

Hypnosis and Depression, Anxiety

Hypnosis as a healing technique quiets the conscious controlling part of the mind by allowing it to achieve a deep state of relaxation. The purposeful or routine and natural way that we accomplish everyday tasks and respond to stimuli, has been pre-set by the subconscious mind through many and varied influences over our lifetime.

For example, when we use a specific computer program, we are only ever conscious of achieving a specific goal and not how the program was previously written or constructed with all the internal codes and text. So, our subconscious mind holds and creates all the programs that our conscious mind uses to get us through our daily living.

If we never alter or change the pre-set subconscious programming and continue in the same manner then nothing ever changes in our lives.

When we are balanced and happy and able to accept all life has to offer, both the ups and downs, then the programming is also balanced. If, however we are lost and not able to cope, and maybe suffering from an imbalance or dis-ease such as Depression or Anxiety, and we desire to change, then hypnosis can help to reset the prompts or programming and offer valuable insights for change.

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