

WHAT THE MIND CAN CONCEIVE

THE MIND CAN ACHIEVE

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Foreword

A well known and published self-improvement guru Clement Stevens stated, “What the brain of man can conceive, his mind will achieve.”

Since then many in the hypnosis profession have adapted the statement to, “What the mind can conceive, the mind can achieve.” This, because the human brain has demonstrated its capability far beyond what was originally thought it could do.

At the turn of the 20th century, Henry Ford put it like this;

“If you think you can, or you think you can’t, you are right.”

Many other New Age people have adapted the dicta, “Believe, and all things are possible.”

This author has written this book because he believes that all of the above are true, and he would like the world to take advantage of it.

WHAT THE MIND CAN CONCEIVE THE MIND CAN ACHIEVE

Introduction

The audience sat mystified as two volunteer gentlemen lifted a young lady who appeared stiff as a board, and placed her between two chairs. The back of her head rested on one chair and the back of her feet rested upon the other chair.

A cloth was draped over her mid section, and the performer climbed from another chair and stood on her stomach. She was oblivious, and did not move an inch even though he weighed close to two hundred pounds! He stepped down, placed a chair beneath her midsection, snapped his fingers as he said “Wake up!” and she settled into the chair, eyes wide open.

I clapped along with everyone else. I was only thirteen years old, and this was the first time I had ever seen a hypnosis show. I was fascinated by all of the many things the people did while under hypnosis, and yet afterward acted as if nothing had happened.

The young lady said she was aware what was happening, but didn't feel a thing except to be as stiff as a board.

I turned to my dad who had brought me to the show. "Dad! I want to learn how to do that!" I said. He smiled at me and took my hand. We went to the theatre manager, who was acquainted with my father.

My father spoke to him, and the next thing I knew, we were backstage in the dressing room of Mr. Ralph Slater, famous stage hypnotist.

My father explained to Mr. Slater my desire to learn hypnosis and asked him where I could go to learn it. Mr. Slater stated that there were no schools per se, but he would be willing to teach me. We arranged for me to come by the theatre every day after school for training, which I did for about two weeks. Mr. Slater also gave me some books on hypnosis which I read. After two weeks of training, Mr. Slater told me that I had learned all that he could teach me, and now I should go to the library and read all I could find on Hypnosis and Psychology.

He told me that the human mind is far more powerful than people are aware. I took his advice and read everything I could find on hypnosis, (including the books by Melvin Powers advertised in the back of *Mechanic's Illustrated*) and all I could read on the psychology of the mind.

I knew hypnosis!

My First Experience Using Hypnosis

As a high school student, I supplemented my income by “baby-sitting.” A few weeks after my hypnosis training, I was called for a baby-sitting assignment for two young boys, whom today we would probably refer to as being ADHD! (That’s only because we are being nice.)

Their parents had gone through numerous sitters, none of whom would come back for a return engagement. The boys had a reputation as being uncontrollable monsters that would never go to bed.

Shortly after the parents left for the evening, I asked the boys if they had ever played “Hypnosis.”. They hadn’t, but were curious and interested in trying a new game.

I proceeded to hypnotize them, using the progressive relaxation technique which Mr. Slater had taught me. They responded well and soon both were in a hypnotic trance. While they were in the trance, I told them that after they awoke from hypnosis, they would have a very strong urge to do their homework, and upon completion of the homework that they would then discover that they were very very tired.

I then suggested that they would then go to bed, and sleep comfortably through the night, awakening the next morning feeling great. I told them that they would not remember exactly what we had done, only that they had a good time and enjoyed it very much. I also gave them a post hypnotic suggestion that whenever I told them “Deep Asleep!” they would return to a hypnotic trance similar to the one they were now in.

When the parents got home, they were surprised to find that the boys not only were asleep, but had gone to bed early. The mother became panicky as she presumed they had to be sick, as they were usually waiting up for their parents, and she hurried to check on them.

In their bedroom she felt both their foreheads. She couldn't believe her "boys" finished their homework and went to bed before she got home. This had never happened before!

I was asked back to sit many times and they always had special dessert treats for me. As a youth I had a voracious sweet tooth and this made the experience even better.

Helping a Friend

Although I “played” with hypnosis during my school years, doing “shows” at parties, it wasn’t until I was in college that I discovered one of its many values.

A fellow fraternity pledge was apparently flunking out of school. He spent too much time on college fun and not enough on studies. Many of his teachers told him that he would need at least a “C+” on the final exams in order to get a “D” in the class. I offered to hypnotize him and he agreed. Under hypnosis I told him that his subconscious mind remembered everything he had read, everything he studied, and everything he heard in class. Now all of the information was stored in his subconscious mind available to him whenever he needed it. I also instructed him that as he read each question on the exams, his subconscious mind would automatically send the correct answer to his conscious mind. I told him that he would be relaxed and calm during the exam.

He scored high “B’s” on the finals, and as a result, his teachers gave him “C+’s” as his final grades. He was so grateful that he bought me many lunches the following semester. (His idea, not mine.)

Reaching Out

My older sisters were both actresses, and one of their friends, also an aspiring actress, mentioned that every time she went to an audition for a role, she was so nervous that her voice cracked, and she felt that she had ruined the audition. She was a good actress, but apparently couldn’t handle the stress of an audition. My sister suggested that I hypnotize her.

In the hypnosis session, I told her subconscious mind that when ever she went to audition, she would realize that the people she was appearing before were people who really liked her and wanted her to succeed. I also instructed her that she would be as calm and relaxed during the audition as she was when she was with friends.

She later informed me that from that day forth, she not only never had a problem with an audition, but actually enjoyed them.

PAST LIFE REGRESSION

While I was a student at U.C.L.A., studying business administration and psychology, I joined the psychology club. About that time the book “The Search for Bridie Murphy” became very popular. This book was about a woman who while under hypnosis told her therapist about a prior life in Scotland, giving names of people and places and many details. Her descriptions were so clear and unchanging from session, to session, that the psychologist decided to try and ascertain if such people and such a place had really existed.

He contacted an investigation firm in Scotland who attempted to locate the Village she had named, but could not find any such place.

However, as her stories had such a ring of truth, he decided to go to Scotland himself to see what he could discover.

He went to the approximate area of the phantom village and could find nothing, until he discovered an ancient church building. In the cellar of the church, he discovered books containing records of births including most of the names she had mentioned. Said records subsequently were ascertained to have existed some 150 years prior to his finding them.

This book sparked the curiosity of the psychology club at U.C.L.A, and we decided to conduct similar experiments into “past lives.”

Inasmuch as I happened to be only hypnotist in the psychology club, I got to performed numerous “pre-birth regression” sessions with the other students. They related varied stories and experiences while under hypnosis which were fascinating.

On one occasion a young lady, who was of Jewish extraction, did a dance and sang a song in a language which we did not recognize, but subsequently ascertained was Swedish. As far as anyone knew,

there was no way she could have learned that song in her present lifetime, and she did not speak Swedish whatsoever.

I must admit, we also tried to see if someone under hypnosis could predict the future, by suggesting that they go to a certain date in the near future and tell us what was happening. We were unsuccessful.

I still can't figure out the lottery numbers in advance!

THE HUMAN MIND

Now that I've shared some real life examples of hypnosis, let's take a closer look at how the mind can accomplish these feats.

The human mind is a wonderful instrument. It controls every bodily function, allows us to think, act, and dream even while we are doing something else. It records everything that we have ever seen, heard, experienced, or felt. It regenerates cells and tissues, grows bones, destroys

harmful bacteria, while leaving the good bacteria untouched, and fights germs and viruses without any instructions from us.

However, most people do not control their mind. They allow it to run on automatic pilot, merely going through life as it happens. They usually act as if mental activity is beyond their control. If they are sad or bored, they suffer through it.

But you can affect your life by mental discipline. Through meditation and/or self-hypnosis, you can achieve the sense of well being and self-gratification that is waiting to be tapped within your brain.

It is well recognized in the medical profession that psychological factors can and do significantly affect the physiology of the body. Our behavior or lifestyle can exert a profound influence on our health. Personal choices made by individuals will be the most important determinants of health and longevity.

Changes in behavior can reduce the large number of premature deaths and illnesses and lead to better health and a longer life. Behavioral approaches to illness give individuals the means to improve their health through their own efforts. Medical research has shown that behavior modification has helped disorders ranging from advanced heart disease, cancer, chronic pain, serious illness, and persistent or recurring symptoms.

Symptoms must be checked with a medical doctor for proper diagnosis and treatment. One should not use self-healing techniques without making a careful assessment of their condition. However, self-healing techniques may help other treatment work more effectively, speed healing, and decrease adverse effects of treatment as for example in chemotherapy.

For years, doctors have used placebo therapy on patients often with remarkable results. The important thing about placebo therapy is that it proves beyond a doubt that thoughts can trigger the body's own self-healing abilities.

Recently, a medical group did an experiment. They had two groups of patients suffering from the same ailment. To the first group, they gave a

medicine for the ailment that was very costly. To the second group, they gave the same medicine at a very cheap price. The results were that the group who paid a lot for the medicine achieved success in the treatment of their illness. However, the group who took the very same medicine but at a ridiculously low price, most tended to show little if any improvement.

The reason was that the minds of the people in the second group did not believe such a cheap medicine could work, and therefore it didn't.

A patient who wishes to optimize the management of the healing process should not decide between medicine OR hypnosis, but combine the knowledge of medicine with that of hypnosis. One compliments the other.

Using the mind to heal the body has been in existence as long as recorded history, and has been traced back to ancient Egypt, and the early Hebrew days. The Elbers papyrus, proven to be over 3000 years old describes how Egyptian soothsayers used hypnotic procedures very similar to those used today, to affect healing.

The Hebrew Talmud and Bible allude to “Laying on of hands” and other techniques to affect cures. Centuries ago, the Greek Oracles, Hindu Fakirs, Indian Yogi, and Persian Magi used a form of hypnosis for a magical healing. The earliest medical records describe miraculous healing by priests who induced a sleep-like state by ceremonial rites in the Aesculapian temples.

Hypnosis has been an intimate part of man’s experience for more than five thousand years. The ancient Greeks made use of hypnotic techniques in consulting the Oracles. They had “Sleep Temples” where warriors and noblemen were induced into hypnotic trances by temple maidens.

Thousands of cases of miracle cures have been documented in medical literature. Obviously, psychological and emotional factors affect our physical and mental health.

Hordes of invalids visit Lourdes, France yearly. Most feel better afterward even though they are not cured. However, many have been cured as testified to by the pile of discarded crutches left behind.

Dr. Anton Mesmer with a patient.



Throughout recorded history, there have been many famous healers all over the world. In the Eighteenth century, Dr. Anton Mesmer was the first recognized modern practitioner who used hypnosis for healing. He treated numerous women suffering from emotional disorders. His success factor was very high, which encouraged other psychologists to observe his techniques, amongst whom was Sigmund Freud, who adopted hypnosis into his own practice. The term “mesmerizing” comes from Mesmer’s technique..

Sigmund Freud used hypnosis in his practice to help people with emotional problems, but ultimately abandoned it partly because he felt it stripped the patient of his defenses, and also, because Freud had trouble getting patients into a deep enough trance state.

In the mid 1800’s in India, a Scottish surgeon James Esdale used mesmerism (hypnosis) for thousands of operations, hundreds of which were

major surgeries. While the standard mortality rate at that time was fifty percent, his patient's mortality rate when hypnotized was only five percent.

HOW THE MIND CAN INFLUENCES HEALING.

On April 23, 1955, the British Medical Association reported its approval of hypnosis for treatment of psychoneuroses, and of hypno-anesthesia for relief of pain and childbirth.

The Mayo Clinic conducted a controlled study in 1955 and 1956. In each of two separate wards of people suffering from broken bones, they played soft music. In one of the wards, hypnotic healing suggestions were included with the music. The patients in the ward with the hypnotic healing suggestions recovered in one-fourth to one-third the time required by the other patients in the ward without the hypnosis.

In 1958, the American Medical Association recommended that training in hypnosis be given to pre-med and med students. (As far as this author knows, that has not happened, although psychologists do take a course in “understanding hypnosis,” taught by a non hypnotist.)

In 1958, the American Psychological Association established hypnosis as a medical specialty. A few psychologists actually use hypnosis successfully with their clients.

Hopefully, in this century, the popular understanding of health will change radically. We will discard the concept of disease as a bodily breakdown that needs an overhaul in the medical repair shop.

We will replace this outdated view with a more sophisticated outlook about health that is based on balance and homeostasis. Unfortunately, today if techniques used to redress emotional imbalance are used in health care, they are employed as supplements to standard treatment.

The oddity is that the placing of foreign drugs and surgical scalpels into the human body is considered “standard,” while the strengthening of the body’s own healing systems is seen as ancillary and supplemental. Ironically, when this is reversed, the drugs and surgery work more effectively.

Dr. Emmett Miller has produced a video/CD for Immunology. I have given this tape to about twelve people I met who had “terminable” cancer, over the last ten years. Eleven of them are still alive today, and I believe the twelfth would also be, if he had again watched the video when his cancer returned five years after he first used the video.

Today, belief systems are changing. More studies are being done to substantiate our self-healing abilities. Mind/Body has taken on new meaning. A recent study discovered a doubling of survival time in women with advanced breast cancer who had one year of group therapy and auto hypnotic techniques, as compared to a control group who received only

standard medical therapy. Some of these women were still alive ten years later.

A noted medical doctor and oncologist, Bernie Siegel, has written books and given lectures expounding on how he has discovered that belief and self-healing has given longer life to many cancer patients upon whom doctors had already given up hope. In 1988, he became president of the American Holistic Medical Association. His book, “Love, Medicine and Miracles” is a necessary read for anyone interested in self-healing, or who has a family member with cancer.

Dr. Franz Alexander, M/D. has been quoted many times as stating:

“The fact that the mind rules the body is, in spite of its neglect by medicine, the most fundamental fact we know about the process of life.”

Researchers, scientists, alternative practitioners and patients are all exploring the connection between mind and body. Growing scientific

evidence suggests that our thoughts are the single most important factor for creating health. Almost all mental and physical ailments and almost all of life's mental and physical benefits can be linked to the way you think.

If you think about how terrible things are, you feel depressed, miserable, tense and worried. You frequently will find that you are then suffering from depression, heartburn, neck ache, backache and anxiety.

If you tell yourself you can handle any situation, you feel calm, positive and happy. Your mind and body function easily. If you believe you can change your body chemistry by the power of thought alone, you can! If you believe, something is out of control, you are right. If you believe it is within your control, you are right.

You are what you believe you are!.

A number of years ago, a lady who was seeing me for memory enhancement (for a pilot's license) went through a horrible experience. While at a friend's house, she reached over to pet the friend's dog, which apparently mistook the gesture and attacked her hand. He bit through the palm of her left hand and bit off the end of her left pinky finger.

She was taken to an emergency room at a hospital, where the doctor cleansed her wounds, stitched the back of her hand, and put a skin graft over the end of the second joint of her pinky. She was bandaged and sent home with pain pills. She called me, as the pain pills were not sufficiently handling the pain, and she wanted me to help abate the pain.

While at her home, I said to her, "Would you like me to tell your brain to heal your hand without a scar?"

"Can you do that?" she asked.

"Oh yes. I've done it hundreds of times." (Probably an exaggeration.)

"Please do," she responded.

"How about if I tell your mind to regrow your pinky?"

"Have you ever done that?" she asked?

“ Me. No. “ I replied. “But I have heard of other hypnotists who have, and anything they can do, I can do better!”

I hypnotized her, and while she was in hypnosis, I told her subconscious mind. “Jan’s hand has been bitten by a dog. A doctor has stitched up the wound. Scars are for the protection of a wound. Jan’s hand is safe and bandaged. It does not need a scar to protect it. I am instructing you to cause Jan’s hand to heal with normal skin. Do not form a scar. Allow her hand to heal without a scar.

Jan’s tip of her left Pinky finger has been bitten off. You grow muscle bone and tissue every day. It is part of your normal job. I am now instructing you to regrow the muscle, bone and tissue in the pinky finger of Jan’s hand exactly the way it was, and don’t forget the nail.”

We had a number of sessions before Jan returned to the doctor to have the bandages removed. She reported to me, that when the doctor removed the bandages, he suddenly turned white, pointed to her little finger and asked, “Where did THAT come from?”

“Oh!” she replied. “My hypnotists did that.” Her mind had caused her to regrow her pinky finger exactly the way it was before, including the nail!

Believe, and all things are possible! Jan believed it would happen, and it did.

Although the subconscious mind ultimately holds the key to health, the rational or conscious mind can definitely block your path. If the rational mind clings to old beliefs too strongly, it prevents you from making the deep changes which can alter your life. You need to prepare your mind to accept new programming. Attitude sickness is a communicable disease. Negative thinking is passed down from generation to generation.

Now is the time to break the old traditions. Now is the time for people to heal themselves through the power of their minds. By using a technique I call Emotional Release Therapy © I am able to help people permanently remove old negative feelings and emotions which have adversely affected their lives. It is like getting a brand new emotional start all over again!

THE POWER OF THE MIND

As I stated previously, if you believe that you can, you can!

How, you may ask, can I heal myself? The answer is by accessing the power of your subconscious mind and telling it what it is you want it to accomplish.

As a hypnotherapist, I tell my weight clients under hypnosis “your subconscious mind is going to instruct the part of your brain that controls the storing of fat, (the hypothalamus) to cease storing fat in your body. There is plenty of food around for you, and you will never have to worry about finding food. Therefore, it is not necessary for you to store any food in your body as fat. Your brain is instructed to cause your body to stop storing fat. Your brain is also instructed to cause your body to convert the fat that is

already stored there into energy. Burn the fats stores in your body, you do not need them.

Even though they do not materially change their diet, they find that they start losing fat from their body. And when they change their diet as well, they lose the pounds, and keep the weight off permanently. (Don't get the idea that weight loss by hypnosis is an immediate thing.

The average client loses from one and a half to three pounds per week. The difference is that they are able to keep it off. If someone needs to lose thirty pounds, it can take from ten to twelve weeks to lose it.)

A client of mine was still being troubled with kidney stones, even though undergoing medical treatment for many years. I instructed his subconscious mind that "if any foreign matter enters the kidneys, flush it immediately. Forming a protective coat around it is not necessary, and could be harmful. If there is too much calcium in the body, excrete it immediately. There is no necessity to form a stone." As of now, it has been over five years and he hasn't had a stone reoccur. (There have been other similar successes.)

Because these people believed it would happen, their brains followed the commands, and they obtained the results they wanted. However, I am not advocating ignoring or avoiding medical treatment. On the contrary, if you have a medical problem, consult a medical doctor. Follow his/her instructions to the letter. Believe that he/she will heal you, and allow your mind to help. Positive thinking can only help you get better. Negative thinking can only make you worse.

A therapist acquaintance came to me because he hadn't had intercourse in 16 years and was "willing to try anything" to be able to do so again. We had two sessions, and when he returned for the third, he said to me, "My wife says thanks for a wonderful weekend." A few days later his urologist called me on the phone. He said that he had tried everything medically possible to help this man, and believed that he was incapable of achieving an erection. The doctor wanted to meet me.

There are many stories about hypnotherapy succeeding after medicine seemed not to help. Even today, we do not know or understand the power of our mind, except to know that it can accomplish that which may seem to be miracles.

Hypnosis has been accepted for controlling the flow of blood, controlling pain, and helping bones knit faster. Emotional problems also seem to be helped (alleviated) through the use of hypnosis. (ERT)

Since all hypnosis is really self-hypnosis, that means that you can use your mind to heal yourself. The power is right there in your own brain. Use it! Science claims that we humans utilize only 5% to 12% of our brains. Nowhere is it written that you can't use as much of your brainpower as you can, especially if you believe that you can.

These days, the public is turning in great numbers to “holistic” healing. The holistic approach to medicine is popularly referred to as “mind-body healing.” This holds that the mind and body are one, and influences our views of health and recovery from illness.

Psychiatrist George F. Solomon, M.D., of the University of California at Los Angeles, stated: “The mind and body cannot be separated. The mind is the brain, and the brain is part of the body. The brain regulates and influences many physiological functions, including immunity. Mental and physical well-being are inextricably intertwined.” Dr. Solomon has spent over 25 years studying the biological mechanisms by which emotions, stress, attitudes and behavior affect resistance to disease.

David Spiegel, M.D., psychiatry professor at Stanford University, studied 86 women with advanced metastases breast cancer. All the women received standard medical treatment, but half also received group therapy and were taught self-hypnosis for pain control. The women in the therapy group lived twice as long as their counterparts, an average of 37 months compared to 19 months. The three women who survived were in the therapy group.

In a study of older patients who were admitted to a New York Hospital with hip fractures, two groups were followed. Both received identical medical

treatment, but one group also received mental health consultations. This group's hospital stay was thirty percent shorter than the other group.

Neuroscientist Candance Pert discovered that neuropeptides and other molecules are found not only in the brain, but throughout the body, acting as messengers to the cells. Through millions of tiny receptors, each cell receives instructions about growing, producing protein and other activities. Her work also led to the discovery of endorphins, the chemicals that produce emotions when released by the brain. Other researchers have found nerve fibers in the immune system, evidence that the mind, or central nervous system, is involved in the immune system's ability to ward off disease.

Stress can affect immunity and can affect disease. People under stress may be more prone to infections, such as cold viruses, and are more vulnerable to heart disease and stroke. Using self hypnosis people can quickly put themselves into a relaxed state and avoid the pitfalls of stress.

It is the belief of mind-body therapists that the correct spelling of illness is DIS ease! Stress is the greatest contributor to ill health, and stress occurs when we are not at ease. We can control stress with our minds!

A number of years ago, I was invited to be the keynote speaker at the Group Psychotherapy Association of Southern California summer retreat. Among other hypnosis topics, I gave a class in self hypnosis to all who desired to learn how to use it.

A few months later, I received a phone call from one of the attendees. He was a mature therapist in his late sixty's. We made an appointment for him to come see me at my place. When we arrived, he said to me, "You probably noticed that I didn't take much part in many of the activities at the retreat. That was because for the last ten years, I have had such pain in my feet, that I refrain from doing anything which will aggravate the pain. I used the self hypnosis technique you taught us, and was able to diminish the pain so much, that I've begun to again play racket ball."

"That's Great," I said. relieved that I hadn't caused some discontent.

"So why are you here today?"

"I want to know what to tell my mind in order to decrease my cholesterol?"

This man truly believed in the power of his mind to heal him.

While attending at a small neighborhood parochial high school, my daughter informed me that her school was going to start a decathlon team and compete in the local competition. My wife and I attended the formation meeting at the school. Afterward, I approached the teacher in charge and told him I was a hypnotist, and I was willing to volunteer my time to work with the team hypnotically to enhance their memory. This had to be cleared with the Head of the school and their permission slips had to be signed by the parents.

I had three group sessions where I used memory enhancement suggestions as well as relaxation techniques with the team members. I taught them how to relax themselves before the competition so that their minds would not be blocked by the stress of the event. Even though this was the school's first decathlon team, and they were the smallest school in the event, they won first in their division, went on to the State Championships, and came in ninth out of sixty-four schools.

They even went on to the State the following year with most of the same members on the team.

SELF HYPNOSIS

It is accepted that all hypnosis is self hypnosis. That means that the hypnotist is merely helping the subject achieve that which the subject wants to achieve by guiding the person into hypnosis and then giving them the suggestions they need. Without the person's permission, nothing would be accomplished.

However, one can accomplish almost as much through self-hypnosis. Self-hypnosis requires that the person put themselves into a meditative or trance state, and then give themselves the suggestions they need. It is not difficult for a person to learn how to put oneself into trance. The difficult part is being able to keep part of their mind, (the

conscious mind) available to give the suggestions to the subconscious mind.

Self hypnosis works on the principal “What the mind can conceive, the mind can achieve.” Self hypnosis is an excellent short cut to self- improvement. It enables us to acquire a new way of successful thinking and living.

I have taught many people to use self hypnosis to deal with pain, stop cuts from bleeding, and expedite healing of other kinds.

It was June 1973. I lay in the hospital bed with a metal drain in the small of my back, adding to the discomfort in the area where they recently removed a herniated disc from the base of my spine. The doctor’s words continued to sound in my head.

“You’ll probably not be able to walk without some means of assistance, such as crutches, a walker, or a cane. You will have to adjust your style of living now. There are many things you can no longer do comfortably.”

“NO WAY!” I thought. I don’t want to be a cripple. I want to enjoy life without limitations. I lay back and closed my eyes. I counted

backwards from five down to zero. I told my subconscious mind what the doctor said my body needed to do. The doctor said scar tissue had to form in the area where the disc was removed.

I told my mind to cause that to happen, to form scar tissue and to fill the area of the removed disc. I gave the suggestion to strengthen the muscles on both sides of my spine, so that they would support the bones and keep them from pressing on the sacrum. I told my brain to cause my body to do whatever was necessary to heal me.

It is now more than thirty years since the surgery. I haven't needed any external devices to walk, and have lived a normal life. I've bowled, danced, and made love all without pain or discomfort from my back, simply because I used self-hypnosis to supplement the medical procedure. I gave myself healing suggestions that actually enabled me to forgo any physical therapy after my surgery.

My wife used self hypnosis to heal her leg after the removal of a large, long, deep growth without scaring! The doctor was amazed, as

he had told her she would definitely have a visible scar from the surgery.

I have also had two root canals done without the use of anesthesia, using only self hypnosis to mask any pain.

Motivation may be the most important factor of hypnosis.

A person who has something that he or she really wants to do with hypnosis tends to get the desired results. To the contrary, if one really doesn't have the motivation, hypnosis doesn't seem to make any changes.

The self hypnotic state is very much like the hypnotic trance. One is still aware and mentally alert; however, one's body is relaxed and comfortable. A state of hypnosis is induced by quieting and slowing ourselves down. This requires the three ingredients of motivation, relaxation, and concentration.

While it is possible to achieve the deep trance state through self hypnosis, once in deep trance, one is probably too deep to be able to give

one's self the necessary suggestions. However, light and medium trance are sufficient for most problems one desires to correct. You achieve the trance state by putting yourself in a comfortable position away from distractions.

One method of self induction is to use progressive relaxation. While resting comfortably, you start by telling yourself that you are about to enter a state of hypnosis. You are going to count from five down to one, and each number causes you to become more and more relaxed, more and more comfortable. And at the count of zero, you will go into a hypnotic sleep.

Five! My legs and feet are relaxing. Completely relaxing. All the muscles in my legs and feet are completely relaxing. (You may or may not notice them getting more relaxed.)

Four! My hips and waist are relaxing, comfortably relaxing. All the muscles in my hips and waist are completely relaxing.

Breathe very slowly and deeply during this time.

Breathe in as deeply as possible without becoming uncomfortable.

Hold your breath for a comfortable period, and exhale slowly. Three!

All the muscles in my back and chest are relaxing, comfortably

relaxing. All the muscles in my back and chest are completely relaxing.

Allow yourself to feel your body relaxing, going deeper and deeper relaxed.

Two! All the muscles in my arms and hands are relaxing, comfortably relaxing. (Feel them relax.) The muscles in my back and shoulders are relaxing completely,

One! All the muscles in my head and neck are relaxing, completely relaxing, comfortably relaxing. Take another deep breath and tell yourself “Deep asleep!” “Deep asleep!”

Now accept the fact that you are totally relaxed. And before you fall into a natural sleep, (which frequently happens when one is not awakened from hypnosis), start giving yourself the suggestions for improvement or healing that you need.

It is a good idea to write the suggestions that you want to give yourself down on paper before using self hypnosis, and repeating them a

number of times, so that you have them memorized well enough to be able to repeat them to yourself.

I recommend that you make a cassette tape with the instructions you desire to give yourself, including the induction, and play it to yourself either with earphones on or through the use of a “pillow speaker.”

Repeat is the key word. Repetition is what the subconscious mind responds to. You should repeat the suggestions to yourself at least three times each time you use self hypnosis, and you should repeat the self hypnosis sessions as often as possible, but at least three or four times.

Suggestions should be positive, and in the present tense and personal.

Also, do not try to accomplish too much at one time. It is suggested that you only work on one thing at a time. You want your subconscious mind to give its full strength to whatever you are working on. When you have accomplished the improvement you want; you can go on to something else.

It is also a good idea to make a tape or CD of the induction and the suggestions you desire, so that you can just relax and let go.

How often you use self hypnosis depends upon how serious the problem is that you need to change. It is beneficial to your overall health to keep in touch with the hypnotic state once a day. This relaxes, refreshes, and replenishes the brain, leaving you with a very positive feeling.

For more serious problems, or goals, which involve your physical and/or mental health, twice a day is recommended. For a program of stress reduction, you might hypnotize yourself twice a day, such as before breakfast and before dinner.

For more serious physical maladies, increase to three times a day. For extreme problems such as hay fever attack or asthma flare up, you can use hypnosis once an hour. (This is in addition to any other medical remedies you may be employing.) Do not substitute hypnosis for prescribed medical care, but use it as an aid to speed up the healing process.

The most important thing you should know about using self hypnosis is that all suggestions should be made in a positive tone. You desire to replace negative rhythms with positive rhythms. Do not tell yourself “not” or “don’t”,

as the subconscious mind doesn't perceive the negative part and only hears the smoke or hurt part which reinforces the bad habit.

Saying I don't smoke anymore, sounds more like I smoke to the subconscious mind. Instead, tell your subconscious "I am a non smoker.

I am non smoker. I have no need for cigarettes. I have no desire for cigarettes.

I am a non smoker."

For weight loss, you would say, "I only eat small portions of food, and they satisfy my appetite. I feel full after eating small portions of food. I chew my food thoroughly and enjoy the full taste of my food.

Once you have found an induction that works for you, always use that same induction. Your subconscious mind has already accepted it, and is comfortable with it. Work on one thing at a time, and after you have been successful with that goal, you can go on to another goal. Do not set your goals too high. Don't try too hard.

EMOTIONAL RELEASE THERAPY

ERT

The majority of our emotional problems are due to negative thoughts and feelings we have acquired over the years which affect us in our daily lives. In order to lead happier, healthier lives we must release these negative emotions which act as a block to our productivity and happiness and move forward.

Before ERT, psychologists and hypnotherapists have required the client to “go back to” or remember the incident(s) that caused the negativity. Frequently, the memory of some horrific event in one’s life tends to amplify the negative affect that it has, rather than to relieve it. Often, when remembering the awful occasion, the person relives the

same feelings they did at the time it occurred, making them sad and unhappy all over again.

Even Time-Line Therapy, a N.L.P. technique, requires that the person remember the events that caused them discomfort. (I do not believe that the average person can remember all or even most of the negative happenings in their life.)

In 1993, I discovered a technique which enables the therapist to assist the client in eliminating these negative feelings and emotions without the necessity of reliving or remembering them, or even knowing what caused them. I call it “EMOTIONAL RELEASE THERAPY.” © Before doing any work with a client, I believe that it is very important to get a complete and thorough life history from them. I use one originally created by Dr. William Jennings Bryant Jr., which is eight pages long and covers everything from childhood to the present.

I ask the client what they perceive is their problem. I also ask, “What do others say about you behind your back that you don’t like.” The answer to

these questions can tell a lot about the client. I recommend ascertaining the client's primary form of communication. I don't mean e-mail! Are they visual, kinesthetic, or audient? Never try to have an audient visualize or "see" something. It is extremely difficult for them. This also suggests what type of induction to use to obtain the best results from this client. While in a trance state, or a state of deep meditation, I have the client imagine that they are in a library. I chose a library because everyone is familiar with a library, and it is a very calm benign place. I then have them choose an aisle in this library between two rows of books. Once they acknowledge that they are able to imagine (or see) the books, I tell them that these books are all about them.

These books contain everything they ever did in their life.

Every thought they ever had, every feeling, all their sensations, and all of their dreams and all of their emotions are in these books. I have them notice that there is a difference between the books on the right side of the aisle and the other side. The books on the right side are nice books, pretty books. They contain all the good things that have ever happened in their lives, all their pleasant thoughts, feelings, emotions and dreams. All the pleasant sensations they have ever felt.

The books on the other side don't look so pleasant. They contain the things that were not so nice. Some/many of these books are problem books. They contain all the things that have ever given them problems in their life.

The books closest to them on the right side, contain their most recent thoughts, feelings and emotions. The books further down the aisle contain the thoughts, feelings and emotions when they were younger. And the books way down at the end of the aisle contain all the events that happened when they were just a little baby.

Then I tell them to go halfway down the aisle and take a book off the shelf on the right side, look in it and see or sense a picture of themselves when they were younger. Then I have them put it back on the shelf and continue down to the end of the aisle where I now have them take a book off the right side and open it to a baby picture of themselves.

What I have done by this is a regression to childhood without their consciously realizing it. At this point, their subconscious mind recognizes that it is a point in time prior to the acquisition of any negative emotions from this lifetime.

After this I have them turn to the not-so-nice side, where the problem books are located. “These books contain everything that has ever caused you (the client) a problem. Everything that has affected you in your life time. All your negative thoughts, feelings and emotions. I can’t see your books, but you can. I am not going to ask about any of your problem books as it is not necessary for me to know.”

The suggestion has been planted in their subconscious mind that these books contain everything that has ever caused them a problem.

Using the information which was revealed in the history that I took from them, as well as what they have told me they are having problems with, along with anything else that I may have perceived is causing them problems, I now have a good idea of their problems. I now have them find their problem books (by name, is Anger book), take them over to a trash container in the aisle and get rid of them one by one.

I recommend removing the major problems first such as any strong (stimulant) emotion, then followed by any lesser (depressive) emotion, i.e.: Anger; Sadness; Fear; Shame; Guilt; and Depression.

When I have finished naming those I am aware of, I tell them to go and remove any other books that may have been causing them problems in their life time. This allows their subconscious mind to find other problems which it is aware of, but have not surfaced to my attention.

After this task is finished, I then have them go back to the not so nice side and remove the “Excuses” book. This book contains all the excuses they used, or thought up in their entire lifetime. I have them sit down by the trash container, their excuse book in their lap, and tear out the first page. Tear it up into small pieces and throw the pieces in the container. Tear up all of their **excuse** and throw them in the container.

When all of their excuses are gone, I instruct them to go back and find the book with the title “I Can’t.” Now I have them do the same thing with the I Can’t book. By getting rid of their “excuses” and “I can’ts” this frees their subconscious mind of any restriction or inhibition they may have had. This allows them to take back control of what they do and how they feel.

Once they have finished, I tell them that the container is now moving away to the end of the aisle. A door opens and the contained goes through the door and dumps all of their problem books into a furnace where a fire is burning, and all of their problems are now gone forever. The door closes and their problems are gone!

Next, I have them exit the aisle where they came in, find a comfortable reclining chair and sit down and relax. I complement them on the job they have done, reiterating all the problems they have gotten rid of, especially the “Excuses” and “I Can’t” books.

I now give them positive suggestions about themselves and how they are now going to be able to handle everything that may come up in their life. How they are in charge of what goes into their library, their memory bank. They are in control. From now on, they shall only allow good positive thoughts of success and happiness in to their subconscious mind.

Occasionally, a client will call me, and tell me that they have to go back to the library because they forgot to get rid of some books. Of

course, I have no objection to this, and it shows how well the subconscious mind has responded to the therapy.

A young lady came to me for help. She was an alcoholic, suffering from severe depression, having marital problems, and her job was in jeopardy. During the part of ERT where I have the client go back to the not so nice side and get rid of any other books that have caused them a problem, and then nod their heads when they are through, this lady didn't respond for almost fifteen minutes. Fearing she may have passed into a natural sleep, I asked, "How are you doing?" "I'm not through!" she shouted. "I'll let you know."

I waited for an hour and five minutes while her subconscious mind got rid of problem books it recognized. After the session, I did not hear from her for about three months, and then my phone rang. I answered my phone to a vibrant female voice.

"Dr. Mostman. This is Mary. I just wanted to tell you that after my last session, my husband and I joined AA. We haven't had a drink since then, and with the help of marriage counseling have put our marriage back

together. I am no longer taking any medication for depression, and last month at work, I was employee of the month! I just wanted to tell you, Thank you!”

Another gentleman, of Middle East background, also informed me that

After his ERT sessions, he was able to get a job in his old industry, and his Psychologist took him off medication, as his depression seems to have disappeared.

Self-Healing

The human body is a wonderful creation. It functions without conscious effort, restores itself, and heals itself. When we break a bone and go to the doctor, he aligns it and puts it in a cast, BUT our bodies cause it to heal by themselves. When we are ill, the doctor may give us antibiotics, but it is our body that does the healing.

Our subconscious mind is the director, producer, and screenwriter of the body. It causes the body to function, the heart to pump blood, and sends oxygen as well as nutrition to our bodies. It causes the lungs to extract oxygen, and put it into the bloodstream. It

causes our cells to reproduce and replaces the old ones with new ones.

It makes our digestive system work to rid our bodies of unneeded waste materials.

If we tell our subconscious mind to do something, which is in its normal power to do, it will, so long as it is not against our moral code or harmful to us. When I tell my subconscious mind to accelerate the healing of a cut or wound, it does so. In hypnohealing we don't tell the body to do something it doesn't ordinarily do, we tell it to do what it normally does, only to do it better.

Tell the brain what to do, and it will cause it to happen. If you don't know precisely what to tell the brain, I recommend the suggestion, "My brain is instructed to cause my body to do whatever is necessary to cause (whatever you want to happen). You may not know what your body needs to do, but your brain does.

In March 2003, I suddenly awoke. I realized that my left side would not move and I was unable to make more than a grunt.

I realized that I was having or had a stroke. I was unable to wake my wife, so I thought to myself, "If Milt Ericson can do it so can I."

I put my self into a hypnotic state, and told my mind “You are instructed to cause my body to repair or replace any damaged neurotransmitters in my brain, and to cause my body to do whatever is necessary to heal me.” I repeated this several times. By morning, I was able speak with a slur and move with only some slowness on my left side. At the hospital, the MRI showed a major stroke. However, by taking medications and repeating the self hypnosis, by the end of two weeks, no one (except my wife) could tell I had had a stroke. Not even my friends at the bridge club where I played a few times a week.

Stress Reduction

The world as we know is, has always been, and will always be full of stress. Stress is caused by change, and our environment is forever changing. How one reacts to stress is the key factor. Many people find stress overwhelming, and they resort to all kinds of ways to not face their challenges. Post traumatic stress disorder is a term we hear often, and is almost a separate field of psychology. However, a person can not be stressed and physically calm at the same time. The way to handle stress is with a clear

mind and relaxed body. This is achievable with self-hypnosis, or a post-hypnotic stress trigger. All of my clients are given a post-hypnotic stress trigger.

While under hypnosis, they are instructed as follows:

“Whenever, stress, tension or anxiety enters your life, you will place the first two fingers of your left hand onto your left thumb, take three slow deep breathes, and think to yourself, “RELAX, RELAX, RELAX.”

“Immediately you find yourself relaxing, and all stress, tension, and anxiety disappear, leaving you calm and mentally alert.”

‘ The more you use this technique, the stronger it becomes. Every time you use this technique, you are able to become calm and relaxed and mentally alert. This is your stress trigger!” I have only received positive feedback with this technique.

Another way to handle stress would be to use one’s self-hypnosis techniques and put oneself into a hypnotic state, which is a state of relaxation. As I said before, one cannot be both stressed and relaxed at the same time, so entering a hypnotic state eliminates the stressful state one was facing.

A client told me that she was so totally intimidated by her father-in-law, that merely hearing his voice on the phone caused her to break out in a rash. Speaking with him in person caused her to become a nervous wreck. I didn't know if the stress trigger would be strong enough to overcome this problem, so I gave her a different post-hypnotic suggestion. While she was in hypnosis, I told her; "From now on, now and for the rest of your life, whenever you speak to you father-in-law, whether on the phone or in person, you will picture him as he normally is from the waist up, However, you will picture him as wearing a giant diaper on his bottom half."

She reported to me, that after receiving that suggestion, not only is she no longer intimidated by him, but she has to control herself so that she doesn't laugh in his face. She said there is no way a man wearing a diaper is going to intimidate her!

Pain Control

Just as we have stress in our lives, so too do we have pain. All kinds of pain, from mild to excruciating. Hypnosis is a wonderful tool for dealing with pain, however, one must be careful when masking or eliminating pain

from a “new injury.” A new injury needs medical attention first and foremost. Removing the pain could cause your injury to worsen without your conscious knowledge.

However, I believe that pain is one of the easiest things to deal with in hypnosis. That’s because pain is a mental impression that something is wrong. It is an electronic signal to your brain that all is not right. It is in your brain, which you can control with hypnosis!

If you have been using self-hypnosis, you are able to place yourself into the hypnotic state fairly rapidly.

I do it by telling myself that I am going into a state of hypnosis by counting from five down to zero. I then proceed to count backwards, and at the count of zero, I tell my self,

“DEEP ASLEEP! DEEP ASLEEP!”

!

Then I place my hand or finger on the area which is painful, or if I can’t reach it, tell my mind where it hurts. Then I tell myself that I will now

count down from three to zero, and with each number, any and all pain becomes less and less, and at the count of zero, all pain either disappears completely, or is so diminished, that it doesn't really bother me.

It is sometimes necessary to repeat the procedure. However, if one has been using self-hypnosis, this is usually sufficient. After diminishing the pain, one should have it checked out so as to make sure there is no medical condition that needs attention.

Frequently, I will give my clients who suffer from chronic pain a "remote control pain button." Under hypnosis, I have them imagine that there is a remote dial on the tip of the middle finger of their right hand, similar to a dimmer switch on a light.

When the pain starts, I have them touch the dimmer switch with their right thumb, and first turn the switch "up" a notch. After they feel the pain increase, then I instruct them to turn the switch "down" until the pain is totally gone, or at least very bearable.

Again, this technique should not be used for a sudden new pain that needs medical attention. Of course, if the pain is your father-in-law, that is a different story.

I personally have had two root canals done without the use of anesthesia using self hypnosis.

A mature lady at the bridge club constantly wore a neck collar. I inquired how the accident happened. She told me that she had had no accident, but the pain just developed and kept getting worse. She said both she and her insurance company had spent hundreds of thousand of dollars to no avail. Nothing seemed to help. I suggested that she try hypnosis. She came in to see me, and after the second of three sessions, removed the neck collar permanently. More than three years have passed, and she has not had to use her collar.

Epilogue

I truly hope that this book has helped the reader understand and utilize hypnosis to the best of his/her benefit. My family has used it throughout our life with only positive results. It is my true desire that someday hypnosis will be available to all who need it, and that especially the medical and psychological societies use it to implement their healing success.

There is no negative side to hypnosis. No one can make anyone do anything they do not want to do, nor that is harmful to them. In spite of Hollywood, no one can cause a person under hypnosis to harm or kill another person. Also, there is no possibility of a person being hypnotized and not

waking up. The worst that will happen is that they will pass from a hypnotic state into a natural sleep, and awake naturally.

Was Eve the first hypnotist?



About the Author, Paul Mostman.



Dr. Mostman has been involved with hypnosis since 1947, when he was trained by noted stage hypnotist Ralph Slater. Although Dr. Mostman started practicing law in 1962, he did do hypnosis shows for entertainment purposes. He has actually qualified in the Los Angeles Superior Court as a hypnosis expert in connection with different criminal cases.

In 1966 while maintaining his law practice he became involved (president) with The Hypnosis Society of America, a highly successful weight loss program throughout California. At that time he started to also do hypnotherapy

for self-improvement. In 1992 he completed a Ph.D. in psychological counseling.

In 1991 he became certified by the National Guild of Hypnotists, and the American Society of Hypnotists Examiners, and in 1992 by the American Board of Hypnotherapists. He has also been recognized by the Group Psychological Association of Southern California.

He has lectured at Hypnosis conferences all across the United States. Since retiring from law in 1993, he has maintained a private hypnotherapy practice in the San Fernando Valley area of Los Angeles.

RESOURCES

EMOTIONAL RELEASE THERAPY – www.emotional-release-therapy.com

Learn this valuable tool that is used by professionals all over the world. Emotional Release Therapy allows everyone to release negative emotions completely and easily without having to experience the event over again and again.

FOREVER YOUNG BY TERRY – www.foreveryoungbyterry.com

Forever Young is a process that helps to rejuvenate the body and restore health. Learn the secrets to maintaining a healthy life and keep that young spirit alive forever.

MAGI INSTITUTE OF HYPNOSIS – www.docmagi.com

An approved IHF school and Alternative Healthcare Provider in Valencia, California.

WHAT THE MIND CAN CONCEIVE

THE MIND CAN ACHIEVE

