. You are wide awake as I count to Five. One you are waking up now, as you awaken you feels more and more energetic and alive and good. Two you feel more awake, you feel totally fresh and sprightly from head to

toe. Really terrific. Three you feel as though you have splashed your face with cold beautiful Crystal clear running water and you feel so refreshed. Four you feel really good, calm and relaxed and at peace with nature. Five eyes open now! Wide awake. Take a deep deep breath and stretch and feel so really good.

WARNING!!

Before we go any further I want to discuss some aspects of “***Curative Hypnotherapy***” and go through some case studies to illustrate its importance.

I chose to write out a possible Hypnotic script to help weight loss because many people seek help in this area. The problem is many clients come with the expressed desire to lose weight and consciously believe that their only problem is simply that they eat too much. They do not know nor have they given any thought as to why they are eating too much.

You might think who cares just treat the symptoms and get on with it. There are some so called therapists who take this attitude, probably through ignorance, and they seldom do their clients any good at all in fact they can do them harm. Please don't miss understand me. This does NOT mean that hypnotherapy causes them harm.

In many cases whether it be obesity, alcoholism, a stammer, fear of flying, fear of driving, fear of men, fear of women, fear of enclosed spaces, fear of open spaces, or whatever, there will often be a hidden reason buried in the subconscious which pushes a person to react in a way which would appear to be detrimental to themselves.

As I have already said when the conscious mind holds one view and the subconscious another the subconscious always wins. It is for this reason the alcoholic may consciously wish to stop drinking because he knows his family are turning away from him in disgust, he will soon lose his job, and he is rapidly heading for cirrhosis of the liver, but he just cannot seem to stop himself from heading for self-destruction. Hypnosis can treat symptoms very effectively indeed but unless the cause of the symptoms are removed or neutralized the problem will almost certainly come back or some other far worse symptom may replace it instead.

In such cases people have accepted there is a problem consciously but the subconscious mind is reacting to other outdated or erroneous information on which to justify its actions. This is in effect bad programming from the past.

I could tell you about many cases which have been successfully treated with hypnosis. The following examples may give you some idea as to the power of the subconscious mind and how, if it is not checked, it can cause great anguish, unhappiness, and harm to many individuals.

One example of this was the case of a lady who had been married for nearly ten years but had not been able to have a baby. Apparently her fallopian tubes were always blocked and so her eggs could never travel into the womb to be fertilized. Finally she had surgery whereupon she was only left with one tube remaining. This tube seemed to inexplicably block up.

Under Hypnosis it transpired that her subconscious mind was punishing her because at the age of sixteen she became pregnant and her parents made her have an abortion. She never wanted the abortion but was forced into it. She felt like she had committed murder.

Because she considered herself a murderer her subconscious mind wanted to protect her from making the same mistake again or punish her and prevent her from committing the same crime. It may seem bizarre but this is how the subconscious mind can work. By the use of regression under hypnosis she was able to relive her past and rationalize what had happened. This enabled her to reprogram her subconscious mind and stop it from interfering in her attempts to have a baby. At last she had stopped punishing herself! Last I heard, she had a boy aged four and little girl about eighteen months.

Regression is a vital tool to a Hypnotherapist without which it would not be possible to cure the many

thousands of people who turn to Hypnotherapy for a solution to their problem. Sadly for many it is nearly always the option of last resort.

Because the subconscious mind never forgets anything that has occurred in your life there is a vast data bank full of information from your past stored there waiting to be accessed. The conscious mind cannot keep all this information on hand and so has had to forget most of it out of necessity. Under Hypnosis it is possible to go back to your earliest recollections and remember once again what occurred all those years ago. This is what is called *Regression*.

The reason Regression is so important to a Hypnotist is that often it is an old memory of an event that has been misinterpreted by the subconscious that is the cause of a problem. The conscious mind will have forgotten all about it years ago but the subconscious mind still holds it close by.

All professional Hypnotists have a lot of people coming to them in order to lose weight. It is by no means rare that there is often a deeper psychological reason for that person's obesity.

In one case a girl of twenty eight called Mary had become very overweight, as it turned out, owing to an incident that had occurred when she was only seven years old. One meal time her younger sister pushed her plate full of food on to the floor however nobody realized that this action was due to her having a fit and she was to die from a brain tumor six months later.

For some reason Mary's subconscious had associated her sister's death with her earlier action of pushing her meal onto the floor. Naturally enough she didn't want that kind of thing happening to her, she didn't want to be punished, to die, for wasting her food so she had developed a compulsion to eat

Obviously had she been aware of the real reason for her sister's actions and that it was her illness which made her involuntarily push her plate onto the floor she would not have developed this unnatural desire to eat. Under Hypnosis it was possible for her to review events with an adult attitude and understand that she did not have to eat every scrap of food available.

I know it can sound illogical that the subconscious mind is capable of constructing such an idea but it does happen time and time again. The subconscious mind is not logical and has no commonness. Under Hypnosis it is possible to go back to the original piece of programming which led to a problem. Like any computer if you put bad or erroneous information in you will get a lot of nonsense out the other end. Perhaps the next example will give you a better idea.

Clare had turned to Hypnosis because she was very concerned why her weight had so dramatically increased soon after she had had her baby son. Her

weight had gone from an attractive 125lb to 257lb and despite going to the doctor nothing that was tried seemed to help.

Apparently tests showed that there was a hormone imbalance but the treatment she was given was not successful in reducing her weight. Her marriage was suffering because her husband did not like to see his wife putting on so much weight and so their sex life was suffering accordingly.

Eventually her doctor had suggested she try Hypnosis in case there was some deeper reason for her condition. After a few sessions it transpired that the cause of her overeating was connected to her having a baby.

Clare's mother had died soon after she had given birth to her son and for some reason this had triggered her desire to overeat. After some more sessions it became clear Clare had associated having a baby with the cause of her mother's death. On digging deeper there was a

connection with someone mentioning the old saying “as one comes into the world another goes out”.

Finally after more digging the reason for Clare’s problem became clearer. When Clare knew she was pregnant she broke the news to her mother who responded with “What you’re pregnant. Oh Clare you will be the death of me!” Shortly after the baby was born Clare’s mother died of a stroke.

The shock of her mother’s death led her logical subconscious mind to assume that the act of Clare having a baby had led directly to her mother’s death. The subconscious mind knew that in to have a baby you have to have sex. It also thought that if Clare were to have another baby someone else may die, possibly her father this time!

It went on to reason that if Clare was to have sex with her husband there was a chance that she might get pregnant again. Her subconscious mind knew that

contraception was not 100% effective, especially when there was a life at stake, so it logically had to ensure that Clare did not have sex with her husband. Since her husband did not like fat overweight women it seemed logical that if Clare became fat and unattractive they would be much less likely to have sex.Q.E.D.

Now this was quite a complex problem and it took many sessions to get to the bottom of it. If she were simply Hypnotized and given basic instructions to eat less she would probably have lost weight however because the underlying problem would not have been dealt with. Her subconscious mind would have fought back and ensured that she would put the weight back on again or alternatively found some other, more drastic way to prevent her from having sex.

The reason I mention these examples is to point out that it is very important to find out the real reason for a problem and not just treat the symptoms. You have to deal with the cause as well!

Some Hypnotherapists don't bother to find out the real reason behind a problem and so cause more problems for their clients. They simply swap one set of symptoms with worse ones. If you think there might be a deeper reason for some difficulty your having you should consult a ***Curative Hypnotherapist***.

Ask them how they would go about treating you and whether they would use regression to get to the root of your problem.

I am not trying to scare you I just want you to know what options are open to you. I don't want you to try Hypnotherapy and dismiss it out of hand without giving it proper chance.

You might like to know that Clare steadily lost weight without having to diet she was able to eat what she wanted. She eventually returned to her normal weight shedding around 130lb.

I cannot stress often or hard enough that if you have a medical condition you must get yourself checked out by a doctor. Get a competent diagnosis first. For example if you are in constant pain and do not know why go to a doctor before using Hypnosis to numb the pain. Pain is nature's warning signal that something is not right. If you break your arm you would not just use Hypnosis to kill the pain. You would go to hospital and have it put in plaster. (End of Sermon!)

How To Find Out What You Really Want from Life.

I will assume for the sake of argument that you do not have any pressing or urgent health problems that you need to be resolved. I would like you to write down on a piece of paper your answers to the following questions. If you don't think you have enough time to do it properly leave it until later when you do have the time. It only takes a few minutes but does require careful thought and consideration.

What five things do you value most in your life? What five things would you strive for or make sacrifices for?

a).....

b).....

c).....

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d).....

e).....

In no more than thirty (30) seconds write down the three most important goals in your life right now?

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What would you do if you won £1,000,000 tomorrow?
What things would you buy? What debts would you pay off? What places would you travel to?

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4. What would you do if you had no mental or physical limitations placed on by you. By this I don't mean would you fly like a bird or would you like to turn into a horse and win the Grand National! What I mean is what do you dream of doing or aspire to do but thus far have been afraid to try?

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What would you do if you were told you only had six months to live? That is to say if you had six months to live in perfect health what you do, what would you change, how would you spend your time?

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What have you always wanted to do but never had the opportunity, money, or courage to try? What have you held back from trying?

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What things or actions on your part give you the greatest feeling of self-worth, recognition, or importance?

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Imagine you have just found an old bottle on the beach and you uncork it and a Genie rushed out granting you just one wish? What one thing would you ask for if anything could be granted? (Don't write down you would wish to be twelve again or swept back to the time of Henry the eight. Don't limit yourself but use a little

common-sense too.) What one thing would you do what one ambition would you realize if you knew you could not fail?

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When you have written you answers down I want you to put the paper in a safe place because we will come back to it later. If you change your mind to any of the questions just write them down on another piece of paper. Don't change the original answers just yet!

What we are trying to do here is find out what makes you tick. What motivates you? What things do you want out of life? What are your real drives and ambition? Unless we find out what it is you are truly and genuinely after it is harder, not impossible but harder, to program your subconscious to go out and get them.

The clearer the idea or image you have of what it is you want from life the closer you are to achieving your goal. It sounds simple but it is perfectly true. The journey of a thousand miles begins with but one step. The crucial point is that we keep going forwards and not to the side or, God forbid, backwards. With a clear plan or good map we know we will get there and probably a lot sooner than you ever dreamed possible!

In Part Four I will tell you how you can turn the power of your subconscious to thrust you in the direction of achieving your life's dreams and ambitions.