

Hypno Healing®

Heal Your Past, Present and Future Life

Break Free from the Spells of
Childhood Conditioning and
Discover Your True Self



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Dedication

This primer is dedicated to all the holistic therapists, healers, counsellors and hypnotherapists who work tirelessly to give value to their clients.

My Promise To You

By reading this primer you will have a working knowledge of the three healing fields of consciousness illustrated below.

You will know how to help your clients tap into the abundance of love, health and happiness they deserve.



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Hello, Holistic Therapists, Healers, Hypnotherapists and Counsellors

This primer is for you. It offers you an easy to learn, easy to master and easy to replicate process to help your clients break free from persistent behaviour patterns that keep sabotaging their success. Additionally, it will help you if you –

Want to give value, meaning and purpose to your clients as well as solving their problems.

Find yourself working with clients who make great progress but then progress stops and the problem returns.

Feel stuck when clients get emotional during a session and you don't know how to use emotion to create a breakthrough experience.

Think that you're not connecting with your clients on a deep enough level.

Are looking for a reliable and easy to use method for dealing with unresolved issues in your clients past.

Desire to use regression therapy but you haven't found an easy to use method yet.

See clients nod in agreement when you suggest things they *should* do but they seldom actually do them.

Have clients who book a session but don't return or drop out unexpectedly without explanation.

Don't get as many referrals as you'd like to.

Try and get feedback from your clients but they don't always engage with you.

Have clients who are impatient and want results faster than you can provide them.

Hypno Healing[®] is so easy yet effective that even people without experience of working in therapy and healing can learn it. If you are just starting out in your career, you'll learn highly effective skills to give you a great foundation in healing and hypnosis.



Hypno Healing®

Section 1 Understanding Hypno Healing

Hypno Healing[®]

Heal Your Past, Present and Future Life

Break free from the spells of childhood conditioning,
unwanted behaviour and sabotaging thoughts.

Hypno Healing uses contemplative hypnosis to access the Three Fields of Healing consciousness to heal the past, present and future life of our clients.

It is a three session process to help your clients access the mind body code and break free from limiting beliefs, unwanted behaviours and sabotaging thoughts that are stopping them from taking the next step.

Hypno Healing is built upon a scientific foundation. It is influenced by the emerging science of the new biology (Lipton, 2005), the new psychology (Martinez, 2014), contemplative psychology and psychoneuroimmunology. It is one of the fastest and most effective ways to break free from the trances and automatic programming we embody during early childhood.

“Hypno Healing works from the understanding that to break free from the pain of early life conditioning we must do more than *talk* to our clients during therapy. “

We must give our clients the opportunity to *experience* a new interpretation of their past. In short they must embody change.

This means that they must experience change on a cellular level. Hypno Healing provides the experience of embodiment necessary for deep level healing.

Hypno Healing works through the three fields of healing consciousness –

- The Hurt Field
- The Belief Horizon
- The Hope Field

What is Hypno Healing?

Hypno Healing is a natural state of expanded awareness that taps into the alpha and theta brain wave states. These are the brain wave that babies and young children use to build their knowledge, awareness and understanding of the world around them.

“Alpha and theta are also the same brain waves states we enter when we are hypnotised. This is why Hypno Healing is so effective at breaking the spells of Childhood Conditioning – it uses the same brain wave states.”

When a child is growing, the alpha and theta brain waves help them to learn vast quantities of new information so that they can adapt and grow in an ever changing environment. However, their critical thinking skills aren't yet developed so everything is accepted without question. Critical skills don't develop until our beta brain waves develop. This happens when we reach the ages of eight or nine. Therefore, children under the age of seven accept everything they see, hear and feel automatically as fact.

However, not everything that we learn in childhood is beneficial for us. Sometimes things are said to us that shouldn't be said or we are reprimanded or punished for our behaviour and that can hurt. This opens us up to experience the four primal feelings of hurt. We call these primal emotions the *Universal Hurts*, because so many people are shaped by them regardless of their race, sex, or cultural upbringing. They are betrayal, abandonment, guilt and shame (BAGS).

Lasting Change Happens In the Healing Fields

To achieve lasting change in therapy, we must help our clients address the negative self-beliefs these hurts have created. To do that we help our client enter into the *three healing fields*. It is contemplative hypnosis which gives us access to each of the three healing fields.

“The Healing fields contains all of the memories, emotions, beliefs and embodiment created by the four Universal Hurts.”

Hypno Healing provides us with a deep level process so that we can work on much more than the beliefs the Universal Hurts have created. We can also:

- Reframe the painful memories so they no longer have the power to hurt us.
- Discover our true self and dissolve our constructed self.
- Recognise our self worth and acknowledge that we are worth healing.
- Work through the *body symptoms* that retain the memory of our painful past.
- Finally let go of the unwanted behaviours we developed as a way to cope with the pain of the Universal Hurts.

Core Negative Beliefs

There are three core beliefs that tend to be formed when we experience the Universal Hurts. They are –

- I'm not loveable
- I'm not good enough
- I'm not wanted

These and many other beliefs become part of our core identity and define who we think we are.. Those beliefs that we are unlovable, unwanted, or not good enough etc., aren't just words that are used to label us by our guardians. They are much more than that.

Those words carry *feelings* of betrayal, abandonment, guilt or shame. These feelings create symptoms in the body. These are a range of physiological responses that stem from our feelings and our beliefs.

For example, going red when you feel ashamed or embarrassed because someone has betrayed your trust. Feeling empty inside when you were left behind and no one noticed. Or feeling insignificant or stupid when someone laughed at you or humiliated you.

Limiting Beliefs Can Be Created At Any Stage of Life

Limiting beliefs can be laid down at any time in our life cycle. They can be laid down:

- After a messy relationship break up
- After being hurt, abused, cheated on or abandoned
- During or after a relationship break-up or after any other kind of relationship crisis
- After a bad experience at work or socially
- After an accident or after being a victim of crime
- After a stressful or anxious experience

Limiting Beliefs Are Often Created in Childhood

Limiting beliefs are often the result of some kind of childhood trauma. What is very important to recognise is that what was perceived as traumatic to the child is often considered insignificant to the adult guardians. Therefore the significance of it is often dismissed by those adults that we wish had recognised the emotional pain we suffered at the time and given us the comfort or reassurance we needed to overcome the perceived trauma.

Over time, we grow up and we can consciously forget the event, but all the time our mind continues to operate from a programme that was created by the child mind at the time it was traumatised or hurt.

Our Guardians Can Hurt Us

Typical guardians that can hurt us include our parents, relatives, neighbours, mentors, leaders, friends, partners or employers.

However, there is no point in blaming others (Hay, 2007), for they too are victims of their own childhood conditioning. Instead we can use the three Healing Fields to examine the past, dissolve the pain, release the trapped energy and heal the body.

Love Starved Child

Early childhood conditioning can either develop or restrict our sense of worth. When we are reprimanded, punished or rejected, we begin to learn that our best isn't good enough. The things that are said to us and the resulting pain of the Universal Hurts teach us how we should respond to the challenges we face in life.

As children we quickly learn that *'being me'* isn't good enough. We learn how to read between the lines when we are reprimanded and punished. To the child mind adults are saying –

“Do this and I will love you more or if you keep doing this I will stop loving you”

When we are naughty our guardians tell on us, or laugh at us or share humiliating stories about us (Betrayal Hurt). They can pull away from us, restrict their time with us, send us away or threaten to leave us (Abandonment Hurt). They can make us feel bad (guilt Hurt) about our actions. They can punish us in front of others, ask us to do humiliating things or make a spectacle of our actions (Shame Hurt). It's not uncommon for most people to experience all four of the Universal Hurts of betrayal, abandonment, guilt and shame during childhood development.

Starved of love the child mind is unable to express his or her deepest longing:

“Just tell me what I have to do to make you love me?”

We learn to disconnect from what feels natural and from who we truly are. We construct a fake personality that meets the wishes of our Guardians. We do this because we find out (the hard way) that our needs, wants and desires can get us into trouble (Kantor, 2000).

We quickly learn what when we are our true self, we are punished and love is restricted.

Developing The Constructed Self

We begin to develop the belief system that the person I truly am is not good enough, loveable enough or wanted enough.

To counteract the effects of feeling unwanted, unlovable or not good enough we begin to construct a more acceptable personality.

We begin to wonder, "what am I *supposed* to say or do in this situation?" rather than "what do I *want* to say or do in this situation?"

Our true self becomes blocked by the conditions laid down by our guardians.

We *internalise* the process that creates the Universal Hurts. Soon we don't even need our guardians to reprimand us, punish us or reject us. We learn how to do it ourselves.

We do this through a process of *modelling* where we copy what our guardian would do in certain situations.

We develop an *inner critic* that talks to us in the same way our guardians spoke to us.

We start *mirroring* their behaviour in the hope that if we become more like them they will accept us or love us more.

We stop doing our own thinking and start accepting that our guardians "did it for our own good".

"We begin to criticise ourselves, punish ourselves and sabotage ourselves. "

We develop negative beliefs about ourselves as a way to justify the childhood criticism. Our true self or our authentic self is repressed as our fake constructed self comes to the fore.

Living Under The Spells of Childhood Conditioning

We can live under the spell of our early childhood conditioning for decades.

Often we discover that we do things that we don't want to do, and we think things that are too critical of our own self. We act as if we are on auto pilot. It is almost as if we are in a trance.

This is because the negative beliefs, unwanted behaviours and sabotaging thoughts quickly become *automatic* and their effects are embodied in our body.

In turn, they create negative *body symptoms* that can affect our health, our wellness and our ability to heal.

“Our early childhood conditioning can have a negative effect up our body, our health and our ability to move forward in life.”

If you or the clients that you are working with are unable to move on, it is probably because they are still under the spell of childhood conditioning.

The effects of these spells invariably has a detrimental effect on our energy system. To try and manage the effects, we develop a Closed Energy System or an Open Energy System.

A person with a Closed Energy System is likely to :

- Be vulnerable to fear, anxiety and worry
- Struggle to meet their basic needs
- Engage in self destructive behaviour
- Be reluctant to be physical with other people
- Experience issues around work and money
- Worry excessively about health
- Have a set of rigid actions to keep them grounded

A person with an Open Energy System is likely to be:

- More prone to exhibiting bullying behaviours
- Insistent on getting what they want
- Overly concerned about wealth, status and material goods
- Self-centred
- Socially successful
- More vulnerable to physical illness
- Impulsive and can quickly change their mind

The effects of the Universal Hurts can lie dormant within us for decades. The times that they are most likely to become activated are times of transition, change or crisis.

When they are activated, we often feel powerless to break free from the effects.

We struggle to understand why we act in a certain way, why we can't stop certain behaviours and why we seem to always attract hurtful people or negative experiences into our lives.

But by using bio-cognition strategies we can learn how to listen to the communication from our body. Our body is constantly trying to communicate to us and help us break free from childhood conditioning. But all too often, we ignore it or self medicate to avoid listening to what it has to say. The reason for this is that as individuals most people don't know how to access the Three Healing Fields.

This means that most people can't break free from the spells of childhood conditioning without getting help from a Hypno Healer or a therapist who can access their subconscious mind and unconscious programmes.



Hypno Healing®

Section 2

Visiting the Three Healing Fields

The Hurt Field

During Hypno Healing we take our clients into three Healing Fields of Consciousness. They are called the Hurt Field, the Belief Horizon and the Hope Field. The three fields contain all of the information needed to instigate deep cellular healing and dissolve the unhelpful beliefs and sabotaging thoughts that keep us stuck.

The first healing field we take our client into is called the Hurt Field.

The Hurt Field provides us with access to unconscious limiting beliefs. These are not easily accessible through the conscious part of the mind so we use hypnosis to access the unconscious. The unconscious limiting beliefs are often formed during times of intense emotional crisis. The experience is quickly embodied in our physical body and we *feel* the emotions as physical symptoms.

The Hurt Field is the part of us that holds all of the memories and the *body symptoms* of the four Universal Hurts.

These are the four primal hurts that the vast majority of all people experience during childhood conditioning. They are:

- Betrayal
- Abandonment
- Guilt and
- Shame

This is the unconscious baggage (BAGS) we carry around with us. This invisible baggage is created from the painful experiences we embody when we are growing up. Experiences that are now part of our belief system and have biological effects upon our body. These effects are called body symptoms or body syndromes (Kappas, 1990).

When we are called names or told that we are to blame, or that we are stupid, or unwanted or laughed at, we don't just learn new words, we experience the *feeling* of those words inside us.

We feel one or more of the Universal Hurts of betrayal, abandonment, guilt, or shame.

The names that we are called become more than just words and labels we wear, we *embody* the feeling of those words and they start to become part of our identity.

Because these feeling words are usually learned and applied to us at an early age, we don't have access to the critical faculties an adult has.

Therefore it is difficult for the child-mind to reject them. How a five year old decodes being told 'you're stupid' or 'you're not wanted' is very different from how a grown-up will decode it (Martinez, 2016).

Because these labels tend to come from people we care about like guardians such as our parents, siblings, mentors or teachers, we have a tendency to believe them and trust them.

Our learning brain begins to accept them as truth. They become part of our working belief system. We uncritically accept that we aren't honest enough, smart enough, good enough, wanted enough, or loveable enough.

“Until such time as the invisible effects of the four Universal Hurts are released, repaired and reframed your clients will continue to struggle with persistent behaviours and sabotaging thoughts.”

The Belief Horizon

The second field of healing consciousness we take our clients to is called the Belief Horizon.

The Belief Horizon is the outer edge of our operational consciousness (Marinez, 2014) . This is where our limiting beliefs about ourselves begin to dissolve. Our awareness expands into the healing space that exists just beyond the Belief Horizon. The Belief Horizon is only accessible through the subconscious part of the mind.

It is accessed by using a form of contemplative hypnosis that induces alpha and theta brain wave states. The process is completely natural and everyone can access this special state. It is the exact same state that we used as small children to gain the knowledge and understanding of the world we live in (Lipton. 2005).

And it is the exact same state that created our childhood conditioning.

To solve the problems of the past we have to access the same state of mind where the problems were created. – our subconscious. Then when the time is right we move our clients towards the outer edges of their Belief Horizon. This healing state is characterised by a distinct lack of critical interference.

In the Belief Horizon, we gain the capacity to *see* and *experience* our true self. This is the person we *could* have become if we weren't damaged by childhood conditioning and held back by emotional wounding inflicted during our development.

Additionally, it is the person we can *still* become when our limiting beliefs about ourselves begin to dissolve and we begin to accept that we are not an unfortunate victim of the Universal hurts but an ingenious survivor instead.

CASE STUDY: WITNESSING YOUR TRUE SELF

“When you look in the mirror, what do you see?”

I wasn't expecting a question like that from my therapist. It completely took me by surprise. It was such an honest question but I struggled to answer it. The truth was, when I looked in the mirror I didn't like what I saw. I didn't recognise me.

I answered her question as best I could. I said, “I see someone that I don't know and I'm not sure that I even like her.” I couldn't believe I'd said something like that about myself, but I heard the words come out of my own mouth. I was in shock with the realisation of what I said.

I was given some homework to do and to be honest I found it really easy because the questions brought up some interesting stuff.

The assignment gave me the focus I needed to begin to understand myself. Later that evening I sat down and I sketched out the answers. It felt great to get some context on who I was, where I was now and who I wanted to be in the future. The exercise was so simple but it brought a lot of focus and much needed clarity into my life.

I thought that was the end of it, but when I had my next session it went from being stuff I was *thinking* about into becoming stuff that *defined* me. The positive embodiment experience gave me back my love and my respect for myself.

As a result of the assignment and the embodiment experience, my diet changed, my looks changed – I looked more relaxed in myself, I lost weight, I gained confidence and I had a new meaning and purpose in my life. When I look in the mirror now I see a woman who is the person she wants to be. Someone who can have what she wants to have. A woman who is loved and lovable, confident, secure and at peace with herself.”

The Hope Field

The third healing field we take our clients to is called the Hope Field.

Just beyond the Belief Horizon is the Hope Field. This is the field of consciousness where true healing takes place. It moves beyond mere thinking, visualising or feeling how things would be better. Instead our clients learn the process of *embodiment* so they can experience a truthful perspective on the effects the Universal Hurts have had on their true self and their self-worth.

There are three stages to healing in the Hope Field.

1. Moving from Toxic Love to Pure Love

Using contemplative hypnotherapy, our clients learn how to separate the Universal Hurts from the experience of love that early guardians tried to give. The statement “I did it for your own good” that was used as a reason for punishing, criticising, abandoning, judging, or laying blame on the child is separated from the experience of true unconditional love (Martinez, 2016).

2. Concealment to Revelation

The subsequent concealment of our actions because we were afraid of being punished for being ourselves is also addressed. The constructed self fades into the background and the true self is revealed and given permission to emerge.

3. Future Love

Toxic relationships with the people we allowed to continually betray us, abandon us, or make us feel guilty or ashamed is examined. The communication patterns that link love with the four Universal Hurts are understood on an emotional level. A step-by-step process to prevent future hurt is learned. This is done by transporting our clients to meet their future self in the Hope Field.

Once healing has taken place in the three Healing Fields, your client will be able to experience their true self and claim ownership of their true self-worth. It is a cathartic experience as clients learn to love and accept their true self.

Our Hypno Healing students and their client experience a powerful sense of release as they begin to accept a Universal Truth –

“You are not an unfortunate victim of circumstances but an ingenious survivor, with the capacity to live up to all of your dreams and hopes for the future.”

Embodiment

Embodiment is the way we process information from the external world into our own internal world. We use our senses to create memories. When we remember something, especially if it was intense or significant we have three responses –

- We get an image (**V**isual)
- We get a thought (**A**uditory)
- We get a feeling (**K**inaesthetic)

Everyone experiences VAK responses in their own way. Some people see an image (V) first, other people remember what was said (A) whereas other get a feeling before they hear or picture the experience.

Embodiment is part of the New Biology (Lipton, 2005) and part of the New Psychology (Martinez, 2014) and now part of the New Hypnosis (Wallace, 2016). Finally science and psychology are providing us with scientific evidence to support the long held belief of healers and therapists –

The body will heal itself when we communicate with it on a subconscious level through the experience of *embodiment*.

Embodiment is when our mind-body creates a powerful lasting link between the memory and a physical feeling.

We *feel* the experience in the pit of our stomach. Or our heart *feels* heavy when we remember something. Or our legs *feel* weak when a memory is activated. This is the way the mind body keep us safe. It instantly activates a *feeling*.

Very often when an experience has a high emotional intensity such as betrayal, abandonment, guilt or shame, the mind body only needs to experience that feeling once. It will instantly embodied the experience into a part of our body. That experience can remain there as a *physical* effect of an *emotional* hurt for decades.

We instantly experience embodiment of the Universal Hurts without question when we are small children.

The activating skills of the Mind-Body is not confined by linear time. It will *automatically* activate the body symptoms and the associated behaviours when we face the same emotional issues – regardless of how much time has passed.

“In many instances we aren’t even conscious of our automatically generated limiting beliefs and behaviours. “

The reason for this is that our conscious mind usually doesn’t even notice these subconsciously generated programmes because they were developed unconsciously when we were small children (Lipton, 2005).

It is this embodiment of negative emotions – the Universal Hurts – that generate the deep seated negative beliefs and unwanted behaviours that stop our clients from moving forward and discovering their true self.

Case Study: A Teenagers Experience of the Four Universal Hurts

Hypno Healing changed my life. To be honest I'm not the kind of person who looks back. In fact I never looked back, ever. I think I was in denial!

I liked to believe that the past was behind me. But for years now I've been feeling stuck. I was self-conscious and felt like a fake but I could never understand why.

I have always lacked self confidence and my self esteem was very low but I thought that was just the way I was. Anyway, I have always managed to conceal it well. Deep down I've always felt like I'm not worth it. I suppose if I'm honest I've always felt that I'm unlovable and that I don't deserve to be loved.

Hypno Healing helped me to understand the role my past had played in my life. I discovered that I was living my life from a belief system that someone else had installed in my brain. I was living someone else's version of me – my mother's. Her version of me wasn't very nice. In fact she didn't *like* me never mind *love* me. I became more aware of that but more importantly I accepted that when I visited the Hurt Field. I stopped feeling hard done by and just accepted that was the way it was. I didn't feel sorry for myself. You know she had her own stuff to deal with too.

Hypno Healing showed me how to update my beliefs about myself and restore my own belief in who I *was*, who I *am now* and who I can be in the *future*.

I always knew what had happened to me but I just put it down to a typical childhood. But I had never thought of my past from the Universal Hurts of Betrayal, Abandonment, Guilt and Shame. But when I contemplated my life at home they were all there. It was only then I began to witness the effects they had on me.

I remember a time when I was in a really bad place as a teenager and I was thinking of taking my own life. Life was so miserable at home. I was deeply frustrated, angry and alone. But I decided I'd give life one more chance and ask my Mother for help. That was a very difficult thing for me to do.

You see from a very early age I developed the habit of putting my hands between my legs and rocking back and forth as a way to comfort and soothe myself. I felt *guilty* for doing it but I couldn't help it. Some kids sucked their thumbs but I rocked back and forth.

This habit got worse when I started primary school. I was regularly beaten for it so I tried my best to conceal it but that was almost impossible. Also a lot of the times it was an unconscious habit. It was my way of facing the world and dealing with difficult situations.

My mum told me I was bad and I was dirty and that there was something wrong with me. She kept telling me that if I didn't stop she would send me to a special school. I felt *ashamed*. I struggled to understand how she could *abandon* me like that. I couldn't understand why I looked normal in the mirror if there was something wrong with me. I began to think that all special children must have thought that they were normal too. I made an effort to hide what I did but I couldn't stop. It was the only form of comfort I got as a child and my only security blanket.

Anyway, when things got really bad as a teenager, I put aside my years of hurt and *humiliation* and reached out to her. I thought I've nothing to lose and maybe it *is* me. Maybe it is all my fault (*guilt*). After all, she was nice to my other two sisters. I began to hope that if I tried really, really hard I would discover we just had a misunderstanding and everything will be ok.

Since I couldn't talk to her and she was very dismissive of me, I decided to write her a letter. I poured my heart out to her. I explained how bad I felt and how sorry I was for all of the things I had done wrong.

I told her that I didn't want to live anymore. I told her how much I loved her. We had never spoken of love before so that was a big thing for me to do. Even if it was just on paper.

That Saturday morning, I knocked on her bedroom door as she liked to sleep in late. I handed the letter to her, saying this is for you. She said nothing.

I closed the door and waited. But nothing happened. I got dressed and went out to my Saturday job. When I came home she didn't say anything, she didn't look any different and she didn't treat me any way different.

Eventually, with fear and trepidation I asked her did you read my letter. "Yes" she said. That was the end of that. I was confused. I thought I had found a solution. I thought my words would have some kind of positive effect but they didn't. Life carried on being its usual shitty existence at home. I felt *abandoned* and alone. Why didn't my letter make her want to run to me and sweep me up in her arms and comfort me?

About a month later one of my Aunties was home from England. She mentioned in passing that the letter I had written to my Mum was lovely. She asked me if I was ok.

"You read the letter?" I asked in shock and horror. She said yes I did. We all did. Your Mum showed it to us (all of my aunties) and we all thought it was lovely.

The *humiliation* and the *shame* I felt to have had my most private and personal feelings shared by someone who was supposed to love me. Why did she share it? Why didn't she talk to me about it? What was so lovely about it? I poured out my heart about my sadness and my grief for being so unhappy. I apologised for what I had done wrong. How was that lovely?

She *betrayed* my trust. She ignored me when I gave it to her. I felt so alone, so betrayed and *abandoned* by her.

I lay in bed that night with my hands between my legs gently rocking my body back and forth finding the only kind of comfort that I could find.

The next morning I confronted her. I screamed at her why did you show the letter to everyone? Why didn't you say anything to me. Why couldn't you even say that you loved me back? Why did you ignore me?

I can't remember her reply except that it was dismissive and certainly didn't contain the words I wanted to hear.

When I entered the Hurt Field during the healing, I became aware of all the pent up feelings that were keeping me stuck. Learning how to release the feelings of betrayal, abandonment, guilt and shame was a life changing experience. I learned how to truly move on.

I still feel a lot of positive emotion for the young teenager that I was back then. I know I can't go back and change the past and I wouldn't want to. I've been given a gift. It's just a pity it's taken 38 years to recognise it. I have to love, honour and commit 100% to taking care of that younger version of me. No one else can do it for me. It's no longer my mother's responsibility to love me. I've got to choose to love myself. Be loyal to myself. Commit to becoming the best version of me that I can become. I've taken ownership of my beliefs and I've embraced my true self.

Just because that younger version of me didn't get what she wanted back then doesn't mean she can't get it now.

It's my responsibility to care for her, to nourish her and to gently but persistently push her out into the world. Every day I encourage her to open herself up to new experiences so she lives the life she has always wanted for herself and becomes the person she mourns she lost back then."



Hypno Healing®

Section 3

The Hypno Healing Three Session Process

THE 3 SESSION HYPNO HEALING PROCESS

Unconditional Love

All Hypno Healing practitioners are taught how to identify, channel and flow unconditional love so they can firstly heal themselves and secondly participate in the experience of healing their clients.

We explain to our clients that the purpose of Hypno Healing is to help them to break free from the spells of early childhood conditioning and help them to discover their true self.

During this three session process of Hypno Healing you will help your clients access the Mind Body Code through the three Healing Fields. This is create an awareness of the part of the self that contains all of the information on the invisible beliefs that are keeping them stuck.

They will experience hypnosis as *contemplative awareness*. This special form of healing hypnosis can help them to heal their past, embrace their present and shape their future life

Pre Requisites

Each session lasts for one hour and thirty minutes. The time is broken down as follows:

- 15 minutes of information gathering
- 45 – 55 minutes of Hypno Healing
- 30 minutes of closing discussion and preparation for the next session or for the next exciting stage of living.

Clients often feel like talking about the session afterwards. This processing is an essential part of the healing process.

Active listening skills are taught to all Hypno Healing practitioners help develop their conversational healing skills. The full script for each session is provided to all Hypno Healing students to ensure they can deliver each session with ease.

Delivery Recommendations

It is highly recommended that the first and second session are scheduled within 48 hours of each other. The third session no later than seven days after the second session.

The reason for this is because Hypno Healing is a dynamic form of healing hypnotherapy that creates profound changes quickly.

Client Workbook and mp3s

Clients are given a Hypno Healing workbook to use during the process and three professionally recorded mp3s to support the live sessions with their Hypno Healer.

All registered and certified Master Hypno Healers are given links to the mp3s to share with the clients and comes as part of their course materials. The workbooks can be bought at cost price and can be used during one to one sessions and during workshops. They are only available to registered and certified Hypno Healers.

The Hypno Healing Process

SESSION 1: ACCESS THE HURT FIELD OF EARLY LIFE PROGRAMMING

Step 1: Identify, channel and flow unconditional love.
Client learns how to identify, channel and flow unconditional love.

There are three ways to channel unconditional love depending on whether your client is visual, auditory or kinaesthetic. When they have accessed into the source of unconditional love, they are shown how to tap into it quickly and easily.

This is essentials so that they are able to flow the energy of unconditional love into the emotions, beliefs and behaviours that has arisen from the Universal Hurts.

Step 2: Accessing the Hurt Field

The Eternal Flame technique is used to help your client enter into a state of contemplative hypnosis and access the Hurt Field. Healing commences as you enable your client to –

- Identify the Universal Hurt
- Access the Body Symptoms
- Disconnect from the Negative Embodiment
- Identify the Emotion attached to the Guardian
- Identify the Belief that Formed
- Mourn the Loss of the Self

Step 3: Unlearning the Beliefs and Behaviours from the Universal Hurts

A short Cellular Healing script is read to client while they are still in the state of contemplative hypnosis. This starts the process of unlearning the beliefs and behaviour that developed from the Universal Hurts.

Step 4: Assignment

The client is given an mp3 of the Cellular Healing intervention and asked to listen to it at least twice that evening and last thing before going to bed.

A copy of the mp3 is given to all graduates from the Hypno Healing master practitioner course. Clients are also given a short assignment to prepare them for the session the following day.

SESSION 2: WORK AT THE EDGE OF THE BELIEF HORIZON

Step 1: The Parrot In the Cage induction is used to quieten the over active logical mind. This is the part of the mind that is connected to the internal dialogue that often reminds us of our limitations and ‘keeps us in our place’. It is the part of our mind that takes over the role of the guardians that helped create the Universal Hurts.

The Parrot In the Cage induction is also used to guide the client towards the Belief Horizon. When we work at the edge of our Belief Horizon the limiting beliefs that stop our clients from experiencing their true self being to dissolve.

Step 2: An easy to master Time Travel technique is used connect the adult mind with the child mind that experienced the Universal Hurt in the first session.

This technique helps to disconnect our clients from the three distractions that stop them from correcting negative beliefs about themselves (Dispenza, 2012). The three distractions are as follows:

Our physical body – which is always distracting us with messages about hunger, discomfort, stress etc.

Our environment – we often struggle to find the peace and quiet to focus on our *internal world* as the external world is always pulling us towards things to do.

Time – more often than not we find ourselves under pressure to get things done and don’t have the time to focus on our own needs.

Step 3: Flow Unconditional Love to the Younger Self

The adult mind shares her unconditional love with the child. This deep process heals the hurt and dissolve the beliefs that were conditioned during childhood. It also helps to release the feelings of loss of her true self.

Step 4: Getting Ready to Meet Your True Self

A guided visualisation is used to prepare your client to meet his or her true self in the next and final session.

Step 5: Assignment: Clients are asked to complete a short exercise that identifies the differences between the True Self and the Constructed Self. The constructed self (false self) is the self that developed from a need to please, stay out of trouble and to be loved by childhood guardians.

SESSION 3: ACCESS THE HOPE FIELD AND MEET YOUR TRUE SELF

Step 1: Access the Hope Field

The Hope Springs Eternal induction guides your client into a state of Contemplative Hypnosis. This will enable them to access the third healing field of consciousness – the Hope Field.

Step 2: Let go of the Constructed Self and Embrace your True Self

A powerful metaphor is introduced to help your client let go of the feelings attached to the guardian involved in creating the Universal Hurt. The Four Universal Hurts are reframed and recontextualized as Universal Truths. Positive embodiment replaces –

- Betrayal with loyalty
- Abandonment with commitment
- Guilt with deserving
- Shame with honour

These Universal Truths are *felt* in the physical body areas that once held on to the Universal Hurts. This positive embodiment prepares the client to accept her true self worth.

This powerful process shows your client how to give herself all the loyalty, commitment, deserving and honour necessary to finally accept her true value.

Step 3: Witnessing the True Self and Embracing Your Past, Present and Future Life

Your client will meet her True Self. She will learn how to embrace her past and accept that she is not an unfortunate victim but an ingenious survivor.

She will witness her unbridled *future* potential to live up to her dreams, hopes and aspirations. She will take the wisdom and understanding her *past* has given her to help her live more fully in the present.

She will relearn how to live a pleasant, engaged and meaningful life in the *present* (Seigman, 2002).

Step 4: Miracle Meditation

Your client is given a copy of the Miracle Meditation to listen to at home. This audio recording prepares them to expect a positive miracle that confirms that healing has taken place (DeShazer, 1988).

A full Hypno Healing workbook and three mp3s are given to each client to help them to tap the abundance of love, health and happiness they deserve.



Hypno Healing®

Section 4

The Symptoms of the Universal Hurts and Benefits of Hypno Healing

THE BENEFITS OF HYPNO HEALING

Hypno Healing allows us to access the child mind at the time the Universal Hurts became part of their operational belief system. It also helps us to rediscover the true self that is often abandoned as we develop a constructed self to meet the approval of our guardians.

We have three major goals for our clients during Hypno Healing:

1. Help our client can break free from the spells of childhood conditioning and update their belief system.
2. Unravel the physical symptoms that were embodied and inspire the body to heal itself.
3. Provide a process to enable our clients to discover their true self and begin to nurture their true value.

There are many kinds of unconscious limiting beliefs that can be formed during times of emotional stress. These include but are not limited to feeling and believing:

- I'm not good enough
- Nobody loves me
- Nobody cares
- I've been hurt
- I've been abused
- I'm afraid
- I don't matter
- I'm sick/weak
- I did wrong
- I don't deserve love or I deserve to be ill
- I can't get better
- I'm damaged goods
- I can't move on
- I can't cope
- My past is too painful to deal with
- The future is bleak
- I can't concentrate
- I don't know what to do
- I'm no good

SYMPTOMS OF THE FOUR UNIVERSAL HURTS

The list below is only a partial list of how the body manifests the effects of our limiting beliefs and the effects of the Four Universal Hurts.

Symptoms can vary greatly between individuals. They often manifest as physical conditions such as illness, disease or psychosomatic illness, or emotional conditions such as inability to form meaningful relationships, mental blocks or illness. The impact of our childhood conditioning can impact us socially, behaviourally, intellectually, spiritually and physically.

Childhood symptoms often include:

- Shyness
- Fears and anxiety
- Self-consciousness
- Lack of motivation to try new things
- Feeling inadequate
- Lack of ambition
- Feeling uncomfortable in social situations
- Anger
- Self harm
- Hostility
- Thumb sucking
- Nail biting
- Trichotillomania (hair pulling)
- Insecurity
- Lack of interest
- Panic attacks
- Difficulty dealing with strong personalities
- Difficulty forming friendships
- Over reliance on one single friend

Adult Symptoms often include childhood symptoms plus many more.

- Panic attacks
- Stress, anxiety and worry
- Unexplained tiredness
- Despondency and depression
- Anger issues
- Over indulgence and bad habits
- Comfort eating, food addictions
- Gambling, alcohol or drug addiction
- Lack of focus
- Lack of motivation
- Self-sabotage
- Relationship issues
- Relationship breakup
- Lack of meaningful relationships
- Loneliness and Insecurity
- Self-doubt
- Restlessness
- Resentment
- Physical and emotional pain
- Self-pity or belief in a lack of fairness
- Confidence and self-esteem issues

These symptoms can manifest as a medically diagnosed illness, auto immune dysfunction, asthma, IBS, colitis and skin conditions, chronic tiredness, chronic pain, depression, apathy, anxiety, fear, panic, post-traumatic stress, phobias, obsessive compulsive disorder, eating disorders, self-harm and much, much more.

COPING STRATEGIES

If we grow up as unconscious victims of the four Universal Hurts we tend to struggle to live from our authentic or true self.

We can often find ourselves open and vulnerable to pain and hurt. Other people can find it easy to take advantage of us. We subconsciously allow others to hurt us, because somewhere deep down we believe that the Universal Hurts are truth. In other words we believe: I'm not loveable or I'm not good enough or I'm not wanted.

Because, we don't know how to access the Healing Field by ourselves we try and distract ourselves away from the pain we feel by self medicating. There are six common strategies we tend to rely on to help us avoid the pain.

The Buzz Strategy

This is the default strategy when the pressure becomes too much. Relationship issues, pressure at work or a difficult relationship can leave you feeling tired and drained. You find yourself needing a fix of caffeine, sugar, fatty foods or drink just to get you through the day.

The Numb Strategy

This is what we like to do when we just don't want to think about things anymore. You just want to curl up in a ball and forget about it all but that's seldom an option. Alcohol, food or anything else you can do excessively to help ease away the pain will do. Even a hangover feels better than trying to face your problems. Feeling full and over indulging masks the emptiness inside.

The Denial Strategy

The denial strategy is used when we don't want to face the truth of a situation. We over-invest in material goods and outward appearances. We make our home look great, buy new clothes, technology or other items. The rush from new purchases and the distractions they bring help you forget how you are really feeling inside.

The Distraction Strategy

Going out too much so we can take our mind off of our problems is another coping strategy. Excessive drinking or eating dulls the pain. Late nights and lots of parties help us to feel normal. The busier we are with work or social life the less time we have to feel the hurt inside.

The Opt Out Strategy

You tend to shut yourself off from the world. You prefer to be alone rather than push yourself to make an effort. Invitations and social events are turned down – you say you're too busy but really you're not busy at all. You're just avoiding people because you find it's easier to cope that way rather than risk getting hurt again.

The Online Strategy

This is the strategy used when we prefer to live our life without physical contact. The hours just slip by as we scroll through news feeds and engage with online 'friends'. We prefer to interact online that go to the bother of meeting people face to face. We say the effort isn't worth it but what we really mean is that we think we're not worth making the effort for.

The Effects of Coping Strategies

The strategies are like band aids. We use them to try and ease the pain of living. But the only effective way to remove the pain is to tune into our body, find the wound (Universal Hurt) remove the thorn (belief symptoms) and give ourselves the space and time we need to heal.

Our body is naturally attuned to provide us with the healing that we need, but we often over-ride the function because we don't have the tools to access the Healing Fields alone.

Our body is loving and patient and will put up with our coping strategies. But as the side effects from our efforts to self medicate begin to take effect it will communicate loudly and more insistently that it needs healing and not punishment.

If we choose to ignore the communication from our body or over-ride it with more distraction and avoidance it will produce symptoms that are more difficult to ignore and our health will begin to suffer.

The better we become at ignoring and over-riding the messages from our body the longer the coping strategies last.

Each coping strategy creates its own set of problems as we over eat, over drink, over work, over exercise, over spend or isolate ourselves from our friends and family.

CASE STUDY: HURT FIELD CONTEMPLATION BY JOE

“I remember it now. I was four years old. We were at a football match and in those days you could park in the field and on the grass. We would watch the game from a raised hills around the pitch. When the match was finished we were walking through the parked cars towards ours when I got lost.

I remember calling out for my dad but no one came. All I could see were car handles everywhere. I was too small to see through the windows. No matter what direction I turned there was just more cars. I couldn't find my way to the edges or back to the hills.

I felt so alone and lost. Many of the cars started their engines. The noise, the fumes. It was awful. It took forever for me to find my parents. When I found them they hadn't even noticed I had been missing. They had bumped into Uncle John and they were busy talking. My mum seen I was crying and as she asked me what was wrong, Uncle John swept me up in his arms and said what's a big boy like you crying for? I never did tell anyone what happened to me that day. I was worried I'd get in more trouble. To be honest, I had completely forgotten about it until now.

Silence...

You know I've always felt small. I've always felt alone. It makes sense now. I didn't think anyone was there for me then and so often I don't think there is anyone here for me now. I don't like feeling trapped or closed in. I know it sounds stupid but I think this is why I never got married. I didn't want to ever feel that feeling of being abandoned again.”

CASE STUDY: HYPNO HEALING FIELD SELF RESCUE BY JOE

The Healing Field was difficult for me. I was so emotional when I was there. I haven't cried for years. But when I got the chance to talk to myself back there at the match, just before I got lost, the floodgates opened up inside of me. I really felt for that boy, there was a lot of stuff going on in his head and he didn't have anyone to talk to about it nor could he verbalise it.

When I sat with him and spoke to him he really listened. I could see the relief in his face to know that someone had taken the time to talk to him like that. But of course it was really me I was talking to.

That scared boy has never really left me and it was great to coach him, to coach myself. I feel very connected to him and I loved the potential that was in him back then. Of course I thought it was lost but I know it isn't. It's there inside of me.

When I met my future self, I was delighted to see the person I became, or should say I will become. That future man doesn't see the past as a burden. He sees it as the fire that burns bright and keeps him alive. He doesn't waste a moment of time. He loves and appreciates all that he has. I'm looking forward to becoming him."

GET READY TO EMBODY CHANGE

Get ready to deconstruct the identity you constructed to meet the approval of your guardians with these three exercises:

1. Childhood Contemplation

Spend a few minutes contemplating the times you remember being emotionally wounded as a child. Examine the events by asking yourself the following question:

- Did I feel betrayed, abandoned, guilty or ashamed in any situation?

Any situations that created those feelings might still be affecting the way you live now (Mayfield, 2016). Hypno Healing will help you to step outside of your childhood conditioning and see your life from an empowering perspective

2. Repeating Patterns

List three situations that you find difficult to manage and that keep recurring despite your best efforts to change them. Ask yourself:

- Do those situations remind me of anyone or anything from my childhood?
- Did I know someone else from my childhood who may have acted that way or attracted that kind of situation?

3. True Self or Constructed Self

List five qualities that you want to change. To begin the process of discovering if they are part of your true self or your constructed self ask yourself:

Did I adopt that quality or do I feel it is part of my authentic self?

Did I know someone who also had that quality?

Did I need that person to like me, accept me or love me?

Who do each of these qualities remind me of?

CREATING SPACE TO HEAL

To achieve true healing we need to move outside of our normal state of awareness. Hypno Healing uses a form of contemplative hypnosis to help our clients move outside of the three daily distractions:

- Environment
- Body
- Time

These three daily distractions are the three things that stop us from resolving our own issues (Dispenza, 2013).

Contemplative hypnosis is the vehicle that guides our clients into a receptive state of mind. The benefits of hypnosis is that it quickly and easily take our clients to the three Healing Fields of consciousness. Also when we are working at the Belief Horizon it can help our clients expand their thinking so they can imagine alternative outcomes and find new ways of thinking, feeling and *being*.

The reason why hypnosis is so beneficial is because it protects our clients from the three daily distractions. When our clients eyes are closed they become less involved in the *environment* around them. Once their awareness has moved away from the environment, suggestions about breathing help the *body* to physically and mentally wind down. The body begins to relax deeply and the survival mechanism goes into resting mode as subconscious healing processes take over.

Breath and hypnotic suggestions are used as the vehicle to help our clients brain waves slow down from the critical beta brain waves and enter into the contemplative brain wave states of alpha and theta. The passage of *time* seems to slow down when we enter into the brain wave states of hypnosis.

Alpha and theta are the brain waves states that were dominant when we were growing and developing (Lipton, 2015).

We have all used these brain wave states to process all of the information we needed to assist in our development and integration into life.

However, we have also used these brain wave states to embody the negative beliefs about ourselves. Many of which were suggested by our early guardians and people who believed their criticism was 'for our own good'. By accessing these brain wave states we can gain direct access to the three healing fields.

“Hypnosis uses the same brain wave states that were used when we were conditioned to abandon our true self and develop a constructed self to meet the approval of our guardians.”

Suggestions about moving outside of space creates a sense of time distortion that encourages clients to drift away from the constraints of ordinary time. *Time* seems to move by very slowly when we are in this state. We discover that we have all the time we need to contemplate, reflect and examine the significant events in their life.

CASE STUDY: TAPPING INTO THE ABUNDANT SELF – HEALTH, WEALTH AND HAPPINESS

“All this manifesting, affirmations, vision boards and abundance stuff just isn’t my thing. If you want something you’ve got to work for it, that’s my mantra.

So, I was surprised when Susan spoke about my mind-set and showed me how to change the energy or the vibes that I give out to the world. As the owner of a garden centre, her question about how I can tell the difference between a healthy plant and a plant that has already started to die really opened up my awareness.

I knew what was needed to help a plant grow and flourish but I was surprised when she helped me to see that I was depriving my own self of those same essential ingredients.

Once I visited the Healing Fields and contemplated how my past had held me back, I discovered a blueprint to guide me towards the future.

I wanted to get what I felt I had been deprived of from when I was hurt. But it was only when I was in the Healing Field did I realise that the only one that was depriving me of things now was me!

My work in the garden centre is so different now. I know I’ve got to nurture and care for myself as much as I care for the plants I grow.

A healthy plant vibrates with energy, you can almost feel it. We are naturally attracted to those plants because they look so alive and so energetic. Susan showed me how to vibrate again and attract amazing people and amazing experiences into my life again.”



Hypno Healing®

Section 5

Courses in Hypno Healing

COURSES

The following courses are for people who already intuitively know that our unconscious beliefs can make us sick, rob us of our dreams and potential, and stop us from experiencing the true joy of living (Rinpoche, 2008).

Susan will take you on a journey of self-discovery and demonstrate how you can use Hypno Healing to help you and your clients break free from the spells of early childhood conditioning, enter the healing field and allow the true and authentic self to emerge.

All Hypno Healing courses are underpinned with the science of clinical hypnotherapy, contemplative psychology, and the emerging science of psychoneuroimmunology and biocognition.

HYPNO HEALING LEVEL I HYPNO HEALING CERTIFIED PRACTITIONER (2 DAY COURSE)

Course Details

The Hypno Healing practitioner course is a two day course. Courses are held in regional locations every Spring, Summer, Autumn and Winter.

Courses are usually run on a Saturday and Sunday.

Saturday 10am to 5pm

Sunday 10am to 4pm

- Master the three step process of Hypno Healing.
- Learn how to work with the energy field of visual, auditory and kinaesthetic clients so you can guide them into the Hypno Healing Fields.
- Uncover emotional blocks in the energy field.
- Release body symptoms and inspire the body to activate a deep healing response.
- Learn how to use the scripts for each of the three sessions.
- Demonstrations of the full Hypno Healing process.

Live demonstrations take place on both days. On Sunday all students are given the opportunity to practice the Hypno Healing method and get mentoring and support from Susan Wallace.

Attendance on both days is essential in order to graduate.

Certification

- Registered Hypno Healing Practitioner Certificate of Excellence
- Membership of the Hypno Healing Register
- **Licence** to use three Hypno Healing visualisation mp3s to give as gifts or sell to your clients.
- **Licence** to use the official Hypno Healing workbook to use during Hypno Healing workshops or during individual Hypno Healing sessions.
- **Professional** insurance under our group scheme.

HYPNO HEALING LEVEL II– MASTER OF HYPNO HEALING (2 DAY COURSE)

Course Details

The Master of Hypno Healing course is a two day advanced practitioner course. Courses are held in regional locations every Spring, Summer, Autumn and Winter.

Courses are usually run on a Saturday and Sunday.

Saturday 10am to 5pm

Sunday 10am to 4pm

- Learn a process of embodiment to transform betrayal into loyalty, abandonment into commitment, guilt into deserving and shame into honour.
- Use bio-cognition strategies to update the Mind Body Code and help your clients affirm that they are no longer unfortunate victims but ingenious survivors.
- Break through the Constructed Self and dissolve emotional blocks.
- Witness the True Self of the Past, the Present and the Future.
- Discover how to Tap Into The Abundant self.
- Learn a Cellular Healing Meditation release technique.
- Demonstrations on participants to enhance learning.

Certification

- Hypno Healing Level III Master of Hypno Healing
- **Registered** Hypno Healing Master Practitioner Certificate of Excellence
- **Membership** of the Hypno Healing Register as a **Master Practitioner**
- **Licence** to use three Hypno Healing visualisation mp3s to give as gifts or sell to your clients.
- **Licence** to use the official Hypno Healing workbook to use during Hypno Healing workshops or during individual Hypno Healing sessions.
- **Professional** insurance under our group scheme.

ABOUT THE AUTHOR

Susan Wallace is a therapy trainer and the Principal of Hypnosis Academy and Results XO.

Susan helps therapists, coaches and healers to be the best, have the best and give the best to their clients.

Susan runs diploma courses in Strategic Hypnotherapy, Positive Psychology, Sports Mind Coaching and NLP. She also runs continued professional development courses on a wide range of psychological and practice growth topics.

She is the go-to person when therapists are ready to take their practice to the next level and develop recurring income streams from online and offline sources.

Susan is a professional a course developer and helps therapists and healers build their own fully accredited schools.

As well as having over twenty-two years of experience in the health and wellness sector Susan also holds an MSc in Digital Marketing.

She believes that most therapists aren't releasing the true financial worth from their therapy skills and runs courses for therapists so they can earn a recurring income online.

“We all expect to have financial peace of mind if we work for an employer, but because therapists are self-employed the often forget to pay themselves. This can cause confidence issues, money worries and burn out.” Susan Wallace, Marketing Seminar, London, 2105

Susan has a range of free resources to help therapists build a more secure practice.

www.resultsxo.com/essentials

www.resultsxo.com/10-tools/

You can reach Susan direct by email to

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