



Life-Enhancing Hypnosis:

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

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Up, Up and Away

While browsing through client folders recently, I stopped at one that caught my attention. I remembered the name (Barry) and more vaguely the reason he had come to Hypno-Health. There was something about the process having taken longer than usual that stuck in my mind. I looked more closely and found that Barry had originally come to release his anxiety about being in confining places, specifically in airplanes. At forty years of age, he had lived most of his life in panic and fear of being in tight spaces and was on an anxiety-reducing medication. He had been frustrated by not being able to fly in airplanes, especially in connection with his business. Vodka and valium had helped to some degree, but left him like a zombie.

As we explored what had caused Barry's anxiety and fears, his subconscious mind suggested there were five "reasons", which manifested in shortness of breath, heart palpitations, sweating, and tingling throughout the body.

- In first grade he was in the back seat of a two-door Camaro and felt like he was suffocating. He was also bothered by an inability to move and a loss of control.

- When he was hot and in a confined space, his breathing became laborious and compromised.

- He and friends would play a game called "Shark" at the beach. They would try to "drown" each other by climbing on another's shoulders and holding him underwater. Barry had to regularly call a time-out to catch his breath and relieve his anxiety.

- While playing sandlot football, if Barry found himself at the bottom of a pile, he would have to count the seconds until he was "free", to minimize his anxiety.

- When a teacher told Barry he could not leave the room, he felt like he was stuck to his seat and could not move.

- Additionally, Barry's father was verbally abusive, which caused him to become hyper-vigilant and anxious. That exacerbated his fears of being out of control. All of the above experiences contributed to reinforce Barry's anxiety and fear when he was in confined spaces and unable to get away. Riding in an airplane became a later variation of his anxious, fearful habit.

Barry disconnected the influences of the above discomforts and replaced them with feeling confident, comfortable and in control at all times. He incorporated a sense of freedom when traveling and going on vacation with his family. He felt in control in all kinds of situations. At that point, I made a personalized CD that emphasized all the positives Barry had integrated within himself. Normally, with reinforcement, they would become his reality. But he called a couple days later, saying he was still fixated on some fearful things.

Barry's subconscious mind suggested there was a powerful connection from his past that was still reinforcing anxiety. It turned out to be part of the out-of-control feelings that had resisted being completely disconnected. He imagined a little, white box part of his brain and put all remaining anxiety and claustrophobia in it and sealed it shut forever, enabling him to embrace all future situations comfortably, confidently and in control. He also imagined embracing and enjoying everything connected with flying. He finalized that by imagining flying being fun and free-feeling forever. I checked with Barry a month later and he was reveling in his success!

I was curious about Barry's long-term success and called him (now three years after his final session). He said: "Everything had worked very well." He had flown successfully many times in the past several years and had recently flown round-trip to California. He was scheduled to fly to Texas two weeks later and was very relaxed about it and looking forward to it.

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