



What's it all about ?

When you next have a few quiet minutes, try the following.

Remember an event from yesterday. It doesn't matter what you choose to recall, just cast your mind back. Close your eyes and imagine that you are there now. By closing your eyes, you are able to fully concentrate on recalling the event in detail.

Think about what kind of day it was. Was it early or late in the day; was it windy, sunny or raining? How were you feeling? Who were you with? How did you get there? Remember the conversation you were having. What were you and they wearing? Remember the room or place that you were in, remember what you could smell and hear. Think about all the apparently insignificant things that were occurring around you at the time.

If you do this properly, you will have just been in a state of self-hypnosis!

By closing your eyes and concentrating, your subconscious mind was able to recall minute details about the event.

Your subconscious mind holds every experience that you have ever had. Your experiences influence who you are and how you behave in the world. Your experiences colour almost every aspect of your life. Your perception of anything is created by your own mind. A spider may appear to some people as a beautiful, interesting creature, whilst to others it is an object of terror.

Your perceptions are guided by your subconscious mind. If there are misleading or destructive perceptions drawn at a subconscious level from any event in your past, you need to perform some mental 'spring cleaning.'

This is a very simplistic example of what hypnosis actually is. I hope this helps to dispel any fears or misunderstandings possibly gained by seeing stage hypnotists on television or at the theatre, where the 'hypnotist' apparently has complete control over his subject. Hypnotism does not remove control from you or render you at the hypnotist's mercy.

By visiting a qualified hypnotherapy specialist you will be taught how to access your own subconscious mind and re-evaluate your perceptions in a quiet, relaxing and safe environment. The hypnotherapist is there to guide you, **NOT** control you.

Hypnoanalysis, coupled with Suggestion Therapy can be used to help with many physical and psychological issues ranging from panic attacks, self-confidence, smoking, and weight, to name but a few.

Your mind is the powerhouse of your life and it is in your interest to keep it well serviced to ensure that it works efficiently for you and not against you.

With Setanta Hypnotherapy Clinic you receive a completely free, no obligation, Initial Consultation and Assessment. You will be able to ask any questions you wish and will be supplied with informative literature to help you make an informed decision.

Call 842938 to book your Initial Free Consultation
www.manxhypnosis.com