

HYPNOSIS – OVERCOMING POPULAR MISCONCEPTIONS

Whenever the word ‘Hypnosis’ is mentioned in general conversation, it is usually accompanied by reactions of suspicion or vehement condemnation and dismissal. These reactions are largely due to the various misconceptions that abound about the true nature of hypnosis as a healing art.

Hypnosis has been used as a curative art throughout history, but still faces severe misconceptions and fears. By far the most popular misconception about hypnosis, promoted by the famous stage hypnotists is that the mind and will of the hypnotist ‘dominates’ the subject. This is not true in any form of curative hypnosis. Hypnosis as a therapeutic tool always involves a cooperative process, which is voluntarily entered into by both parties for the purpose of healing.

How Curative Hypnosis works

Everything in life from the moment we draw our first breath, suggests to us our impression of the world around us, whether good or bad, pleasant or painful. Every single experience creates within us a vast array of reactions, which colour our mental and emotional character. Therefore, if in our past we have a bad experience of one kind or another, this makes us wary, even fearful when confronted by similar situations in the present.

Within the vastness of one’s subconscious mind there exist a whole host of conditioned responses, which when faced with certain stimuli can cause us to react in ways which we seem to have no control over. However, the transformational power of the human mind when properly directed and focused by the will is a mighty tool. The methods of Curative Hypnosis are designed to harness the full potential of the focused mind and will, enabling an individual to effectively free themselves from any negative patterns of emotional and mental behaviour. The release of negative conditioning can only take place once we learn how to relax our tensions and anxieties to a sufficient degree, and it is precisely this profound experience of relaxation that is induced via hypnosis.

The principles underlying the methods of Curative Hypnosis are universal, and have been employed by countless spiritual and healing traditions around the world. All methods of spiritual contemplation and meditation from every tradition are, in a sense, methods of self-suggestion. Hypnosis is a form of suggestive therapy, which utilises the focused mind to dissolve negative emotional and mental tensions, leading to a state of true centeredness and positive transformation.

When properly applied (and this is of vital importance), hypnosis is a tremendously practical therapy, which is gentle, natural and deeply relaxing. And if taught openly to people of all ages and backgrounds, it could be utilised as a preventative measure within the NHS, for it would enable people to deal more effectively with the stress of daily life and therefore lead to less dependency on anti-depressant drugs, and less stress-related ill health in general.

Although the most fashionable use for hypnosis is to help people stop smoking, or in losing weight, its beauty lies in its' efficiency when healing traumas, panic disorders, fears and phobias, or simply relieving bottled up stress.

Proactive approach

The key issue in curative hypnosis is the patients own will to change and allow the healing process to take place. The trust between the patient and the hypnotist is also a key issue, as in order to let the transformation take place, a complete trust in the conducting therapist is needed. Usually, it can take the patient a few visits to get used to the hypnotic process before they can fully relax and allow themselves to be led through the session. The number of visits required is dependent on the individual and the nature of the problem, and is unique in each case, though it can average between approximately two to ten.

When looking for a hypnotherapist, it is good to ask whether the therapist is registered with the General Hypnotherapy Register. Referrals from friends are good, although one should remember that as the experience of each individual is always unique, what might be good for your friend might not suit you.

In many ways, the key to health is within us all. How we think and feel will determine our quality of life, and so it is well worth considering what we can do to change our negative and self-depreciating tendencies into pearls and strengths. True fitness and well being is much more than just physical, it also involves the cultivation of one's True-Self, one which is centred and balanced both mentally and emotionally.

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