

PINJARRA HYPNOSIS

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Murray House Welcomes Pinjarra Hypnosis

What if you chose to think differently?

What would you do then that you don't do now? How would your feelings then be different from your current feelings? The benefits of hypnotherapy include better health, greater satisfaction, increased self-confidence and improved emotional intelligence.

Hypnotherapy can help you change the way you think about something and, if that something is attached to an action then you can do it better. Some of those things include quitting smoking and parting ways with excess weight. Many others have successfully let go of their fear of visiting a dentist, flying, heights, dogs, public speaking and so forth. I specialise in transforming stress and excess weight management.

We subconsciously and/or consciously create thought patterns that at the time, may serve a valid purpose like providing safety or protection. Later, those thought patterns which develop in to beliefs and or habits can lose their validity and become negative. Now part of our belief and habitual system, they can be difficult to change without the assistance of hypnosis. The reasons why they were formed in the beginning can also prove to be challenging.

Thankfully with clinical hypnotherapy knowing 'why' isn't required to change a thought pattern. That is a good thing and one of the greatest benefits of hypnotherapy is that it works fast. Hypnotherapy can be used as a stand-alone therapy or in conjunction with other programs or treatments recommended by your physician, psychotherapist or counsellor.

So, how does hypnosis work exactly...

A clinical hypnotherapist will lead you into a focused state of relaxation. You are fully conscious of your surroundings and you will remember as much as you would normally from any conversation. You are aware of noises surrounding you but they don't bother you. It's as if the sounds are coming from behind you and at a distance. Your hypnotherapist will lead you through a series of techniques which can vary from person to person and from session to session for different matters. Through the process your conscious mind relaxes while your subconscious mind comes forward to listen, understand and accept the positive and helpful suggestions made by the hypnotherapist. The clinical hypnotherapist will make

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suggestions to your subconscious mind that not only align with it but that it also accepts. You see, your subconscious mind will not accept anything it doesn't already agree with or desire – so now you understand that it is a myth that someone else can control your mind – you are always in control.

With each hypnotherapy session you attend, the new and more positive thought pattern takes hold while at the same time the old thought patterns become weaker. You help with the building of the new thought pattern and you help it become stronger by being more self-aware of your thoughts and actions. In a short period of time the new thought pattern becomes your reality as if it has always existed that way.

So, you may be asking yourself, when are you ready to choose to think differently? As soon as you start looking for a solution and begin to think differently, even if it is for a split second. Your subconscious mind is sending you signals that it is ready. So, don't ignore those signals no matter how fleeting they may seem. For example, you can start by reading this article thoroughly.

If you would like to discuss how hypnosis can help you, I offer a free and confidential phone consultation. It provides you the opportunity to ask more questions and for me to identify the best program to help you. My name is Colleen Newman, Certified Clinical Hypnotherapist and approved practitioner of the Sheila Granger Virtual Gastric Band Hypnosis Program. I am located at Murray House, 14 James Street, Pinjarra. You can contact me at colleen@pinjarrahypnosis.com or mobile 0475-333-078 or website www.pinjarrahypnosis.com