

Week 6 Video 1 Uses of Hypnosis

Recently, one of my students sent me an e-mail and said, "Well, I know hypnosis is used for smoking and weight loss but what else is it used for?" So I thought, I'd make this short video just to give you an idea of the huge number of different issues that hypnosis can be helpful with.

One of the things is pain management. When somebody has a physical chronic pain issue and there's an emotional component, hypnosis can really help manage that pain. Now, when we talk about pain management in another lesson, we're going to be talking about exactly how to do it and what we need before we work with pain management. But pain management is something that if you have an interest in this or if you happen to be a nurse or a physician, there is such need for pain management and there's even something now called hypnosis combined with anesthesia, hypnoanesthesia, where some people can actually choose to do self-hypnosis to reduce the amount of anesthesia they have.

Another thing of course is the smoking, weight loss, emotional eating, improving confidence in any situation whether it's public speaking or confidence in an interview.

Hypnosis is helpful for improving sleep and as you're going to be doing homework in these sessions, you're going to notice that when you begin doing self-hypnosis, you're going to find that most likely you're going to be sleeping better. It's a good thing isn't it?

Helping improve creativity. I have used this for myself when I was designing greeting cards, and getting rid of limiting beliefs, getting rid of things that are blocking you from moving forward.

Bad habits: Nail biting, hair pulling. I'm trying to think about other bad habits, I'm sure there's a list of them.

Stress management, how useful and powerful that is. I don't know about you but a lot of people I know get stressed out by the amount of work they have, feeling overwhelmed by so much.

Hypnosis is used for sports. Now, it has been used for sports for years and decades. People who have used hypnosis for sports have used it to help them win gold medals, have helped them to win tournaments, hit the tennis ball in the court where it needs to

go. Golfers, especially golfers know that golf is a mind game and their mind can trip them up and cause them to send the ball in the wrong direction.

Hypnosis is also used for past life regression. It's also used for helping to find lost objects. Because remember, in our inner subconscious mind, our memories hold everything we've ever seen, touched, taste, experienced and done and heard, so if I put an object someplace and I can't find it, I can use self-hypnosis or even go see a hypnotherapist or a hypnotist to help find that lost object and I've done this for a number of sessions for a number of people and it is so surprising.

Past life regressions, life between life regressions, future visualization, creating your own future. I'm sure you can come up with a ton, a number of things that hypnosis is good for. If it starts in the head and it's not a biological issue and it has its phases and thought, hypnosis can be a major game changer.

You're going to find as you go and practice hypnosis and tell other people about it, people are going to come up with all sorts of wonderful things that they have used hypnosis to get help with.

Oh, and another thing I forgot, fears. Fear of heights, fear of being in an elevator, fear of going up in an escalator, fear of dogs, fear of animals, fear of snakes, you name it.

The only thing I don't know if hypnosis is helpful with is the fear of fears but nobody has ever come to see me for that one. See you in another video.

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