



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.

Pain Control Management

Pain is like a burglar alarm. It alerts us that there is a an immediate problem. What can we do with the pain which, like the burglar alarm that can't be disconnected, continues to irritate us? The sources of many types of pain can be chronic or ongoing. Migraine headaches, back pain, arthritis are among the types of chronic pain that people suffer.

It is possible to control any type of non-useful pain while leaving your alarm system intact. It is very important that when managing pain that we still experience some sensation that is alerting us to a new problem.

How Hypnosis Can Help

Hypnosis can help you to learn to control unwanted, unnecessary pain, but still experience the sensation that is alerting you to the fact that there is a problem. Some pain, even pain of long duration and deep intensity, will be positively changed with the use of hypnosis. Most commonly, relief from pain occurs in the first few sessions. Some people notice that their pain subsides immediately while others feel results hours after their hypnosis session. Relaxation in many cases will relieve considerable amounts of pain. Muscle tension puts pressure on nerves and aggravates discomfort. So easing your tension is the often the first goal in dealing with pain.

There may be subconscious reasons, reasons of which you may not even be aware, for keeping the pain. It may even seem strange to you that you might need to keep your pain but there are often the advantages as well as disadvantages to having pain. Pain may result in your avoiding work, or getting sympathy, or getting out of responsibilities that you don't like. These benefits can defeat your motivation to feel better and reduce pain. Because we know the pain can be a signal, a signal that there is something wrong, we may have fears about shutting it off. Hypnosis allows you to leave intact your alarm systems and allows you to reduce only the unnecessary hurt or pain.

Hypnosis can help you to control your pain by substituting another sensation such as warmth for the pain or utilising your imagination to physically place the pain elsewhere in the body where the intensity is less.

Other helpful hypnotic suggestions to assist pain relief may include:

- that when pain occurs, time will pass quickly while during pain free intervals time will pass slowly.
- to imagine a control panel and turn down the level of pain.
- giving the pain an imaginary shape color and sound that is pleasant.
- to transfer feeling such as numbness to those areas of pain.