

YOUR OCTOBER HOROSCOPES BY RUSSELL GRANT

# SOUL & SPIRIT

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## ALTERNATIVE THERAPY FOCUS: HYPNOTHERAPY

*The key to changing your present is in your past  
– and hypnotherapy can take you there*

**C**lose your eyes. Imagine the emotional block that has been holding you back floating away. Picture the day you feel truly content and happy in your skin. Now recognise hypnosis as being the tool to change your bad habits – because chances are, it can be!

Despite being prized as an effective healing method, it has had an unfair reputation, what with the cliché image of questionable hypnotists making their clients cluck like chickens, etc. But you shouldn't overlook hypnotherapy as a gimmick, because it could reveal more about your true self than you knew existed, and could even strengthen your spirituality. What's more, if you are open to the healing process, it can allow you to make those big life changes you never thought possible...

### OPENING YOUR MIND

"Your mind is divided into three parts," says Debbie Papadakis, founder of The Hypno Healing Institute. "The conscious part holds all the rational information – it's the thinking and the questioning part of the mind. Emotions and beliefs are stored in the subconscious, which operates like an organic computer, while the unconscious part of the mind is in charge of our automatic functioning, and is affected by both the conscious and subconscious," she explains.

If there's a particular bad habit you can't shake off, no matter how many times you try, it's because there are changes that need to be made at a deeper level. "Through hypnosis you can bypass the logical, analytical layer of your brain and get to the subconscious. This is the layer that controls our behaviour, based on past memories and experiences. Once there, the therapist will give positive direction to help you achieve your goals," says Debbie.

### GOING DEEPER

Another way hypnotherapy works is by uncovering the root cause of a particular issue you're experiencing – be that a lack of confidence, relationship problems, or anxiety – and resolving it at its root. For example, if you're super sensitive to criticism, it could be because you weren't shown enough praise while growing up – and hypnotherapy can take you through your childhood to heal the trauma. "This technique is called regression therapy, and by going back in time you can transform negative feelings and limiting beliefs," explains Debbie. "By focusing on the source of the problem, and uncovering the situation at this deep level, it becomes accessible to your conscious mind, so you can resolve the issue, learn your lessons and move forward by changing your way of thinking and perceiving future situations."

### YOU ARE FEELING SLEEPY...

So how does it work and what can you expect from a first session? "It begins with the therapist guiding you into a trance-like state, similar to that of deep relaxation. Hypnotic suggestions may be delivered by the hypnotist, or they may teach you self-hypnosis techniques using 'triggers'. From here, deeper levels of the subconscious can be reached, allowing access to buried situations, generational family patterns, and even memories of past lives. When we enter this deep level of awareness, our innate self has the ability to heal and reconnect to its true nature," says Debbie. "Although responses to hypnotherapy are specific to the individual, people generally report a 'subtle change' which feels wonderful, and many clients claim that a two-hour session can feel like 20 minutes!"

If you're put off by the idea of somebody else being in control of your

mind and body, don't worry. "Hypnosis can't make you do anything you wouldn't normally do. Also, you won't be open to suggestions if you don't want to be," Debbie explains.

And what about all of those sceptic people who report that 'nothing much happened'? "If you are continually analysing and rejecting information, the results will not be achieved because this indicates that the conscious mind is still in control. Most people can be hypnotised, but those whose left-hand side of their brain is more dominant may require different induction techniques






## Tina's verdict

**"IT HAS HELPED ME GET  
TO THE ROOT OF  
MY PROBLEMS"**

in order to let themselves go into a trance-like state," explains Debbie. "The optimum time to have a session is when you are ready to make changes in your life and you really want the experience," she adds.

So, if you have the desire to become an even better version of yourself by healing your troubles from the past or breaking those habits you could do without – hypnotherapy is a fantastic place to start. 

For more information on Debbie Papadakis, visit [hypno-healing.com](http://hypno-healing.com) or email [info@hypno-healing.com](mailto:info@hypno-healing.com)



## REAL LIFE EXPERIENCE

*Hypnotherapy turned Tina Martineau's fear into love*

"Before having therapy, I was holding onto unresolved anger and resentment from childhood issues. It got to the point where I was going to become physically ill if these issues were not dealt with. Debbie has a way of delving into the unconscious where limiting ideas are locked in and have a life of their own. She has helped me to get to the root of my

problems and resolve them so that I could move forward in life. By reconnecting with the innocence of my inner child, I have more compassion for those who I felt held me back in life.

"Debbie made me realise that the past can be seen from a completely different perspective, which brings me more peace and contentment. I discovered that I do love myself and where there is love, there is nothing to fear. Overall, I feel as though I am no longer just watching my life go by, but actually participating in it and taking responsibility."