

## A Guide to Hypnotherapy

Hypnosis is beneficial in some way to almost everyone. It puts you in touch with the most powerful and resourceful part of you, your unconscious mind. It can help you build self-confidence, enhance learning and comprehension, achieve goals, increase motivation, reduce stress, improve health, control habits, develop intuition, help manage pain and assist spiritual growth. It helps give a profound feeling of balance and control in your life.

A hypnotic trance provides a sense of powerful physical and mental relaxation. Internal chatter (which the Buddhists call “the monkey brain”) is quieted and you feel peaceful and calm.

I believe we are all in similar, albeit lighter states many times each day:

- those feelings of being not quite awake before or just after sleep
- watching television or reading a good book
- or driving our cars and day-dreaming so much that we can't remember the past few miles.

In hypnosis you can really focus and exercise your mind to help achieve goals and desires and yet remain totally in control of your faculties. You will talk and act in line with your own ethical and moral beliefs.

### So, how does it work?

We all have an unconscious mind that enlightened Higher-Self part of us. It runs our body, we don't tell our heart to beat, our lungs to expand and contract, and we never truly know in any perilous situation whether we will fight or flee. We always think the truth, it's only later that we make a conscious decision to lie, and we have a vast storehouse of “forgotten” memories many times more than we can consciously retrieve.

Without realising it, we filter all information through a system of our values, beliefs and experiences, so no two people will look at any given situation and input the same data. For example, I was mugged on a certain street, you had a first date with your partner on the same street. As we walk down this street side by side, will we both have similar thoughts? I doubt it. So the therapist puts the conscious mind, with all its filters and opinions to rest, and speaks directly to the unconscious mind with positive healing words.

Hypnosis can improve sports performance, reverse habits ( smoking, over-eating, drinking ), help resolve childhood issues, improve relationships and enhance development.

Hypnosis has been around since ancient Egyptian times, thousands of years ago, and how exactly it works still remains somewhat of a mystery. That it does work is certain and undeniable. Wounds heal faster, the timid become more confident, bingers lose their desires, the fearful become more calm and assured.

Every person of normal or above average intelligence has the ability to improve their lives through hypnotherapy, and I commend it to you all.

Bob Graham runs a busy professional hypnotherapy, NLP and healing practice in N. Derbyshire. To find out more please visit his website at [www.changeworks.uk.net](http://www.changeworks.uk.net)