



Life-Enhancing Hypnosis:

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

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BACK ATTACK

This case study shows how discomfort in an area of the body may continue to “show up”. When that happens, think of it as a reminder from the subconscious mind that there may be underlying factors needing to be resolved. If we don’t know to do that, or how to do it, the issue may get worse. With hypnosis, we can understand the underlying reasons, release their impact, and replace them with positive perceptions of optimal health, which take hold permanently through repetition.

Jim was a fairly active 46-year-old-man who began suffering from lower back spasms. He had been putting in long hours, after his regular job, building sets for a theater production. During the previous 10 days, his back began “seizing up with spasms”. He went to a walk-in clinic and received a week’s worth of medication, which helped relieve the discomfort. He began stretching his hamstring muscles, which also helped. The pain went down to 2-3 on a scale of 1-10, but his back was still tender and bothersome and he was “not back to his speedy self and not back on his bike yet.”

We discussed the history of Jim’s back issues and he mentioned having been in an automobile accident 13 years ago. He continued to sporadically have “a little residual discomfort”. Seven years ago, he was spending long hours building sets for a theater production and his back suddenly was in “rough shape”. A series of chiropractic treatments helped, but he continued to have “a little soreness once in a while since then”.

In hypnosis, Jim’s subconscious mind indicated four reasons that contributed to his back discomfort. He was overworked, going non-stop, fatigued and felt “like a light bulb in a tunnel”. He was feeling steady pressure that if he didn’t “keep plugging away” things would “keep stacking up”. He felt misdirected, directionless, and scattered, like he was “going in 6 directions at the same time”. He was frustrated with feeling he was “wasting time on lots of things that didn’t serve the greater goal”, but he hadn’t been able to step back and see the big picture”. Jim

disconnected the influence of the four reasons and replaced them with positive perceptions of how he expected to become.

Jim then communicated with his inner healer, who indicated the problem was represented by a tightening of the space on the right side of his lower back vertebrae. As Jim imagined tiny pry bars opening up the constricted space, a wave of energy, water and purple light flowed through his back and he “felt much better”. He then imagined his new self – prioritizing his time and possibly taking vacation time and accepting help from others so he didn’t have to do everything by himself. He could do his part in a more relaxed, comfortable way. As the session was drawing to a close, he came up with the affirmation “Creating Space” to reinforce the changes he had incorporated.

At the start of session # 2, 13 days later, Jim reported he had been doing some biking and “only a small amount of pain was hanging on”.

Since fear of money and lack of financial support seem often to be connected with lower back pain, we began exploring Jim’s “growing up years”. His biological parents treated him well, but divorced when he was 9. His mother remarried twice and those step-fathers each caused “tumultuous times” for Jim, especially around finances. In high school, the family came very close to losing their home and had to move to a less-desirable setting.

Jim began doing inner-child work, in which he, as the adult of today, imagined himself guiding “little Jim” through his life and replaced the affect of uncomfortable experiences with positive ones. (Once a person disconnects the impact of negative experiences, messages or influences in his life, his subconscious mind accepts “new positive perceptions” as the new reality that will lead him forward.) Jim created the following positive perceptions: set priorities and look at the positive blessings that are there; believe that the money will flow; let go of all stress – so the positives can flow. He then, throughout his life, imagined being: free-spirited, working at what he likes; being kind to himself; releasing the impact of past water-under-the-bridge experiences; and being optimistic that “all will work out”. He imagined himself strong and confident and funneling those qualities through his internal awareness. He then imagined being relaxed, comfortable, free of negative influences and maintaining the space in his back for the rest of his life. He finished with feeling free of worry, just letting go, wrapping things up and being comfortable and complete.

Nine days later, we had our third session. Jim reported having “a tiny bit of residual tightness when fully extended”. We explored that in hypnosis and discovered it resulted from some hesitation about “could healing really be that easy”? He easily resolved that in his subconscious mind. I asked if there was anything else connected with his back discomfort that needed to be resolved and he said “no”. I then asked him to imagine an achievement scale, represented by 1 – 100, 1 – 36, or 1 – 12. He picked the yardstick scale. When I asked what number of achievement he was at, he said 33. Since there was nothing still needing to be resolved, I asked his

subconscious mind if it might project when he would be completely and permanently free of lower back discomfort. Jim had the (interesting) number 46 days come to mind. As I was preparing to make a personalized recording of everything Jim had released and replaced, he said another positive phrase, “just relax and be”, had popped into his head. I included that on his MP3.

Two months later, Jim emailed that he had been out of the country for several weeks with scant phone or email access. He wrote: “My back is doing great...zero pain, and I have been hiking a lot!”

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