

Hypnotherapy is an effective means for individuals to transform themselves from within, through the power of the mind. From controlling pain, reducing anxiety, change frustrating behaviour to one that is empowering and positive.

Healing with Hypnosis

by Nancy Ho

Hypnotherapy for Emotional and Physical Healing

Many people have had positive effects from hypnotherapy treatment with issues such as smoking cessation, weight loss, fear and phobia, etc.

They may not be aware that hypnosis and hypnotherapy can help with both physical and emotional healing, i.e., pre-surgery, post-surgery, injuries from accidents or chronic illnesses accompanied by severe pain and emotional trauma.

Emotional traumas are those arising from a divorce, loss of a loved one, a cheating spouse and any traumatic event.

Can Hypnosis and Hypnotherapy Have a Positive Effect on Physical, Mental and Emotional aspects?

In the 18th century, an Austrian doctor named Franz Anton Mesmer (hence 'mesmerism'), discovered the therapeutic effects of hypnotism and put it into practice.

Today, some medical pioneers are influencing the world about how we can change our health and heal disease through our thoughts. Some of the notable ones are Deepak Chopra, Andrew Weil, Christiane Northrup, Bernie Siegel and Herbert Benson.

There is a saying, "Treat the cause, not the symptom." In fact, treating the cause allows the body to heal. Medicine can treat but the body needs to heal itself (all healing is self-healing); and hypnosis helps the mind to trigger healing in the body.

The mind-body connection suggests that it can actually have a profound effect on physical health. When the mind is calm and still, it has a direct effect on the body.

Research points to the positive physiological impact from deep relaxation that has an effect on a hormone called "cortisol". This hormone is released during the "fight or flight" response and is helpful during those times. However, prolonged release during the response to everyday stress can slow healing and tissue repair, and therefore inhibits the immune system.

Hypnosis works on both the mind and the body. It eases stress and promotes a sense of tranquillity even during stressful situations, especially recovering from an injury or sickness.

This process uses the "power of the mind" to help the body relax, heal

and maintain health. It helps to create a balance of body, mind and spirit.

What Happens During a Hypnosis Session?

Hypnosis healing sessions may include breathing techniques that aim to create positive mental "energy", along with suggestions of health.

The therapist may also help identify the negative thought patterns that reinforce unwanted behaviours or limiting beliefs which are holding them back. Sessions may also include the learning of self-hypnosis, whereby clients learn self-help strategies to

reduce the experienced pain when they are at home.

In the case of emotional wounds, the hypnotherapist would regress the client to find out the root cause that often stems from childhood and neutralise those wounds. Hypnosis can also help establish habits that support healing while diminishing those limiting ones.

In conclusion, hypnotherapy is an effective means for individuals to transform themselves from within, through the power of the mind. From controlling pain, reducing anxiety, change frustrating behaviour to one that is empowering and positive. **ehb**

Benefits from Deep Relaxation of the Mind and Body

- ☑ Induce natural sleep and awaken refreshed and energised
- ☑ Reduce stress and anxiety to maintain a calm and composed state for wellness
- ☑ Normalise blood glucose levels, especially with diabetic patients
- ☑ Manage pain for chronic and acute health ailments
- ☑ Promote a sense of well-being when a person is in a state of homeostasis
- ☑ Elevate self-confidence by shaping the positive beliefs of the person
- ☑ Improve overall quality of life by a sense of purpose and meaning
- ☑ Uplift physical and emotional healing for a healthy body and mind
- ☑ Slow down a busy, racing mind to tame the monkey mind and create stillness

A skilled hypnotherapist can help to "induce" this state of mind and "plant" seeds for healing with positive images and suggestions that can enhance physical and emotional healing. Hypnotherapy also makes the individual become more positive towards life.

Nancy Ho is a clinical hypnotherapist and a life coach. She has been in the healing arts for over 20 years. Private hypnotherapy sessions, personal coaching sessions and personalised hypnosis recordings are available. You may contact her at www.hypnosisinsingapore.com and find your core centre and into your wellness.