

# Hypnosis & SELF-ESTEEM

Everything that is seen, read or heard is contained in the subconscious memory, and hypnosis may be used to access this information.

Hypnosis is based on the analogy that the mind is similar to an information storage warehouse or library. The front office of the library processes information, which is then sent to the storage library. The front office represents conscious thinking, and the storage library represents subconscious memory. Between conscious thinking and subconscious memory is the librarian, whose role is to decide which information enters the library of stored information. In fact, nothing can get through to the library unless it's consistent with deeply held beliefs already stored away. The librarian is called critical thinking, and its job is to compare new information with stored information. If critical thinking were not present, a person would believe anything that anyone said. For instance, if someone says that the moon is made of green cheese, critical thinking compares the statement with all of the information already known. The librarian recognizes the information as nonsense, placing it aside, and not letting it in. Ironically, some mistaken beliefs and judgments also make their way into the subconscious.

Hypnosis is like a guided daydream. The client does the dreaming while under the guidance of the hypnotist. The mental place between conscious awareness and sleep is called somnambulism, which is very similar to daydreaming. The librarian at the door may step aside so that the hypnotist can guide a person back into the library of information. Even in adulthood, a person may be guided to see how their world was once viewed, and how ideas were developed in their initial stages of creation.

A short time a woman came in for hypnosis because she was failing her masters calculus course. She said she 'felt blocked' from learning and retaining memory. During the initial interview, she told me that she always had done well in math, but for some reason was now having difficulty. She also related a story about a former teacher that had ridiculed her.

While under hypnosis, the woman recalled a moment when she was in the fifth grade. She did more than remember the incident; she actually relived it. She remembered that that teacher as being supportive, caring and encouraging. It was a time when she did very well in school. She was able to then bring forward all those positive thoughts and feelings into the present.

The hypnotist may guide a person to relive the past while simultaneously viewing it from the perspective of adulthood. This woman was able to relive a very positive time in her life, and was then able to bring those feelings of confidence to her current math studies. After the hypnosis session the woman continued her studies. She phoned me sometime after to tell me she had received a B+ on her exam and passed her course.

One of the greatest rewards of hypnotism is in witnessing someone's self-esteem improve to the point that their whole world turns around. In many cases, as this woman, the cause may not be obvious at first. Through hypnotism, change takes place on many levels. It's all about the mind, body and spirit.

**Karen Pischke RN, BSN, Certified Hypnotherapist**  
**Dreamtime Wellness, Gloucester MA**

978-283-4825 [dreamtimewellness@usa.net](mailto:dreamtimewellness@usa.net) [www.dreamtimewellness.com](http://www.dreamtimewellness.com)