

The Secrets from Your Subconscious Mind



How to Understand the Code
for Manifesting Your Destiny

by Ryan Elliott, MSW Medical Hypnoanalyst

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Ryan Elliott

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The Secrets from Your Subconscious Mind: How to Understand the Code for Manifesting Your Destiny. Hypnoanalysis: A tested and proven system for overcoming limiting behavior, negative feelings, and destructive thoughts while strengthening skills, boosting performance, learning to love, connecting with God or your higher self, and improving all dimensions of your life by revealing, examining, and ending the power our subconscious secrets have over us. Secrets vary from person to person, some burn slowly over a lifetime causing all kinds of pain, others pack a powerful punch and can't be ignored for long without consequences to the body, still others are shaded in shame and operate at the boundaries of consciousness only making their presence known in relationship, and many feel benign until reality hits the fan and we come face to face with the notion that "something must be wrong here." Nevertheless, all secrets can be changed, that's the beauty of living on earth at this time as a human being.

**Ryan Elliott, M.S.W.
The Lighthouse Center
165 S. Church St.
Winfield, Illinois 60190
www.thelighthousecenter.org**

Dedication and Intention

This book is dedicated to helping ease the pain of life, increasing the acceptance of joy and happiness innately available, and creating the life you were meant to live on planet earth by joining the evolutionary process of healing your life, that of your relatives and ancestors through the various timelines in your subconscious. Because never before in human history has a time existed where humans could heal the subconscious mind the way we can now. By decoding the four dimensional symbols your subconscious mind has produced, in terms of your unwanted feelings, thoughts, behavior, and life circumstances, back into information understandable by your conscious mind, a basic healing almost always happens. Consequently, revealing the secrets from your inner mind exposes the operating code in your life, and this is the primary tenet and intention of this work.

Acknowledgements and Author's Notes

I feel very thankful to my step-parents, Harry Rose and Jan Elliott, who supported me unconditionally in my early years and without their help this book never would have been written; and Rosemary Bell, L.C.S.W., for her help in healing my past, and all the others who have been there for me over the last sixty years, including the late Dr. George Honiotes and Pat Honiotes.

Most of all, I thank my clients who have volunteered their stories, backgrounds, and the intimate details of their lives, especially those who have had the guts to stick out the long-dark night of the soul, because it was through their courage that contributed to this writing.

Due to the confidential nature of the material, names have been changed and other telltale facts distorted in order to protect clients identities without diluting the basic elements of their cases. In several situations, the third person personal pronoun *he* is used generically.

My intention is to present an overall description of the hypnoanalytic and subconscious analysis processes, focusing not on psychological diagnosis but on the vastly different, underlying subconscious diagnosis, as well as presenting other useful information on subconscious management of external forces that affect one's mental state. For more information on the underdeveloped concepts, researching the bibliographic sources cited in the chapter notes is recommended.

However, it is important to note that *Secrets* is only one of two books written about The Bryan Method of Medical Hypnoanalysis, and the only one designed for the layperson and prospective client. The other book, *The Handbook of Brief Psychotherapy by Hypnoanalysis*, written by John Scott Sr., describes the process in detail for professionals.

I have made every effort to document my sources, but some quotations, which I especially treasure, are not cited in the chapter notes. I have gleaned them over the years from books, articles, speeches, and seminars.

Preface

This book grew out of my last twenty years in practice and reflects a ripening and maturing of my orientation—from a strict medical hypnoanalysis model to an approach incorporating both medical hypnoanalytic and alternative methods of problem-solving.

EMDR, Eye Movement Desensitization Reprocessing, is one method I especially appreciate and use regularly due to its compatibility with hypnoanalysis. After taking the training with Francine Shapiro, Ph.D. over during the period of 1994-95, I began using it with my hypnoanalytic clients and discovered, to my delight, how well it helped de-condition extreme negative thoughts and feelings that were subconsciously over-determined by childhood trauma by changing the neural network and synaptic connections in the brain to allow new, healthy associations. The EMDR Institute offers information about the eight phase treatment method on their web site¹. The other method I really appreciate is The Trauma Model by Dr. Colin Ross², which has been extremely helpful in and redirecting the energy and the effects of childhood abuse and trauma. I combine these two methods often with the hypnoanalytic secrets method for a more powerful and dramatic conclusion for my clients.

One of the more dramatic influences came from 5,000 miles away in a small town of Abadiania in the State of Goias, Brazil³. Meeting and getting to know John of God, Joao de Deus, convinced me of the reality of the spiritual world. Before knowing Joao, I, in the words of John Lennon, “only believed in me.” Participating in and witnessing the miracles in Brazil at the Casa de Dom Inacio, encouraged me to change my mind about my own life situation. The consequence was learning and actually believing that we are all spiritual beings having a physical existence and that we become wounded by our corporeality in a spiritually antagonistic environment, namely -- this planet earth, on which we are held captive in the sense that there’s only way to leave it.

Since my life had been anything but calm. I’ve had just about everything myself – anxiety, depression, shame, suicidal thoughts, phobias, crushing guilt, an ulcer, IBS, panic attacks, self sabotage, childhood trauma. and functional brain damage. As a teen, I smoked, tried to become an alcoholic and drug addict emulating what I grew up with and what was happening all around me in the 1960’s, I learned I couldn’t tolerate substances and failed – I would simply pass out. I’ve been kicked out of high school, lost most of my family to alcoholism, two brothers died from drugs, got divorced, been bankrupt, arrested on trumped up charges and acquitted, beaten up, stalked by an obsessed woman with a hit list, set up as a patsy by money hungry people, audited by the IRS for years until I nearly lost my marbles and subsequently moved to another state. Besides discovering my own co-dependence and how it operates in relationship, I have worked diligently to overcome these problems. I’ve had my share of negativity but you know what? The best revenge is to have a good life and I’m having it. Most of the traumatic things happened in the last sixty years and they are over. During the next sixty years, I know . . .

The Best is Yet to Come.

Several episodes from my own personal growth have been included with the wish that this book will now be even more accessible to readers, thus making its overall impact more powerful. Another reason for including my own story: in therapy circles, the concept of “You spot it, you got it” signifies how well a therapist can help heal his or her clients. Our clients can really only heal what we have healed ourselves. The wounded healer images in Greek Mythology of Chiron and Asclepius come to mind as well as the mandate “physician heal thyself” and therefore, I’m including an overview of my forty year history with the therapy process. Much has been left out because this book is not about me but about how healing is possible.

My Story

As the oldest of 6 children, I grew up in an Irish-Catholic, alcoholic family, and began checking out treatment as young as twenty years old. Realizing something was wrong but not knowing what, since I didn't know the recovery movement existed in 1968, and being surrounded by drugs, alcohol, hippies, and the threat of dying in Viet Nam as we watched the war on TV, I knew I wanted a something better. My father would have been proud had I died for my country in Viet Nam. I was a disappointment.

Although, I never wanted to be anything when I grew up, (little did I know most trauma survivors just want to get through the day much less consider having a future) I knew I felt depressed, guilty, ashamed, paranoid, abandoned, and was sure I was a loser. To feel good I tried the common ways to escape but would pass out after experimenting with my alcoholic legacy or the hippie solution most of my peers used. I basically slept away all the "sex, drugs, & rock'n'roll" adventures I heard so much about.

I thank God I couldn't tolerate alcohol (it tastes terrible to begin with and gives me nausea to boot) and substances (drugs knocked me out cold). My brothers weren't so lucky.

My two years in high school destroyed what little self esteem I had. I remember one guidance counselor telling me how there must be some occupation I was suited for, although she couldn't tell me what it might be. Also, the gym coaches were the worst influence by reminding me how terrible I was at beating on other kids and how lousy I was at driving myself relentlessly into a frenzy of mindless competition in their classes. The truth, as I see it, is that sports are pre-paramilitary training. The reason the original Olympics Games were begun was to keep warriors in shape during brief peace times. I found my niche working at a speedometer shop and playing pool, a game at which I excelled winning my first car before I could even drive legally. Later, I decided I needed a college education if I wanted a different life. So, I enrolled at COD, (The College of DuPage) a local community college. Although, I thought I was stupid, I believed I could actually learn something there. After completing a couple years there, I transferred to Elmhurst College and paid for it by starting my own import company.

During my time at Elmhurst College, I applied to American Mensa just to see how my IQ rated and much to my surprise, Mensa allowed me in their organization. I couldn't believe that I scored in the upper 1% on a couple IQ tests. Since I struggled with a stupid self image, I thought there must be some mistake. Woody Allen's states, "I wouldn't join a group that would have me as a member" was my motto. Later in graduate school while studying IQ, I found out I wasn't an impostor. What an incredible discovery.

While I'm on this subject, later I also discovered the Myers Briggs Type Indicator and learned my personality preferences scored as an ENFP, a type only shared by about 4% of the population. This amazing discovery helped me understand why high school was so difficult and why the sports/military mindset disagreed so strongly with my values. Talk about a round peg in a square hole! Now back to the story.

Driving to the COD in Glen Ellyn, IL during the late 1960's, Stan Dale's radio show, *I'm Ok - You're Ok* fascinated my imagination with promises of freeing my inner child and feeling happy, something I knew little about due to my shame and insistence on proving I wasn't a loser. The psychiatrist I saw during this time simply gave me an ominous diagnosis, leaving me cold and embarrassed. Stan Dale's ideas appealed to me. I joined his Transaction Analysis Group.

One particular group experience left me sobbing for an hour after it ended. Sure I had embarrassed myself for no good reason, I left the group mortified and was directed to Reparenting Therapy ala Jacqui Schiff, which I subscribed to one hundred percent, and to which I give much credit for helping me get the life I desired. During graduate school and after, I continued therapy of various kinds, finding some good and some just OK. However, I still had problems with over-emotionality, impulsivity, and a huge dose of shame, not to mention how difficult it was for me to love anyone, much less myself. My thoughts turned to suicidal ideation at times, joy and wonder at times, yet the help I was in need of seemed unattainable.

In 1978 at age 30, I entered social work school at George Williams College in Downers Grove and graduated 2 years later as a social worker. Then, finding medical hypnoanalysis in 1984, my training and concurrent analysis helped me release underlying trauma, I knew I wanted to offer medical hypnoanalysis to others.

After becoming board certified, I continued my work and discovered how colic affected me as a child. However, due to my seemingly intractable impetuosity, I still needed to work on myself. I spent a week at the Light Institute in New Mexico, the one Shirley MacLaine made famous, reviewing my past lives, much time with Dick Sutphen Seminars but it was working with a special social worker that allowed me to grieve the loss of my childhood, the loss of everyone I loved having left for one reason or another, the projection of my emptiness on to others, but still the therapy didn't seem to touch a few areas.

Then in 2008, I finally discovered, I had three hyperactive areas in my brain, malfunctioning areas that were secondary to an "accident" I sustained as a 5 year old. The story I was told involved a trunk lid falling on my head (which I learned later was actually a car crash without seat belts.) In 1953, I was in the front seat of the car my mother was driving until we hit the tree when I ended up on the street unconscious. The ER doctors did their best to revive me but I actually died for a while and then returned. I survived! And what I've finally come to understand is that stress now would retrigger those feelings connected to that trauma and I would relive the near death experience over and over again, reacting out of the fear for my life, regardless of the situation or who was involved. Even mild conflicts would create the fight or flight syndrome in me, with racing heart and flooding adrenaline, I could turn-on gorilla mode in a flash and be ready for a fight that would make any action/adventure director proud.

Regular Neurofeedback treatments helped my situation. Neurofeedback⁴ is a biofeedback therapy technique that presents the user with real time feedback on brainwave activity, as measured by sensors on the scalp, typically in the form of a computer screen with sound reinforcing the desired outcome. In my case, lowering the beta waves and increasing alpha restored my brain waves to normal activity levels. I sleep better, have the wherewithal to not act on my emotions with thinking first, stabilized my moods, lifted depression, and decreased my combativeness. Others around me are certainly glad of my change but not as much as I am.

Finding this help didn't happen by accident, I kept going, never giving up until I found an answer that worked. My hypnoanalysis surfaced those negative suggestions, the code resulting from my secrets that kept me "in the dark" about my own life and Neurofeedback finally helped me diagnose and treat the problem under the problem, namely – my brain couldn't sustain the changes I desired. (the memories and feelings associated with the car crash began returning to consciousness during the treatments. These feelings and memories hadn't been available to me even under hypnosis). I always felt defective and did my best to overcome those feelings,

frequently by over-achieving, going well beyond the norm in most endeavours hoping that some day I would feel like a winner.

During my 40 year odyssey with different forms to treatment, I tried just about every variety I could find. They worked for a while but I still felt like a train wreck. Now, the train has come to the end of the line without crashing and I am able to love, both myself and others. I am forgiving the injuries I sustained at the hands of ignorant caretakers and have created meaning for my life that once seemed meaningless. This is very important to heal childhood trauma. For me, helping others heal has provided a way to structure my time while I'm here. Not only that but from understanding I've gleaned from my subconscious and my higher self, I chose this life in order to experience a challenge, to learn about pain, and to overcome these problems as well as give as much of myself as I can in the form of hope to others.

One thing I forgot to mention is my search for the meaning of God. From early on in my Catholic indoctrination, I would pray that someone would come along and love me. I did all the necessary rituals but nothing changed until much later when I decided that "the someone" to love me was me!

Having looked at different forms of Christianity over the years, and for a while I wanted to become Jewish, but I came to realize that I preferred Spiritualism and Neopaganism, a nature-based spiritual orientation. The appealing requirement for Neopaganism is the one law system: *Do what thou wilt, but hurt no one*. The important and immediate thing about Spiritualism is the karmic nature of existence in that whatever one does comes back to the doer. To me life might be more pleasant if a great many of us practiced according to the karmic law, in that if we, as a culture, believed that our life would be far better here and now by acting lovingly towards others. Rather than waiting for the reward of sitting at the right hand of God in the after life, maybe we'd all get along better..

I discovered, in these complimentary belief systems a benevolent God and a philosophic way to deal with life that works for me. Frequently, pagans are viewed as undesirable or those unclaimed by the Abrahamic monotheistic triad of Christianity, Judaism, and Islam or worse, non-Christian heathens (i.e. most Eastern Religions, Native American Religions, shamans, and polytheistic religions). What a shame since in my experience some very, good people live according to a philosophical alternative to the Abrahamic theology.

One of my goals here is to inspire hope for remedies in a time when medication (drug therapy) only allows for clients to feel a little less miserable as opposed to walking the road toward wholeness and wellness. Television spots tell us there's a drug for just about everything. I wouldn't be too surprised if the future of medication holds drugs for loneliness, homeliness, and social isolation. Had I listened to "authority" and taken medication for my problems, I would be as dead as my two brothers. Doomed shortcuts to health and happiness on planet Earth simply are too good to be true. Why else is our planet called Earth rather than planet Happiness? That said, I have witnessed some clients get help through medication as a temporary measure along with some form of emotional support, therapy, and/or spiritual healing.

However, it does seem to me that the chemical model is a dying model. After all, how does a simple or even a complex chemical deficiency account for the consequences of neglect, abuse, trauma, incest, death, sorrow, and the natural "slings and arrows of outrageous fortune" mentioned by Shakespeare? Obviously, it doesn't. The chemical model for easing unhappiness seems based on the idea of the body, mind, and spirit as machine -- much as when your car breaks down, it needs a new part, an oil change, or tires inflated. Human beings are not human

doings or machines but much more complicated. Did I mention living on planet Earth can be harrowing?

Also on the same path of quick cures: espousing the simple method of only changing one's thinking supply, at best, some symptomatic change for some folks; and at the worst, more suffering and frustration in those who have suffered enough. Similar to the diet industry where a spartan diet will help anyone lose all the weight the user desires, many gurus exist advocating the notion of a simple change in one's thinking will cause one's life to change. I say "show me the proof" because it's more complicated than that and if the truth were told then quick fix books wouldn't sell. M. Scott Peck nailed the notion down in the title of his first book, *The Road Less Travelled*.⁵

Enough Sages Exist Telling Us That Change Happens Simply by Thinking?

What's overlooked by omission or commission is the irrefutable fact that emotions connect us to our beliefs and memories. The energy stored in our emotions/feelings creates the world we live in, and therefore, change of the first order requires finding, reviewing, and nullifying the first time the negative emotions were generated through examining the memory stored in the subconscious mind. This idea is not rocket science. It is intuitively natural, if we just watch a child under six years old: they feel and their brains produce mainly trance states! Many of my detractors will argue the reverse. Ok, show me the proof! Although I do believe a small portion of the population can actually change their lives from simply thinking differently; however, the vast majority of us, especially those who have endured childhood trauma or the equivalent at sometime in their lives, need to reveal the secrets and remove the negative suggestions first before their minds can process the desired positive suggestions and outcomes. In this book, I am showing proof from the last twenty five years of practice with many case histories and freely given testimonials.

In addition, please indulge my paraphrasing of a familiar phrase in order to provide additional meaning to this book: "*Happiness cannot exist when the right to be free is not guaranteed.*" I feel deeply about this concept, especially today, when events in the world seem to be so dark. Noam Chomsky remarks,

"For those who stubbornly seek freedom, there can be no more urgent task than to come to understand the mechanisms and practices of indoctrination. These are easy to perceive in the totalitarian societies, much less so in the system of 'brainwashing under freedom' to which we are subjected and which all too often we serve as willing or unwitting instruments."¹⁶

Consequently, our system promotes the manufacturing of consent through media, political correctness, social consciousness, and guilt about the sins of our ancestors. Since I have been a freedom seeker all my life, I tend to resist these notions permeating social consciousness and hope to plant seeds for your further consideration.

The Meaning of Real Freedom

Freedom from one's limiting beliefs and freedom from one's history are the most important kind of freedoms one can attain. Thus these freedoms top my list of desirable experiences, equal to political liberty. I believe, being able to enjoy our liberty is only truly possible when we experience freedom from our historical proscriptions, both personal and societal. My reasoning for this is simple: if we haven't matured beyond dependency on some outside force to take care of us, make life better, protect us from evil, etc., then we stay vulnerable as children to manipulation, subsequent disappointment, and the continued erosion of the liberty guaranteed by our Bill of Rights.

As an aside, the words *freedom* and *liberty* are used interchangeably these days but have vastly different meanings. Liberty is what God has given us. Our founding fathers understood this and that's why the phrase "Liberty and Justice for all" are contained in our Pledge of Allegiance. One does not find "Freedom and Justice for all" in the pledge because freedom denotes what governments give their citizens. Once it's given, governments generally have no compunction about taking it back.* I desire to help humanity find freedom from their heretofore unchangeable habits, thoughts, or feelings, and hope to inspire the next step, to find liberty in their lives. Moreover, the concept of taking one's power back sits comfortably in my mind when thinking of both personal freedom and political liberty. Many of us have been living under a power restriction or dysfunction.

Since most of us operate much of the time from a subconsciously programmed level, meaning inhibiting beliefs (the code or programming stemming from our hidden secrets) that we have unknowingly incorporated before we were six years old, and thus, we must examine, take responsibility for that code or programming, and change it to live the creative life we really desire. Recovering from our power dysfunction by decoding or deprogramming our mind is what *The Secrets from Your Subconscious Mind* will demonstrate.

Introduction

Are You in Control?

Let us define mental health as the adjustment of human beings to the world and to each other with a maximum of effectiveness and happiness. Not just efficiency or just contentment —or the grace of obeying the rules of the game cheerfully. It is all these together. It is the ability to maintain an even temper, an alert intelligence, socially considerate behavior, and a happy disposition. This, I think, is a healthy mind.”

Dr. Karl A. Menninger,

Are You Free to Take Control?

Frequently, people ask me how they can take control of their lives. The question most often asked is how I can teach them to stop or change unwanted feelings, thoughts, and or actions which come up in response to both internal and external conditions in their lives.

I usually say something like this: Life is a do-it-yourself project. Our thoughts and feelings are the tools with which we construct our lives and our circumstances are the products of our thoughts and feelings—especially those that have long been forgotten in our subconscious minds.

In a sense, our feelings are like our children. If we ignore our children for a time, what happens? Well, in severe cases, neglect equals child abuse. Therefore, it follows that to control or extinguish our feelings constitutes self-abuse.

We must carefully examine what we think and feel because we set ourselves up for what we get. We do, in fact, create reality in our minds. In other words, we get what we expect to get, especially when our expectations originate in fear. Fear creates those conditions that are necessary to shape “reality” from the very things we are afraid of.

Much of this happens on the subconscious level of mind, which is the mechanism behind everyday existence. Think about it: Everything you believe and emotionally embrace—whether positive or negative—has manifested itself in your life—everything! We create our realities based on how we feel, think, and how we program our minds.

The philosophy of personal responsibility means that our subconscious, fear-based programming influences the events in our lives here and now. By “personal responsibility” I mean that others— parents, society, friends and lovers—are not responsible for our circumstances. Personal responsibility means that the buck stops with us. Our subconscious minds have accepted suggestions and dictated our feelings and behaviors, both wanted and unwanted.

One caveat here: this does not mean that shit won’t happen because it will. Many things are outside of our control and so discretion must be used when considering and applying these ideas to situations we have no control over.

However, by bringing programming from earlier periods of life into our awareness, by understanding and reinterpreting that programming, then letting go of it, we can free ourselves to be the way we really want to be. We can take charge of our do-it-yourself project. We can exert control over our lives.

To develop personal control over one's life takes a commitment and a decision to follow through with whatever action is necessary to achieve our goals. The most important part is the decision to do it. After making that decision, the “how” follows almost as if by magic. Your subconscious, intuition, and conscious knowledge generate the how.

Dan Kennedy⁷, possessing one of the most authoritative marketing minds in the United States says that the principle of *massive action* is what gets things done and achieves goals more powerfully than any positive mental attitude, affirmation, and thought patterns. I agree. In order to make life work, this principle of massive action must be employed. Basically, his principle conveys the notion of doing everything in your power to achieve your goals. Dan uses a military battlefield analogy; the generals use air strikes, ground forces, psychological operations, the navy, reconnaissance, etc. to win their objectives. Similarly, you must do the same to solve whatever is troubling you.

You develop personal power by balancing and directing your creative energy. You can make your life different if you want to because you have the power to bring about change in yourself and in your environment. You've created what you have now, knowingly or unknowingly, and you can un-create it, and make your life come out any way you want.

The Secrets from Your Subconscious Mind will help you discover why you are where you are and give you one model of how to get where you want to be. Through this process and by developing your mind power, you can change.

Twenty One Reasons Why this Book is for You If:

- ☆ You have a habit or behavior that is getting the best of you.
- ☆ Your self-esteem isn't what it should be.
- ☆ You have good habits you would like to strengthen.
- ☆ You're depressed, anxious, or fearful.
- ☆ You want to become more competent, confident, and successful in your life.
- ☆ You experience useless or excessive guilt.
- ☆ You want to be more at ease in situations that currently make you uncomfortable.
- ☆ You want to unlock mental powers that you have never used.
- ☆ You've had difficulty knowing who you are.
- ☆ You want to know more about the role your past has played in your present.
- ☆ You're dedicated to connecting with your higher self or God but have been unable to do so.
- ☆ You feel as though a piece of you is missing or is in suspended animation somewhere.
- ☆ You're tired of hearing about how chicken soup or some universal law is affecting you.
- ☆ You've read all the self help books, your shelf is full of them, and you want something else.
- ☆ You've tried NLP, EST, EFT, ESP, HFT, TA, RET, and still your demons taunt you.
- ☆ You've read Depak Chopra, Louise Hay, Wayne Dyer, Jack Canfield, and others whose wonderful, visionary material hasn't effected the change you want.
- ☆ You've tried drugs, alcohol, prescriptions, Tai Chi, affirmations, bodywork, different spiritual philosophies, and your basic identity remains unmoved.
- ☆ You've been to churches, read scripture, prayed, sung hymns, asked the saints, spirit guides, and angels for help and yet, life still feels normal – the way it always has.
- ☆ You've stretched as far as yoga could stretch you and Paramahansa Yogananda failed. Card readers have said many positive things but your cards seem to still be off the table.

- ☆ You've sought out chiropractic, macrobiotic diets, fads and fakes alike, teachings and teachers as well and still, you feel unfulfilled and your goals unrealized.
- ☆ You're as frustrated as I was and struggle for answers to your seemingly intractable problem, feeling as motivated as I was and will never give up until you get the help you need.

* (Please realize I'm not berating the above practices or practitioners, for all have their place and fill many a need. I love much of what the alternative community offers and have used their material and services on numerous occasions and still do. But a client has to have the subconscious room for conscious alternatives to work. If the subconscious is blocked, then most things fail until the subconscious negativity, self punishment, shame, etc. is released)

Although I was only using hypnoanalysis during the time I was writing the first edition of this book, I have since incorporated several other types of subconscious analysis into my treatment: EMDR techniques, Assisted Light Therapy with the aid of a Schneider Brain Wave Synchronizer, and different forms of body and energy work along with the help of John of God. Frequently, if a client has a problem that doesn't respond and they're committed to moving forward, I will send a picture of them to John of God for spiritual help and they usually get it.

Hypnoanalysis is analysis of subconscious programming through the use of hypnosis, a natural state of mind. Hypnosis opens the door to the subconscious; analysis opens a person's understanding to the cause of the problem and the analyst redirects his energy toward a solution—hence, the term “hypnoanalysis.”

Although I will discuss the history of hypnosis and hypnoanalysis in Chapter Two, let me just say here that hypnosis was recognized by the American Medical Association in 1958 as a legitimate approach to solving medical problems.⁸ Today, more and more doctors, health professionals and patients recognize the idea that the mind and body interact to cause physical illness as well as psychological, emotional, and behavioral problems. Mind, emotions, and body are integrated parts of a whole, and a change in one part affects the other—the circular cause and consequence discussion, the chicken-or-egg dilemma.

My answer to the chicken or egg question is that it's both and not one or the other. Here on planet earth, pain is part of the bundle. We apparently come to earth for the feelings of which pain, sadness, fear, etc. are inseparable from joy, happiness, wonder, lust, love, etc. As the old song says, love and marriage go together like a horse and carriage and so too does pain and suffering go together with joy and happiness. Our human condition dictates that we suffer. After all, life on planet earth is not hospitable to humans. Cock roaches have a much better chance of survival on this planet. With food and shelter plentiful, cock roaches thrive. It's amazing humans have lasted this long. Due to our brain size, we have overcome many of our limitations except for our problems in living. Most mental and emotional problems arise out of attempting to escape the pain and suffering inherent in the human condition.

This situation on planet earth seems to be escalating and time accelerating due to the fact that everything is energetic in whole or in part. In other words, everything vibrates. You vibrate, I vibrate, the earth's cavity vibrates at the rate of 7.8 cycles/second or Hz. Actually, the vibrational rate of the earth's cavity, the Schumann Resonance, (This global electromagnetic resonance phenomenon is named after physicist Winfried Otto Schumann who predicted it mathematically in 1952. The Schumann resonance occurs because the space between the surface of the Earth and the conductive ionosphere acts as a waveguide.) It has increased to 8.6 Hz. or so

in the last few decades --- but that's another story.⁹ Along with its vibratory increase, the earth's magnetic field is decreasing due to the gradual slowing of the earth's rotation. In the last twenty-five years, there have been 22 "leap seconds," which means we have lost a second almost every year. The International Atomic Clock that keeps the official time had to be adjusted back to accommodate this decrease. Twenty-two seconds don't sound like much, but in terms of astronomical time, it's a lot.

As those infomercials say, but wait there's more – a recent study published in April of 2008 in the *New Scientist*, indicates a direct connection between the Sun's solar storms and human biological effect.

"The most plausible explanation for the association between geomagnetic activity and depression and suicide is that geomagnetic storms can desynchronize circadian rhythms and melatonin production," says Kelly Posner, a psychiatrist at Columbia University.

Apparently, NASA recently produced a report stating that the solar radiation hitting the earth is now over 200% greater than it was a hundred years ago!

Wow, with all this stuff happening, what does this mean to you and me? Here's what Mr. Braden says: *The consequence is that the subconscious mind is becoming closer to consciousness. In terms of brain wave frequency, the boundary between conscious and subconscious was very close to 7.8 Hz.*

Now, with the earth's cavity vibrating at a much higher rate, we seem to be in tune to this vibration. This may account for the recent profusion of craziness we see in the news every day. I believe we are all being affected by these planetary changes. You may be asking yourself this question about now. . .

How Does This Affect Me?

A friend of mine living in Croatia sent me an article about the symptoms of **ascension** (the belief that our solar system is moving through the universe and encountering increasing amounts of gamma wave, in the electromagnetic spectrum the energy possessing the shortest wave length, that affects not only the earth and other planets but all inhabitants as well). Many of these symptoms: depression, disorientation, dissociation, forgetfulness, fear, cognitive dissonance, feeling out of place and out of time, unusually stressed out, weight gain, wild dreams, friends leaving, the Law of Attraction magnified in your life, and the sense that time is speeding up, mimic symptoms commonly associated with mental illness and other diseases. And in referring back to what Greg Braden and others assert: the subconscious is becoming conscious. In other words. . .

Reality is Becoming a Dream and Our Dreams Are Becoming Reality

Moreover, Barbara Marciniak and The Pleiadians pretty much sum up what's happening on earth in this fashion, *"The spiritual awakening that is unfolding on Earth is well under way in birthing a new type of consciousness...on psychic-spiritual levels of reality, a collective initiation is occurring that is testing everyone's spiritual resolve...the process of the initiation involves*

*cleansing and purging the use of fear as a means for managing life...The signature of the times is that all repressed energies will surface for a healing.*¹⁰

The signature of the times, as they said, shows symptomatically as an increase in personal problems, alcoholism, cancer, drug addiction, and the host of other dysfunctional solutions for killing pain. Pain, sadness, fear, emptiness, anger, is the repressed energy surfacing for healing. If these emotions are blocked, then the use of dysfunctional solutions manifests.

Very often, blocks to our emotional and spiritual energy interfere with our ability to live life creatively. Once these negative suggestions, ideas, or blocks are nullified, then life beyond mediocrity can be achieved. Dr. Walter Russell says it this way:

*“Successful men of all the ages have learned to multiply themselves by gathering thought energy into a high potential and using it in the direction of the purpose intended. Every successful man or great genius has three particular qualities in common. The most conspicuous of these is that they all produce a prodigious amount of work. The second is that they never know fatigue, and the third is that their minds grow more brilliant as they grow older, instead of less brilliant. Great men’s lives begin at forty, where the mediocre man’s life ends. The genius remains an ever-flowing fountain of creative achievement until the very last breath he draws. The geniuses have learned how to gather thought energy together to use for transforming their conceptions into material forms. The thinking of creative and successful men is never exerted in any direction other than that intended. That is why great men produce a prodigious amount of work, seemingly without effort and fatigue. The amount of work such men leave to posterity is amazing. When one considers such men of our times as Edison, Henry Ford, or Theodore Roosevelt, one will find the three characteristics I have mentioned common to every one of them.”*¹¹

It seems to me that everyone should aspire to greatness and greatness should be the model for children to emulate. I love the way Walter Russell describes using thought energy above. Therefore, if you miss the stars, you’ll hit the moon. Aspiring to mediocrity is the theme song of failure. Henry Ford went bankrupt multiple times before his Ford Motor Company began rolling. Author J.K. Rowling was an unemployed single mother before inventing the Harry Potter series. Michael Jordan was cut from his high school team the first time he tried out. Many examples of failure exist in our culture. The examples above demonstrate aiming for the stars. Maybe you’re not interested in being MJ or JK or having a car named after you but your goals are just as important and can be reached. There’s help for you and a way to reach them.

Hypnoanalysis is one way. Many exist. If you’ve tried others and failed, giving up is not an option. Shoot for the stars. This method provides a comfortable, reassuring way to help you change your mind about yourself, about the people you relate to, and about the world. We really are evolution in process. Through hypnosis, we concentrate our minds and affect our realities. By affecting our minds and by changing ourselves, we can change our evolution.

Hypnosis is one of the best tools through which you can accomplish understanding and change—a pen with which you can write a new life plan. By harnessing your mind power through hypnosis, you can raise yourself out of poverty, unhappiness, misery, alcoholism, sexual problems, and drug addiction. You can quit smoking, lose weight, and overcome fears and phobias. It is possible not only to overcome maladies such as depressive and anxiety disorders, but also to balance your mind and body chakra system, simply by learning to make use of this ancient method of relaxation. But . . .

The Real Power and Beauty of the Method

is that *it trains your subconscious mind that is working against you right now to work for you* by producing into conscious awareness those negative suggestions causing your troubles.

And once your subconscious works for you, we can solve emotional and psychological problems by going after the underlying causes. The difficult part of the process is the analysis of the subconscious, reaching into the subconscious mind and pulling out negative suggestions that have lodged there, nullifying them and replacing them with positive suggestions. That's where a qualified professional hypnoanalyst can help. And although hypnoanalysis is neither magic nor snake oil, it is a powerful method for improving the human condition and still requires some work, mostly on the part of the hypnoanalyst.

Remember that the subconscious automatically remembers events from early periods of our lives—memories that affect who we are, what we do, what we think, and feel today.

Bruce Lipton, author of *The Biology of Belief*^{d2}, states that EEG activity in children six years old and younger operates in the Alpha, Theta, and Delta range of cycles per second, which means that children are always in a hypnotic state. Consequently, children under 6, which means all of us at one time, are or were being given hypnotic suggestions of both positive and negative nature. We all decided on answers to these three questions by the time we were six:

- 1) Who am I?
- 2) Who are all those others?
- 3) What am I doing here?

The problem is that when we are six years old, we lack the proper information to decide on such important existential questions as those three above. A professional hypnoanalyst can help you to recall and review these suggestions/memories/decisions. It is important to remember that subconscious memories are not readily available to waking consciousness. The hypnotic state creates an inroad to the subconscious.

Recognition vs. Removal

"Isn't it enough to know where the problem came from to stop it from bothering me?" asked a seminar attendee. My answer is *"Yes and no."*

Recognizing the underlying cause of a problem, attitude or feeling may be all that is needed to erase its power over us. However, the simple understanding of why we eat too

much, why we smoke, why we are afraid of heights, may not be adequate to eliminate many of our more intense problems, feelings or behaviors. A physical example might be, “If you’ve broken your ankle and are in severe pain by tripping over an obstacle, why not get up and walk?”

Problems such as alcoholism, other addictions, childhood trauma, depressive states, personality disorders, mind control, and sexual abuse symptoms require more than recognition. In such cases, hypnoanalysis can be helpful. While we are in a hypnotic state, we are more receptive to change and to a therapist's positive suggestions that can reprogram our thinking. Moreover, treatment of severe and diagnosable conditions can take awhile to resolve. Such diagnosable conditions frequently need the help of a physician through medication for short term relief.

Healing the mind, emotional body, and spirit takes time, patience, and most of all, love. I’ve always subscribed to the notion that if I couldn’t really care for a client, I wouldn’t accept him or her as a client but would refer to another therapist. This, in part, reflects my belief in the Pygmalion Effect¹³ which states that students or clients do better if expected to by those they respect in power positions. Consequently, I want to really feel that my clients will do better and caring about them helps me generate the most positive expectations.

Therapy is phenomenological---not static---and difficult to quantify. The difference between a hero and heroism – even though we know that heroism exists, we cannot see it. Heroism is a phenomenon similar to the process of therapy. Something happens between client and therapist that cannot be one-hundred percent quantified, measured, or even seen except by the experience of the client, but its results can be felt and observed. When people are in pain and anguish, having a trusted observer lessens that pain and is a necessary ingredient of the therapy phenomenon.

Actually, the word “therapy” comes from the Greek word *therapeia*, (years ago, Jean Houston said this in a seminar and I’ve never forgotten it) which means, literally, “the work of the gods.” Doing the work of the gods is not the same as being a god -- living up to godhood is very difficult, indeed. However, the work of the gods, in my opinion, is simply helping people change by providing a loving environment through the deliberate use of one’s self, a formidable but hugely rewarding task!

Expressed in an article written by an acquaintance of mine, Ofer Zur, Ph.D., who taught at the California School of Professional Psychology at the time I wrote *Wide Awake*, Zur states that effectiveness of treatment resides in the relationship between client and therapist. In his own words,

Research that has examined “common factors” in effective therapy across orientations, therapists, and patients may be more illuminating. These “common factors” are ingredients in all effective therapy. The most critical of these factors is the presence of a positive therapeutic alliance between therapist and patient. This alliance includes warmth, mutual understanding, trust, and respect. What disparate therapists such as Freud, Jung, Kohut, Ellis, Rogers, Perls, and Haley have in common is obviously not their theoretical orientation or any specific intervention. To complement their knowledge and expertise they allow the power of personality and their passion

to guide them in their relationships and interventions with their patients. They did not use techniques or interventions as if they were tools drawn mechanically from a toolbox. What they drew upon flowed flawlessly from their relationship with their patients in a way that was congruent with their individual personalities and styles. In this light, therapeutic skills are seen as not merely tools, but part of the therapist's essential being.

In accordance with Zur's beliefs, I suggest that the effective hypnoanalysis must proceed by a trained therapist using gentle suggestion to help remove limiting beliefs and thereby allowing constructive, positive, life-affirming ideas to form naturally. Whatever goal is set through therapy is decided upon and self-directed by the client with the therapist acting as a guide. Through the following steps, a hypnoanalyst guides the client in uncovering the origin of a problem, undoing the subconscious negative feeling and corresponding beliefs, and freeing the person to live a healthier, more productive life

1. Relaxation

By learning to relax and let the mind go, you can concentrate and allow an opening to your subconscious. The next step then becomes possible.

2. Realization

Difficulties stem from negative suggestions to thinking and feeling. By recognizing the source and understanding the power of your mindless programming, you'll learn to restructure those problem attitudes and create the outlook you desire.

3. Re-education

Re-education helps you recognize the difference between the underlying cause from the past and the conscious problem/belief. When the underlying cause is part of your past, it can be removed by direct suggestion --- and by realizing the past is past and that your need for the problem has passed, too.

4. Rehabilitation

Through hypnoanalysis, you will get new information and positive suggestions, and will have time to correct mindlessness and time to rehabilitate your thinking and practice your new thought patterns.

5. Reassurance

You gain reassurance through a number of avenues. Family or friends may indicate that you're getting better. You experience a decrease in symptoms. Your analyst will take advantage of any change, no matter how slight, to remind you of the improvement.

6. Repetition

Repetition is necessary to implant positive suggestions in the soil of your subconscious. The more you repeat something, the more permanently implanted it becomes in your mind.

7. Reinforcement

By developing your skill in self-hypnosis, you will be able to support the positive suggestions you've received from the analyst, enabling you to continue the growth begun in the office.

8. Responsibility

Once the first seven steps have been accomplished, accepting responsibility for your life is the natural outcome. And did I mention happiness? Growing out of responsibility, self confidence and a sense of accomplishment bloom.

This approach to problem solving owes a debt to Freud, Mesmer, Erickson, and mainly to Dr. William Jennings Bryan, Jr. Researchers have for several years been validating the concepts through their clinical observations.

From a simple informational reading exercise, you can turn this book into a transformational experience. It will:

1. Acquaint you with the process of hypnoanalysis and instruct you in inducing a self-hypnotic state.
2. Show you how to program your mind for improved, increased performance.
3. Challenge you to take control of your circumstances and in as little as 30 days, create change.
4. "The Secrets from Your Subconscious Mind" will show you how to make things happen to you instead of just watching them happen to others. While many problems will require aid from a qualified hypnoanalyst, you can effect many changes in your life through the practice of hypnotic self-suggestion. As you learn more about the power of your subconscious mind, you can see and feel how suggestion and self-hypnosis can improve the quality of your life, both physically and emotionally.

It's up to you, just as your entire life is up to you. Remember, you are in control. Or are you? If not, it's high time to take control.

As the original owner of this book, you are entitled to a special discount on my latest hypnosis CD for creating the life you desire in this tough economic environment and a Free Consultation, see the last page for more information.

Chapter One

How to Understand Your Trance

The
Purpose
of life
after all,
is to live it,
to taste the experience
to the utmost, to reach out
eagerly and without fear for
newer and richer experiences

-- Eleanor Roosevelt.

You Are a One and Only and the Master Copy

You've probably thought about what makes you "you"? About what makes you like or dislike certain food, music, people; about why you behave in certain ways; about your thoughts, about why you feel a certain feeling at any particular time; and on a larger level, about why you're here and what to do with your life, about all those other people? Throughout this book, I intend to show you how others have answered those questions and how you might do the same.

You came into existence without any conscious awareness of yourself. With an undeveloped conscious mind, your subconscious mind immediately began absorbing, collecting, and inputting data. Notwithstanding genetic considerations, you were similar to most other newborns in your ability to perceive and respond to your reality in the womb. Your subconscious began downloading information from the moment of conception. Then, you were born with two fears, the fear of falling and of loud noises, plus all of your physical needs: for warmth, food, hunger, stimulation, and nurturing, etc. Along with your subconscious programming from the womb, life was peaceful and pleasant, stressful and anxious, or more likely some mixture of the two.

Once you emerged from the birth experience, change began to happen. From these first nine months of your life, you started on a unique, individual journey. Your mind started recognizing and retaining memories of your varied experiences. From infancy through the present, (but especially so, under the age of six when the mind is nearly always in a hypnotic trance) your mind's "slate" has filled with thoughts, feelings, beliefs, and memories one day after another.

By now, you've accumulated thousands of yesterdays and a wealth of knowledge to apply to your future. Those experiences are what make you a unique person. While people in a given peer group might share similar experiences, no two people in the world have perceived identical pasts, even individuals sharing the same developmental experience, twins for example, often walk away with different perceptions. Three witnesses of an automobile accident, for example, might sound as if they were describing three totally different events. The reality of the accident does not change, but that reality is perceived differently by each of the three witnesses.

The old story of five blind men describing an elephant also comes to mind. The first one held the elephant's trunk and declared the animal to resemble a hose. The second held its tail and insisted that an elephant was really like a rope. The third touched the leg and concluded that the animal was like a tree. The fourth touched an ear and believed that the creature amazingly resembled a huge leaf. The fifth, touching the massive side, concluded that his companions were all wrong: An elephant, obviously, was like a wall. None of them changed the reality that stood before them. But each perceived the reality from a different perspective.

Therefore reality can be described as a trance (daydream, reverie, fog, fantasy, illusion, nightmare) of sorts, depending on your feelings about it and experiences with it. And, as such, many of the experiences and beliefs about who we are, who all those others are, and what we're doing here have been implanted in our minds, and in our six year old mind, reality is formed, not by our own volition but by parents, caretakers, teachers, the

popular culture, religion, social consciousness, government propaganda and so on. Consequently, our trance has, to a large extent, been determined by others and may or may not be to our liking or it may not be working because of faulty ideas and beliefs, which returns feedback from reality and confirms our mind set. Therefore it's from the basis of change that we must examine how we became the "who" and what we are.

*The intuitive mind is a sacred gift and the rational mind is a faithful servant.
We have created a society that honors the servant and has forgotten the gift.*
-- Albert Einstein, 1929

The Workings of the Subconscious Mind

Since you are the product of your experiences, your past plays a strong part in determining how you perceive every incident in your life. Your subconscious mind is the storehouse of all your experiences. It records every hurt and trauma you experienced, even while the conscious mind chooses to forget life's earlier incidents. It is a warehouse of memories and lessons that you automatically apply to the present and future. Even more important to the quality of your future than the memories you've accumulated is the power of the subconscious mind in which they're stored.

Although the subconscious is subservient to the conscious mind (whether one decides to make it so or not), it is much more than a storage container for memories. The subconscious controls the nervous system, which controls the operation of the body's involuntary functions. Often called the irrational or reactive mind, it actually keeps you alive. Without your subconscious, your heart, lungs, kidneys, and other vital organs would not function. The subconscious can make the body move into many unhealthy coping actions. Because most people run their life by programs stored in the subconscious mind and unless the programs are changed, people inevitably sabotage themselves with their restricted programs. And since the conscious and subconscious operate outside of one another, meaning one doesn't observe the other, then these destructive programs are free to do what they do best, namely – stop you from living the life you desire.

Frank, a 50-year-old, two-pack-a-day smoker, started puffing as a teenager because it was the "cool" thing to do at the time. Now, of course, he's hooked. His nicotine addiction is a physical reality, but there's something else that makes cigarettes so hard to give up. Every time he lights up, Frank's subconscious still tells him he looks like James Dean, that cool, idealized image he tried to live up to as a teenager. Because he lacked the support and feedback from his family, he instead tried to get affirmation from popular culture. But the smoking solution only half solved Frank's self-esteem problem. It was a temporary fix. And the old memory buried in the subconscious kept playing over and over again and caused him to light up one cigarette after another. Once the archaic solution became the problem and he felt his health was at risk, Frank came for help. Smoking frequently substitutes in a smoker's mind for other unmet needs. In Chapter 7 describes this subject in depth.

The subconscious also is responsible for many other functions. We experience life through our five senses and our intuition. We see, hear, taste, touch, smell, and perceive. We

may or may not enjoy our experiences, based on our conceptions, which trigger our emotional subconscious reactions.

The subconscious, including superconscious according to Swami Kriyanaday: “*There is a third, less well-known state of awareness: the superconscious. The hidden mechanism at work behind intuition, spiritual and physical healing, successful problem solving, and finding deep, lasting joy, superconscious awareness is the missed link to living richer, more meaningful lives. Though many of us have experienced fleeting moments of raised consciousness and enlightenment, few know how to purposely enter such an exalted state.*”¹⁴ That mental state commonly referred to as the connection with the mind of God, is sometimes referred to as the right brain, although it is not conclusively located in the right hemisphere of the brain, it is responsible for our creativity. All literary and musical compositions, inventions, and original ideas are the outputs of the creative, subconscious mind.

Albert Einstein, Nicola Tesla, Wolfgang Amadeus Mozart¹⁵ all described how their genius appeared to them as a force of non-ordinary reality. The same is true for intuition. When an incident occurs that you sensed beforehand, your extrasensory perception (ESP)—that is to say your right-brain or subconscious—has been at work.

Does this mean that the subconscious has magical powers? Yes and no, depending upon how you define “magical.” The subconscious does have a lot of power—more power than most people even dream they have at their disposal.

Creativity, intuition, and imagination are functions of the subconscious mind, which produces results in your reality, depending upon the information stored in the subconscious or programmed by you consciously. When your intuition leads you to predict someone's next move, it's because your subconscious mind is reviewing its knowledge of that individual and responding with a logical or expected reaction. When you imagine a particular scenario, you are creating a thought based on your knowledge of similar settings. For example, even if you've never been to the Adirondack Mountains, you still could develop a mental picture of what you think they look like, based on your experience with other mountains. Whether your mental image really looks like the Adirondacks is not important here. Right or wrong, your imagination—in your subconscious—still creates a visual image. Albert Einstein is credited for saying, “*Imagination is more powerful than knowledge.*”

With 90 percent of your mind devoted to the subconscious, you can imagine how much information you can store in it. Some experts believe that the average human being has enough brain power to master some 40 foreign languages, commit a complete set of encyclopedias to memory, and even complete full-course requirements from a dozen universities. This is because the average brain, which weighs just under four pounds, is able to house up to two quintillion bits of information. In a figure, that is 2,000,000,000,000,000,000. McDonald's at its current rate won't sell that many hamburgers for another 875 million years—give or take a few centuries, of course.

Not only that but according to Bruce Lipton, Ph.D. the subconscious mind is one million times more powerful than our conscious mind as an informational processing machine, processing and digesting forty million bits of data per second which is warp speed compared to the poor conscious mind's forty bits of data per second.

The Workings of the Conscious Mind

Before anything can be stored in your subconscious mind, it must first pass the objective or conscious mind. The conscious mind, which deals with outward things, is logical, mathematical, and orderly. Because the conscious mind filters information to the subconscious, everything you've ever learned or experienced is stored in your subconscious mind. Since 90 percent of the brain is devoted to the subconscious mind, this means that only 10 percent is involved with conscious thought.

One can't help developing an appreciation for the power of the subconscious. The conscious mind is analytical by nature and controls conscious activities such as thinking, speaking, writing, arithmetic, planning, organizing, judgment, and reading. The conscious mind, through imagination, is often called the gateway to the subconscious because only the conscious mind can access information stored in the subconscious and bridge the gap between reality and the subconscious mind. You are using your conscious mind right now to read the words on this page. When you recall this information tomorrow, it will be because your conscious mind has retrieved it from your subconscious storage department, commonly called memory.

Because the conscious mind can retrieve information from the subconscious, we can function as productive human beings. Even though reading requires conscious activity, the knowledge of vowel sounds, phonetics, and word definitions stored in your subconscious allows you to read quickly, without conscious thought. The same applies to mathematics. It requires conscious ability, for instance, to multiply 365 by 4. If you've committed multiplication tables to memory—your subconscious—you know that 5 times 4 equals 20, 6 times 4 equals 24, and 3 times 4 equals 12. After adding and carrying the appropriate figures, your conscious mind can determine the answer: 1,460.

Almost everything we do involves cooperation between our conscious and subconscious minds. Although the subconscious is receptive to suggestion, most of the time, nothing goes into the subconscious against the will or evaluation of the conscious mind. However, a couple exceptions exist against this generalization: through emotions such as trauma or joy and through informal hypnosis. Your subconscious cannot make comparisons or judgments. It does not reason through information or determine truth, but simply reacts to impressions transmitted to it from the conscious mind.

The formula or instructions for any action you execute repeatedly become fixed in your subconscious, and the information becomes available upon conscious command. Routine actions from tying your shoelaces to operating a motor vehicle become second nature through the power of the subconscious. Second nature operations include typing on a keyboard, computer protocols, riding a bicycle, or any other procedure you regularly employ.

Did you know every time you watch TV, you go into hypnosis? This is what the sponsors depend on. The advertising industry implants its messages in the public's subconscious mind through repetition. This is why you can remember popular commercials years after the media have stopped running them. (Winston tastes good like a cigarette should! Timex takes a licking and keeps on ticking, etc.) If you can recall things you learned in grade school—or even yesterday—it is because the conscious mind has retrieved it from the subconscious.

Television should be considered “Tell A Vision” or basically a mind control machine. For what it does is present a version of reality that the sponsors or powers-that-be want disseminated to the viewing public. For example: as I write this page, the country is experiencing an economic downturn. What if no one had watched TV, preferring instead to listen to nature talk, would the country have the same level of distress? Another thought in that same direction is the refrain, what if governments declared war and nobody showed up because they ignored TV? This topic requires much discussion. I’m sure you get my point – that people get hypnotized daily by the tube and have no fear of turning it on.

Pushing the Right Button Activate the Right Association and Out Comes the Information

Why do you sometimes have trouble recalling something? For example, you might have a clear picture in your conscious mind of the face of a former schoolteacher, even though you can't recall his or her name. Or sometimes you can remember the first two lines of a poem or a song, but you can't remember the rest. Does that mean that the information is gone? No. Considering the almost limitless storage capacity of your subconscious mind, it's highly unlikely it will ever be filled to capacity.

Much of the information about our past is not readily available, however, because the conscious mind does not have the proper stimulus to retrieve it. For example, the poem you cannot remember might come back to you if someone gave you the first word or two of the forgotten portion. Or the name of the instructor might come to you instantly if someone gave you the initials. No information in your subconscious is ever “forgotten.” Obscure information deep in the subconscious often needs a “hint,” a priming, to bring it back into the conscious mind.

In contrast, there are experiences you can easily remember. Both happy and sad memories of close relationships never seem to fade. The same is true for memories of very pleasant or very miserable events. That is because information of high emotional impact is instantly and firmly committed to your subconscious mind.

However, emotionally troubling memories or information can be and often is blocked out of consciousness due to their painful nature. Basically, two motivations exist, or rather one side of the motivational coin imparts the pain-avoidance imperative and the other side dictates moving towards the pleasure principle. Escaping pain is always one of the culprits when it comes to understanding undesirable thoughts, feelings, and behaviors.

Perceived Truths Translate Into Beliefs

The adult who craves sweets may be allergic or may have acquired the craving as a child. Without self-discipline, such a craving can lead to an overweight problem by the time the child reaches adulthood.

Recognizing the disadvantages of obesity, a person might consciously decide that sugar is not a good thing at all and that it should be avoided whenever possible. By this time, though, the subconscious may be hooked. Cutting out sweets isn't an easy thing to do.

This is similar to what may happen when a person starts smoking, except that nearly all smokers will tell you that cigarettes taste terrible at first. Still, new smokers consciously light up (for reasons that we'll discuss in detail in Chapter Seven). In time, the cigarettes begin to taste

good until, one day, they are too good to give up. The subconscious is hooked (This doesn't take into account the twenty minute half life of nicotine in the blood).

I've dealt with many clients who have wanted to give up sweets or cigarettes. They have sought my services after finding they couldn't win the battle without professional help. Although they had consciously decided they wanted to kick their psychological -- if not physical -- addictions, they found that their subconscious minds put up too tough a battle. Once your subconscious mind establishes a bit of information as a "truth"—that sugar or cigarettes are good, for example—there is often hell to pay if you try to change that position. That is why ex-smokers often refer to their first days (if not weeks) without cigarettes as going "cold turkey." The psychological torture that the subconscious inflicts can be too much for the conscious mind to bear. Many would-be sugar or nicotine quitters finally cave in and indulge themselves with a vengeance. They consciously realize the undesirable consequences of resuming their habits. Yet, that realization makes no difference to the subconscious, mainly because the pain-killing ability of the addiction is too tempting. Only a dose of what it is accustomed to receiving can satisfy it. When the conscious and the subconscious minds are in conflict, the conscious mind will almost always lose the battle. Susan's¹⁶ story illustrates the personal trauma she experienced in her attempt to lose weight.

Sweets Were Her Fix

"Dear God . . . PLEASE make this the last time," I thought, as I drove to the local bakery.

"I was already stuffed from a full lunch at a nearby restaurant. But being stuffed was irrelevant. I wanted more. I knew a few sweet rolls would go down real well and I'd still be on time for my 3 P.M. appointment with Ryan Elliott.

"I was desperately hoping the yo-yo cycles would end, but I was VERY skeptical. How could he do what I had been unable to do since the age of 7?

"But I had made up my mind that this was to be the last binge. I bought two doughnuts, two cream horns and one petit-four pastry and zoomed back to the car. I headed toward Winfield, shoving the 'illegal' goodies into my mouth, watching crumbs flying everywhere as I ate.

"What an awful trip. Sweets were my fix. For me the 'drug of choice' was Hostess Suzy-Qs and anything from the bakery. Compulsive eating—or compulsive binging—had become a way of life.

"I wanted OUT.

"Why couldn't I be normal, eat normally and control my weight like the rest of the world? I was plenty miserable by the time I pulled into the parking lot and entered the office.

"I'd tried therapy before. 'What would make this time different?' I wondered, as I was escorted to a small consultation room.

"His secretary took some pretty mundane information, which she wrote on my file folder, and told me to wait for Ryan.

"Several minutes elapsed and I really wondered, 'What am I doing here?' I had a real uneasy feeling. 'Maybe I'm coming down from my sugar high. I'm an invincible person. I can stand anything . . . even this.' I was already frightened at the thought of admitting I was out of control and this 'superwoman' couldn't solve her own eating problem.

"Ryan began to take my case history, probing all sorts of areas that I, quite frankly, would rather not talk about. He asked about my childhood, my parents (both deceased), siblings (none), and my sex life.

“What sex life? People who are fat and ugly don't have sex lives. He should know better.

“Finally, he explained that the program would take 30 sessions, twice a week for 15 weeks. He strongly recommended an up-front payment so when the ‘going got rough’ I’d have a financial investment and would continue the program. I made a mental note that I’d have absolutely no problem. I’m strong. I’m invincible. He wouldn’t get to me—others, yes—me, no.

“The first hypnosis treatment followed.

“Blindfolded, headset in place, vibrating chair turned on. I was ready. That first session was an introduction to hypnosis and how to do self-hypnosis to support the office treatments.

“I made two appointments for the coming week before leaving.

“I wanted to succeed more than anything. And, I was MOTIVATED. I stayed on a very reasonable eating plan and dropped two pounds by my next visit.

“Then came the visit that was to change my life.

“It was Friday. Time for the word-association test. I was hypnotized as usual. By now, the blindfold, headset, and vibrating easy chair were becoming routine. Then, oh! Oh! The chair stopped its normal vibrating and there was an awful silence. And, I heard Ryan’s voice.

“Simultaneously, my stomach tightened and I had a sickening feeling. ‘Oh, no! This guy is going to get to know the real me.’

“I can’t describe how terrifying the thought of full self-disclosure was. Ryan gave me a word and I was to respond with the first word or thought that came to mind. And, oh, the words! I was mortified at my responses.

“I left the office thinking, ‘I NEVER want to come back.’

“Awkward,’ ‘embarrassed,’ ‘horrificed’ only hint at the way I felt. My depression grew with every passing hour. I drove home. Had dinner. Went to bed. I was even more depressed when I awoke. I struggled to get out of bed. ‘If I go to my exercise class, I’ll feel better,’ I thought. My body was sluggish. I didn’t want to exercise. I didn’t want to eat. I didn’t want to do ANYTHING. The feeling in my gut was awful—a feeling I’d never experienced before.

“This had to be a severe case of depression: I certainly had all the symptoms. I sat on the stairs by the phone and stared into space for an hour.

“Two voices were fighting in my head: Superwoman kept saying, ‘This is ridiculous. You can control any situation. Get hold of yourself.’

“The other voice said, ‘You feel awful. You need reassurance. Call Ryan.’

“I picked up the phone. And put it back. The pattern repeated for several minutes.

“Finally, I realized that I was not Superwoman, that I very, very much needed someone, and that someone was Ryan. He was the only person who would know what was going on in my head and heart.

“Finally, I made probably the most significant phone call of my life. Being Superwoman is an awesome responsibility to carry all the time. It was wonderful to have someone be there and take the burden.

“Ryan assured me I wasn’t crazy and the depression would go away. He asked what I was feeling. I’d just begun to learn what it was to FEEL anything.

“At that moment, I realized that I ate to hide from the world and from my own feelings. Food was my only friend. I used food to escape from life and to keep people and experiences out.

“When the overeating was removed from my life, I began to experience emotions and feelings—like other people experience every day.

“Suddenly, it occurred to me that if I could feel depression, I could also feel joy—a delightful thought to consider.

“Ryan got through the wall of fat and emotion. At times the process was painful, but it was a necessary part of making me well. Although the therapy was not always pleasant, the benefits were a thousandfold better than the pain, so I continued with the treatment, gaining insights into my reasons for eating. Negative suggestions which contributed to my desire to overeat were removed through hypnosis. I ate reasonable-to-small quantities of food, and, surprise, I was FULL!!!

“Through hypnosis, Ryan also worked on improving my self-esteem and confidence. Very slowly I began to emerge from behind the wall of fat. My outlook shifted to POSITIVE. I started loving myself. I learned to give and receive emotional feelings.

“Does the story have a happy ending? Well, this is real life, but I think so. Working with Ryan, I lost 27 pounds, making me a total of 50 pounds thinner than last year. I feel wonderful. Compliments abound.

“The best part of the change, though, is what I gained: self-love and self-esteem. I'm not perfect, but I don't expect to be. I just have to be me, and now, I know that's ok.

“I certainly don't need food in the addictive way I did before. Therapy is a slow process—a little bit of insight at a time. The benefits have been overwhelmingly positive in my life. It's fun to get high on people and friends rather than on food.

“The world looks different and wonderful because Ryan and I changed ME! God heard my prayer. Thank you, God.”

Susan

Susan's revealed many subconscious secrets during her analysis. Her most penetrating feeling of seeming undesirable to her mother by first “recalling” how unhappy her mother felt during her pregnancy with Susan. Compounding her intrauterine sensations was the subsequent indifference her mother held toward Susan's need for warmth and acceptance. Regardless of how her mother actually acted, only a video camera could verify the truth, Susan felt, experienced, and believed her secrets to be true. This and only this is what counts in recovering from serious emotional and psychological problems.

If You Think It's True

Much like Susan, many people go through life acting on “beliefs” that aren't true. Reality isn't as important as *perceived* reality. Individual reality is an extension or projection of consciousness. Many people in the world today do not live up to their potential because they believe they lack certain abilities. They believe they aren't intelligent, capable, skilled, or talented enough to achieve their ambitions. Individuals who believe they are inadequate usually act that way. A conscious belief eventually becomes committed to a person's subconscious mind—regardless of whether the belief reflects true or false information.

Once an erroneous belief is developed, an individual will generally react or adapt to it. People who suffer from anorexia nervosa commit a slow form of suicide. They literally starve themselves to death because they believe they are too fat. Among tribes and cults that practice voodoo, there are documented cases of people who died within a half hour after a witch doctor placed a spell or curse upon them. There was no foul play involved. The individuals simply

believed they were going to die while under the spell of the curse, and they did. These people programmed their minds to engineer their own deaths.

So doesn't it stand to reason that if the mind can be programmed to engineer death, it can also be programmed to enhance life? Most emphatically, it can! The subconscious mind is strictly impartial. It doesn't discriminate between right and wrong, life or death, success or failure. It will simply function the way it's programmed to function given its hierarchical nature.

The Mandatory Hierarchy of Human Needs

First, let's talk about what motivates human beings. Psychologist Abraham Maslow identified five levels of motivation, which he called the "hierarchy of human needs."¹⁷ According to Maslow, every person starts at the bottom of this hierarchy and works upward through the levels as they progress through life. Only after mastering the lowest level will they focus on another, he contends, and, if at any time security on a lower level is threatened, the individual will drop back and reestablish there before moving up the ladder. Let's take a look at these five levels.

1. **Survival.** When our physical survival is in question, nothing else matters. People will work long and hard to obtain food, water, clothing, and shelter. These are the basics of life, and it's hard to become excited about lofty ambitions or social standing when you're hungry and need to work to earn money for your next meal.

2. **Security.** Once survival is assured, people usually concentrate on their security—survival on a long-term basis. Security translates into peace of mind, safety, stability, savings, a nest egg so that survival is not threatened. It is difficult to find peace if you are constantly concerned with whether you and your family will eat regularly.

3. **Social.** Only after assuring their survival and establishing security do people turn toward developing relationships for social gratification, for love, and for a sense of belonging. Most people develop "support systems" for emotional needs ranging from spiritual growth to recreational activities.

4. **Ego.** Once people satisfy their basic physical and social needs, Maslow says, they are ready to turn their attention to gratifying their egos, gaining recognition. They direct their efforts toward becoming good at what they do so others will notice and approve. People work to satisfy ego needs on the job, in their relationships, and in community and volunteer arenas.

5. **Self-actualization.** After meeting all other needs, people then are free to turn their attention toward self-fulfilment, satisfying their greatest ambitions, doing not just what it takes to survive or even to have a good life, but what they really want to do. Not everyone in life reaches a level at which he or she can do the things that give him or her most pleasure.

Generally, a person's rise through these levels will not be steady but will involve stops and starts—a couple of steps forward, and one or more backward. Also, there is no guarantee that once an individual achieves a certain level, he or she can forget about that one and focus on

challenges further up the developmental ladder. Jerky progress is the norm. For example, a person working toward self-actualization might fall all the way back to working toward survival should he or she get wiped out in a stock market crash or a bad investment.

It doesn't matter so much what levels you have reached in the hierarchy. More important is that you be continually challenged and involved and keep moving toward self-actualization. Your motivation will be controlled by the difference between where you feel you are in your climb and where you would eventually like to be.

The Order of Importance

The late Dr. William Jennings Bryan, Jr., M.D., co-founder of the American Institute of Hypnosis and originator of the Bryan method of hypnoanalysis, also developed a hierarchical scale. Bryan's assessment of what is important to human beings varied greatly from Maslow's, however.

Bryan, a medical doctor, psychologist, lawyer, and hypnoanalyst, stressed the following forms of survival and their relative importance to human beings:

1. Spiritual survival.

An individual's connection to God, to an infinite power, or to a universal intelligence topped Bryan's list of important factors. While admitting that earthly physical well-being is important, Bryan insists that physical security pales in comparison to spiritual well-being. He contrasted Maslow's basic survival level of security to spiritual well-being through Jesus Christ's words, "*What good will it be for a man if he gains the whole world, yet forfeits his soul?*"¹⁸ Even if you don't believe that your spirit will survive for all eternity, there is still value in respecting and practicing truth, he contended. People will give their lives for someone or something they love, whether it is a person, a country, or a belief. The most miserable people in any society, Bryan said, are those who live lives based on physical survival only.

2. Analytical or mind survival. Next in importance is our ability to make our way in the world, develop self-esteem and establish personal identity. The ability to reason, to discern, and to exercise judgment is of utmost importance, second only to our spiritual survival. As I mentioned earlier, the left brain, or conscious mind, is analytical by nature. It controls such activities as thinking, speaking, writing, arithmetic, planning, organizing, judgment, and reading. A fear much worse than death, for many people, is the loss of analytical powers, effectively turning them into "vegetables."

3. Physical survival. With our mental and emotional faculties assured, physical survival is next on the list of priorities. A major fear with people as they age is that they will lose their physical abilities while their minds are still alert. Physical survival was Maslow's number one priority, you will recall. The fact that smoking is a threat to physical survival does not prevent great numbers of people from puffing away. Using Bryan's order of importance, the personal enjoyment or emotional satisfaction gained from smoking would not outweigh the activity's potential physical harm. Physical survival has three components: air, water, and food. A person can go without air for only moments, water for a few days, and food for a month or so.

4. **Territorial survival.** As we go through life, we stake out certain “territories” that become very much a part of our identities. Our homes, our jobs, and our social outlets are territories that we won't give up without a fight—unless we have already secured new territories to replace them. This motivational level corresponds to Maslow's security and social levels.

5. **Sexual survival.** Surprisingly, sexual survival is lowest in importance to most people. Despite America's apparent obsession with sexual activity, as manifested by the mass media, it ranks on the bottom of the list. Although we might not like the idea of survival without sex, most people would agree that they would give up sex before giving up their identities, their bodies, their minds, or their spirits. Given the choice between food, water, or sex, a starving person will opt for the food and water first.

Medical hypnoanalysts usually help people by using the Order of Importance developed by Dr. Bryan.

Now, with the ideas above about what motivates you and of what you hold important, let me ask you a question: Could your life be better than it is now? You are the only person who can change it. External events that affect your life often are beyond your control. However, the quality of your life is of your own making. Your personality, your health, your marital and employment status, and your social standing are all within your control.

With hypnosis and the God-given power of your mind, you can change undesired behaviors, feelings, thoughts, whatever. Whether it is getting up early in the morning or developing greater creativity, learning to love yourself more or changing addictive behavior, hypnosis, and self-suggestion can help you change your way of life for the better.

First, however, it's important that you know more about what hypnoanalysis is and about the exciting symptomatic and personality changes that you can make once the awareness of the true cause of a problem surfaces. Recognizing and releasing negative suggestions, repressed emotions, and the secrets from your subconscious will result in great changes in your life. Chapter Two explains more about the art and science of making it happen.

Key Concepts

- Disregarding genetics, at birth you were similar to any other newborn in your ability to perceive and respond to reality and in your capability to develop your God-given ability to choose.
- Since you are the product of your experiences, your past plays a strong part in determining how you perceive each incident in your life.
- Your subconscious mind has stored all your experiences. It records every hurt and trauma a person experiences, even when the conscious mind chooses to forget negative incidents.
- The subconscious, which includes the superconscious, is responsible for creativity.

- Creativity, intuition, and imagination are functions of the subconscious mind, and the results of these functions depend upon the information stored in the subconscious.
- The conscious mind is analytical by nature and controls conscious activities, such as thinking, speaking, writing, arithmetic, planning, organizing, judgment, and reading.
- When the conscious and the subconscious minds are in conflict, the subconscious mind will almost always win out.
- Reality is not as important as *perceived* reality.
- The impartial subconscious mind doesn't discriminate between success or failure. It will simply function the way it has been programmed, or the way you program it now based on the order of importance of things.
- Through hypnosis and natural mind power, you can change undesired behaviors, feelings, and thoughts and initiate and adopt new ones.
- We live according to our survival in the following areas of life, in descending order of importance:
 - 1. Spiritual (love)
 - 2. Identity (self-esteem)
 - 3. Physical (food, water, air)
 - 4. Territorial (property, money, social position, etc.)
 - 5. Sexual

Stimulate Your Understanding

1. Cite examples of how your past experience that you know about influences your life now.
2. Cite examples of how your past experience that you don't know about might be influencing your life now?
3. Remember a time when your subconscious mind solved a problem with a spontaneous creative solution?
4. Have you ever had an ESP experience?
5. Name a feeling, thought or behavior pattern you have that goes against your rational thought?
6. What or for whom would you give up your life?
7. How do you think you answered the questions: Who are you? Who are all those others? And what are you doing here?

Use your answers for more understanding of your subconscious at work.

Chapter Two

The Truth is Safer Than Fiction

To look is one thing;
To see what you look at
is another.
To understand what you see
is a third.
To learn from what you understand
is still something else.
But to act on what you learn
is all that really matters.

-- Anonymous

The Blood of Dracula, Dr. Mabuse, and The Black Mantled Hypnotist¹⁹

Hollywood melodramas have injured the reputation of hypnosis for many decades. The corrupt and unscrupulous hypnotist has been the stock villain of many a melodramas. The plots seem more or less the same.

The scheming hypnotist enlists the aid of an unwitting subject to do his evil bidding. Most often, murder is the crime. The unwitting subject is hypnotized without his consent or even his knowledge. Then the hypnotist hands him a knife and tells him whom to stab. The subject carries out the deadly instructions. With the victim dead, the hypnotist brings the subject back to reality. The subject emerges with no memory of having committed murder, thus making him the perfect stooge the next time the hypnotist wants someone killed. Here's a brief history.

In 1957, *The Blood of Dracula*, an international horror film was debuted on a double bill with *I Was a Teenage Frankenstein*. The elegant Sandra Harrison is quite appealing as Nancy Perkins, an innocent girl who falls under the spell of the evil chemistry teacher Miss Branding. Putting Nancy under hypnosis, Miss Branding converts the innocent damsel to vampirism, committing murders without memory. The villainess receives her karma when Nancy refuses to awaken from her hypnotic trance, transmuting into a vampiric savage.

Even before Hollywood jumped on the "evil hypnotist" theme, in 1933, the Nazi's outlawed the film *The Testament of Dr. Mabuse*, a film by Fritz Lang, about the ingenious criminal and hypnotist who ten years earlier went mad. Mabuse spends his days writing detailed plans for crimes, his *Testament*; at the same time, a felonious gang commits crimes according to "the plans of the Doctor", with whom they confer.

The above films owe their roots to the 1897 Gothic Horror novel, *Dracula*, by Bram Stoker. In this novel, Count Dracula oozes a veneer of aristocratic charm which disguises his incomprehensible evil which includes hypnotic and mind control abilities, especially with his women and nocturnal animals.

Similarly, in more recent times, *The Manchurian Candidate* is a 1959 thriller novel written by Richard Condon, adapted into films in 1962 and 2004. The son of a prominent political family gets brainwashed into becoming an unwilling assassin for the Communist Party. (Actually, Dr. Bryan served as the technical consultant for *The Manchurian Candidate*.)

(Just as an aside: as this horrific Manchurian example suggests, some past clients of mine have undergone mind control techniques where a coercive variety of hypno-torture is used in conjunction with sensory deprivation, colored lights, physical and sexual abuse and the threats of abuse were used to prejudice their mind toward their handler's directions. However, programming such as this breaks down eventually and causes symptoms similar to PTSD. Research Dr. Colin Ross's work on mind control, the CIA, and the military.²⁰)

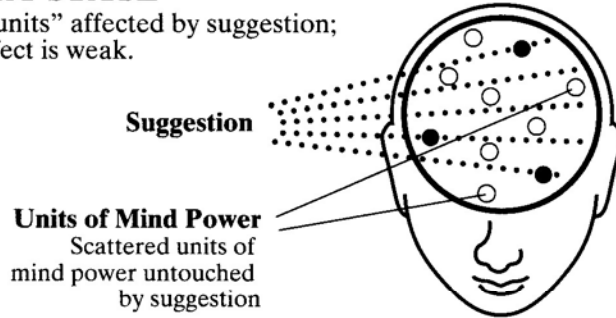
Thank goodness most of the above is outrageous fiction. The average hypnotherapist has no clue about how to create a Manchurian Candidate nor does he or she even want to. Because of these melodramas and flamboyant stage shows, which should be billed as "hype-nosis," several classic hypnosis myths persist today.

Back To Reality

Let's set the record straight. First, hypnosis is not a sleepwalking state. A hypnotized person is aware of everything that is happening. In fact, hypnosis is a state of increased awareness. (See Figure 2.1.)

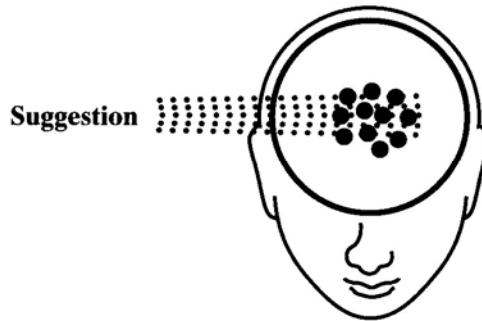
ORDINARY STATE

Only a few "units" affected by suggestion; therefore, effect is weak.



HYPNOSIS

Units of mind power concentrated and all affected by suggestion; therefore, strong effect. No mind power left to take notice of anything apart from the hypnotic suggestion; therefore, even pain is ignored.



AFTER HYPNOSIS

Scattered again, but now each carries a dose of suggestion.

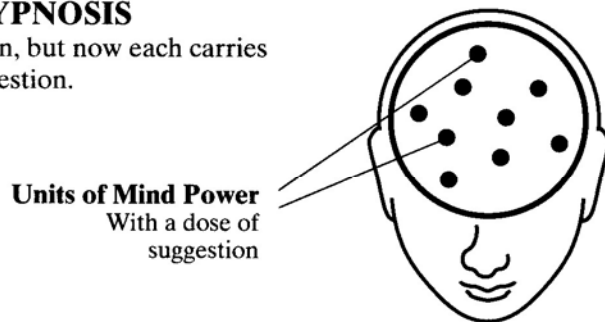


Figure 2.1 Hypnosis is not sleep or unconsciousness, but a superconcentration of the mind. Suggestion is more potent in hypnosis than in ordinary state. (This diagram is an adaptation of the original published in *Modern Hypnotism* by Dr. S. J. Van Pelt, Associated Booksellers, Westport, Connecticut, 1956. Dr. Van Pelt credits the *British Journal of Medical Hypnotism* as the source for the diagram.)

Can a hypnotized person refuse to carry out an instruction from the hypnotist? Absolutely. A hypnotized person always maintains free will. If I could hypnotize people into doing things they don't want to do, then I'd never stop working because there would be a line to my office miles long, a line similar to what electronics stores get on black Friday, with only standing room left. Actually, it's hard enough to hypnotize people to do the things they want to do, such as stopping smoking, letting go of depression, and ending self-punishment, much less attempt to make people do things they don't want to do – that's the exclusive domain of governments and black operations practitioners. Here's what I'm saying: can a person refuse the "suggestions" of governments? Not without the consequences of fines, confiscation, incarceration, or SWAT!! Can a person refuse my suggestions or those of your garden variety hypnotist? You better believe it.

Hypnosis can make a person 200 times more suggestible than in the waking state, but—and this is a big but—*people have to want to change!* And if the negative feelings and/or beliefs and behaviors are connected to survival in the subconscious, no hypnosis will change the unwanted qualities until the survival connection is changed. That's why subconscious analysis is often needed.

Dr. Joseph Murphy has pointed out, "A *suggestion cannot impose something on the subconscious mind against the will of the conscious mind.*"²¹

That leads us to the next point. Could a person be persuaded to commit murder while in a state of hypnosis? Yes—if he or she could be persuaded to commit murder under ordinary circumstances. If not, then the answer is "unequivocally no."

Myths Still Abound

Hypnosis is not total submission to the caprice of a hypnotist. It is an altered state of consciousness in which the body can be very relaxed and the mind highly focused. We all go through hypnosis at least twice a day. The relaxed state we enter just prior to falling asleep and just prior to waking is a hypnotic state. So is the dreamy feeling you experience on occasion as you take a break from your task and gaze off into the distance. Just about everyone goes into a hypnotic trance within a minute or so of turning on the television, (tell-a-vision?).

Suggestions placed in your mind at those times can affect thought and behavior patterns throughout the day as well as program future goals. These two times are optimal times to program your attitude with positive thoughts. People who, after the alarm sounds, lie in bed telling themselves how much they dread the day's activities will have a difficult day. If, by contrast, they tell themselves during that drowsy state that they are getting better and better at what they do, then that day will be a good day. They will feel better, they will approach their day's activities differently, and they will get positive results. The Encyclopedia Britannica gives the following definition of hypnosis:

Hypnosis is the term applied to a unique, complex form of unusual but normal behavior which can probably be induced in all normal persons under suitable conditions and also in many persons suffering from various types of abnormality. It is primarily a special psychological state with certain physiological attributes, resembling sleep only superficially and marked by a functioning of the individual at a level of awareness other than the ordinary conscious state. . . . when

*hypnotized, or in the hypnotic trance, the subject can think, act and behave in relationship to either ideas or reality objects as adequately as, and usually better than, he can in the ordinary state of awareness. In all probability this ability derives from intensity and restriction of attention to the task in hand, and the consequent freedom from the ordinary conscious tendency to orient constantly to distracting, even irrelevant, reality considerations.*²² (Emphasis mine.)

William Jennings Bryan, Jr., M.D., the man who introduced hypnoanalysis to many health practitioners and who was instrumental in getting hypnosis accepted by the American Medical Association in 1958, defined hypnosis simply as “*a state of super-concentration of the mind.*”²³

Baltimore dentist Bruce Goldberg, who maintains practices both in dentistry and hypnotism, defines hypnosis as “*a state of increased suggestibility accompanied by a focusing of one's concentration on one thought, idea or person.*”²⁴ Goldberg also describes the experience as “*simply a way of relaxing and setting aside the conscious mind while at the same time activating the subconscious mind so that suggestions can be made directly to the subconscious, enabling the patient to act on these suggestions with greater ease and efficiency.*”²⁵

Dr. Herbert Spiegel, former Columbia University professor of psychiatry, who is a leading hypnotherapist, describes hypnosis as “*a state of aroused intense concentration, the opposite of sleep.*” (emphasis mine) and identifies three types of hypnosis: spontaneous, formal, and self-hypnosis.²⁶ Spontaneous hypnosis happens every time one watches television. Actually, TV produces a visual hallucination in the watcher, one so powerful to completely inveigle the watcher to believe they are watching reality. Even the so-called “reality shows” are not reality but a contradiction of terms: how can anyone create a reality show where the people in the show know they are being viewed on TV and obviously curtail behavior to expected norms? If you video tape a TV show and play it back, the camera actually sees what's on the TV, the lines and blips going through it in uneven but rhythmic ways. Our eyes don't see what's there but fill in the blanks in a hallucinated manner, a manner pleasing to our eyes and senses making believe seem real.

Herbert Benson, M.D., defines hypnosis as “*an altered state of consciousness which is artificially induced and characterized by increased receptiveness to suggestions.*”²⁷

Hypnosis Is Not a Sleep State

Hypnotized subjects are aware of their surroundings at all times. The mind, however, directs its attention more to the suggestions from the hypnotist than to what is happening in the environment. The hypnotic state is similar to being in a daydream, except that the subject is controlling the daydream, with the hypnoanalyst acting as a guide. It does not mean abdication of personal morals, however. People in hypnosis will do nothing that they would not normally do during any other state of consciousness.

Ernest R. Hilgard, director of Stanford University's Laboratory of Hypnosis Research, shed light on this fact in an interview in the January 1986 issue of *Psychology Today*. “*You don't really do anything that's against your basic value system,*” Hilgard said. “*If you're instructed to do such a thing, you simply come out of hypnosis. For example, if you ask a person to strike*

someone else with a paper dagger, he'll do it. Give him a real dagger, and he'll drop it." So much for the movie cliffhanging candidates!

Hilgard also recounted a nineteenth-century experiment in hypnosis. French psychologist Pierre Janet reported that a group of medical students hypnotized a nurse and asked her to take off her clothes. Instantly, she came out of hypnosis. However, one of Hilgard's colleagues tried to recreate the experiment by asking a hypnotized young woman to unbutton her clothes before a group of male students. Much to the colleague's surprise, the woman started to take off her blouse. As it turned out, the woman was a professional stripper. Taking her clothes off in front of an audience was not contrary to her value system; indeed, it was her bread and butter!

In hypnosis, the body can be very relaxed while the mind is super-concentrated and open to acceptable suggestion. The subject remains aware of the environment. Should any major change occur, such as a book dropping or a door slamming, the subject immediately would come out of hypnosis. Barring any dramatic change in the environment, the hypnotized subject focuses attention on the hypnotist's suggestions more than upon other simultaneously occurring phenomena.

However, subjects will not, while in hypnosis, reveal secrets or other information that they would not reveal at any other time. Even in trances required for age regressions, people are capable of making choices. They may witness an event in which they were embarrassed or committed an act that they disapprove of or prefer not to share with the therapist. Unless they subconsciously want to reveal the information, that event remains sealed.

Another common myth about hypnosis is the fear of symptom substitution. In using age regression to identify the cause of a person's problem and discovering that in the subject's early childhood he or she had an experience that caused a now-undesirable behavior. Once the root cause is discovered, reprogramming suggestions are given to eliminate the problem, not to provide a substitute.

A client came to me recently saying, "I want to quit smoking." That first statement is interesting. She did not say her problem was smoking; she said she wanted to quit smoking.

In Chapter Three, I will discuss the complete procedure I follow when I work with a client. In the following abbreviated case history, my aim is only to illustrate briefly the hypnoanalytic method of symptom elimination:

I. H. told me she had not felt particularly loved and accepted by her mother and had started smoking with her girlfriends. When she smoked she felt that she was a part of the gang. The cigarettes made her feel loved and accepted. Obviously, she was mistaking approval for love. She recalled that as a teenager she felt insecure about growing up, and smoked more when she was out with people. She still smoked more in public than when she was alone, indicating that she still was not completely confident around others.

We talked about all these factors; however, she wasn't sure she was ready to quit. I hypnotized her and regressed her back to the first time she smoked. She said:

I'm in my front yard. My best friend and I are there. We're 16 or 17. We're laughing, like we're getting away with something. This fat boy comes by and laughs at us. He tells us how to inhale. We are totally dizzy.

There was some challenge there, and I. H. recognized that a part of her was rebellious at that time and that being connected to her girlfriends was helpful then but hurtful now.

I gave her suggestions about quitting smoking, stopping her rebellion, feeling alive, and loving herself. She agreed to leave the cigarettes in the past.

At this writing, more than a year and a half has passed and she has not resumed smoking. Often, the mere uncovering of the emotional foundation of an undesirable behavior is enough to eliminate it.

A Brief History of Hypnosis

Although the term “hypnosis” wasn't coined until 1842, there is evidence that people had practiced the art since before recorded history. The oldest written record of hypnotic treatments dates back to about 3000 B.C. In the Ebers Papyrus, the Egyptians described a treatment in which the physician placed his hands on a patient's head. Professing to have incredible therapeutic powers, the physician uttered strange sounds that reportedly healed the patient. The “sleep temples” of Egypt, Greece, Rome, and Asia Minor actually were hypnotic centers of old.

Hippocrates, the Greek physician known as “the father of medicine,” was discussing what we now know as hypnosis when he said, “*The afflictions suffered by the body the soul sees quite well with shut eyes.*” Tenth-century physician Avicenna said, “*The imagination can fascinate and modify man's body, either making him ill or restoring him to health.*”

Franz A. Mesmer introduced hypnotism to the medical profession in the late eighteenth century. Mesmer learned the art from a Catholic priest named Father Gassner, who was an exorcist. From Mesmer's well-known practice came the terms “mesmerism” and “mesmerized.” Although Mesmer's healing activity became controversial and his popularity waned with leading medical practitioners at the time, some physicians continued to practice the art.

In 1842, James Braid, a British ophthalmologist, replaced the term “mesmerism” with “hypnotism,” after the Greek word *hypnos*, meaning sleep. Although the British Medical Association rejected Braid's offer to read a paper on hypnosis at one of its meetings, Braid, unlike Mesmer, remained in excellent standing in the medical community. When Braid realized years later that hypnotism was not true sleep, he tried in vain to change the name to “mono-ideaism.” By that time, however, the words “hypnosis” and “hypnotism” were well entrenched in every European language.

Hypnosis in America was widely associated with charlatans and with stage shows as a form of entertainment until Dr. William Jennings Bryan, Jr., founded the American Institute of Hypnosis in 1955. That was the same year the British Medical Association officially endorsed the teaching of hypnosis in all medical schools. As Bryan reported in “A History of Hypnosis” in the January 1963 issue of *The Journal of the American Institute of Hypnosis*:

Until that time there had been no educational body devoted exclusively to promoting all the phases of hypnosis in medicine and dentistry, and the Institute was founded to fill that gap. (It) has grown . . . to become the world's most respected educational institution devoted solely to teaching hypnosis . . . to physicians and dentists all over the world.

In 1958, the American Medical Association recognized hypnosis as a legitimate approach to solving certain medical problems, “*in the treatment of certain illnesses when employed by qualified medical and dental personnel*”²⁸. In the five decades since, thousands of operations of all kinds—including open-heart surgeries—have been performed on patients using no anesthesia other than hypnosis.

Many physicians recognize that the mind and body interact to cause illness. They realize that if the mind can create ill health, it also can heal. The mind and body are integrated parts of a whole being; a change in one part affects the others.

Physicians who agree with this philosophy refer patients to professional hypnoanalysts. Hypnoanalysts have backgrounds and training in the basics of developmental psychology, psychopathology, psychotherapy, and, of course, hypnosis.

Hypnoanalysis Vs. Psychoanalysis

Hypnoanalysis is analysis of the subconscious mind using hypnosis to identify the origin of a problem and to redirect the energy that had previously been used to sustain the problem toward a solution. Hypnosis opens the door to the subconscious. Analysis provides insight into the cause of the problem, and the hypnoanalyst offers the patient options toward finding a solution.

During the late nineteenth and early twentieth centuries, the medical world more or less shelved hypnosis. Instead, it favored Freudian psychoanalysis. Sigmund Freud was never satisfied with his own results as a hypnotist; he preferred the “free association” technique, or working with responses from fully conscious patients. Maybe Freud was a lousy hypnotist?

As Freud's popularity grew, he denounced hypnosis and the public began to associate the practice solely with direct suggestion. Direct suggestion, however, is only a single aspect of hypnotism. The general public did not understand that the art of hypnotism included both analysis and suggestion.

The goal of therapy with medical hypnoanalysis is to locate and counteract the negative suggestions received in a person's life relating to symptoms and help the individual to drop the defenses that prevent them from maximizing their humanness.

Hypnoanalysis often involves the use of age regression while the patient is in hypnosis to reveal psychologically damaging experiences that have led to some emotional dysfunction that may manifest itself in symptomatic behavior. In hypnosis, the patient can relive the damaging experience to produce an emotional release of the suggestion in the subconscious mind. This process paves the way to recovery. With the origin of the problem uncovered, the hypnoanalyst unties this subconscious knot, freeing the patient to live a healthier, more productive life.

In other words, hypnoanalysis is successful because it goes straight to the subconscious root of the problem. It treats the cause, or the underlying reason, for problems, and not just the symptoms. For example, people physically or psychologically addicted to anything, be it sugar, drugs, alcohol, tobacco, or whatever, usually have a psychologically based underlying reason or reasons for their strong attachments. If allowed to remain unchecked, the passion growing from their addictions could cause physical problems. Likewise, people suffering from intense phobias nearly always discover through analysis that their fears are the result of earlier emotional shocks. All fears except fear of loud noises and falling are learned. People who suffer from various phobias often restrict their activities to avoid the objects or situations of their fears. These avoidances frequently result in emotionally crippling life-styles. Through hypnoanalysis, a person can discover the cause of such fears and overcome them to lead a normal, productive life. Actually, removing fear is one of our easiest operations.

This makes rapid hypnoanalysis a superior method to the tediously slow and often ineffective process of psychoanalysis. While psychoanalysis therapy can last many years, most, though not all, hypnoanalysis cases last from six weeks to three months.

Another benefit is that, of all medical therapies, hypnosis is the safest. It involves no drugs or surgeries, and it causes no harmful side effects.

Finally, hypnosis feels good; it is beneficial to the body, for relaxation is a precursor to health.

In *The Relaxation Response*, Dr. Benson shows how relaxation is related to good health. Benson first describes the “fight-or-flight” response. This is the body's response to the threat of danger. Notes Benson, “When we are faced with situations that require adjustment of our behavior, an involuntary response increases our blood pressure, heart rate, rate of breathing, blood flow to the muscles, and metabolism, preparing us for conflict or escape.”²⁹

This response was vital for primitive people contending with physical threats in a wilderness environment. When confronted with a bear or lion, Neanderthals needed the physical energy to swing their clubs effectively or to run for the nearest tree. That kind of behavioral adjustment is rarely called for in modern man; yet our body responds as if our survival did depend upon fighting or fleeing.

“When not used appropriately, which is most of the time, the fight-or-flight response repeatedly elicited may ultimately lead to the dire diseases of heart attack and stroke,” writes Benson.³⁰

Fortunately, animals, including humans, have developed a physiologic response that counteracts the fight-or-flight response. It's what Benson calls the “relaxation response.”

This, he says, is “a natural and innate protective mechanism against ‘overstress,’ which allows us to turn off harmful bodily effects, to counter the effects of the fight-or-flight response.”³¹ This response decreases the heart rate, lowers metabolism, decreases the rate of breathing, and brings the body back into a healthier balance.

Hypnosis with suggested deep relaxation can evoke the same physiologic changes as the relaxation response, Benson tells us. It results in decreased oxygen consumption, decreased respiratory rate, and decreased heart rate. Hence, hypnosis can be an important ally in the fight against heart disease and stroke.

Going To The Source

Now that you know more about hypnosis and medical hypnoanalysis, you may be wondering how this may apply to you and your problems. Through hypnosis, you have greater access to the subconscious attitudes and feelings that are responsible for your behavior and/or thoughts. Your hypnoanalyst will be able to uncover the subconscious origin of your problems and can use gentle suggestions to help you remove limiting beliefs and to construct positive, life-affirming attitudes. Through medical hypnoanalytic treatment, you can free yourself to live a healthier, more productive and successful life, whether that success is in an emotional, financial, or spiritual sense.

In later chapters, we will discuss such common problems as smoking, weight control, and various phobias and problems that can be successfully treated through medical hypnosis and subconscious analysis. Turn to Chapter Three to learn more information about medical hypnoanalysis and a description of the treatment technique I use.

Code Concepts

- Hollywood melodramas are to hypnosis what yellow journalism is to solid news reporting.
- When in hypnosis, one is conscious and more aware of everything that is happening than one is when in the usual state of consciousness.
- Hypnosis is an altered state of consciousness in which the body is very relaxed and the mind is highly focused.
- Everyone goes through hypnosis at least twice a day: The relaxed states we enter just prior to falling asleep and just after waking are hypnotic states. So is the dreamy feeling we experience on occasion as we take a break from our tasks and gaze off into the distance, as well as the state we enter when we're creative, and when time becomes distorted.
- Hypnotized subjects are aware of their surroundings at all times. Their minds, however, direct attention more to the suggestions they receive from the hypnotists than to things that are happening in the environment.
- People in hypnosis will do nothing they would not normally do during any other state of consciousness.
- Although the term "hypnosis" wasn't coined until 1842, there is abundant evidence that people have practiced the art since before recorded history.
- Hypnoanalysis is analysis of the subconscious mind, using hypnosis to identify the origin of a problem and to redirect the energy toward a solution previously undiscovered and used to sustain the problem.
- The goal of therapy with medical hypnoanalysis is to counteract the negative suggestions received in a person's life and to help clients drop the useless defenses and guarding preventing them from maximizing their capabilities.

Expand Your Mind, Change Your Code

1. The next time *Count Dracula* appears on TV, watch the scene where Bella Lugosi “hypnotizes” the beautiful woman he desires, then examine whether or not this seems possible and how popular beliefs about hypnosis may be influenced by images such as this. Have you been “hypnotized” like that by anyone other than TV.
2. Notice times during the day when you get dreamy or time distorts as when you are being creative or really “into” something. These are examples of natural, spontaneous hypnosis.
3. During your pre-sleep state, while dozing off, ask someone to give you suggestions and notice your responses to: a positive suggestion and a negative suggestion. Do you think you can be made to do things you wouldn’t normally do?
4. List several areas, qualities, feelings, thoughts, or behaviors you’d like to change in your life?

Preface

¹ www.emdr.com

² www.rossinst.com

³ While visiting the Casa de Dom Inacio on one of my many trips to Brazil, Joao (the Portuguese name for John) asked me to sit in a rocking chair named The Chair of Solomon. I did so and he came over to me and put his hand on my head, transporting me immediately to a mental vision of the spirit world, the ineffable world I had always wondered if existed. I gripped the rails of the rocking chair to make sure I was still alive and in the real world but my mind was in the spirit world where I was talking to and communicating with spirit beings telepathically. They were chatting with me and reassuring me of the reality of the spirit world and even offered to get me something to drink. This amazing experience confirmed to me what I desired to learn, that we do not ever die but change form after leaving our earthly body

⁴ Sabrina Young, Psy.D at the Sinha Clinic in St. Charles, IL is the psychologist who performed the neurofeedback for me. www.sinhaclinic.com 1-630-762-9602.

⁵ *The Road Less Traveled: A New Psychology of Love, Traditional Values and Spiritual Growth* (Simon & Schuster, 2003)

Introduction

⁶ *Letters from Lexington: Reflections on Propaganda* (Paradigm Publishers, Boulder, Co. 2004)

⁷ <http://dankennedy.com/index.php/aboutus/dan> **Dan S. Kennedy is the provocative, truth-telling author** of seven popular No B.S. books, thirteen business books total; a serial, successful, multi-millionaire entrepreneur; trusted marketing advisor, consultant and coach to hundreds of private entrepreneurial clients running businesses from \$1-million to \$1-billion in size; and he **influences well over 1-million independent business owners annually** through his newsletters, tele-coaching programs, local Chapters and Kennedy Study Groups meeting in over 100 cities, and a network of top niched consultants in nearly 150 different business and industry categories and

professions. His books are available at amazon.com, BN.com, bookstores, and free information is available at www.NoBSBooks.com

⁸ According to Dwight Damon in the 2007 Presidents Message to the National Guild of Hypnotists Membership, he quotes the 1958 endorsement by the AMA and the subsequent retraction in 1987, “*The use of hypnosis has a recognized place in the medical armamentarium that is a useful technique in the treatment of certain illnesses when employed by qualified medical and dental personnel...the report is no longer included in current AMA policy. In June 1987, the AMA's policy-making body rescinded all AMA policies from 1881–1958 (other than two not relating to hypnosis).*”

⁹ Gregg Braden, *Awakening To Zero Point*. Sacred Spaces Ancient Wisdom; 2 edition (1997)

¹⁰ Barbara Marciniak, *Pleiadian Times* June, (2008)

¹¹ Glen Clark, *The Man Who Tapped the Secrets Of The Universe*, The University of Science and Philosophy, Swannanoa, Virginia, p. 7 (1946)

¹² www.bruceclipton.com/article/the-wisdom-of-your-cells--part-3

¹³ Two phenomena exist, closely related to the Pygmalion Effect, suggesting that the expectation of the client influences the outcome of treatment as much or in some cases more than the treatment itself: the Placebo and Nocebo Effects. Placebo describes the client’s positive expectations affecting outcome, while the Nocebo describes the client’s negative expectations affecting outcome

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¹⁴ Swami Kriyananda, *Awaken to Superconsciousness: How to Use Meditation for Inner Peace, Intuitive Guidance, and Greater Awareness* (Crystal Clarity Publishers, California 2008)

¹⁵ When Mozart was five years old, he could both read and write music and had precocious skills as a keyboard and violin player. Dying at 35, he composed some 600 pieces of music widely accepted as the zenith of classical music.

Nicola Tesla, the inventor of AC electricity, held many patents, was a Serbian scientist who died in America in 1943. (Lomas, Robert (1999). *The Man who Invented the Twentieth Century*. London: Headline.

Albert Einstein, a German born theoretical physicist who published over 300 scientific works and in 1999 *Time Magazine* named him, “The Person of the Century.”

¹⁶ Case studies drawn from my files will be included throughout this work. In each instance, fictitious names or initials have been used to protect client identity.

¹⁷ “Abraham Maslow: the hierarchy of needs”: An article from: *Thinkers* [HTML] (Digital 2005)

¹⁸ Matthew 22:36-40, *The Thompson Chain-Reference Bible*, New International Version, (Grand Rapids, Michigan: B.B. Kirkbride Bible Co., Inc., 2007).

Chapter Two, page 34

¹⁹ Dracula movies portray hypnosis as Count Dracula's tool for controlling people. If you know a movie producer, please give him, or her, this book so he or she can get the facts straight. Let me know and I'll send you another copy free. I'd like to see a movie portraying the truth about hypnosis and healing. If you want to make one, please contact me.

²⁰ <http://www.rossinst.com>

²¹ Joseph Murphy, D.R.S., Ph.D., D.D., L.L.D., *The Power of Your Subconscious Mind* (Englewood Cliffs, N.J.: Prentice-Hall, Inc., 2008).

²² *Encyclopedia Britannica* (2007), vol. 9, pp. 133-140

²³ William J. Bryan, Jr., M.D., in letter to Dr. Chong Tong Mun of Singapore, Malaya, *The Journal of the American Institute of Hypnosis* (Jan. 1963): p. 4.

²⁴ Dr. Bruce Goldberg, *Past Lives Future Lives*, North Hollywood, California: Newcastle Publishing Co., Inc., (1997)

²⁵ Goldberg, p. 22

²⁶ Arthur S. Freeze, "The Power of Hypnosis," *Arthritis Today* (Jan.-Feb., 1988): p. 10.

²⁷ Herbert Benson, M.D., *The Relaxation Response* (New York: Avon Books, by arrangement with William Morrow and Company Inc., New York, 2000)

²⁸ It seems the AMA only endorsed hypnosis administered by physicians and dentists at that time. Hypnosis and hypnotherapy have attained a solid reputation outside of standard medicine with thousands upon thousands of cases documented and illustrated by various authors, several organizations exist nationally and internationally attesting to the efficacy of hypnosis and hypnotherapy with members numbering in the thousands.

²⁹ Benson, p. 24

³⁰ Benson, p. 25

³¹ Benson, p. 25

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