



Life-Enhancing Hypnosis

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

Hypno-Healthgram: Issue 47

September 2014

THE HYPNOTIC PROCESS FROM A CLIENT PERSPECTIVE

I'd had eczema on my hands and wrists for (I thought) six or seven years. They were always hot and intensely itchy. I constantly scratched the skin, sores and blisters developed, and the burning and itching seldom subsided. I tried all kinds of prescriptions and home remedies, but nothing seemed to help. A friend told me about the success she'd had with the help of Hugh Sadlier at Hypno-Health and I decided to give him a call.

When I first spoke with Hugh, I was especially intrigued by his method of empowering people to take control and heal themselves. He would be a guide, or facilitator, but I would do the work! I would bring forward the necessary information from my subconscious mind to understand "why" my eczema had begun and anything that had reinforced it after that. I would then disconnect, in my own way, those influences (or "roots of the problem"). Once I had done that there would be nothing causing the issue to remain in place. I would then come up with a new, positive program to replace the old negative one and make it a permanent habit through repetition. It sounded easy and exciting because I would be completely involved in the process.

I decided to make an appointment. Because I lived in a rural Maine town, over 125 miles from Hugh's office, I accepted his proposal of an open-ended session (up to 3 hours if needed) to possibly save me an extra trip.

Hugh asked about my health in general, inquired specifically about the eczema, answered all my questions, told me exactly what we would be doing during the rest of the session, and explained (and gave me an information sheet about) how I would reinforce everything at home in both the conscious and subconscious states. He would teach me how to do self-hypnosis and make a personalized CD or MP3 that incorporated everything we did in the session. I was also impressed by his assurances that I would be in control at all times, aware of everything, and remember everything.

Hugh suggested, in the interest of time, we do an instant induction. I practiced looking up at an imaginary object atop my head, then closing my eyelids while still looking up. I then practiced placing my hand on top of Hugh's hand and pressing down while he resisted. He told me to combine those two procedures and as I did so, I heard him say "Relax" and felt him pull his hand away. I seemed to drift into a deepening and very comfortable state of heaviness and peacefulness as Hugh gave me suggestions to increase my relaxation. He then asked me to imagine a ruler scale of relaxation, in equal numbers from 1 down to 12, and bring forward a number that indicated where I was on that scale. The number 7 seemed to pop into mind. When Hugh asked if I wanted to go deeper, I replied: "Yes". With more suggestions, I went to level 10 and felt very comfortable there.

After going through a backwards-counting process that ensured my conscious mind had completely disconnected, it was time to learn how to do self-hypnosis anytime I wanted. Hugh asked me to allow my dominant hand (or both hands) to find a comfortable position on my body. It settled on my right thigh. He gave me suggestions to anchor that movement, in my subconscious mind, with my present level of hypnosis. He then asked me to return to full .returned to level 10 of relaxation. Hugh said I would be able to do exactly that, every time from that moment forward, when I wanted to, knowing it would never happen accidentally and I would always be in control. He then gave me a "reminder" about being in hypnosis. He told me to try to open my eyelids, and when I couldn't, he explained the muscles were so relaxed they temporarily wouldn't work, but only until I wanted or felt the need to return to full consciousness, as I had recently done.

We were then ready to do some exploring and information gathering. Hugh suggested I concentrate on the eczema and ask my inner guides for assistance. What strongly and clearly came into my awareness were the word anger and the color red. Hugh asked me to further explore this sense of anger and redness by going back to when the eczema started. I drifted back to eleven years ago, when I was forty-one years old. I was coming unwound. There was too much going on and I was trying to do too much. I was building a house myself, short of money, working days and going to school nights. I couldn't seem to get it all done, but I kept trying. It was the first time in my life that I couldn't get everything done. I felt out of control. Everything was controlling me. I felt frustrated, disconnected and paralyzed. I seethed with anger because other people had control of my life and there didn't seem to be anything I could do about it. When Hugh asked if the anger was responsible for the eczema, the word *yes* resounded in my mind. He asked why it took the form of eczema and the answer was immediately clear to me. I couldn't do what I wanted to do. I needed to explode (!), but I never released the anger. So it came out in the form of eczema. Hugh asked if there was anything else connected with or responsible for the eczema and the answer was an emphatic *no*. He asked if there was any need or reason for me to allow the eczema to continue. When I said: "absolutely not," he suggested I find a way to deeply, completely and permanently release the anger and eczema from my subconscious mind, making sure there was no way they could ever return. I gathered them up

and put them in a sealed, locked metal box. I put the box in a small rocket that was ready to launch. I pushed the “blast-off” button and the rocket fired upward. I watched as it grew smaller and smaller and, just before it disappeared from view, I pushed the “detonate” button and a tremendous explosion erupted in outer space. When it dissipated, I knew the eczema was gone forever. At that precise moment, I felt a refreshing coolness in my hands and wrists and said: “my hands feel cool!”

After Hugh asked if there was anything else that needed to be done to ensure my complete release from the anger and eczema, and I replied: “no,” he asked me to project ahead. I was to imagine myself completely free of the anger and eczema and create a list of the positive benefits I would be able to enjoy as a result of having achieved my goal. I was surprised at how easily I compiled a rather lengthy list. After I had said each item aloud, Hugh asked me to bring forward a word, or words, that would represent those positive benefits. The word “soothed” appeared and became my affirmation for conditioned response.

Hugh put the information from the session onto a CD as I remained in my relaxed state and allowed it to sink into my subconscious mind, forming the foundation for the “new me.” The reinforcement exercises on the sheet Hugh had given me earlier would enable this new, positive program to take hold permanently.

I left the office with a tremendous feeling of elation and achievement. There was no doubt in my mind that the eczema had left my body. My hands and wrists were still cool – for the first time in eleven years and I felt like my feet were barely touching the ground. A tremendous weight had been lifted from my shoulders. Underlying this kaleidoscope of positive feelings was the grateful realization that Hugh had enabled me to take control of my life in a way that made me feel powerful and purposeful.

Gift Certificate

Print this certificate and bring it with you to receive

\$25

off the cost of an appointment with

Hugh Sadlier, M.Ed., BCCH
Board Certified Consulting Hypnotist



Hugh

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