

# Hypnotherapy

## MAGIC OR MYTH?

My earliest memory of hypnotherapy was watching Alistair Horscroft being interviewed on the TV, talking about another patient he had cured, another challenge he had overcome, and another miracle he seemed to have performed. I remember he looked as amazed as everyone and simply stated the power of the mind was incredible and anything was possible, or words to that effect.

Here was a man who was incredibly successful; he was often someone's last resort and somehow he seemed to offer the miracle cure time and time again. He had his own TV show to prove it. The Life Guru was featured every week curing all people, from all nature of problems and phobias.

I remember vividly watching the great man that day, and wondering exactly what he meant. Now five years on and regularly using Hypnotherapy in my Channel Islands clinic I know exactly what he meant. I did cheat a little bit as I enrolled into the Alistair Horscroft training school to ensure I was trained by the best in the business.

I have since witnessed smokers stop smoking, alcoholics stop drinking, drug takers stop using, agoraphobics ably going where they have not been for years, the depressed and anxious now confident and happy, and all this in a single session.

**SO WHAT IS THIS GREAT PHENOMENON CALLED HYPNOSIS AND IS IT TRULY A MIRACLE CURE, OR SIMPLY AN OVER EXAGGERATED FORM OF THERAPY?**

Let us begin by looking at exactly what hypnotherapy does and the mechanics around how it works. To do this we have to understand and acknowledge that the mind is split into two different parts.

These are the conscious and the subconscious. To get this into perspective, the conscious mind can cope effectively with six or seven pieces of information at any one time, whilst the subconscious can deal with millions and millions.

It is easy to imagine, then, what happens then when we overload our conscious minds with too many things to do and think about. Overload kicks in and we become stressed and confused. When this happens all the time, well, not worth thinking about is it?

The conscious mind is our current awareness, what we are focusing on at any given point in time. It is important to understand we have direct control over the conscious mind, whilst we have indirect control over the subconscious.



Our subconscious mind remembers everything; every thought, feeling, conversation, sound, experience, interaction, everything. The subconscious mind is where every belief, value and behavior is stored, as well as our habitual responses and inner self talk.

You could imagine that the subconscious is like a filing cabinet with all our memories and experiences collected over the years and filed away. Every time the conscious mind wants to make a decision or focus on something, it first has to check through the files to see what info is already there, on which it then bases its behavior, messages to the body, perception and decisions.

As you can well imagine, if we have not updated our files recently we can be making all our decisions based on outdated info that is no longer relevant to life.

We might have had an experience many years ago and we are still basing many of our current choices on that, when in fact we no longer are that person and the behavior that we are generating is no longer in alignment with how we want to be.

I believe hypnotherapy helps you reconnect with the inner power we all have within us. Each and every one of us has the power and ability to take back control of our lives; sometimes we need a little help.

**OUR SUBCONSCIOUS MIND REMEMBERS EVERYTHING;  
EVERY THOUGHT, FEELING, CONVERSATION, SOUND,  
EXPERIENCE, INTERACTION, EVERYTHING.**



Mark is running full hypnotherapy and NLP training in London in June of this year, with Alistair Horscroft, certificated to full NLP and Hypnosis Practitioner level. For all enquiries please contact Mark on the contact details below.

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Hypnosis is, in essence, a bridge directly to the subconscious mind. Once we have desired outcomes filed in the memory banks of the subconscious, our conscious mind will access this updated or new information, causing us to behave, think, and feel in alignment with the new information.

A good hypnotist will start by putting the client into a hypnotic trance, which will bypass the conscious mind and communicate directly with the subconscious. This could almost be described as reprogramming a computer. The subconscious is reprogrammed and the conscious is recoded to think and behave differently, which can result, as I am sure you can see, in life changing results.

Having said all of this, one can find oneself in a hypnotic trance by watching a film, listening to music, sometimes even driving.

After using hypnosis at an advanced level for some considerable time I am delighted with the results it produces. Like Alistair Horscroft all those years ago, I enter every session knowing that I am going to be adding real value to my patient's life, although often I am perplexed at the enormity of the results and change I see before me.

I can honestly say whatever the challenge, from the worst fears and phobias, to addictions or severe depression, I approach every session with 100% confidence, as I know hypnosis will make the difference.

So hypnotherapy, magic, or myth? I think a bit of both myself, but I'll leave you to make up your own mind.

Consciously.

