

## **HOW TO GAIN CONTROL AND CHANGE YOUR LIFE**

### **THE SIMPLICITY AND POWER OF SELF-HYPNOSIS**

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All of us, on occasion, perhaps during very personal moments of reverie, have imagined and fantasized as to what it might be like to be: “healthy, wealthy and wise”, productive, creative, confident, motivated, respected and valued in our area of expertise, and to communicate clearly and instill a positive attitude in those around us both in the workplace and at home. In other words, what it might be like to be an effective leader and a productive member of society. The impossible dream? Not really.

As food for thought and to draw you into my frame of reference, my space, let me begin by stating:

- every one of us has the ability and potential to affect and control every physiological function in our bodies predictably: pulse rate, blood pressure, relaxation response and automatic biochemical actions;
- we have the potential and ability to directly affect our physical and mental health predictably;
- we can bring into balance our physical, mental and creative components and affect everyone around us and function on a level we never before thought possible. This entire process is simple and obvious, once we have accessed and discovered it within us.

In reading the above from an objective perspective, the old adage “if it sounds too good to be true it probably is” and words like “snake oil” and “B.S.” come to mind, as they

should! We cannot use logic to discuss, let alone explain, what I am attempting to communicate, since we are dealing with a subjective experience.

Many approaches have been developed to awaken and activate the self - potential within us. The use of willpower to produce change has often been stressed. Meditation, visualization, and relaxation exercises are taught in various forms in an attempt to achieve our desired goals. Repetitive positive affirmations to change our lives, our dominate thoughts, and our expectations are often suggested as a step in the right direction. All of these approaches are helpful to a degree but are unpredictable and require focused and lengthy practice.

The key to predictably accessing and activating this vast subconscious potential is self-hypnosis. Self-hypnosis is a natural ability and a powerful mental tool we all possess. We use it constantly in our daily functioning without conscious awareness. The subconscious mind controls and regulates every function in our bodies automatically. It protects us, sends us signals of imbalance and distress, and keeps us alive. Think about it! It also follows instructions without critical analysis. Our goal then, is to befriend, instruct and communicate clearly with this very important part of ourselves.

During our journey through life, our subconscious mind is constantly being imprinted. These imprints shape us, set limits as to what we can and cannot do, form our self-image and make us into the unique individuals we are. Imprints are simply emotionally charged events, experiences, comments and instructions that are accepted without critical analysis. They then are accepted by the subconscious mind as direct commands to “make it so”. The subconscious mind follows instructions and does not critically analyze them. Thus, a young child in its formative years, on its journey to adulthood, is formed and

moulded by imprints from its environment, relationships, human interactions and personal experiences. Unfortunately, the end product very often results in a flawed, insecure, unhealthy, driven adult. Even when these imprints are understood and analyzed on a conscious level, they cannot be changed with reason, logic and willpower; however, with self-hypnosis, the door to the subconscious mind can be unlocked, allowing us to effectively communicate with it. Not only can negative imprints be deleted but positive imprints pasted, and the individual can permanently and positively change.

Through the experience of subjective deep trance hypnosis, self-hypnosis can easily be taught. Self-hypnotic triggers can be anchored and the individual is given the ability and control to regulate and positively change his or her life.

My certainty of the validity of what I am sharing with you comes from very personal experience.

In 1978, I had major abdominal surgery using self-hypnosis as the sole agent for anesthesia, pain control, bleeding control and control of all physiological functions. No medication of any kind was used during the entire procedure. I was conscious and in communication with the operating team at all times. The operation was 100 per cent successful and I was able to walk out of the operating room without assistance. What I subjectively experienced and learned about the amazing potentials within us during the operation, “blew me away”, confused me and changed my life.

The operation was performed in total secrecy, since what had just occurred, in the context of the accepted medical and scientific framework, was impossible. It was a first.

The complete first person account of the operation can be found at [www.tri-centric-hypnosis.com](http://www.tri-centric-hypnosis.com) home page.

From a personal perspective, I was brought up in a very logical environment. I was taught not to accept anything at face value. What saved me from this very limited framework and perception of life was my grandmother's constant insistence on the importance of curiosity and her belief that nothing was impossible. She influenced me greatly.

Obviously, she imprinted me very effectively as a child and that imprint still remains and I am grateful for it.

The wheels of progress grind slowly. Even though self-hypnosis is a powerful, simple modality that can be effectively used in every aspect of an individual's life for positive change, it is still on the "fringe" as an accepted valid teaching tool, which, for me, is very frustrating; however, I and others predict that very soon, in the new millennium, there will be a new paradigm for health, wellness and personal growth. When that time comes, and here I concur with another quote, a paraphrase from Leon Festinger;

*"There will be those who accept it with joy because they knew it was true all along, and there will be those for whom it will bring pain for it exposes the inadequacy of their world view."*

Throughout history, many great leaders in business, science and the arts, when asked to explain the secret of their success, have often made references to an intuitive "gut feeling", a "realization" during a time of reverie or a "eureka moment". This is the language of the subconscious mind.

With self-hypnosis as the key, we can access and explore this vast storehouse of unlimited information and potential, and choose and activate what we need for personal growth, for health and for happiness.

**YOU ARE IN CONTROL. YOU MAKE THE CHOICE.**

For more information visit; [www.tri-centric-hypnosis.com](http://www.tri-centric-hypnosis.com).