

Hypnosis – A Hidden Power for Healing

By Jane Hernandez,



We have learned that the body is designed to heal itself. Of course, we have witnessed that when noting the gradual healing of a cut on a finger. And on a larger scale, the recovery from a major surgery. Even though the healing is automatic, **when hypnosis is used before the surgery, the whole process is optimized – there is less blood and less anesthesia used during the surgery and a faster recovery.**

How does this work?

When the subconscious mind is focused on a specific part or system in the body, more of the body's resources will go there. Of course, it depends on the client's openness to the process and how severe the

physical problem is. It's always worth trying because there are no side effects, and it doesn't do any damage.

A study in 2017, conducted at the University of Utah, noted how hypnosis reduced pain in a 15-minute session. The participants in the study had come to the hospital because they experienced unmanageable pain. The researchers then prescribed hypnosis to one group, as well as mindfulness and pain coping strategies to others. **The hypnosis group experienced a 29 percent pain reduction equivalent to 5 milligrams of oxycodone.**

Most amazing was that result was after just a single hypnosis session.

The truth is, hypnosis is like a hidden power that you can use for many problems. For example, **I have recently learned a hypnosis system that results in weight loss and keeps it off – no diets involved and with 2 studies (and more coming) that show a 95% success rate.** Now, that's amazing.

Once again, it's about engaging the superpower of the mind.

Fears and phobias can be managed and eliminated with hypnosis. It's interesting to note that, on average, phobic patients have been shown to be more hypnotizable than others. In essence, the phobic response is similar to a panicked, trance-like experience. With hypnosis, the phobia trance is reversed and the brain installs the new and neutralized response. It may seem funny to see an adult frozen in fear because of a small spider but it is a real terror. **Emerging from the phobia trance is a powerful and liberating experience.**

We live in a stressful world and it is worth learning self-hypnosis to manage it. It's a way to soothe yourself after a difficult experience or to prepare yourself for whatever stressful situation (like a presentation at work) is coming up. Actually, knowing any of the methods to elicit the relaxation response goes a long way towards keeping balance and flow in your life. I include meditation, yoga, tai chi in this group.

The thing is, mind/body work is an ancient but newly rediscovered way to rise above yourself and everything that brings you down in the world.

You have the power to heal yourself.

You have the power to be in charge of your own life.

For more information about Jane and her work, <http://www.janehernandez.com>