

The Hypnotherapy Report

Information on How Hypnotherapy Helps to Live a More Fulfilling Life

ISSUE 1



this issue

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Exploring the Past for more Conscious Living

Hypnosis is a naturally occurring state which appears when certain conditions are met. These are usually bodily stillness and relaxation (mimicking sleep), eyes closed (reducing visual stimulation), focus on feelings (internalizing awareness) and perhaps concentration on the hypnotists vice. Monotony can also trigger this state as the conscious mind drifts from the normal focus of outward attention onto an internal train of thought. Fascination (such as being engrossed in a book or film) is also a doorway into hypnosis. Often while driving we drop into a trance called highway hypnosis where we do not remember the past several minutes of travel. The experience of hypnosis is similar to a dream-like reverie, being neither asleep nor awake but focused (or absorbed) around some point and usually (though not essentially) in a state of physical and mental relaxation.

The benefits of doing hypnotherapy over talk therapy are that the client accesses the subconscious and unconscious mind where all the material of our life is stored. Rather than working with just the conscious mind and our ideas about what is going on with us, we gain access to our true experiences. Also, in this state, people can become more open to suggestion. In fact, the whole modus operandi of hypnotherapy is to utilize this state of lack of criticality to change instructions (conclusions and decisions about ourselves) already held at an unconscious level that are affecting behavior. So hypnotherapy is a means of modifying the patterns of beliefs held by a person.

Hypnotherapy is a valuable technique in the hands of a skilled professional and can help in the resolution of many problems.

THE UNCONSCIOUS

It is as if the mind is made up of two parts which have different functions: there is the wakeful, conscious part and there is the dream-like, unconscious part. One of the functions of the wakeful part is to notice the difference between things, especially between true and false, or real and not real. The unconscious part does not seem to have this ability in a pronounced form and tends to accept all perception as real. The talents of the unconscious mind seem to be long term memory and conditioning, habits and irrational fears. Hypnotherapy is a valuable technique in the hands of a skilled professional and can help in the resolution of many problems.

REGRESSION THERAPY

Regression therapy assists the client in identifying the source of any issues that is causing unwanted emotional responses in the client or unwanted behaviors the client continues to do even though they have no desire to continue the behavior. Unwanted behaviors may include addictions or difficult relationship patterns.

The Benefits of Hypnotherapy

Hypnotherapy is a brief therapy with long lasting results.

The power of hypnotherapy is that it can work with four approaches to an issue. The underlying issues (review, understand and relieve childhood wounds around the problem), a habit change, personal mastery (achieve physical, emotional and mental potential around the problem), and it also has spiritual potential (expand perspectives and wisdom and see new choices or benefits).

It can help unlock an issue that has felt stuck for a lifetime and bring freedom to you that you did not think possible. You can use it to improve your relationships, advance your career or grow personally and spiritually.

We are working with the subconscious mind. The conscious mind is the part we use during our waking day functions in a critical and logical way with the information that it processes. It does not accept information without first assessing it to decide if it is logically verifiable or "true". The subconscious functions in ways that seem almost the opposite of this. This mind accepts all the information it receives without questioning it.

For the subconscious mind it seems true. It is this characteristic of unquestioning acceptance that we can exploit in hypnotherapy to bring about changes in behavior, banish fears or change habits. It's important to know that the subconscious mind controls all our habits, emotions and feelings, and we can access the subconscious and, by giving new suggestions and ideas we can bring about the needed changes.

What does hypnosis feel like?

Hypnosis doesn't have any particular attribute of feeling and it tends to be reported differently by different people. There is no special sensation or feeling that can be identified with it but there are general feelings reported by the majority of people that have experienced it. Some people report that during the trance they felt very heavy & perhaps there was a feeling of numbness. Others say they felt like a balloon, floating and weightless. Some experience time-distortion in the trance. They are usually surprised to find that what seemed like five minutes of restfulness was in fact an hour or more.

Most people don't realize that they have been hypnotized until they are coming out of it at the end of the session. Coming out of hypnosis is a bit like coming out of an afternoon nap. It is important to note the person has not been asleep or unconscious. Hypnosis is a state of deep relaxation and suspension of the critical faculties. In this state the barriers to the unconscious are down and the therapist can work with the deeper levels of the mind.

Are you ready for hypnotherapy?

Many clients are worried that they will find material through hypnotherapy that is too difficult or frightening. A little known aspect of hypnotherapy is that the client does not access information they are not ready to process. As clients move through deeper layers of emotional pain and difficult early age situations they gain strength and resources and then they can access deeper and more difficult material.



HYPNOTHERAPY FOR ANXIETY

A client with the presenting issue of anxiety or panic attacks may be unable to go out, or to enter certain places or situations. This is usually caused by some kind of fear and the source of this fear is most often unconscious and even when there is a conscious fear it is usually the result of an unconscious fear from childhood. Hypnotherapy can address and resolve those fears by identifying the unconscious fear and helping the client resolve it.

When working on those fears the client goes back to the first time they felt the same or similar way or the source of those feelings – once that scene is identified the client can then resolve the initial incident with the resources of an adult. In the original incident the client had only the resources of a child to cope with the incident. As an adult the client has more personal resources to cope with the original situation.

One client who had a constant high level of general anxiety found one or two incidents in their childhood and resolved them in the hypnotherapy session and after just that one session they found that their anxiety had dropped significantly. They were able to function in life much better after just that one session and although they may still have some low-level anxiety in certain situations but it is not as debilitating as it was in the past and it is not a constant companion anymore.

Anxiety is easily addressed through hypnotherapy and many clients have had total relief from specific anxiety, general anxiety and panic attacks with just a few sessions.



The Nature of Suffering

“In this sense, pain is like a watering hole where all the animals in the forest – all the mind’s subconscious tendencies - will eventually come to drink. Just as a naturalist who wants to make a survey of the wildlife in a particular area can simply station himself near a watering hole, in the same way, a mediator who wants to understand the mind can simply keep watch right at pain in order to see what subconscious reactions will appear. Thus the act of trying to comprehend pain leads not only to an improved understanding of pain itself, but also to an increased awareness of the most basic processes at work in the mind.” Thanisaro Bikkhu

In the book *The Power of Now*, Eckhart Tolle describes how the mind spends a lot of time either in the past, retraumatizing us with thoughts of what has gone wrong in our lives, or in the future, thinking about what might go wrong in our lives. This is suffering. In Buddhist thought this is about attachment. Attachment to what has gone before (our thoughts identify us with these events and memories) and what might happen. We become stuck in a loop of pain in our lives. One school of thought is that a person’s experience of reality is a projection of his own mind. Therefore, if one is unhappy or even if one is physically sick it is because the person’s mind is generating that unhappiness or that sickness. It is

generally understood that there is something for one to learn from that projection of unhappiness or sickness into the field of material reality. And the task is to enter into the process of listening to the unhappiness or sickness to understand what it is showing the individual about the state of his mind. By firmly placing responsibility for the nature of our reality in the hands of the individual, we understand we are not a victim of the Universe. We are not powerless to the circumstances of life. If we have the power to create a negative reality through addiction or through our thoughts or a recurring physical problem, we have the power to create a positive reality. It is simply a matter of understanding how one is generating one’s own suffering. Through coming into an understanding of how we generate our own suffering, we become able to grapple with the causes of our symptoms or life problems.

One of the most important insights leading up to the Buddha’s Awakening was his realization that the act of comprehending pain lay at the essence of the spiritual quest. By taking responsibility for our pain, we can stay focused on what pain is telling us about our experience. Staying close to the pain and following its evolution through the different levels of being provides a very important grounding mechanism as we seek to understand ourselves.

ADDICTIONS

Most addictions are an attempt to cover some pain from our childhood. We all have had situations in our lives where, we did not have the resources to cope with as children, and these situations cause us pain. They are unresolved trauma of varying intensities. We use addictions to numb ourselves to that pain and avoid whatever feelings come up as a result of the childhood memories.

Addictions take many forms. There are substance addictions which include drugs, alcohol, tobacco, sugar, food/diets and caffeine; people addictions which include relationship and romance addictions, sexual addictions, co sex addictions (addicted to sex addicts) and codependency; work addictions, food addictions and behaviors addictions, such as, work or activity addictions, shopping and spending, gambling or risk, exercise, sex, rage, internet, perfectionism, and pain or suffering.

Often there is another aspect to the addiction cycle and that is shame. Some families had respect based systems where members were accepted for who they are and had open communication and others a shame-based system where members lived with “should” and were shamed for expressing their feelings and the family rules require perfectionism. Perfectionism is always seeing what you did wrong rather than what you did right. This can be debilitating for some people always second guessing themselves and having difficulty making decisions.

All this has its source in childhood with specific incidents where the child made conclusions about themselves that rarely are self-supportive. The goal of hypnotherapy is to find the source of these addictions and resolve them within the therapy session and to do some work about not participating in the addiction anymore. Clients are given a hypnotherapy CD to further enhance the work they do in session. Usually when working on addictions several hypnotherapy sessions are required to resolve the complex issues involved in addictive thoughts and behaviors.



Upcoming Events

Enlightenment Dyad Nights

These nights are an introduction to the Enlightenment Intensive and a way for those who have attended Intensives to continue their practice.

Enlightenment Intensives

The Enlightenment Intensive is a modern answer to the question, "Where can I go to directly experience the true nature of life, others and myself?" With one foot rooted in the ancient tradition of Rinzai Zen and the other in the modern dyad process of communication, the Enlightenment Intensive is a three-day retreat capable of producing deep spiritual awakenings at the core.

Life Transformation Intensives

This is an EXPERIENTIAL WORKSHOP designed to give you the answers you have been looking for. It meets for six weekends over a six-month period, providing a loving and accepting environment for the challenge of profound personal growth.

The Life Transformation Intensive supports you in your spiritual path, whatever that is. Through the use of a variety of Heart-Centered trance techniques, you will learn to open up to Soul Work and to discover a much broader aspect of who you really are and what your purpose is at this time on earth.

Master Sessions

Spend an evening with The Masters bringing in their information for our members to enjoy. We have invited Friend; a Master that has been channeling through since 1983. Friend will speak about future times and special spiritual theories. He'll then bring in other Masters that will guide us through our special evening. The topics will range from developing businesses to personal growth and metaphysical issues. Friend also guides us in an adventure meditation. The Masters then go into a more esoteric range of topics on the paranormal and prophecy. Our members always walk away from the experience with wonder and excitement for their own and the planet's future.

Next Issue – Advanced Topics

Mind-Body Connection, Past Life Regression, Spirit Attachment and Future Life Progression.

Also a reading list for some of these topics will be included.

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