

Have you heard that people use only 10% of their mental capacity? Imagine what you could do if you had access to the other 90%! Take a minute and really think about that. The good news is that you can access the other 90% whenever you choose. This is possible through the method of hypnosis, because hypnosis is literally whole brain thinking. When a person is guided into the state of hypnosis the brain releases chemicals that cause the connector between the right and left hemispheres to become highly conductive, changing it from a single lane country road into a six-lane superhighway in terms of its ability to transmit information.

Each hemisphere houses different information and performs different functions allowing one to gain access to all the power that the mind contains. This may be difficult to believe because there are so many misconceptions of what hypnosis is due to the entertainment industry's portrayal of it.

Contrary to common belief, hypnosis is not a sleep state — nor is it mind control or dangerous in any way. You cannot get stuck in the state, nor will you lose control while in the state of hypnosis. In fact, hypnosis will give you the opportunity to gain control over the aspects of your life that are currently out of control. This could include your relationship with food, a habit of smoking, a fear or phobia or an unconscious body response. No one is hypnotizing you; all hypnosis is self-hypnosis. The hypnotist is merely guiding you into the state, and through the process of helping you see, understand and change whatever is no longer working for you.

Many physicians use hypnosis during surgery, or to address medical issues such as migraines, irritable bowel, asthma, allergies, and childbirth. It is used by psychologists and psychiatrists to aid in the treatment of depression, anxiety and

insomnia. It is an incredibly powerful tool that unfortunately many of us have been too scared to use. Essentially there are three levels of mind: the conscious mind, the subconscious

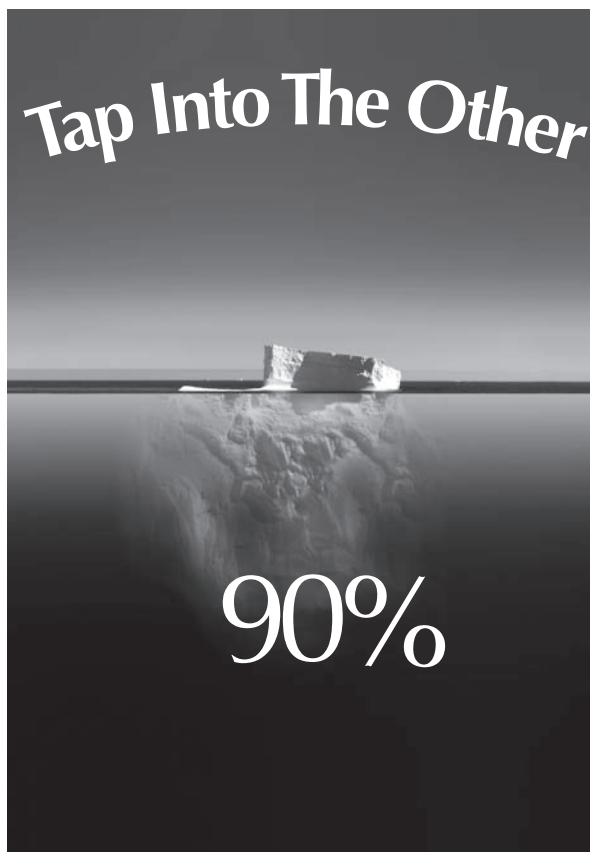
will power. Will power is simply the mental equivalent of adrenaline. It is intended to start — but not maintain — action, which is why you often fail when you use it for tasks that require sustained effort.

The unconscious mind is in charge of all your autonomic body functions such as breathing, swallowing, and heartbeats. It is also in charge of the strength or weakness of your immune system.

The subconscious mind is in charge of everything else and is in fact the most powerful part of your mind. It understands and stores all of your emotions. It houses long-term memory like a databank in a computer, and it stores all programming and response/habit patterns like the way software runs a computer. It is also your protective mind, which is why hypnosis is so safe. The subconscious mind protects you from real or imagined danger, so it will not accept any suggestion that it doesn't feel is in your best interest or any suggestion that goes against your moral or ethical code.

The state of hypnosis gives you access to your subconscious and unconscious mind. It allows you to access old programming or "software" and decide what's working and what's not, and more importantly to change what's not working at the subconscious level. This allows you to remove old, negative, destructive software and create new, healthy and constructive programming. This wonderful tool can help you with anything you desire. 90% more power is yours for the asking, what are you going to do with it?

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mind and the unconscious mind, each of which serves different functions. The conscious mind, where you spend most of your time, serves five functions. These functions include analysis, decision-making, rationalization, short-term memory and will power. Essentially it sorts through much of the information that crosses your path in daily life, analyzes that information and makes a decision that seems right at the time.

The conscious mind is also very good at rationalizing your behavior. This is where you may get into trouble because the conscious mind just needs to determine a reason why you do what you do, not necessarily determine the right reason. It stores the logistical information that you need to get through the day and helps initiate action through