



Setanta Hypnotherapy Clinic

A life spent in hypnosis by Xavier Nathan

Most people in this world live most of their daily lives in hypnosis. This is how we are designed. Let me explain. We have a conscious mind and a subconscious mind. We learn with our conscious mind and that which is learned is then transferred to the subconscious where it is stored like a computer program which is activated when triggered. We have many of these programs running at any one time and all running without us ever having to think about them. Like our breathing program, our heart beat program, our walking program, our smiling program etc. If the conscious mind was responsible for running all of these programs we wouldn't exist. The conscious mind can only handle between 5 and 9 pieces of information at any one time so running our complex bodies and getting on with our daily lives would be an impossible task for the conscious mind. When a subconscious mind program is running and our conscious mind is relaxed we are in a state of hypnosis. How many times have you completed a journey and can't remember any of it? It is the same when you watch a programme on TV or a movie and get so involved in the story you actually cry when you see one of the movie stars die. Because your conscious mind is not involved and telling you that that actor will wake up tomorrow and will be back on the set again your subconscious mind is in charge and you are in hypnosis. Think of all the times you day dream and are brought back to earth

when someone calls you. These are all examples of how we spend so much of our time in hypnosis during our waking day. What about when we step out of an elevator on the wrong floor because everyone else gets out or when we go to walk across the street even though the light is red because someone else walked out on to the road and you followed. We have so many subconscious programs operating that it is hard to know how much control we actually have over our lives. How about when you get angry, sad or euphoric? Do you realise that while you are in the grip of high emotion your mind is literally being hijacked by a subconscious program and while the program is playing you are consciously debilitated. Realising that hypnosis plays such a major part in our lives is surely a motivation for us to want to understand it and use it to gain more control of our lives by ensuring that only those programs that are in keeping with our goals are kept in the subconscious and all other programs are dumped in the recycling bin. Learning how to deliberately hypnotise yourself in order to make those changes you want for yourself is a must in this age where even the advertisements we watch on TV are programming our subconscious minds. Hypnosis is a state of mind we all experience during our waking day just as sleep is a state of mind we experience at night. Learning to use hypnosis to enhance our lives is like using our oars again rather than drifting aimlessly with the currents in the ocean of our mind. Here at the Setanta Hypnotherapy Clinic in Peel we are teaching people how to use hypnosis in this way.

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