

WHY hypnotherapy?



Michael McGuinness

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By
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Hi, my name is Michael McGuinness and I am a hypnotherapist in private practice in Castlebar. I am one of the longest-serving hypnotherapists in Ireland. Also, I hold clinics in Larnaca, Cyprus a number of times in the year.

I am the creator of The Rapid Change Therapy method (RCT) that I created back in the nineties. It is the fastest and most effective way of creating subconscious transformation.

Disclaimer

All content presented is for educational purposes only, it cannot be considered as a substitute for the advice of a medical practitioner. The client has responsibility for consulting their medical practitioner for advice on their physical and mental well-being.

The Programmed Mind

Have you struggled with habits or emotional problems you can't overcome? I will explain how those difficulties are created and how you can find a lasting solution.

When we are born, we are born with the human version of Windows 11, so to speak. In other words, we have pre-installed software. Then we download software since the moment we are born. This software is the belief system in our subconscious mind. Our lives are the manifestation of this software.

If we have good software, we live happy lives without unwanted behavior or emotional issues, and we make wise decisions. If the software is bad, the opposite is the case. So, the home into which we are born, the locality, the school we attend, our friends, our neighbors, social media, and all the experiences we encounter, will create the script for that software.

The collection of subconscious beliefs is called our

subconscious paradigm. Our emotional responses and our behavior will be true to that paradigm. This subconscious paradigm works like all laws of nature.

For instance the principle of gravity. If you use force to kick a football up the side of a hill, it will eventually lose momentum and roll back down again. If you have a subconscious belief system about junk food, you will be true to that belief long term. Going on a healthy diet is like kicking the football up the hill. Eventually, you lose motivation, and you are back to square one again.

If you are depressed, the depression is in the story you tell yourself about your life, not in the circumstances as you may believe. You could have a thousand people with the same life circumstances. Some would hopefully and confidently deal with the issues, while others would be suicidal.

If you suffer from anxiety, your thoughts and physical sensations are the manifestation of your

subconscious beliefs, which is associating danger with situations that are perceived as safe, by people who don't suffer from anxiety.

The good news about your subconscious beliefs, just as with the software on your computer, is that they can be changed. If you look back to photos from 100 years ago, you don't see overweight or obese people. People were not taking prescribe drugs for anxiety and depression. Young people were not ending their lives by suicide.

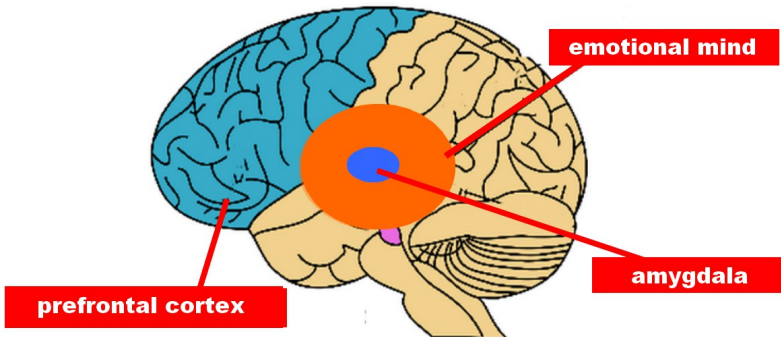
Have you ever asked yourself why this has all changed. The answer is that subconscious beliefs have changed. The goal of the modern capitalist society is to enslave you and take away your empowerment, by corrupting your subconscious beliefs. The system wants to replace your empowerment with drugs. Your life is made stressful, and you are made fearful. You are then convinced to resort to drugs of different kinds, whether prescribed or non-prescribed, to deal

with your distressed mind. sugar, nicotine, alcohol, and illegal drugs.

Then you have prescribed drugs. They are labelled as medication and given a fancy name, but you are being prescribed drugs. If your thinking makes you fearful, you take a drug. If your thinking makes you depressed, take a drug. If your thinking is corrupted about food, you will be overweight, take a drug. Drugs will not change your real problem, which is the way you are thinking subconsciously. so you will never solve your problem - that suits the pharma system.

Drugs keep you stuck with your problem long term. Of course when you develop side-effects, the answer is additional drugs. It is time to awaken to what is happening. It is time to take back your empowerment.

Hypnotherapy



We have two minds, the logical mind and the emotional mind. In the diagram above this is represented as the prefrontal cortex (logical mind) and the emotional mind (the orange circle}, often referred to as the subconscious mind. Information flows between the logical brain and the emotional brain and the *amygdala* is the coordinator of the flow of information between the two. If you have an I.Q of 140 it is in your logical mind, your primitive emotional mind has the reasoning of a 6 or 7-year-old child. *This is why you may have emotional responses or behaviours that makes no rational sense.*

To help you understand this reality of the two minds, I will give you a parallel example of your vision. You may think that you have one picture in front of you when you visually observe something, that is not the case. You have a picture from your right eye and one from your left eye but they blend as one. You would only be aware of the two pictures if you had double vision. You have one "**vision**" but it consists of two pictures.

You have one "**awareness**" but it consists of two minds. You have two minds (*two distinct thinking systems*) sharing the one body. Also, you have two different voices, the voice of reason and the voice of emotional need that drives your behaviour.

Logically, you want to respond and behave in a certain way but *your emotional mind can have the opposite want* - one of its main goals to protect you. If you suffer from anxiety you have IMAGINED danger in your emotional mind. *There is a positive intent*

behind every behaviour and emotional response, no matter how maladaptive the behaviour or emotional response may be. The subconscious is trying to protect you or get you to escape from some emotional pain. The goal of transformation is to meet your needs to feel safe and feel better but in an **empowering** way.

Hypnosis

Hypnosis feels like the transition between wakefulness and sleep and has qualities of both these states. One is fully conscious of everything that is going on and, contrary to what you may have heard, you are in complete control. ***Trance is a highly receptive state of mind that makes the process of change much easier.*** It provides easier access to the subconscious mind to create required change in emotional wellbeing and the elimination of limiting behaviour and habits. At no time will you be asleep or unaware of what is going on. You will, however, be likely to feel more relaxed than ever before. A feeling of peace, serenity and well-being generally

accompany this relaxation.

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