

The Changing Nature of Healthcare Series

Hypnosis – What it is and how it can help you

Hypnosis is a form of treatment that is very much underutilized. Most people have heard of hypnosis and do not understand what it is and just as importantly, what it is not.

Hypnosis is a process where the person becomes very relaxed, mentally alert and is very focused. Hypnosis is NOT mind control. Rather, the person is fully aware of what is taking place and what is being said. The human being has two aspects of consciousness – being fully conscious and the unconscious or subconscious mind. The subconscious mind is the one that really is in control. If the conscious mind wants something, but the subconscious mind does not, guess who wins – the subconscious mind always wins.

Often, these two are in agreement and so we are very happy with what we feel and do. But that is not always the case. If the subconscious mind lives in fear due to some real or imagined threat, the person will feel anxious or panicky. For this reason people often have difficulty losing weight because the unconscious mind really wants to be fat or ugly or unhealthy. This last point is of key importance -- as strange as it may seem some people do not want to get well and want to be sick. There can be many reasons for this. It may be a way to avoid certain responsibilities; or, it could be a mechanism of controlling others or of attracting attention.

While studying hypnosis, I saw a film that illustrates this point. An individual came to see a surgeon in England. He suffered from a rare disease called hyperkeratosis where the old skin fails to come off. This is because the oil and sweat glands of the skin are not functioning properly and do not remove the old, dead skin. The problem is that the old cells build up and the skin looks terrible and is also extremely uncomfortable. The surgeon decided to refer this person (whom we will call George), to doctor “Bland” who practiced hypnosis. Doctor Bland decided to use hypnosis and implant the suggestion that one arm heal itself and return to normal. Dr. Bland asked George to return the following week for further evaluation. Upon return George showed both doctors that one arm was healed and now normal, whereas the other was not. This was so strange that the doctors decided to present George at a medical conference so that all the other physicians would see this case and its implications.

Now George became famous; rather than everyone avoiding him because of his illness, he was suddenly in demand by all the scientists. This led to an interesting phenomenon; although Doctor Bland worked steadily with George, they were not able to completely eliminate all the areas of his skin that were hyperkeratinized. In later years, other scientists felt that although George verbally expressed the desire to be completely healed of his condition, none-the-less he probably enjoyed his popularity more than the ill effects of the disease and thus remained not totally cured.

Hypnosis as used by most practitioners today is for habit change, e.g., Stop Smoking, Weight Loss improving memory and concentration etc. However, medical hypnosis can also be used successfully for anxiety, phobias, and even for healing diseases as we saw above.

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To understand this, we need to understand more about the process of hypnosis and how the brain works. At the outset of this article, I made a statement that the “unconscious mind always wins”. What is the unconscious mind? It is that aspect of the mind of which we are not aware of; amongst other things it controls all of the billions of processes that take place in the body at every moment. We are not aware of the thought processes that command the heart to beat, the lungs to breathe or the stomach to digest. These happen ‘automatically’ without our being aware, neither of the thought processes controlling what is happening nor of all the related processes which insure their proper execution.

During a visit to a hypnotist, the client undergoes a review of their issue(s) and makes of statement of the goals and benefits desired at the outcome of the hypnosis. The hypnotist also asks for various commitments related to these goals. During the process the hypnotist will embed suggestions related to these goals and benefits as well as the commitments.

It is important for the hypnotist with the client to evaluate what the related issues are that need to be addressed. For example, when it comes to smoking, in addition to the addiction to the tobacco, there are related social issues. Frequently, people get together to talk or eat and are smoking at the same time. It is difficult for someone who is used to smoking to now be an outsider with all his pals and not smoke. At this point the client may not desire the cigarette for itself as a result of the hypnosis. He also needs some tools to overcome the social impact of not smoking when all his friends are. So if he is not truly committed to stop smoking, the “Stop Smoking” sessions may very well fail even though the hypnosis was successful at breaking the addiction.

It is all also necessary to determine if there are some hidden, unconscious reasons why the client may be sabotaging his own success. There was a client who was very overweight and expressed a real desire to lose weight. However, no matter what diet was tried and was rigorously followed, the client failed to lose much weight.

Eventually, the hypnotist was able to determine the cause. When he was very young, about four years of age, the client’s grandmother was hospitalized as she was dying of cancer L’O. The child saw his grandmother was skinny and emaciated and this lead his subconscious to create the belief that if he becomes skinny he will die of cancer.

This belief, known as an imprint, was skillfully reversed by the hypnotist so that the client was now able to lose weight. Many people are scared of hypnosis. They may have seen a show where people were forced to do crazy things such as barking like a dog. But in reality the people who participate in these public settings know what they are getting into and don’t care or perhaps want to go around barking like a dog. The hypnotist when creating such a show asks for volunteers, perhaps as many as twenty. Usually, there is a testing process during which the hypnotist evaluates the volunteers and will sometimes eliminate 1 or 2 usually with an excuse. The real reason is because he can determine the likelihood of success of each volunteer and eliminates the poor ones, but of course never says the real reason.

People will not do anything they don’t really want to under hypnosis. Nor are they more vulnerable to being taken advantage of than any other person. We all know or have heard of

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people who have been swindled by a con artist and lost a lot of money. This was certainly the case with Bernard Madoff. They were not coming to him because of a secret desire to be fleeced of their life-time savings. Nor did they ‘invest their money’ with him because he was a hypnotist whom they had consulted about weight loss. The point is that a person undergoing hypnosis is not more gullible than anyone else.

However, many people may never seek the skills of a proficient hypnotist because of unknown fears of hypnosis. For this reason, I have created a new method of helping people called **ULTRAVISION**. With this system, we use guided imagery and hypnosis with the client to achieve the same end results. Many physicians use guided imagery with clients to overcome serious diseases and even to reverse them, including diseases such as asthma and cancer. A hypnotist I spoke to had diabetes and was nearly blind from its side effects and was told he would need insulin for the rest of his life. By using various techniques, he was able to reverse his condition, so that he no longer needs insulin and has 20/20 vision! This does not mean that every person with cancer or diabetes can be cured and live to 160 just by using hypnosis or **ULTRAVISION** techniques, but it is certainly worth trying.

Another way that hypnosis is used involves regression therapy. Regression is the process that takes a client back in time to determine the cause of illness or the block to successful results. In the case cited above where the client couldn't lose weight because of an imprint, the therapist uncovered the imprint through the use regression.

Regression can also be used to uncover the causes of fears, trauma and abuse that is buried deep in the psyche and cause numerous problems and diseases. Often a child that has seen a terrible event, a violent crime or was abused will suppress what they saw or the memory of what happened because it is the only way such a young child could deal with those events; by forgetting them consciously. However, it is not gone from their subconscious minds, only suppressed and the effects linger and cause anxiety, fear, depression and many diseases.

How can such thoughts cause a disease such as cancer? We have all heard of statements such as “he is being eaten alive by worry” and similar sentiments and then he is diagnosed years later with colon cancer which is eating him alive L’O. Common metaphors often have some grain of truth that is an indication of the root cause of the problems or illness.

The job of the hypnotist in these cases is not only to safely uncover what happened but to provide the tools by which the patient is able to face the trauma and resolve the problems and illnesses.

This article was written by Bernard Rabinowicz, a naturopathic doctor trained in medicine (pathology, pharmacology, cardiology, rheumatology, immunology, gastroenterology, neurology, psychiatry, surgery, etc) as well as certified in non-conventional healing methods (herbal, homeopathic, **hypnosis**, reflexology, color puncture, biofeedback and bio-therapeutics).

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