

Health

Can't find Mr. or Ms. Right?

The fundamental problem may be all in your mind

by Mark Jahne

With Valentine's Day just around the corner, thoughts of men and women turn to love.

For some, it may be the seemingly endless search for the perfect life partner. For those who are already married or otherwise committed, it may frustration with a less than ideal the relationship.

Why is it so difficult to find love or make it work? The answer is all in your mind, according to Lisa Zaccheo.

Ms. Zaccheo is the owner and lead hypnotist at the Mind Matters Hypnosis Center at 50 Albany Turnpike. Helping people find and maintain healthy, loving relationships is just one of the many areas of life where she uses her skills to benefit her clients.

"I work with people on a number of different relationship fronts," she said.

The two primary groups are those who have never married, but would like to be, and those who are divorced, but would like to give love another try. In many cases, what is holding them back is their own emotional baggage and subconscious limitations.

"You have to clear or heal old relationship wounds" before you can move forward successfully into a new relationship, she said. "We actually develop fear of marriage" in some cases.

Many of those issues come from our parents and the shortcomings or problems we witnessed in their marriage while we were children. In other cases, the issues could stem from peers or school experiences.

In those early school years "we judge our differences instead of celebrating our differences" because of the desire to fit in and be like everyone else.

Many of the most deep-seated issues date from the first five years of life.

"Our foundation of relationships starts at the moment of our conception," she said. "Before five, we are like sponges. There's no critical factor" to filter out what we see and hear. Some children are more sensitive than others. That makes their perception of criticism, or what sounds like criticism, more intense.

People need to have a balanced foundation upon which to build and she can assist them with that. They also need to understand what they believe about themselves, according to Ms. Zaccheo. Any negative beliefs will carry through into their relationships.

"It's all on the subconscious level. We tend to make the same mistakes over and over again," she said. "We have all this stuff inside ourselves." In many cases, people focus on their shortcomings and feel they are not deserving of love. It becomes a self-fulfilling prophecy.

"We only can receive as much love as we feel we deserve," said Ms. Zaccheo. Those who feel less deserving "will choose a partner who provides evidence of that belief," she added.

She called this sense of feeling unworthy a national epidemic. She added that those who devalue themselves also tend to treat money the same way. They feel they don't deserve it, so they waste it and leave only enough to pay for their basic needs.

"In the process of hypnosis people are able to see and hear their internal dialogue," Ms. Zaccheo said.

"A lot of people suffer with insecurity. People are afraid of failure. People are afraid of making mistakes. Fear of failure is huge."

Once they understand the problem, they can correct it. Hypnosis can open the door to that understanding.

"Hypnosis accesses the subconscious mind," she said.

Ms. Zaccheo pointed out that the conscious mind represents only 10 percent of a person's mental capacity. The other 90 percent is contained in the subconscious and unconscious minds.

The subconscious part of the mind is where emotions and long-term memories are stored.

"It has most to do with how we view ourselves and how we view relationships, whether we feel we are lovable. The better relationship we have with ourselves, the better relationship we will have with others. When you look inside people, everybody is fundamentally good," she said.

Men and women need to feel safe in their relationships. They may also need to overcome social stigmas.

"The bulk of it comes down to our relationship with ourselves. That's where we need to do the bulk of our work," she said. "Our own limiting beliefs get in our way."

Situations involving food consumption, drug abuse and lack of exercise all stem from that lack of self-esteem. Feelings that put us in that place are indicators of something that needs to be resolved, but the tendency is to stuff these feelings down rather than to let them out where they can be dealt with.

People who improve their internal relationship will present themselves in a better light and take better care of themselves, she said. Nobody is perfect, so we should accept and love ourselves for who we are, faults and all. That will help us reach a place where we can work to improve upon those faults.

"If you really have a good sense of self, you can do anything," she said. "Fall in love with yourself" and don't become obsessed with your flaws. Everyone is a work in progress.

Ms. Zaccheo described the issues in the subconscious mind as trees. Through hypnosis, she can get at the seed from which the tree sprouted and help her client understand and then eliminate that seed.



Lisa Zaccheo is the owner and lead hypnotist at the Mind Matters Hypnosis Center.

The subconscious mind will reveal patterns of behavior that go back to the earliest days of our lives.

Many people feel painfully alone, but "the feeling of connection is inside all of us. Most people's feeling of alone came from early on," perhaps as far back as their infancy, she said.

Another area of work for Ms. Zaccheo is with people who are in struggling marriages. Sexual problems, including impotency and lack of desire, can be traced to emotional issues.

"Hypnosis is amazing for clearing grief" of any kind, she added. "It's really incredible what you can do" through this therapy.

All of this must take years to change, right? Not so, said Ms. Zaccheo. "The average number of times I see a client is three."

Sessions last for two hours and cost \$200 each. Some insurance plans cover hypnosis therapy, depending upon the plan and the issue being treated.

Literature in Ms. Zaccheo's office describes hypnosis. It is not someone dangling a watch in front of your eyes and telling you that you are feeling sleepy. It is not a loss of control. It is the mind's natural learning state, a state of heightened awareness of oneself and others.

While in a state of hypnosis, people have access to the subconscious mind, which is in charge of all perceptions, emotions, habits and behaviors.

Ms. Zaccheo has a B.A. degree in psychology and is certified in advanced clinical hypnosis by the National Guild of Hypnotists, as well as the National Board of Hypnotists. She is also a member of the National Federation of Hypnotists. **CL**

For more information call 860-693-6448 or see www.mindmattershypnosis.com.