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Hypnosis, the subconscious and behavior modification

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Do you remember when you learned how to drive a car? Wasn't it confusing? Mind-boggling? Remember the number of things you had to think of and be aware of...the rear-view mirror, the clutch, the brake, the road, the side mirror, traffic all around you, the dashboard indicators, and so on.

At the beginning driving seemed difficult...almost impossible...a multi-task nightmare...and even if it didn't...it certainly took all of your attention. But with practice and repetition driving soon became one of the many things you did without thinking or paying attention to exactly how it was done or what you were doing.



With practice and repetition, driving became ingrained in your subconscious mind and like so many other daily activities...driving became a learned behavior that no longer required thought. Driving became effortless...mindless...it became an automatic behavior...part of your subconscious programming.

It's interesting and instructive to note that our autonomic system is in the subconscious. That's the system which tells our hearts to beat and our lungs to breathe. It's because of this we don't have to think, "Oops! Gotta take a breath now!" or "Time for another heart beat!" We never have to remind ourselves of these things...it's all taken care of automatically by our subconscious.

The subconscious functions to protect us and to make our day to day life easier...more automatic...once learned we never have to learn again. It's our subconscious programming that enables us to act instinctively and without thought as we go about the tasks of our day to day lives.

But as necessary as the subconscious is to our lives...subconscious habits and behaviors are based on programming from the past that may no longer serve our current needs and can be the source of much confusion and emotional pain.

Our subconscious mind holds habits and beliefs..both positive and negative...that automatically direct our lives and establish the limits of what we can or can't achieve.

Generally speaking, if the conscious and the subconscious mind are in conflict...the dominate one wins out over the weaker...instincts win out over conscious will...emotions win out over logic and intellect...our subconscious programming wins out over our conscious efforts to change...to do more...to do better.

But change is possible...

The negative subconscious programming that holds us back from achieving our conscious desires can be re-written and doing so can change your life.

Your subconscious can be your greatest ally in your quest for success and self-improvement.

In the relaxed hypnotic state, the doorway between the conscious and the subconscious is open and new information is easily taken in. You are not thinking...you are experiencing. The subconscious doesn't "think" in the usual way...it experiences....it reacts and it can't distinguish between reality and unreality. Without the questions, direction, critical judgments or analysis by the conscious mind the subconscious absorbs all the information received through the senses as true.

During a hypnotherapy session, the hypnotherapist communicates your conscious desires directly to your subconscious mind....making it quick and easy for the you to change lifelong habits and beliefs that no longer serve the your best interests.

What is hypnosis?

Hypnosis is a consensual state of heightened focused awareness and concentration combined with deep physical relaxation allowing access to the subconscious mind.

What is hypnotherapy?

Hypnotherapy is a technique that uses hypnosis to access the subconscious mind and deeper aspects of the brain, namely the hypothalamus, the medulla oblongata, and the corpus callosum. It is in these areas of the brain that emotions, memory, and instincts lie...all the habits and motivations we are ordinarily unaware of.

Hypnosis is a state of focused awareness and hypnotherapy is the use of hypnosis for a specific therapeutic goal such as weight management, smoking cessation, improved academic or athletic performance, as well as the removal of emotional and psychological blocks.

Hypnosis provides access to the subconscious so that the desired therapeutic goals are achieved quickly and directly. The power of hypnosis combined with therapy can create rapid change, more so than traditional therapies, and help you achieve your self improvement goals

What is a hypnotherapist?

"Hypnotherapist...induces hypnotic state in client to increase motivation or alter behavior pattern through hypnosis. Consults with client to determine the nature of problem. Prepares client to enter hypnotic states by explaining how hypnosis works and what client will experience. Tests subject to determine degrees of physical and emotional suggestibility. Induces hypnotic state in client using individualized methods and techniques of hypnosis based on interpretation of test results and analysis of client's problem. May train client in self-hypnosis." *U.S. Department of Labor Directory of Occupational Titles. D.O.T. 079.157.010.*