



Take Control Of Your Life With Hypnosis:

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

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The Synchronicity of Shamanism and Hypnotism

As a youngster, I had a passionate interest in Native Americans. My outfit included: a home-made white leather vest, decorated profusely; a turkey feather headdress; and a rattle I spent hours making, painting and embellishing. The many books I read included more than twenty in the *White Indian* series. Since learning hypnosis, I have gone to many past lives, including ones where I ran a gauntlet and lived with Native Americans. I have also more recently made a hiking stick with a Native American motif. I also learned that shamans, who I identified with, were highly revered, connected with the spirit world, predicted the arrival of migrating game, and held chanting ceremonies that I now firmly believe induced hypnotic trances.

While reading the Oct/Nov 2013 edition of *Inner Tapestries* (www.innertapestry.org), a holistic journal celebrating and supporting life, I was drawn to a modern shamanic living article titled: Emotional Unburdening. Written by Evelyn C. Rysdyk, a nationally recognized shaman teacher/healer, speaker and author who practices in Yarmouth and Falmouth, Maine, it explained how people can release unwanted baggage with shamanic help. I was astonished to read about the philosophy and techniques, including phone sessions, that closely mirror what I believe and practice as a hypnotist. As I read on, I was also astonished by the similarities with many of the viewpoints expressed in my Hypno-Healthgrams, including: *Back to the Womb*; *Hypnosis with Children*; *A Medical Perspective on Hypnotherapy*; *You Can Heal Your Life*; *Subconscious Creativity*; and *Past Lives*. With further reading it became increasingly easy to substitute shamanism for hypnosis.

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.” [2] As we carry those beliefs forward, “we can be left with damaging psychological trauma or at the very least, harmful psychological and emotional patterns.” [3]

“While our perceptions have shaped us, they are not actually who we are. When 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.” [4] (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.)

“During a *Shamanic Inner Body Healing* session, a client’s being acts as a doorway to wisdom that is unlimited by the restrictions built by the conscious mind or the personality (similar to the Creativity of the Subconscious Mind Hypno-Healthgram). It is an open-ended inquiry process that takes place in the inner landscape. This works because shamanic realms exist both inside and around our physical bodies. . . This process has been successful in healing people from traumas, limiting beliefs or wounds sustained in utero or during preverbal infancy, to identify and eliminate unconscious, familial and generational patterns, and to even heal unresolved issues that have their roots in a past life.” [5] (A wonderful description of what hypnosis can do and how it works.)

“It is never too late to change our story, to let go of our emotional baggage and to start living a life that is truly free from the burdens of the past. Since all time is occurring right in this moment, we can in essence, rewrite our history and change the trajectory we have for our future. We do this by taking the courageous step of choosing to not be defined by our out-moded ways of understanding.” [6]

I now have a much better understanding of shamanism, a greater appreciation for what it can do, and an intriguing awareness of its synchronicity with hypnotism.

[1] Inner Tapestry, Oct/Nov, p. 6.

[2] Ibid.

[3] Ibid.

[4] Ibid.

[5] Ibid.

[6] Ibid. p. 7.

HEALTH TIPS

(from www.sapphyr.net/natam/quotes-nativeamerican.htm)

Go Forward With Courage.

When you are in doubt, be still, and wait;
when doubt no longer exists for you, then go forward with courage.

So long as mists envelop you, be still;
be still until the sunlight pours through and dispels the mists
- as it surely will. Then act with courage.

Ponca Chief White Eagle (1800’s to 1914)

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Board Certified Consulting Hypnotist

Offices:

222 Auburn Street ~ Suite 102
Portland, Maine 04013

1280 Morgan Bay Road
Blue Hill, Maine 04164

Phone: 207.773.5200

E-mail: sadlier@hypno-health.net

Website: www.hypno-health.net

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