

mind health

How to transform your mind through hypnotherapy



Zoë Clews, Hypnotist,
www.zoeclews-hypnotherapy.co.uk

Most of us could easily name something about ourselves that we'd like to change, no doubt in under a minute! No matter how happy we may or may not be with ourselves, the desire for change, growth and expansion is wholly natural. Humans by default are growth-seeking beings and through growth we experience change. But to welcome in the new, we must first let go of the old. It is in the releasing and letting go of all that is limiting and preventing us from moving forward, that we can achieve all that we desire. Whilst the desire for change often comes spontaneously, the process to do so may take some focus. Change is unfortunately not always easy.

But why is change – especially change that we crave with every fibre of our being – sometimes so difficult to achieve?

It's useful to understand the difference between conscious change and subconscious change. Every client I see initially presents with a subconscious problem. If it were a conscious problem, they would simply have decided to change it and changed it. However, what if the subconscious mind – which is infinitely more powerful than the conscious mind – overrides any conscious efforts to make the desired change? Our conscious mind is our rational, logical centre whilst our subconscious is our emotional belief system. Unlike our conscious mind, there is no linear time in the subconscious. Your subconscious – which is your 'inner protector' – has simply come to a belief based on past experiences that it is not safe for you to make that change. Your subconscious mind will always do what it's always done until it is directly negotiated with.

This is where Hypnosis comes in. Hypnosis is a master tool, its use is unlimited and is the most effective way of communicating directly with the powerhouse of your subconscious.

Through Hypnosis, I acknowledge that your subconscious is likely to have had good reasons historically for coming to the beliefs that are preventing the change. But it's also key to acknowledge that these beliefs are now invalid and that it is vital for your subconscious to not only allow the change, but to positively encourage it. Once you have your subconscious on side and aligned with your conscious mind – both working in cohesive partnership for the whole of you – transformational change can actually become remarkably easy to achieve indeed.

