

## Hypnotherapy - Experiencing Our Purposeful Minds

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As a hypnotherapist in private practice in Santa Cruz I am often asked by my clients to explain how and why hypnotherapy works and why the results are often so powerful and dramatic. I explain that, from my point of view, our minds are more **purposeful** than **rational**. Most of us were raised to identify more with the rational portion of our mind - that part that is generally referred to as our conscious mind that possesses our intellectual abilities of critical judgment, rational thought and discernment. In fact, most of our formal schooling tended to glorify these abilities and to downplay or not validate the creative, intuitive portion of our minds that some experts feel comprises 90% of our mind's total resources. This 90% is commonly referred to as the unconscious and it is a **process** that continues every moment that we are alive, constantly interacting with our environment and storing all of our memories, emotions and experiences, including those that never came into our conscious awareness. It is therefore easy to begin to appreciate the fact that our unconscious possesses more information about ourselves than any other source and that this source can be used to promote our individual wellbeing.

As a healer I recognize that our minds are purposeful and that they will accomplish most anything that we ask of them. Furthermore, our minds respond more quickly and thoroughly to positive suggestions than they do to negative ones. Another important consideration is the fact that our unconscious mind naturally possesses a timeless quality that doesn't respect the constraints of what is termed "real time" and that this is why suggestions that were made long ago can continue to influence us today, even though they have perhaps outlived their present usefulness to us. Hypnotherapy provides an access to this timeless portion of ourselves and redirects our purposeful minds in ways that will promote our self interest and well being.

During the hypnotic state the conscious, rational portion of our mind is encouraged to relax and to release its prominent control of our awareness and to allow the unconscious portion of our mind to become more receptive to positive suggestions. Besides being a very pleasurable and relaxing experience hypnosis allows us to encourage new, more beneficial patterns to become part of our lives, displacing the old, limiting and potentially destructive patterns. This is accomplished through appropriate, therapeutic suggestions that are given by the hypnotherapist while the client is in trance. Since this work usually happens at a deep, unconscious level my clients sometimes report being unaware of the change that has taken place in their lives. The new behaviors, feelings and thoughts seemed so natural that they often are completely unnoticed until they are pointed out to them. This truly demonstrates the unique power of hypnotherapy.

As you begin to experience your own mind as purposeful you will also begin to appreciate the potential that you have to help transform, heal and create for yourself through the process of **self-hypnosis**. This technique is similar to many types of meditation and, when practiced daily, can have very rewarding results. Apart from the benefits of healing, self-hypnosis is an excellent tool to use in your effort to create the life that you truly want to live. The conscious portion of our minds always seems to want to know just how we are going to achieve our goals and objectives and often limits or even inhibits our success because it tends to judge, question or criticize our abilities to achieve these results. However, for the unconscious portion of our mind, it isn't at all necessary to know *how* we are going to achieve these results, only *that* we want to achieve them as well as to have a very clear idea of *what* these goals are. Once the unconscious accepts a new suggestion it will bring all of our individual resources to bear in an effort to obtain our individual goals and the way of obtaining these goals will begin to

unfold and make sense to us. This is the essence of the creative process as well as the essence of how hypnotherapy works.

Hypnosis, in one form or another, has been part of the human experience perhaps for many thousands of years. As a society we are beginning to rediscover and appreciate its power to help heal and transform the nature of our personal reality. I encourage everyone to become more familiar with this powerful technique and to begin to realize that through dedication, relaxation and imagination we can begin to expand our own personal limits and to create the life that we truly want to live.