



Hi Everyone!

Here is the 13th issue of the Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

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SUBCONSCIOUS CREATIVITY

We all are creative in our own ways. That creativity can be allowed to flow - or it can be squelched by too much going on. When we do something we are really focusing on, enjoying, or "putting our mind to", we find creativity creeping in. The more we continue the activity, the longer the creativity lasts. Artists and musicians can get lost in their work for long periods of time; bakers and potters get so absorbed in what they're doing that their minds wander in creative directions; runners, swimmers, cross country skiers and kayakers get mesmerized by the repetitive motion of their efforts and slip into creative states; drivers on familiar roads and less-traveled highways continue to progress safely, while finding their minds moving in "other" directions, often creatively; day-dreamers take off into creative realms. Even while sleeping, we benefit from the creativity of our subconscious minds.

When the above-mentioned situations and numerous similar ones occur, we slip into altered states of consciousness. Our conscious minds disconnect for awhile and our subconscious minds take over. When that happens we can experience the creativity of the subconscious mind. During my twenty one years of practicing hypnotherapy, I've been intrigued and fascinated by the creative ways people in hypnosis solve and resolve issues. They do so simply or intricately, softly or loudly, matter-of-factly or unexpectedly, gently or powerfully, casually or excitedly, effortlessly or excruciatingly. Often they surprise themselves; regularly they feel empowered by their efforts. They maximize their creativity in the subconscious state because interference from the conscious mind is temporarily eliminated and the creativity is allowed to flow.

Summaries of my work with four individuals in hypnotherapy (whose names have been changed to protect client confidentiality), describe the creativity of their subconscious minds as they sought resolution of long-standing issues. Sometimes the creativity slowly gained momentum, like a volcano; other times it took hold spontaneously.

Jonas had struggled for 60 years with a "numbness, a disconnect between his body and mind," which represented a "self-imposed retreat from his parents and their inadequate and inappropriate ways of interacting with him". After releasing the impact of his parents' behavior on him, he was ready to replace it with a new perception. As he imagined doing that, he felt "good within himself, fully-connected, with good self esteem."

"My voice starts up like a radio turned on - my voice. I feel blood going through my arms and hands and my body and mind. I am expanding like a dirigible, getting bigger in the room - bigger than the apartment where I lived with my parents. I'm like a ship that has direction. The crew is coming to life, turning all the levers. I feel a part of something waking up. Like a big German Zeppelin. Everybody is laughing and running around. Some are crying. There is a feeling of escape, of freedom, like a stowaway on a ship. The ship got much bigger than the small apartment, it broke the walls down. It was like breaking out of the small apartment."

"Now I can come out of hiding, I can familiarize myself with the ship. People in the crew like me. They are congratulating me on my rescue mission. 'This is what we do,' they say. I deserve this. I create this. I got away. I feel whole in normal, natural, comfortable ways. I feel a little like Gulliver. Everybody on the crew is assigned to a part of my body. I'm like a big ocean-going ship. This is an unbelievable moment. I am there - here and now. 'OH MAN, OH WOW!!' I now have the compass to steer my ship."

(Jonas then set his parents, along with his anger, adrift in a longboat - with plenty of provisions - and steamed away.)

Patricia had experienced eating disorders (and other issues) her whole life, seemingly as a way of protecting herself from parental influences. She had worked with professional healers and done a tremendous amount of self-work over many years. In hypnosis, she regressed to her birth and began doing inner child work up to her 20th birthday (a time period when she experienced "lots of trauma."). She first imagined moving forward in her mind with her new-born self, through her first twenty years (all that time allowed in her first session), and disconnected the impact of the negative experiences, messages and influences on her. She then returned to her birth and bonded deeply and lovingly with her inner child. As they moved forward together, Patricia guided her inner self through the first twenty years of her life, by creating new perceptions to replace the negatives she had disconnected.

After completing the inner child work, Patricia expressed her new emotions. "I am in a place of gratitude and contentment. I'm a really good parent of my (inner) child and we have a loving relationship. I love myself in all ways, for all times. I know my needs and take care of them (that's what healthy parents do). I am just complete. I feel perfect. I have and enjoy complete, radiant love. The yellow, orange and red rays of radiant love enter my body through my head and I see them with my third eye. I am embraced and bathed in the energy - like the perfection of the divinity. It is a whole new reality and world. I honor, respect and love life. I embrace, merge and integrate complete, radiant love into my oneness and wholeness."

Henry had been working on transitioning from his job of many years, which had not been fulfilling for him, to a new, more creative, satisfying profession. After reinforcing his positive energy about creativity in a new job direction and in his life in two other ways, a

question came to mind. Would his tendency to "make things bigger than life" create angst and tension in him and spoil his creativity?

Immediately, Henry said: "the office (we were in) is expanding to the size of a football field. It's like an air hose is blowing me up. I feel like I weigh 700 pounds. My arm is the size of a car. I am the size of a truck. I look and feel like the Michelin Man! (I asked why that was happening and as I did, his size tempered a little and his skin was not as stretched.) A statement from the leader of a writing course he had recently been taking and enjoying popped into mind. "If you really want to write, make it insignificant without spoiling your interest in it." Bob recalled his tendency to make things bigger than life, which his inflated self was also reminding him about. He got the message in his mind: "Let's make this easier on ourselves." He imagined himself opening up the valve that quickly reduced his size to normal and releasing his tendency to make things bigger than life - permanently. He then felt "very relaxed and like one entity. Everything felt good and he was comfortable within himself."

Heidi had been trying to eliminate emotional blockages on her own for a long time. Probably having done so had prepared her for this hypnosis session. She was able to release a significant amount of "old baggage" and afterward, spontaneously started experiencing an awakening. She talked about what was happening and, after the session, recalled it in the following way:

"Reaching up, rising up, going up,
Going for the gold, the yellow light,
Filled-with-love, opening up, stretching out,
Bursting with positive emotion, direction and achievement.
Transcending – like being pulled upward by a magnet,
Upward to the light – the awareness –
The happiness, joy and ecstasy.
Feeling the electricity and energy coursing through me,
Vibrating, stimulating, awakening; surging forward, being
Swept along to the colorful, pulsating Northern Lights and
Joining them, becoming one with them,
Absorbing their power, magnificence and beauty.
Attaining unprecedented heights of
Energy, emotion, expression, elation and euphoria –
Culminating in a state of peaceful bliss."

HEALTH TIPS

- "Aerobic training helps the brain's mental agility. A new study provides some of the strongest evidence yet that regular exercise can protect the brain - and even improve cognitive performance - in older adults showing signs of mental decline."
http://www.oregonlive.com/health/index.ssf/2010/01/aerobic_training_boosts_agi ng.html
- "Several recent studies indicate that aerobic training and light-duty weight training can help ameliorate mental decline well into later life."
<http://well.blogs.nytimes.com/2011/07/27/how-exercise-can-keep-the-brain-fit/>



Happy Health!

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