

# Thinkshift Transformations Bulletin

## Welcome to Thinkshift Transformations Bulletin

Thanks for taking a brief moment to read a few articles which may be of interest to you, alternatively you may immediately think of someone who may benefit from the information on these pages, if so, feel free to just pass on the information to them.



If I can help you contact me for a consultation on 03-9578-3272.

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### The Human Mind

The human mind is one of the last frontiers to be fully and comprehensively understood. Likewise, hypnosis is a phenomenon that no-one truly understands. So what is presented here is one hypnotists spin on the human mind. To describe the human mind hypnotherapists frequently use the analogy of an iceberg.

The relatively small part above the surface is that of the conscious mind, that part of our mind that is rational, analytical and questioning. The larger part below the surface is our sub-conscious mind, in which reside our:

- emotions and feelings,
- our imagination
- memories
- and our autonomic nervous system (ANS)

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#### *The Human Mind continued*

The ANS acts as a control system functioning largely below the level of consciousness, and controls visceral functions. The ANS affects heart rate, digestion, respiration rate, salivation, and perspiration, diameter of the pupils, urination and sexual arousal.



As you can appreciate, if each of us were consciously aware of everything around us, at every minute of the day, we would understandably suffer with complete overload: to this end we human beings have been successful at blocking out the clutter and noise via filter systems in our mind.

So our minds filter out and summarise, partially hear, comprehend and hence record only our interpretation of events. This interpretation is rarely a totally accurate and complete picture of events.

And the whole process is complicated further since none of us completely access information in the same manner: some of us are predominantly visual, others auditory, others kinaesthetic and others again auditory digital, a process of abstracting the information from their senses into language.

Hypnosis isn't a therapy in itself, but a state of consciousness, where the cognitive (thinking) processes are at rest, and while the conscious mind is at rest, we can effectively input a new series of suggestions, which are in alignment with the desired behavioural change.

One of the most important things to consider when contemplating hypnosis as a state with which to undertake behavioural, habitual changes, is the therapeutic process undertaken by the therapist whilst in that hypnotic state.

There are so many different therapy modes:

- Behavioural Therapy
- Cognitive Behavioural Therapy
- Direct Suggestion
- Ego State Therapy
- Gestalt Therapy
- Indirect Suggestion
- Metaphor Therapy
- Neuro Linguistic Programming
- Parts Therapy
- Past Life Regression Therapy
- Person Centred Therapy
- Regression Therapy
- Solution Focused Therapy

and there are new therapies being developed all the time.

It is the therapist in consultation with you, who makes the call and evaluates the most appropriate approach and way forward to help you with your unique issue.

It is for this reason, that a simple estimate of the number of sessions cannot always be accurately ascertained – everybody is different.

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### Metaphors in the Mind

The sub-conscious mind responds very well to the language of stories, metaphor, symbology and allegory.

It's a very effective way to communicate with the sub-conscious mind, especially since the conscious mind simply dismisses those stories as irrelevant; the sub-conscious mind soaks them up and really gets the message.



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Let me share with you a metaphor called "The Law of Nature".

In this metaphor problems are addressed such as: feelings of loneliness; pessimism; facing hardship and adversity; dealing with hostile circumstances; poor health; a lack of material resources.

The same metaphor will also develop the following resources: accepting our circumstances; learning patience; developing optimism; using your resourcefulness; developing a determination to learn and survive; letting go of the past; using your mind and body to enhance your well-being.

And how about some outcomes being offered, such as: develop a positive mental attitude; learn self-worth; be strong in adversity; live in peace and harmony; have confidence in using your resources; reframe unwanted attitudes and ideas

## The Law of Nature

If you are ever fortunate to visit the Linh Son temple in Vietnam, don't limit your exploration to the large open pagoda.

The real attraction here is not in the property or edifices. It is worth taking the time to explore beyond the boundaries of the temple to seek out the embodiment of enlightenment.

As you walk, you pass a large, resonant bell. Cast (at least in part) in gold, it has a deep, vibrating tone. But the bell is not the reason you would want to visit, either.

At the side of the temple is an ordinary-looking coffee plantation. Among the coffee bushes is a small yellow hut that is home to an ascetic, Letrung Trang.

"Maybe it is the smallest house that anyone in the world lives in," he says.

Looking at his hut I could believe that he is right, for it is smaller than my garden shed back home, barely large enough to accommodate a bed, books, and a little cooker.

"I am fortunate," he says gesturing toward the surrounding plantation. "Many people throughout the world drink coffee.

Many know how it tastes. Many enjoy its flavour. But how many have the pleasure of simply sitting here and watching it grow? I watch the seasons come and go. I observe the cycle of life. I see times of dormancy and times of growth. I watch new buds spring forth, smell the blossoms, and experience the fruit coming to maturity."

Life for Trang has not been easy. He has not always been able to sit undisturbed in this peaceful retreat. The son of a Japanese father and Vietnamese mother, he is fluent in several languages. As a result, during World War II, the Japanese occupational forces pressed him into service as a translator.

Adversity did not deter him. He was in his thirties when he went to school at a Franciscan convent and attained his secondary education in the French language.

He was arrested and detained for his outspoken views against the Communist regime, yet he pressed on with his quest for knowledge and completed a master's degree in American literature. Like the coffee plants he watches daily, he has known both good and bad seasons. Like the beloved bushes, he too matured.

When I spoke with him, his body was very skeletal-like, yet lithe and fluid. He spoke and gestured energetically. His teeth were rotting and he used glasses to read, but he was healthy and mentally alert. "How old do you think I am?" he asked. "Would you believe I am 68 and am very healthy! I eat just once a day. I take no medicines. If our mind is good, our body is healthy. If we think virtuously, we do not get sick. Illness is the product of bad thoughts."

We spoke of the Vietnam War. He and his people had suffered in ways I could not begin to comprehend. Yet he seemed to bear no anger, hostility, or bitterness to any of his oppressors. "After the rain," he said, "there is always sunshine. After the storm there is peace. It is the law of nature."

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## Smoking Dictatorship

Are you interested in Quitting Smoking, if so, read on .... take action

Smoking brainwashes people to think in mechanical ways ..... but in reality, smoking is just like a dirty parasite that worms its way inside you and then demands feeding, at the expense of your body and life. It depends on you feeding it. Smoking doesn't like people rebelling against it. It likes its victims to feed it regularly at your own expense.



Some people are conned by smoking and like a really clever trap it cons you

into behaving and thinking in certain ways.

And no doubt you've heard of the straw that broke the camel's back, one final straw on top of all the thousands that went before was enough, to do all the damage. Well, you never know which cigarette will do the damage. It could be one you hurry over, or sit down with and take time over. Which one on top of all the ones that went before, starts a chain reaction?

And you know what a dictatorship is – where people are dictated to, but one single person ..... that heart sitting inside you never had any choice, about that toxic smoke. It's been looking out for you since the beginning, like a loyal friend giving life to you; it's been forced to work under increasingly difficult conditions.

And those arteries are becoming pinched, the blood supply being sabotaged, by such a small part of you, the smoker, dominating all these other parts. Those lungs never had any freedom of speech! They were made to do all that unpaid over time! Those cells of your body, the main bulk of the population never had any say, never had a voice attempting to carry out their jobs, only to be undermined by 4,000 different chemicals compromising their very structure, they didn't want that, but they've had no representation.

They can get that representation from you, under hypnosis.

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## CLINICAL RESULTS

The past two months have seen a lot of activity in the Thinkshift Clinic.

I have always loved that saying "The proof of the pudding is in the eating" and when it comes to therapy – well that's what everyone wants.



Naturally, we are bound by the conventions of privacy and client confidentiality, so we must respect the identity of satisfied and my happy clients.



**Nail Biting Habit** since a baby, now in her mid 30's, chewing right down to the quick, embarrassed and self conscious, just so over the habit, and in just 2 sessions completed, and two days before the 3<sup>rd</sup> session which wasn't even needed, the nail biting urge had completely disappeared. No more embarrassment, no more torn and damaged cuticles, a lifelong problem solved.

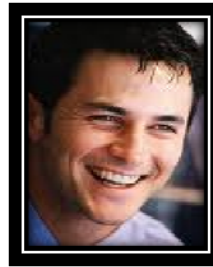


**Anxious, Overweight and Critical**, from her late teens after a life time's exposure to and involvement with a dominating mother, completely resolved, has healed all relationships including 25 year marriage and closer to children, weight under control and now more accepting of self and others – a life changing 4 sessions.



**No Confidence, Anxiety and Negative Outlook on Life**, as a result of repeated sexual abuse as a little boy, physical, mental and emotional family abuse over 15 years had instilled an innate fear of people, relationships and expectations from life. Life is now

calm, centred, and much less anxious and now he has the internal belief mechanisms and structure to be able to take his own steps forward, in just 3 sessions.



## Taking Unnecessary Risks & Uncalculated Behaviours,



are not a good things for full time professional share market traders, who work to a systematic process of entry

and exit points, so after two sessions we were able to re-instil the necessary disciplines so that those rogue thoughts, actions and behaviours were "over-ruled" by the new suggestions.



## Hypnosis & Effectiveness

Since hypnosis and hypnotherapy were accepted by the American Medical Society as a legitimate therapeutic agent in 1958, extensive research has been conducted on the efficiency and effectiveness of hypnosis.

During the 1970's and 1980's several investigators provided clinical and experimental evidence about the effectiveness of hypnosis for: smoking cessation, substance abuse, weight loss, phobias, depression, and anxiety.

Summarized results by the American Society of Clinical Hypnosis are as follows:

- Home-study self-Hypnosis:2-5% success rate
- Group hypnosis session:2-5% success rate

- Single individual session:17-20% success rate
- Three individual sessions:45-50% success rate
- **Five or more (5+) individual sessions: 85-90% success rate**

The researchers also discovered that *customizing and individualizing* the sessions increased the effectiveness of the sessions dramatically.

Notwithstanding the above, Alfred A. Barrios, Ph. D., conducted a longitudinal survey of psychotherapeutic literature and discovered success rates for hypnotherapy in comparison to other therapeutic methods:

- Psychoanalysis: **38% recovery after 600 sessions**
- Behaviour Therapy: 72% recovery after 22 sessions
- **Hypnotherapy: 93% recovery after 6 sessions**



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Andrew is a professional counsellor and clinical hypnotherapist, who operates the Thinkshift Clinic in Brighton East and can assist with overcoming stress, anxiety and panic attacks, plus many other presenting problems such as: quit smoking, public speaking, weight management, men's health issues, confidence, self-esteem, learning and memory enhancement, just to mention a few.

More information is available about a whole range of therapies and approaches at: [www.thinkshift.com.au](http://www.thinkshift.com.au)



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