



Hi Everyone!

Here is the 14th issue of the Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

*Take Control of Your Life with Hypnosis
Eliminate negative habits, Create Healthy Changes, Achieve optimal well-being.*

December 2011

SELF-HYPNOSIS FOREVER

Repetition produces results; sustained repetition produces habits. Experiences, messages and influences that occur repeatedly in our lives, such as learning how to ride a bicycle or memorizing the alphabet, become habits in the sub-conscious mind and are then as automatic as breathing. New habits can actually take hold permanently in as little as three to four weeks.

The process of self-hypnosis can be made into a habit simply by practice and repetition. If you already learned how to go into the self-hypnotic state at Hypno-Health and practiced it enough to have it become a habit, it should be available whenever you want to use it – for the rest of your life. (If you haven't used your self-hypnosis in a long time, you might still be able to benefit from it by getting relaxed, doing your anchoring movement and returning to your deeply relaxed state.) You may also have developed your own way of going into an altered state of consciousness. If you are unable to reach a comfortable level of relaxation, you might try the following technique.

Get comfortable, preferably sitting or lying down. Close your eyes to block our distractions (that causes your conscious mind to start disconnecting) and begin imagining yourself moving in a slow, gentle, rhythmic, downward direction, such as walking down a long, comfortable stairway or riding down an escalator or elevator. The goal is not to reach the next level, but to just keep moving slowly downward, becoming more relaxed as you do so. When you are feeling comfortably relaxed, stop moving and find yourself at, or in, a peaceful place (just allow it to come into mind). Using all of your senses, become one with your peaceful place and ease yourself even deeper relaxed. (Imagine a ruler scale of relaxation, in equal numbers from a light level at one to a deep level at twelve, and ask your sub-conscious mind what number of relaxation you are at.) Then start slowly counting backwards from 100 and imagine releasing all remaining numbers from your mind. The numbers will disappear quickly, your conscious mind will be completely disconnected, and you will be in a full hypnotic state. Using an anchoring movement technique, place your dominant hand somewhere on your body that feels

comfortable and tell (talk to) your subconscious mind you want to return to your self-hypnotic state whenever you do that movement in the future. (Going into self-hypnosis with your anchoring movement will only happen when you want it to; never accidentally.) Practice self-hypnosis regularly to make it your new habit. Remember, it's the practice and repetition that enable your hypnotic state and anchoring movement to become a habit in your subconscious mind. When you can easily go into self-hypnosis (by getting comfortable, closing your eyes and doing your anchoring movement), you will be able to use it in several ways, for the rest of your life.

If you have been wondering about something that took place earlier in your life, you can enter your hypnotic state and ask your subconscious mind about it. If you want to verify something, recall something, or re-experience something, just ask your inner guide for help.

If you have some aspect of yourself you would like to eliminate, go into self-hypnosis and explore it with your subconscious mind. Ask questions until you get a good understanding of the issue and what caused it to become a habit. In whatever way works for you, release all of the causes completely. Then imagine the way you want to be – the positive benefits of having released the original issue. When you've brought forward the positive benefits, allow a word (s) to enter your mind that represents the benefits. Use that word in both your conscious and subconscious states to reinforce the new program becoming the new habit.

If you have been feeling "out of sorts", worried, tense, stressed, etc., you can deprogram yourself with self-hypnosis. Simply enter your relaxed state and ask your subconscious mind to help you release the uncomfortable feelings. When you've done that, allow comfortable feelings to come into mind and as you are returning to full consciousness, tell yourself how you are feeling (example: "I am feeling rested, relaxed, refreshed, recreated and rejuvenated."). Repeating your positive words several times will help you feel exactly those ways.

If you plan to be involved in something in the future that you did before, but weren't happy with the way you did it, or that you've never done before and aren't confident about how you'll be able to handle it, hypnosis can help. By entering your relaxed state several times beforehand and imagining yourself experiencing the situation the way you want to, that can be your reality when the situation occurs.

If you simply want to enjoy the peaceful feelings available to you in the self-hypnotic state, you can do that. Just enter your relaxed state, with the sole intention of enjoying the deeply relaxed feelings. Allow the feelings to embrace you and comfort you. Remain that way for as long as you want, remembering you never get stuck in hypnosis. When ready, you'll return to full consciousness automatically.

HEALTH TIP

A recent study conducted by Jules Mares of the University of Wisconsin and published in the Archives of Ophthalmology, confirmed that daily walking reduces the risk of macular degeneration. Of the 1300 women participants, the most active lowered their risk of age related macular degeneration by 54%. The most active women who also ate a healthy diet, decreased their risk by 71%.

<http://www.prweb.com/releases/2011/10/prweb8919604.htm>



Happy Health!

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