



Look Good. Feel Great!
Hypnotherapy – mind over matter

How hypnosis works

DR CASEY CHUA of Hypnae Center demystifies hypnotherapy.

There are three keys to the successful use of hypnosis for self improvement and personal growth – self motivation, repetition and believable suggestions.

Self-motivation The motivation to change must come from within. If you're attempting to change because someone wants you to "lose weight" or "stop smoking", the chances of hypnosis working are greatly reduced. People who seek help with weight and smoking issues because their doctor or spouse wanted them to, do not respond as well to hypnosis as those who really *want* to change. Those who try hypnosis of their own volition respond quickly and easily. Before you start to use hypnosis for self improvement, you should think about why you want to change. Only a clear intention to change will work with hypnotic suggestions which will then manifest themselves in your everyday life.

Repetition Suggestions must be reinforced by repetition. Most of the habits, feelings and emotions we want to change are deeply implanted in our subconscious mind. So they won't just "go away" with one set of suggestions. Most of the time, hypnotic suggestions need to be regularly repeated until you notice a change – which will partly depend on your motivation and commitment.

Believable suggestions If you're to accept a suggestion, your mind must first accept it as a real possibility. Telling a chocoholic chocolate is disgusting and will make them sick is too much of a stretch for the imagination. Even if such a suggestion took hold it would only last a short time, because it's so unbelievable to a real chocolate lover. One of the most successful weight loss suggestions I use is to suggest the desired food will not taste quite as good the next time as it has before. This is far more acceptable and believable. And with enough repetition over a period of time, the desired food loses much of its positive taste and control over the person.

Remember, these methods only work well if you're in the hands of a qualified hypnotherapist. Ensure your hypnotherapist is certified by the world's largest and oldest hypnotherapy organisation – *The National Guild of Hypnotists* (NGH). You can then be sure of proper conduct and code of practice. **F**

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