



Take Control Of Your Life With Hypnosis:

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

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HYPNO-HEALTHGRAM “GREATEST HITS”

As I briefly watched a recent infomercial about hit songs from the fifties, my mind floated to all the information in the previous 41 Hypno-Healthgrams. I thought, why not emphasize some of the most powerful statements as a way of reinforcing their combined impact. Here are my Top Ten Greatest Hits.

AN ANSWER TO CANCER, March 2014. “CANCER is one of the most powerful words in relation to the response it elicits in us. And if it rolls off the lips of a doctor, its impact can be deadening. A client who had been suffering from a rare form of cancer called for an appointment. She arrived at the Hypno-Health office, seeming weary and worn down and simply living out the one-year-to-live sentence given by her doctor 10 months previously.

As we began to communicate with her subconscious mind, she discovered experiences, behaviors, attitudes and responses that had been connected with the cancer developing. The apparent message was: *if she wanted to survive, she would need to make significant changes in her life.* During each of our six sessions, she disconnected the influences of the specific cancer connections and replaced them with positive perceptions of how she envisioned becoming. She saw herself glowing outwardly and free of pain, with the glow shining on the cancer lesions and nipping them in the bud. She also imagined her own inner healer in the form of a drop of blood that moved down through her body and flushed away the physical and mental toxins, enabling her to be free of cancer. With continued releasing and replacing, she took control of her life and reveled in feeling empowered and becoming well. After her platelet levels stabilized and she was given a 3-month reprieve from chemotherapy, she expressed the following sentiments.

“The medical community has been incredibly helpful in suggesting treatments, providing blood analysis that keeps me healthy and stable and working with me to ensure that quality of life is my major focus. However, there is a piece of treatment that I sought that went beyond the tangible, analysis and statistics. It was my work with Hugh Sadlier in the art of hypnotism. The skills I learned from Hugh I continually draw upon to help me relax when overwhelmed, understand what is driving a given situation, and know that I can change my life. For example, hypnotism is particularly helpful when undergoing medical scans. I've had 3-hour MRI's and have drawn upon hypnotism to keep me still and comfortable during the procedure. More importantly, my connection with my subconscious has opened up a deeper meaning of my world. I find myself able to live in the moment more, experience a profound connection to nature,

embrace a gentle and genuine spirituality, and deeply love. I believe that hypnotism is a major component that is helping me move toward healing and health.”

A MEDICAL PERSPECTIVE ON HYPNOSIS, June 2013. “A skilled hypnotherapist can effect profound changes in respiration and relaxation to create enhanced well-being. Hypnotherapy techniques are widely used to help you quit smoking, stop snoring, lose weight, or get a good night’s sleep. It helps treat medical conditions like facial neuralgia, sciatica, arthritis, whiplash, menstrual pain and tennis elbow. Migraines, ulcers, asthma, tinnitus, eating disorders, bruxism, nail biting, tension headaches, and even warts, respond to hypnotherapy. Professional sports trainers use hypnotherapy to boost athletic performance. Hypnosis helps people tolerate pain during medical procedures, too. It’s useful in surgeries where regular anesthesia isn’t a good option, in cases like hysterectomies, hernias, breast biopsies, hemorrhoidectomies and Caesarian sections. For minor surgeries, patients who do not tolerate anesthesia well may even undergo surgery without anesthesia using hypnosis. Dentists regularly use hypnosis for root canal patients who can’t tolerate anesthesia. A recent study shows that burn victims heal considerably faster with less pain and fewer complications if they are hypnotized shortly after they are injured.”

YOU CAN HEAL YOUR LIFE, June 2012. “Imagine combining Louise Hay’s positive, healing philosophy with the potential power of hypnosis to effect change. Life-changing changes can be achieved in relatively short periods of time. The following reports from people I’ve worked with bear this out: a woman reached her ideal weight, found her wardrobe severely depleted, and ‘absolutely loved it;’ a man cured himself of colon cancer and when asked if hypnotherapy really works, replied: ‘Ask my oncologist;’ a woman freed herself from twenty years of sadness and depression and sang the praises of hypnotherapy; a man with PTSD went from being on the verge of suicide to ‘my life is now a grand adventure;’ a woman who had suffered involuntary bowel movements for five years, eliminated all her symptoms and said: ‘my life is now filled with joy;’ a man worked on shrinking an aneurysm in his aorta and delighted in his surgeon’s words: ‘My God – it’s gotten smaller;’ an initially skeptical woman freed herself from many months of sleepless nights; a man kicked his 25-year smoking habit and said: ‘I feel free for the first time in 25 years;’ a 74-year-old gentleman revamped his golf swing and saw his scores plummet below those of his best previous rounds.”

INTEGRATING HEALING METHODS, July 2013. “While there are many reasons one’s body can break down and get sick, as Louise Hay found in her career, and published in her first book, *Heal Your Body*, every illness is affected by emotional factors. And decades after Louise presented her conclusions, the scientific community has put forth studies that support them. Research has shown that emotions like fear, anger, sadness, love and joy have specific effects on the body, from illness-causing to healing. While anger makes blood vessels constrict and may lead to hypertension and restricted blood flow, love and joy can bring relaxation and joy back to the heart. Specific thought patterns affect our bodies in predictable ways, releasing certain chemicals in response to each emotion. ”

YOU CAN CHANGE YOUR GENES, December 2013. “Neuroscience has recognized that the subconscious mind controls 95% of our lives. Jesuits used to say, ‘Give me a child until age six or seven and he’ll be with the church for the rest of his life.’ Some people, Louise Hay for one, believe our subconscious minds are pretty much programmed by the age of three. Our conscious minds tell us what to do and how to do it while we are awake. But they are like the messenger. They have no idea they are being controlled by subconscious programming virtually all the time. So when you are trying to heal from a conscious level – citing affirmations and telling yourself you are healthy – there may be an invisible subconscious program that’s sabotaging you... Lipton suggests that once you become aware that invisible programs from the subconscious mind are running your life, then you can master them. Becoming aware

means accessing the behavioral programs in your subconscious mind so that you can change the underlying limiting or self-sabotaging thoughts that don't serve you."

HYPNOSIS FOR STROKE SURVIVORS, November 2010. "A stroke occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting the flow of blood to the brain. As brain cells die, abilities controlled by that area of the brain are diminished or lost. But the brain has the ability, called neuroplasticity, to grow new tissue, create neural pathways, bypass areas that are damaged and possibly activate dormant ones. Neuroscientist Dr. Michael Merzenrich is a leading developer of therapies based on brain plasticity, which he defines as: the capacity of the brain to change itself. It actually changes physically, functionally, in ways that you can measure."

AN ANSWER TO CANCER, March 2014. "Dr. Mercola, the online medical watchdog, states in # 11 of his 12 Tips to Reduce Your Risk of Cancer Now: 'Invariably, in my work with clients - including those with cancer, the presenting issue (cancer) is merely a symptom of something else: thoughts, perceptions, experiences, and messages that took hold as habits in the subconscious mind, perhaps by the age of 3 - 4, and have continued to negatively impact a person throughout his/her life. Those influences eventually, through repetitive compounding, cause dis-ease in the mind and body...'

Hypnotherapist Stephen C. Parkhill describes that process in his book *ANSWER CANCER*. "Therefore, the general cause for disease and disorder is an execution of a subconscious calling for self-mutilation or punishment or limitation. The specific cause of disease is a compounding of perception, built from accumulated experience that is all viewed through a filter called the critical faculty. That filter learns which ideas to accept and which to reject from the initial happenings of the individual's life. So the attachments that we find ourselves stuck to - all of them, good and bad - are the prescriptions of thought. Disease and disorder are the tools the subconscious mind has at its disposal when it is programmed to punish, or hold back or sabotage. Health and ease remain the fruit of life when a mind is programmed to look for the good in life, in self and in others. When we see the doctor-identified disorders as creatively selected tools of the subconscious mind, the subconscious motive becomes the important issue. The individual labels that separate one disease from another become unimportant. *Whatever the look of the symptom, buried in that symptom is memory of a circumstance with unresolved issues that is calling for mutilation.* The symptom is the answer to that calling."

BACK TO THE WOMB, September 2012. "Gabriel realized that many of his clients weren't being healed by regressing to the early years following birth. As he learned more about the advantages of a person returning to the womb, he expanded his practice in that direction. He sets the parameters for *Voices from the Womb* with these two quotes. 'The periods of infancy, birth and the nine months in the womb that produce birth, frequently reveal intense core experiences - experiences that fuel our emotional responses to life. **Until we go back and resolve these emotional experiences, we may continue to live our lives like puppets controlled by the invisible strings of a forgotten past.** Hypnotic regression offers a deep, clear intensely felt reliving of early experiences, leading to a deep level of emotional release.'"

THE SYNCHRONICITY OF SHAMANISM AND HYPNOSIS, November 2013. "Evelyn began by saying that in over two decades of shamanic work she encountered repeated examples of how people have acquired habits that limited them in many ways. She suggested that 'our stories begin before we are born. In utero, we are aware of the emotional state of our mother and the people around her. From the input our developing psyche receives, we begin to develop perceptions about ourselves and our world. . . These perceptions from our family and our culture become implanted like computer viruses into our little mental and emotional hard drives. Since we have no way to screen the input we receive, we internalize

everything. In addition, until a child is about six or seven years old, the child believes that they create or cause everything that occurs in their world. This magical thinking causes us to feel responsible for all actions in our environment. As we carry those beliefs forward, we can be left with damaging psychological trauma or at the very least, harmful psychological and emotional patterns.

While our perceptions have shaped us, they are not who we are. Whenever we take the step of separating us from the story we have learned, we can begin to think about our unbeneficial perceptions as simply erroneous or outdated information. Taking that step is a way to begin setting aside the old definitions of who we are. Once we do that, we then have an opportunity to heal. . . In my work as a shamanic healer, I can assist my clients in their process by going back to the origins of unbeneficial patterns and healing them at the root.’ (Compare this with my three R’s of hypnosis: Release what you need to; Replace that with what you want; and Reinforce that so it becomes the new habit.)”

SUBCONSCIOUS CREATIVITY, November, 2011. “Summaries of my work with four individuals in hypnotherapy (whose names have been changed to protect client confidentiality), describe the creativity of their subconscious minds as they sought resolution of long-standing issues. Sometimes the creativity slowly gained momentum, like a volcano; other times it took hold spontaneously.

Heidi had been trying to eliminate emotional blockages on her own for a long time. Probably having done so had prepared her for this hypnosis session. She was able to release a significant amount of old baggage and afterward, spontaneously started experiencing an awakening. She talked about what was happening and, after the session, recalled it in the following way:

‘Reaching up, rising up, going up,
Going for the gold, the yellow light,
Filled-with-love, opening up, stretching out,
Bursting with positive emotion, direction and achievement.
Transcending – like being pulled upward by a magnet,
Upward to the light – the awareness –
The happiness, joy and ecstasy.
Feeling the electricity and energy coursing through me,
Vibrating, stimulating, awakening; surging forward, being
Swept along to the colorful, pulsating Northern Lights and
Joining them, becoming one with them,
Absorbing their power, magnificence and beauty.
Attaining unprecedented heights of
Energy, emotion, expression, elation and euphoria –
Culminating in a state of peaceful bliss.’

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