



Take Control Of Your Life With Hypnosis:

Eliminate negative habits; Create healthy changes; Achieve optimal well-being.

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Happy, Healthy and Healed

When someone comes for hypnotherapy an unusually large number of times, it means they probably have a variety of issues, with some containing multiple layers. One such client, named David, had come to the Hypno-Health office fifty-four times between 1991 and 2016 and had successfully resolved many issues during those sessions. But he wanted to permanently resolve one issue that was “still hanging on”.

David was born two months premature because his mother was dying of an inoperable brain tumor (she passed away two days after his birth). He weighed 5 lbs. and had an underdeveloped lung and an enlarged heart. He contracted pneumonia and his weight fell to 3 lbs. He spent the first two months of his life in an incubator. Imagine his strong spirit that helped him survive the feelings of loss and abandonment and the sterile, isolated life in an incubator. But there were scars.

David went home to live with his father, his father’s mother and his 3-year-old sister. He then began the saga of living with an emotionally abusive father, who probably blamed him for the death of his wife. While he had occasional, good memories of having done things with his father, they were tremendously overshadowed by the negative, critical put-downs that seemed to occur every day. Whatever David did, no matter how hard he tried, his father’s responses were the same: harsh criticisms and angry, demeaning words. The statement – *being constantly criticized is like being pecked to death by a duck* represents how David felt inside. One of his most vivid and crushing experiences occurred at the supper table when he was ten and his father unmercifully berated him, as he sobbed uncontrollably in his seat.

David found an escape outside of his home. He played games and sports with friends and in fourth grade began doing gardening work and shoveling snow for neighbors. He also found success in the classroom. Those types of positive experiences continued through high school and

bolstered his spirit, as former and newer friends, acquaintances, neighbors, teachers and coaches gave him the support and positive reinforcement he desperately needed. Similar experiences continued throughout his life, but the early damage was deep-rooted.

David sensed that hypnosis could help him change his life and began sessions at Hypno-Health. He released enormous amounts of negativity and replaced them with positive perceptions and messages. He experienced many past lives and released the negative karma that had been brought forward to this life. In one fascinating past life, he was a colonial youth who was captured in an Indian raid. Made to run the gauntlet, he somehow managed to dodge and weave his way through the unending lines of women and men who tried to hit him with a variety of weapons. Bloody, bruised and broken, he staggered to the final warrior, who knocked him out with his war club, but “Nolan” fell across the finish line and survived the gauntlet. Months of healing efforts by women in the tribe brought him back to health. He released the impact of the gauntlet, which had caused him to hunch forward, in this life, and was able to stand straighter than before.

As David continued to achieve success with hypnosis, he found he could make changes easily and powerfully. Of the many ways he creatively resolved issues in his life, one is especially unique. Known as an awakening, it enabled him to transcend this lifetime and integrate into an out-of-body experience. He imagined himself undergoing an arduous operation. Growing weaker and weaker, he knew he was slipping away. But just as he was about to die, he felt the presence of an inner healer, with flowing white hair and beard. Wearing a long white robe, the “Ancient One” (as David would call him from that moment on) possessed timeless knowledge and wisdom. He extended his hand to David and led him away – through other-worldly realms. All sense of time vanished as they descended to a comfortable cave with two chambers. One was the domicile of the Ancient One and was comprised of a meeting/meditation room with a small private room behind. The other was David’s Place, a medium-sized living space that extended to a deeper opening through which a hot-springs river flowed. David instinctively removed his clothes and stepped down into the soothing, sauna-like water. As he lay down on stones contoured to comfortably support his body and felt the healing energy washing over and nourishing his body and soul, David knew he was exactly where he needed to be. He also knew there would be unlimited opportunities to for him to visit and parley with the Ancient One whenever he wanted or needed.

Ready now to permanently resolve his lingering issue, David imagined having been swept along in a large sewer pipe for what seemed like his whole life. The viscosity of his surroundings thickened as he saw light at the far end of the pipe, but he had no strength to continue. The voices of many people funneled down to him and he saw a man with a rope tied around him slogging his way down the pipe. He reached David and slipped the rope over his shoulders. He then made his way back to the opening by pulling on the rope. Someone yelled: “Hold on” and

David felt the rope tighten. Slowly, he was pulled through the sludge. When he eventually got to the opening, several people reached in and helped him out. Hundreds of other friends and supporters from David's life ringed the opening and chanted well-wishes. Some brought buckets of water and rinsed him off. Others led him to a Jacuzzi where they bathed his body and spirit. When cleaned and refreshed, the masses parted into two lines and Paul began walking between them. He was kissed, hugged, touched and given positive, powerful, penetrating messages. His heart swelled with gratitude as he felt that stubborn layer of his life finally let go. His affirmation to reinforce that accomplishment popped into mind and resonated within him: "I am Happy, Healthy and Healed!"

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