

**Harmony Hypnosis can help reprogramme your mind concerning:**

Anger, Anxiety, Attract Abundance, Accomplish Goals, Addictions, Alcohol Abuse, Assertiveness, Blushing, Body Image, Breast Enlargement, Cancer, Claustrophobia, Concentration, Confidence, Control Issues, Creativity, Deep Relaxation, Dentist fears, Depression, Driving Anxiety, Dyslexia, Easing someone from your mind, Eating Disorders, Ego Strengthening, Energy, Exercise Motivation, Fears (including Cats, Commitment, Confrontation, Criticism, Dentist, Failure, Friday 13<sup>th</sup>, Heights, Needles, Public Speaking, Rejection, Spiders, Success.), Fibromyalgia, Forgiveness, Frustration, Gambling, Golf Improvement, Healing visualisations, Humour, IBS, Impatience, Incontinence, Infertility, Insecurity, Insomnia, Jealousy, Loss of a loved one, Memory enhancement, Nail Biting, Metabolism, Motivation, Nervousness, Nightmares, Obsessive Behaviour, Pain Relief, Panic Attacks, Peak Performance, Picking Skin, Positivity, Procrastination, Psoriasis, Psychic Ability, Public Speaking, Reaching Goals, Relaxation, Self Esteem, Self Hatred, Self Sabotage, Sensitivity, Female Sexual Libido, Female Sexual Performance, Shopping Addiction, Shyness, Smoking Cessation, Snoring for listener, Sports Enhancement, Stress Reduction, Tinnitus, Weight Reduction, Worrying.



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Quality Time for You



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# Harmony Hypnosis



**Hypnotherapy**

**Explained**

[WWW.HARMONYHYPNOSIS.IE](http://WWW.HARMONYHYPNOSIS.IE)

## Therapeutic Applications of Hypnosis

- Hypnosis promotes the relaxation response and rebalances the autonomic nervous system.
- Hypnotic relaxation reduces emotional arousal such as anger or fear. During a state of high emotional arousal the brain's cortical functions become limited and we lose our ability to reason. Relaxation reduces the arousal giving us access to our higher rational abilities allowing us to gain perspective and reach new insight and understanding.
- The state of hypnosis can itself be therapeutic. The parasympathetic nervous system is activated, giving rise to the relaxation response. This response works in opposition to the fight or flight response and counteracts the body's physical and emotional response to stress, allowing it to return to a calm balanced state. Simply being in the state of hypnosis will create physiological changes that reduce stress and its negative effects on health and wellbeing.
- The hypnotic state allows us to communicate with or access our unconscious mind so that we can recall past experiences, access our inner wisdom and tap into our personal resources.
- Since our higher cortical functions are activated and our unconscious resources are more readily available we are more easily able to find solutions and resolve problems.
- All of our habitual and automatic behaviours are stored in the unconscious. Hypnotherapy can be used to de-condition habits and to create new automatic behaviours and responses.
- The beliefs we hold are like the device that helps run the 'programmes' containing our automatic responses. By

integrating successful cognitive therapy approaches we can use hypnotherapy to challenge unhealthy beliefs and find new beliefs that will create healthier automatic responses to situations and events.

- In situations of ongoing stress, increased levels of stress hormones such as adrenaline and Cortisol will affect the body's natural biochemical balance. During hypnosis our imagination and creative abilities are enhanced.
- Past disturbing or traumatic events that continue to carry an emotional charge for us can be resolved using hypnotherapy. These experiences can be integrated so that the necessary learning remains, but the emotional and energetic arousal is reduced.
- In a state of hypnosis, our inner senses become heightened and allow us to become more sensitive to our own subtle experiences. We can use this sensitivity to become more aware of our physical body and its messages to us. We can alleviate physical conditions illness or pain.
- One of the great strengths of hypnotherapy is that hypnosis is a tool that can be learnt.

## How the conscious and subconscious mind function

- The human brain is divided into two main sections: the left hemisphere (the conscious mind) which is logical, linear, analytical, rational, decision-making; and the right hemisphere (subconscious mind) which is intuitive, imaginative, emotional, non-thinking, goal-achieving, protective, irrational.
- The left brained view of the world is considered the scientific perspective, regardless of the fact that we cannot create anything with our left brains that have not first imagined with our right.

- The subconscious mind – the more powerful part of your mind – responds to imagery, patterns, poetry, music, metaphor. Evocation of emotion is the means by which we communicate with the subconscious mind, and provides an effective method of bypassing the rational, analytical part of the mind. Although both sides of the brain are necessary to correctly interpret spoken words, access to the non-verbal right hemisphere is essential for successful hypnotic process. Though right brain language – metaphors, similes, juxtapositions, emotion, poetic device, hypnotic suggestion – may be considered nonsense by the left brain, the impact on the subconscious is apparent.
- The critical factor of the mind functions as a door or screen that protects information in the subconscious mind, whether it is positive or negative. To create change at the subconscious level one must bypass the critical factor; the most effective method to achieve this is through hypnosis.

## Specialist Services

Please download or ask for information guides on our specialist services in Fertility and Childbirth, Personal Development Seminars, Conflict Resolution Services and our unique specialism in working with the Legal Profession.



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