



## Hypnotic Help for Back to School Challenges



By: Lisa Zaccheo

I don't know about you or your kids, but I wasn't one of those children who looked forward to going back to school every fall. In fact, starting with Junior High I dreaded it. It wasn't so much the academics, it was the Rubik's Cube challenge of trying to fit in socially. I was painfully shy, so shy that I literally didn't say a single word to anyone my first year in High School. I was riddled with insecurities. Feeling like everyone was better than me - smarter, prettier, cooler, more athletic, and more popular. You name it I was insecure about it, as the summer came to an end my anxiety driven dreams would start. I'd lose sleep as that first day loomed closer and by the time it arrived I was haggard, jittery with the fear and feeling sick to my stomach from what I perceived to be the insurmountable challenge of trying to be like everyone else.

I can't imagine how different my school years would have been if I had a different sense of myself. If I could have cherished my differences instead of judging them to be flaws. Had I known then that I was good enough, in fact perfect in my uniqueness, I would have been healthier and much happier. I don't think I would have ever picked up the habit of smoking cigarettes or been so easily lead astray by peer pressure. I would have made different choices when it came to friends, especially boyfriends. It's so sad when I look back on my younger self and those unnecessarily painful years. Thankfully my present is very different, but it's that past that makes me want to give the young kids of today a differ-

ent sense of themselves and a different outlook on the world and their future. I want to give them the foundation that I never had – because when they have the foundation of self-worth and confidence they can achieve anything. When they realize that they're exactly as they're supposed to be, to serve the purpose they're intended to serve, they can relax and stay strong in all that they are versus trying to bend and conform to be someone else. I think growing up today is even harder than it was when I was young, so the children of today need all the help they can get to stay on a strong and healthy path.

You're probably wondering, "How can I give my children that foundation?" As a hypnotist, I enable children to build a rock solid foundation through the hypnotic process. You see, the conscious mind views the world and ourselves through lenses muddied by what we've experienced throughout our lives. If a new mother-to-be is very nervous, or if parents are insecure, children not only pick up that feeling of insecurity, they pick up patterns of thinking and behaving that perpetuate that insecurity. Children intuitively pick up the sense that they're not good enough, or that the world is a scary place. When children hear their mother or father say, "You can't do that" regarding something they want to achieve or some dream they have, the child doesn't realize that their parents aren't talking about them, they're just projecting their insecurities outward.

A classic filter is a mother not feeling that she's ready to send her child out into the world of daycare or school, and the child picks up the message "I'm not ready" when in essence it has nothing to do with the child and everything to do with his or her mom. Everything that parents feel, especially the parent that the child is most connected to, becomes a model for that child's feelings. At a young age it's very difficult for children to differentiate between the feelings of others and those that are their own because emotions are energy and children pick this energy up very easily – in fact it's an inborn protective mechanism.

I can't tell you how many clients, both children and adults, come into my office seeing the world through the filters of their teacher's words. A teacher's "bad day" can imprint a belief or feeling into a child that can last a lifetime. And what about the harsh words of a classmate? Kids can be cruel when their fears and insecurities get triggered.

The beauty of hypnosis is that the subconscious mind, that other 90% of our mental capacity, doesn't have these filters. The subconscious mind can see inside of us and find our full potential for whatever it is that we want to achieve. It can then methodically remove the blocks or filters that have been in our way. Because the subconscious mind holds our long-term memory – even further back than our first day of daycare or nursery school - it can easily find those negative imprinting events, help us depersonalize them and move them out of our way. Like taking Windex to a very dirty pair of glasses. When the lenses or filters through which

we view the world and ourselves have been cleaned, all the possibilities are so much easier to see. And, the strength and confidence that we all have in our core is able to surface and propel us forward.

My colleague Rod and I would be honored to help your child build a strong foundation of self-confidence and self-worth, and it's not too late for you to build one either.

Lisa Zaccheo, BCH, BCI and Rod Kelly, BCH are Board Certified by the National Guild of Hypnotists and have additional certifications in Complimentary Medical, Clinical, Child & Adolescent, Forensic and Regression hypnosis. For more information, or to schedule a lecture, workshop or appointment, call Mind Matters Hypnosis Center at (860) 693-6448 or visit [MindMattersHypnosis.com](http://MindMattersHypnosis.com).



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