



Take Control Of Your Life With Hypnosis:

Eliminate negative habits; Create healthy changes; Achieve optimal well-being.

Hi Everyone! Here is the 26th issue of the Hypno-Healthgram. You can access previous issues by going to the Newsletters page of my website: www.hypno-health.net

December 2012

THE HEALING POWER OF HYPNOSIS

After giving a presentation on The Healing Power of Hypnosis to a Psychology of Consciousness class at the University of New England two weeks ago, I thought it might be interesting to highlight it for you folks. Some of the information doesn't usually get talked about in office sessions. I can tailor the presentation to any group interested in how hypnosis enables people to make healing changes in their lives.

I. What contributed to Hugh's becoming a hypnotist?

Hypno-Health statistics: practicing Board Certified Consulting Hypnotist: 22 years (1990 to present); 1900+ people in individual sessions; 5,500+ sessions; 200+ issues.

Certifications: Board Certified Consulting Hypnotist; certified in Complementary Medical Hypnosis, Sports Hypnosis, Hypno Coaching, Neuro-Subliminal Programming, and Advanced Past Life Regression.

Professional background: BA degree Bates College, Sociology major; M. Ed., Springfield College, Recreation/Psychology major; five additional masters' level counseling courses.

Related previous work experience: Employment interviewer – 2 yrs; vocational rehabilitation counselor – 1 yr; recreation specialist at residential treatment center for emotionally disturbed boys – 4 yrs; high school guidance counselor – 15 yrs.

II. How do the conscious and subconscious minds differ?

Conscious mind is like the tip of an iceberg and is only 10% of the total mind power. It is the short term-memory; the analytical part; it guides us while we are awake.

The Subconscious mind is like the bottom ((90%) of the iceberg. It contains a record of one's entire life; is the long-term memory; is where habits, behaviors, and attitudes take hold and influence us in the conscious state; protects the individual. Habits result from repeated experiences, messages and influences in our lives.

I do a demonstration at this point and you could do it with another person. One is the time keeper, the other is the participant. When the time keeper says "start", the participant says the alphabet, out loud, as fast as possible (probably around 5 seconds). Then she/he says it again, but skips every other letter. The time keeper says "stop" when the person reaches the number of seconds from the first round. The person will probably only have gotten 1/4 to 1/3 of the way through on the second try. This shows the difference between the subconscious (habit) mind (first alphabet attempt) and the conscious mind (second alphabet attempt). The habit is automatic; the figuring-it-out-on-the-fly is more laborious.

III. What is hypnosis?

It's an altered state of consciousness in which the conscious mind disconnects and the subconscious becomes fully engaged. The body becomes deeply relaxed, as in a state of deep sleep, but all senses remain awake and alert. The person is in control at all times and will only say/do in hypnosis what he/she would say/do in the conscious state. A person only accepts suggestions that are acceptable to them.

1V. How is hypnosis used?

Stage hypnosis is for entertainment only. It truly is a form of hypnosis, even though it implies that the hypnotist is controlling the subjects (that doesn't happen). What people don't realize is – the volunteers are the extroverts. They will accept suggestions to do silly, stupid or embarrassing things in front of the audience because they would do them in the conscious state – to entertain others. The hypnotist does a suggestibility test on each volunteer before they are allowed to participate. Those who "fail" (probably the more introverted ones) return to their seats because they wouldn't accept suggestions to do something that would be embarrassing to them.

Group hypnosis means two or more people at the same time. Because each person is an individual and one size does not fit all, the chance of success in groups is greatly reduced. Research suggests that less than 50% of people in group hypnosis will succeed.

Individual hypnosis is the most effective use of hypnosis, because the hypnotist is constantly getting feedback and can guide a session based on that. People also feel empowered as they make changes because they are doing it – as opposed to someone doing it to them.

Self-hypnosis, once learned, enables people to reinforce changes they've made, which then become new habits. It can also be used to pre-program oneself before an event, de-program uncomfortable feelings, or simply enjoy being in a deeply relaxed state.

- V. The majority of time is then spent on explaining handouts, brochures, testimonials, and Hypno-Healthgrams (you might find the following three “grams” on my website especially helpful: Subconscious Creativity, November 2011; You Can Heal Your Life, June 2012; Back to the Womb, September, 2012) that attest to the Healing Power of Hypnosis. A research-rich article, attesting to healing with hypnosis, can be viewed at: <http://www.prevention.com/article/0,5778,sl-1-52-160-6610-1-P,00.html>

We then do hypnosis and pendulum hypnosis.

Health Tips

Compelling evidence that exercise can help decrease the risk of cancer, help cancer patients get well sooner, and help prevent cancer recurrence was presented at the Integrative Biology of Exercise VI meeting in October, 2012. It also states that it's important to vary exercise routines (aerobics, core-building activities, strength training and stretching), but most important to include high-intensity, burst-type exercise once or twice a week. Read more at: <http://fitness.mercola.com/sites/fitness/archive/2012/11/30/exercise-protects-immune-system.aspx>



Happy Health!

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