



The Parts of Our Mind

Our minds have two important parts, each with distinct functions. The conscious part that we use to perceive the world around us and to make decisions such as “wanting to stop smoking”, makes up the smaller part of our mind.



The subconscious part on the other hand, stores our memory, habits, beliefs, behaviours, personality and self-image. It makes up the greater part of our mind and controls our automatic bodily functions such as breathing and digestion (notice you don't have to consciously think about doing these things). Imagine that the human mind is like an iceberg, the conscious part, the portion that is visible above the water and the subconscious mind is the large ice mass that remains below the water's surface.

Clinical Hypnosis

A conscious desire or goal such as, “wanting to stop smoking”, means we are relying on our mind's conscious will power to achieve the desire or goal. The level of success using will power alone depends on the cooperation between the conscious mind and the subconscious mind. Consciously you may be aware that smoking is bad for your health however, at a subconscious level, smoking may be a strategy that was developed originally to deal with stress or to allow you acceptance within a group of friends. In fact you may not be consciously aware of these differing or conflicting views that exist until you decide to stop the smoking habit. This is the smaller part of your mind battling it out with the larger part. When you continue to experience this conflict between the conscious and subconscious aspects of your mind, you may experience levels of stress as you attempt to discipline yourself to keep from smoking.

How Hypnosis Can Help

By working with the subconscious part of your mind hypnosis helps resolve this internal conflict by addressing the subconscious patterns and strategies that interfere or sabotage your goals and desires. Hypnosis uses your own imagination to communicate directly with your subconscious mind and develop new strategies to best achieve your goals.

Hypnosis is Safe and Effective

Hypnosis is natural and safe, allowing a person greater control over their habits, behaviours, their health and their life. In fact many people comment on their feelings of comfort, relaxation and security during a hypnosis session. Everyone has the ability to achieve a natural hypnotic state, a state that is familiar to anyone who daydreams.

Try testing your imagination with the following exercise. As you read the passage below, imagine that you are actually doing it...

You are standing in the kitchen in front of a chopping board, next to it is a good sharp knife. Next to the chopping board sits a plump, fresh, juicy lemon. Hold the lemon in your hand, feel its weight and texture, lift the lemon up to your nose and smell the lemony smell, feel the waxy texture, look at the little indentations on the skin. Now place it on the chopping board, and carefully cut it half with the knife. Feel the resistance to the knife, and how it gives way as the lemon splits. See the juice run out, smell the acidic aroma, see the glistening yellow pulp and the whiteness of the inner peel, maybe you have cut through a seed or two. Carefully cut one of the halves into two. See how the juice is glistening on the surface of one of the quarters. Imagine lifting a lemon wedge into your mouth, smelling the fresh sharp aroma. Now bite into the sour, juicy pulp.

Did you experience an increase in saliva? If so, your subconscious mind immediately caused you to physically respond to the imagined, smell, taste, and feel of the memory of a lemon.