



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 overcome our fear”, 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.

Sleep Disorders

Nearly everyone can have a problem getting to sleep at some time or another. This can be caused by quite understandable conditions such as anticipation of an upcoming event, or maybe giving a speech, unsettling surroundings, noisy neighbors, or uncomfortable physical discomfort such as toothache or back pain. Some people may seem to sleep for hours and yet they awake feeling fatigued having tossed and turned all night. The quality of their sleep is very poor. Other people may go straight to sleep but awaken in the early hours, unable to go back to sleep for the rest of the night. The varieties of sleep problems are as numerous as their causes. If you suffer from a sleep disturbance that affects your daily life, it's advisable to have a physical examination to exclude any external causes such as alcohol or caffeine.

How Hypnosis Can Help

Often the effects of our daily lives affect our time of rest, such as an irritating job, depression, anxiety, or domestic turmoil. Any number of these can translate into various types of sleep problems. The subconscious mind has a memory for everything that you do including your sleep patterns. It has a record of both your high quality sleep and those times when you experience disturbed or poor sleep. Hypnosis can help you to access and recall those memories of healthy restful sleep and give suggestions to assist you to create new sleeping patterns.

People with sleep problems are often thinkers, so many of the problems people have in getting to sleep stem from worry, tension, anxiety, fears, and emotional turmoil. It seems that the most common element to be found that causes these factors to disrupt sleep is non-productive thinking. Many people have the tendency to try to solve their problems by thinking about them especially at bedtime. Hypnosis can help you break these thinking patterns and provide suggestions that encourage control of your sleep time just as you are able to control your waking time. It can assist you to take control of your sleeping self and help you to re-program how you would like the night to pass.

SleepTalk™

SleepTalk™ for Children was developed over 30 years ago by Joane Goulding and has helped a multitude of children to develop a strong underlying belief that they are loved and lovable. In the process, it can also develop an even more loving relationship within the family group.

About SleepTalk™

SleepTalk™ is a process that is taught to the parents and primary care givers. By repeating proven positive and empowering phrases once your child is asleep, you are able to bypass your child's analytical mind, and establish a solid foundation, based on positive beliefs. Known as the Foundation Process, this enables your child to know that they are loved and lovable, and to help them to cope easier with their world.