

The Secrets From Your Subconscious Mind:

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Wide Awake, Clear Headed, and Refreshed . . . Medical Hypnoanalysis in Action

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Wide Awake, Clear Headed, and Refreshed: Medical Hypnoanalysis in Action.
Hypnoanalysis: A tested and proven system for overcoming limiting behavior, negative feelings, and destructive thoughts while strengthening skills, boosting performance, learning to love, and improving all dimensions of your life.

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Winfield, Illinois 2006

This book is dedicated to my daughter and grandchildren, Julie, Travis, Shannon, Trevor, and Savannah. And to all those in need who desire help will get the help they need.

The Key To Your Mind s Power

Introduction

Acknowledgements and Author's Notes

I wish to thank the following people for their help and loving support: Tom Watson, who unfortunately died during the editing process; The American Academy of Medical Hypnoanalysts; Patricia Honiotes, M.S. and the late George Honiotes, MD; John Scott, Sr., PhD; the late Dr. William Jennings Bryan, Jr., MD —a man I would have been honored to have known; Gene Owens and Nido Quebein, a Lebanese immigrant who inspired me to write a book in English. I would also like to thank my best friend, Larry Todryk, Psy.D, my good friend and business partner Renee Ryan, and all the others who have helped and supported me over the years.

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 --- I tip my hat, because it was through their courage that this book is in our reality.

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

My intention was to present an overall description of the hypnoanalytic process as well as other useful information on subconscious management of external forces that affect one's mental state. For brevity, some of the concepts are underdeveloped. If more information is desired, a curious reader may research the bibliographic sources cited in the chapter notes.

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 potential client. The other book, *The Handbook of Brief Psychotherapy by Hypnoanalysis*, written by John Scott Sr., describes the work 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 to the Second Edition

This second edition was born of my last 15 years in practice and symbolizes a complete turnaround in my orientation —from a strictly medical model to an approach incorporating both medical and alternative methods of problem-solving. It also illustrates a complete turnaround in my own life situation. Several episodes from the story of my

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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. I want to inspire hope for cure in a time when drug therapy or doomed shortcuts only increase the suffering of those who have suffered enough.

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 dark in nature. Freedom from one's limiting beliefs and one's history is the most important kind of freedom one can attain. I position this freedom near the top of my list, right near and almost equal to political liberty. Because, I feel, being able to enjoy our liberty is only truly possible when we experience freedom from our historical proscriptions, both personal and societal.

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 can I teach them to stop or change unwanted feelings, 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

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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.

All 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 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.

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.

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, and you can 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.

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.

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You want to become more competent, confident, and successful in your life.
You experience useless or neurotic 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 find them.

Although I was only using hypnoanalysis during the time I was writing the first edition, 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.

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. 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 chicken-or-egg dilemma.

This situation seems to be due to the fact that everything is energetic in whole or in part. In other words, everything vibrates. You vibrate, I vibrate, the earth vibrates at the rate of 7.8 cycles/second or Htz. Actually, the vibrational rate of the earth, called the Schuman resonance, has increased to 8.6 Htz. in the last few decades--- but that's another story. (Please read Gregg Braden's book called *Awakening To Zero Point*.)

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-two years, there have been 20 leap seconds, which means we have lost a second almost every year. The nuclear clock that keeps the official time had to be adjusted back to accommodate this decrease. Twenty seconds doesn't sound like much, but in terms of astronomical time, it's a lot. 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

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between conscious and subconscious was very close to 7.8 Htz. Now, with the earth 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.e. Columbine shootings, Tim McVey, 9-11, war ad nauseum etc. I won't presume to be an authority on vibratory or energy medicine, but it seemed important to mention this now.

Very often, blocks to our emotional energy and our 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 much better than I can hope to:

*'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.'*¹

Hypnoanalysis is 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

¹The Man Who Tapped the Secrets Of The Universe by Glenn Clark, The University of Science and Philosophy, Swannanoa, Virginia, page 7

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harnessing your mind power through hypnosis, you can raise yourself out of poverty, unhappiness, misery, alcoholism, sexual problems, and drug addiction. You can give up smoking, lose weight, and overcome fears and phobias. It is possible not only to overcome diagnosable diseases 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.

Medical hypnoanalysis solves 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 a panacea, it is a powerful method for improving the human condition.

Remember that the subconscious automatically remembers events from early periods of our lives —memories that affect who we are and what we do today. We may need the help of a professional hypnoanalyst to recall and review memories. 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? *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. Problems such as alcoholism, depressive states, 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. Healing the mind and emotional body takes time, patience, and most of all, love.

Therapy is phenomenological---not static---and difficult to quantify. The difference between a hero and heroism is the phenomenon of acting the part of hero or heroine. 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

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by the experience of the client, but its results can be felt and observed.

Actually, the word therapy comes from the Greek word *therapeia*, 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 using one's self, a formidable but hugely rewarding task!

Another important consideration I'd like to briefly mention is discussed thoroughly in an article written by an acquaintance of mine, Ofer Zur, Ph.D., who teaches at the California School of Professional Psychology. 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.

It is in accordance with Zur's opinion, I believe, that the effective hypnoanalyst must proceed.

In hypnoanalysis, a trained therapist uses gentle suggestion to help remove limiting beliefs and thereby allow 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 tie, 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.

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2. Realization

Difficulties stem from negative thinking and feeling –suggestions. By recognizing the source and understanding the power of your programming, you can 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 hypnotherapy, you will get new information and positive suggestions, and will have time to correct bad habits –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.

This approach to problem solving owes a debt to Freud, Mesmer, and Dr. William Jennings Bryan, Jr. Researchers have for several years been validating the

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concepts through their clinical observations.

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

Acquaint you with the process of hypnoanalysis and instruct you in inducing a self-hypnotic state.

Show you how to program your mind for improved, increased performance.

Challenge you to take control of your circumstances and in as little as 30 days, create change.

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 deep-seated 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.

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Chapter One How to Understand Your Trance

Your Life is Unique

Have you ever thought very much about what makes you 'you'? About what makes you like or dislike certain food, music, people, etc? You came into this world without any conscious awareness of yourself. With your consciousness in neutral, your subconscious mind was ready to rev up. Notwithstanding genetic considerations, you were similar to most other newborns in your ability to perceive and respond to your reality. 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.

Instantly, that began to change. From the first moment 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, the tracings on your mind's slate have filled one day after another.

By now, you've accumulated literally thousands of yesterdays and a wealth of knowledge to apply to the rest of 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. Because of that, even individuals sharing the same developmental experience might 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, nightmare, etc.) 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 not by our own volition but by parents, caretakers, teachers, the popular culture, etc. Consequently, our trance has to a certain extent been determined by others and may not be to our liking, or it may not be working because of faulty ideas and beliefs. It's from the basis of change that we must examine how we got to be the who and what we are.

How To Understand Your Trance

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 experience, even while the conscious mind chooses to forget life's earlier incidents. It is a warehouse of memories and lessons that you can apply to the present and future. Yet, 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 (when one decides to make it so), 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.

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. The old memory sent to the subconscious keeps coming back to keep him lighting up one cigarette after another.

The subconscious also is responsible for many other functions. We experience life through our five senses. We see, hear, taste, touch, and smell. We may or may not enjoy our experiences, based on our perceptions, which trigger our emotions, located in our subconscious minds.

The subconscious, including superconsciousness -- 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 creativity. All literary and musical compositions, creative inventions, and original ideas are the outputs of the creative, subconscious mind. 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, and the results in reality depend upon the information stored in the subconscious. When

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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 brain devoted to the subconscious mind, 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 encyclopaedias 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.

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

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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, 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 hypnosis. (Did you know every time you turn on the TV, you go into 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. So does operating a typewriter, computer, calculator, or any other machine you regularly use. 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!) 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.

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.

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Although, 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 behaviours.

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's¹ 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

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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 sceptical. 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 creme 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 bingeing—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

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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,' 'horrified' 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

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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 is 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. 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

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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?*² 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.

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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, which would turn 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

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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 behaviours, feelings, thoughts, whatever. Whether it is getting up early in the morning or developing greater creativity, learning to love yourself more or changing addictive behaviour, 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 personality changes that people can make once they are aware of the true cause of their problems. 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 this science and its practice.

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.

The Key To Your Mind's Power

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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 4. Territorial (property, money, etc.) 5. Sexual

Growth Exercise

1. Cite examples of how your past experiences that you know about are influencing your life now.
2. Remember a time when your subconscious mind solved a problem with a spontaneous creative solution?
3. Did you ever have an ESP experience?
4. Name a feeling, behavior, or pattern you have that goes against rational thought?
5. What or whom would you give your life for?

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