



Life-Enhancing Hypnosis:

Empowering people to achieve optimal mental, physical and emotional well-being.

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A Family Tradition

People return to Hypno-Health to work on other issues, after having been successful with previous ones. Sometimes, another member of a successful client's family will make an appointment to work on an initial issue. Once in a great while, a third member of two successful clients' family will make an appointment. When that happens, I think of it as "A Family Tradition".

Marie came to Hypno-Health eight years ago to work on improving her self-confidence. She had grown up in a home with caring parents who focused more on negatives than positives. She had some positive experiences while growing up, but they were overshadowed by the constant negative comments from her parents. As a result, her confidence was compromised. Her good academic ability was hampered by anxiety, worries and an ever-present voice in her head that told her she "couldn't do something" or she "didn't do that right". Her B-/C+ average in high school reflected the inner challenges she faced. She graduated from a community college, with a Business degree and had worked in an insurance company for 15 years. But her job responsibilities had lost their luster and she was feeling trapped. The benefits were good, but she felt unfulfilled vocationally and couldn't imagine finding a better job.

In hypnosis, Marie uncovered the roots of her lower self-confidence, disconnected the impact of them on her and replaced them with new perceptions. She imagined herself becoming self-reliant, independent, determined, motivated, and filled with inner security. She became her own cheerleader and created a positive reality that enabled her to expect and enjoy positivity in her life. She anticipated positive opportunities in everything she experienced. She integrated within herself an overall feeling of well-being and mental calmness. She felt enthusiastic about her life and looked forward to new challenges. As those expectations took hold within her, Marie decided to seek new employment. She was hired as a public relations specialist for a large bank

with many branch offices. She has found the work exciting and stimulating and has become an outstanding employee.

Wayne, who did not know Marie, came to Hypno-Health six years ago. An established supervisor in a trucking company, he needed to address anxiety, acid reflux and irritable bowel syndrome, all of which impeded what he could do and where he could go. He enjoyed the work, and time passed quickly, but the atmosphere was stressful.

Wayne described his growing-up years as “pretty vanilla”, with two sisters, a stay-at-home, loving mom, and a father who played sports with him and attended his athletic events in junior and senior high school. As he recalled his younger years, Wayne mentioned how his father’s high expectations and put pressure on him. He made clear how he thought Wayne should perform, whether it was cutting the grass, achieving in the classroom or playing on the athletic fields. A “C” on his report card resulted in Wayne being grounded for a month. If he got less than 88 in any class, he lost all privileges at home for an unspecified length of time. He became determined to succeed and please his father, but anxiety became his constant companion and stress his Achilles heel.

Wayne became aware of, in hypnosis, everything that had caused and reinforced his desire to be perfect and how that exacerbated his anxiety, acid reflux and irritable bowel syndrome. Piece by piece, experience by experience, and message by message, he disconnected the impact of everything that had caused his internal discomfort. Each time he disconnected something in his subconscious mind, he replaced it with something positive. As those positives became his reality, and he “got more in tune with his inner self”, he began to make changes. His wife noticed differences at home. As Wayne felt more relaxed and free, put up a hammock – and used it! He used his word “free” to become calm and relaxed, like turning off a light switch. He felt like “a soothing flow of harmony and balance” existed within him. He felt “clean, pure and strong”. His GI and PCP doctors were “very impressed”. Wayne also performed his work duties in a relaxed, comfortable way, completely free of his former symptoms. He said: “I feel good – really good”!

Marie and Wayne, both then divorced, met several years ago and became partners. They began talking about Marie’s son, Evan, and how they might help him get moving in a better direction with his life. Not surprisingly, they eventually decided that hypnosis could be the answer. When Wayne called me, he described Evan as a “lost soul”. He was a college junior, struggling with classes, social life and himself Anxiety ruled - and kept him from realizing the potential he knew he had.

The primary reason for Evan’s anxiety began when his parents divorced (he was 14). The “fun, good times, messing around, happy-together, protective” atmosphere he had with his dad suddenly disappeared when he moved to the other side of the country. Evan was shaken,

overwhelmed, devastated, and stressed. He couldn't understand why he had lost his best friend. A one-week visit each year, phone calls, and texting didn't come close to filling the big hole that had been created. Additionally, Evan felt "alone, like he had lost the person who was supposed to teach him manly things, the mentor who should have guided and pushed him through high school". He was racked with anxiety through high school and in college. His mind raced about what he should be doing, but he could not slow it down. He developed headaches, ate junk food, and felt guilty. He was overwhelmed and unfocused.

During four sessions, Evan was able to identify and release everything that had contributed to his anxiety and the havoc it had caused in his life. He began moving out of the big hole. He became calm, focused on one thing at a time, organized, able to handle what was thrown at him in a logical way, and in control. He accepted things as they were and moved on. He became healthier, happier, and anxiety free. He reduced his course load to four classes, got a math tutor, "earned awesome grades" and gratefully enjoyed the changes he had permanently integrated within himself.

With no additional family members available to carry on the tradition, maybe one of the three will someday circle back with a new issue.

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Remember: *Hypnosis can be done in the office, by phone, and via Skype.*