



Life-Enhancing Hypnosis:

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

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PERSONAL DEVELOPMENT

Every individual supposedly has an ultimate goal, one that is the same for all people, regardless of race, creed, nationality or physical condition. The goal may be held in the subconscious mind, but it is the eventual and final goal. That goal is self-actualization. Regardless of background, education, financial standing or numerous other factors, individuals are subconsciously encouraged to move onward and upward, to become the best they possible can within their beliefs and values systems.

Progress toward the ultimate goal, and necessary intermediate objectives, is affected by experiential factors – especially the atmosphere of early years, opportunity and life in general. There are three factors essential to positive progress: self-esteem, confidence and motivation. During the course of a lifetime, virtually everyone experiences problems involving one or more of these elements. Resolving such problems is one of the most important and valuable capabilities of hypnosis.

Self-Esteem

High self-esteem is a basic component of success and usually develops as a result of positive reinforcement. Low self-esteem, however, does not suddenly appear, like the symptoms of an illness. It develops like a cancer, usually unnoticed in early stages, but spreading slowly throughout the mind until, when recognized, it may be full-blown, demoralizingly destructive, and possibly even terminal. It must be dealt with before progress can be achieved in building

self-confidence and creating motivation. It is difficult for a person to show confidence when he views himself as low man on his own totem pole.

While poor self-esteem can emanate from events which might be considered personal setbacks (in business, relationships, health etc.), the primary cause is negative programming from the past. It might be a product of judgmental or abusive parents, teachers, authority figures, relatives or friends. Many times derogatory comments, ridicule, relentless criticism, bullying and other similar factors override commendable achievement and reinforce the negative. Frequently these experiences, hurts or negative influences are absorbed and buried in subconscious memory. The victim may be completely unaware of the sources of troubled feelings, fears, self-doubt and damaging attitudes.

But remember that the subconscious mind records everything that has happened in a person's life. Through hypnosis it is possible to by-pass the conscious mind and retrieve from the subconscious storehouse the detrimental memories that had been affecting the personality. By bringing the problems to light, releasing their influence from then on, and replacing them with positive perceptions, a person can be freed from past influences and open doors to future progress and achievement.

Confidence

The establishment of self-confidence must identify the impact of past, negative programming and eliminate from self-perception all labels such as: bad, wrong, stupid, clumsy, dumb, inept, untalented, ignorant, etc. Hypnosis can become the source of self-discovery – revealing unrecognized capabilities that lead to an acceptance of valid self-worth.

The process for developing self-confidence may vary considerably, depending on the depth and origins of the problem. In milder cases, resolving problems of self-esteem may be followed by programming which utilizes imagination or visualization to create success, confidence and appropriate abilities in the mind. The client can then absorb and accept enhancing, hypnotic suggestions that can lead to attitude modification and positive demonstrations of newly-acquired self-assurance.

In more complex cases, where depression may be a factor, the hypnotist may elect to use parts therapy or the removal of fears to free up behaviors and reduce negative internal judgments so positive self-feelings and confidence can develop in a natural way.

Long term results can be significant. Mood and energy levels increase, compulsive and psychosomatic symptoms fade, emotions become understood, and clients move toward self-direction and greater interpersonal involvement. Self-degradation is reduced and positive feelings about life's possibilities develop.

Motivation

With self-esteem and confidence enhanced, improved motivation moves to the fore. Psychologist Abraham Maslow suggests five levels at which people are motivated: Psychological – food, drink, sleep, sex; Safety – protection, freedom from fear, order; Belongingness – love, social contact, family, friends; Esteem – self-respect, need to be valued; Self-Actualization – the need to grow, to achieve one's potential.

A crucial aspect of generating positive motivation is elimination of any fear of failure (or its often hidden counterpart, fear of success). First, it is important to recognize motivations and subsequent successes of the past. Second, a sense of direction is needed. Then comes the all important factor of "goal-setting". Initially, that is a short term, quickly achievable goal – a first step to provide convincing proof that forward movement is established. Finally, when that goal has been achieved, self-reward is realized. This constitutes self-recognition, a powerful motivating factor. The reward may be a self-treat or the pride of achievement and self-satisfaction. The lesson learned will be: Success Breeds Success!

The purpose of establishing short-term, successive goals is important. A small success generates additional confidence and creates a sense of completion, readiness and eagerness for the next step. The end result is Motivation.

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