

The image features a dark silhouette of a woman's head in profile, facing left. The interior of the silhouette is filled with a vibrant sunset scene over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that reflects on the water's surface. The sky is a mix of orange, red, and light blue. The overall composition is artistic and evocative, suggesting themes of inner peace, reflection, and the power of the mind.

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# Hypnotherapy 7 Secrets

7 revealed secrets of hypnotherapy - taking  
mind over matter into your hands

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The **mind** is a powerful tool and you may feel curious about everything it can achieve.

**Hypnosis** and **Hypnotherapy** are topics touched with mystery and an excitement of the unknown.

Stories and experiences from people who had been hypnotised are **amazing, inspiring** and in many cases **life changing**.

As a teenager, I found myself intrigued by the power of mind, law of attraction, understanding karma and life purpose. My passion for hypnotherapy started after I tasted a past life regression.

My experience was undeniably life changing and a later crosschecking of information on the Internet left me speechless for days. “Did my mind make it all up?”

A fascinating and exciting journey had taken off and I studied mind and hypnosis with a burning passion. More I knew about the topic, more possibilities opened up for me. I knew the key to my happiness and life understanding was to take my “mind over matter” into my own hands.

## 1) What is a human mind?

**The mind is a wonderful servant but a terrible master.**

According to neuroscience, “mind” is the brain in action or at work. Dr. Joe Dispenza describes mind as 5% of conscious mind – logic, reasoning and creativity at will. The subconscious mind is 95% and it includes habits, skills, emotions, belief and perception.

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Interestingly, your subconscious mind remembers every event, every hurt, every joy, every fear, every feeling that you have ever experienced from the moment of conception in this life. And as you may discover, you have memories of previous lives and times between lives, all the way back to some beginning of which we have no understanding.

Consciousness, on the other hand, is universal, timeless and everywhere. It is often compared to a Great Ocean, a sea with no shores. Each of us has a bit of that universal consciousness – our personal consciousness, or our subconscious mind, if you will. Separate, yet part of the whole, forever connected to the Great Ocean.

## 2) What is hypnosis and hypnotherapy?

Hypnosis is the key that unlocks the door into the powerhouse of thought, memory and emotions; i.e. the subconscious.

Hypnotherapy is an effective and speedy technique of psycho-therapy, utilising the natural phenomenon of hypnosis to gain immediate access to the roots of a presenting problem, usually situated deep in the subconscious mind.

Not many know that we experience hypnosis every day. All forms of daydreaming are natural levels of hypnosis.

Interestingly, hypnosis is induced in our daily lives by repetitive commercials, a good orator or advertising propaganda.

When we are hypnotized, we are relaxed and our concentration is focused. We experience a lack of movement and our sensory reception increases.

In general, hypnosis is a pleasant, passive or relaxed state of deep concentration.

### **3) Hypnosis, a state of mind.**

Restful quieting of the mind during hypnosis cleanses the mind and opens it to pure and more elevated thoughts. Hypnosis builds both mental vigor and enthusiasm because it removes all the negative fears and thoughts that act as a roadblock to energy, inspiration and accomplishments.

In order to make a change in your life, the subconscious is the best place to start, turning your ideas, hopes and wishes into the reality.

We set aside our conscious mind proper (beta brainwave level on the electroencephalograph) and establish direct communication with our subconscious mind (alpha and sometimes theta brain wave). Theta and delta levels represent light and deep sleep. Even though the term hypnosis was based on the word “hypno” – “sleep” in Greek, James Braid, the father of hypnosis, regretted the name later. Alpha state is not a sleep state, rather a natural and efficient waking state of mind, where the subconscious mind is activated. We enter this state naturally before we fall asleep and upon arising, as well as in periods of daydreaming, meditation, yoga and similar mind states.

### **4) Am I at the mercy of a hypnotherapist?**

People must know, there is no control by the hypnotist. Thanks to our powerful and protective subconscious mind, the subject's moral and ethical code can never be violated by suggestions alone. The stage hypnotist is so successful because he or she carefully selects very deep level subjects. Interestingly, all hypnosis is self-hypnosis, where the subject decides when to accept the hypnotic state. Therefore, it is you, who is always in control.

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Our subconscious mind is like a computer that stores everything we observe by our five senses, from past and future. Energy cannot be destroyed, only transformed - it is, therefore, stored in our subconscious mind.

## 5) Benefits of Hypnotherapy

Many medical professionals support hypnotherapy and other forms of altered states of consciousness (alpha and theta brain waves work) due to tremendous health benefits.

The list of benefits is significant and it covers every facet of life.

Described by Dr. Bruce Goldberg, examples are:

Increases relaxation and eliminates tension/stress.

Slows aging process.

Facilitates a career path and increases ability to earn money.

Eliminates depression, anxiety, headaches and other physical disorders.

Attraction of desired circumstances and people.

Maintains harmony of body, mind and spirit.

And much, much more.

Therefore, self-improvement by hypnosis, in fact self-hypnosis, is recommended to everyone. The capacity of the human mind to solve and create is remarkable.

### **6) What happens in our mind?**

Have you heard of Pavlov's dogs? The Russian physiologist Ivan Pavlov conducted experiments on "conditioning" of a mind. Pavlov rung a bell and then he fed his dogs. The dogs associated the sound of bell with food. Whenever the dogs heard a bell, they started to salivate in anticipation of a meal. Their "autonomic nervous system" – the body's subconscious – took over. The same applies to humans. The stronger the conditioning, the less conscious control we have over these processes and the more automatic the subconscious programming becomes.

Hypnotherapy helps to change these programs and create new, more beneficial conditioning or associations.

### **7) A life we seek.**

Let me share a story of one of my clients. To ensure her confidentiality, I will call her Jane.

Jane sought my help as she was in a very unhappy state. Jane did not like her job. At the very moment she put on her work clothes, she felt physically nauseous. Over time the physical response became stronger, she was often sick and suffered from insomnia and anxiety attacks.

During a deep relaxation/hypnosis, Jane realized that she was not happy in her life situation and she felt trapped because she had taken the job to make her parents happy.

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Throughout the following sessions Jane relaxed, saw the situation from another perspective, she gained the confidence to talk to her parents and started to feel better. Through hypnotic insights, post hypnotic suggestions and affirmations, Jane started to appreciate the good things in her job and her health improved significantly. However, the most fascinating part was yet to come. Jane started feeling great at work, she focused on the positive parts of her life and she expressed gratitude. Based on the changes, she received the benefits and a promotion at work and as if by a miracle, she was offered a new job, in her home city. Her dream job came true. Jane felt better than ever and, most importantly, she learnt to control her mind and use it to her advantage.

The power of the subconscious mind is tremendous, the moment we open ourselves to the positive possibilities, the universe, life or whatever you want to call it, has no other choice than to present us with the matching outcome which corresponds to our beliefs or “vibrations” if you will.

The same applies to Jane’s story. Her attitude changed, so her life. Whatever we focus on; persists and grows. Our life is in our hands. Hypnotherapy is a brilliant and fun modality to use to our advantage. To become fear-less, confident and to seek happiness, love, peace and abundance, all of this can be found in the depth of our powerful mind. All lies within Inner Self.



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