

ENLIGHTENMENT

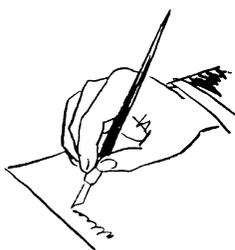


Willard Hypnosis Center

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Observations of

Life. Since last month at this time, I got to do what would scare the pants off of many people. I got to do this not once, but three times. I was on nationally

broadcasted cable television. Now it was not for my work in hypnosis or investigation, but rather in a talent capacity. It is something I do semi-regularly and totally enjoy doing. At the same time I get to make some money. (If you want to know more about this, call and I will give you more specific information on what I am doing.)

I have also been on national television and radio for some of my professional work and writing in regard to investigations. Now I am not telling you this to brag, but rather to address the issue of *FEAR*. As I said, many people would be speechless and paralyzed if they had to do this, yet many other people do it daily.

Again, the key word to keep in mind is fear. In the past I briefly addressed the issue of fear. Fear has a purpose in many instances. It instinctively protects us from doing things that might harm us if we did not take the moment to think. It gives us the primitive instinct of fight or flight. It is essential in our lives in many ways.

But also in many ways, fear can be the

killer of dreams, hopes and goals. It can stop you from going places, doing things and realizing your greatest potential. And when you think of hypnotists, you may think of them helping people get over fear of such things as heights, snakes or spiders. And hypnotists do help many people with these fears. These fears can limit you in your daily life or minimally, require you to make small changes to accommodate them.

But the fear that limits people the most, that prevents them from being the total person they desire to be is the fear of what others perceive of them. What you think others will think and say about you, and say to your face to hurt you, can stop you on a dime from doing things you would really like to do. Sometimes it is our conscience telling us that doing something is right or wrong morally and it guides us in doing things. But when we believe that others will have negative opinions about us, irregardless of morality, about what we say or do or how we act, it limits us.

Let's look at public speaking. It is said that public speaking for many is a higher rated fear than the fear of death. Just the idea of getting up in front of a crowd and having to give a talk can make some people break out in a cold sweat and their knees weak. This happens because their mind will begin to race with all the thoughts of how people will perceive them. They believe that they will be seen as incompetent, unknowing, boring or be

seen funny when they don't want to be and not funny when they want to be. The speaker will believe that whatever it is he/she may have to say may be seen as unimportant, unworthy or poorly presented. This person feels rejection, even though he/she never set foot behind the podium or turned on the microphone. The truth of the matter is that he/she is afraid of being rejected, laughed at, dismissed or disrespected. They are afraid of what they think other people will think or say about them as a speaker. The fear immobilizes them. It prevents them from using any and all opportunities to speak, or if they are forced to, they will freeze up or perform badly, reinforcing their belief of being a poor speaker and all other perceptions about themselves.

This fear is not limited to speaking. It can be about anything where a person interacts with other people. It could be social, professional or recreational. Do you try new things? Are you afraid to because you don't want someone see you fail or do poorly? How well are you at meeting new people? Do you need someone to talk first or do you start conversation with strangers easily? Do you put your hand out to shake hands first or do you wait for others to offer their hand first?

Do you ever make changes in the way you dress? Or would you feel embarrassed if someone said something jokingly about the new clothes you wore? Some people may change the style of clothes weekly or with every fashion turn, yet feel out of place if they had to wear something more conservative or plain. Either way, they would feel that others may see them negatively and that would hurt.

Let's go back a few years. Do you remember the high school dance? I do. As a guy, you would stand with other guys and after some amount of time to build up courage, you would walk across the room and shyly ask a girl to dance. You'd hope and pray she would

say yes. But it took all you had to take those steps. And only after standing around for a lot of dances probably. Then there was that chance that you wouldn't get to dance. If not, you probably went to the mens' room hoping everyone would forget you got shot down. The cool guys usually had some act or attitude. If they danced, it was OK or if they didn't, that was cool too. They usually made up some lame excuse that the girl didn't know what she was missing. But if you ever wanted to dance, especially the slow dance, you had to face your fear of rejection. Some people didn't face it then and still haven't today in many parts of their life.

As humans, we have great ways of avoiding our fears. Again, let's go back to the dance. Instead of admitting that we were afraid, we would say things like, "Hey, I'm just not ready yet to ask her!" or "The timing just isn't right." Today, we still make excuses and refuse to accept and admit our fears, and then our failures to act on them. We still will tell ourselves, "It doesn't feel right yet" or "Tomorrow will be a better time to do it."

People take their fears with them into the workplace. One person may avoid certain people out of fear of authority, another may not share ideas for fear of rejection or humiliation, while another may find ways of avoiding doing some of his/her work out of fear of being judged by it. Fear can immobilize or even reverse the progress of a business if left unchecked. Fear can prevent salespeople from being great salespeople or good workers from being productive workers. I know in my past I have met co-workers who have said, "Slow down, you'll make us look bad." The fear of not being accepted by others is powerful.

Even in doing business fear controls the day-to-day activity. Recently I was at a meeting with an organization I work with and

several times that day they specifically stated they were afraid to do or try things. The person running the meeting and working with volunteers, heavy-handedly killed ideas and things that may have helped that organization. They asked for help and new ideas, but then out of fear, rejected harshly those new and creative thoughts. By doing that the person was creating new fears in some of the volunteers trying to help the growth of that organization. People's past experiences that created fears now control certain day-to-day activities of that organization.

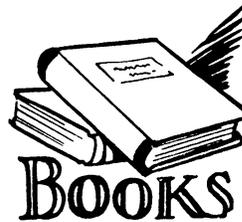
But, as you know, not every part of our life is controlled by fear. We all have overcome fears. If we didn't, none of us would ever get out of bed in the morning. Most of the time, we know that some things are riskier than others. This includes our interactions with people. Most of the time we have things that we do over and over and no longer worry or fret about all the possible things that might go wrong. We have made some adaptations in our life. But it is when we face new and unknown challenges and trials where fear takes over. For those who do not let themselves have these on a regular basis, it can become a problem. Others, those who have accepted the fact that there will always be new fears and made mental self adjustments, do not have the level of difficulty in dealing with these new fears. Remember, courage is not the absence of fear, it is the ability to act in spite of our fears. But we all have fears, and all levels of fear. We learn to deal with them at the level we are used to. If the fears become stronger or bigger, we either adapt, deal with them or they control us.

How is this done? People can compute in their minds the fear, what the situation is, and the possible outcomes and consequences of taking action against the fear. One can weigh the pros and cons and many times decide if the risk is worth each action. Logically, we can try

to convince ourselves of the proper action yet still cannot act. Why? Because we have not yet changed our subconscious mind. Sometimes we may try willpower which will last for a brief time but will not last indefinitely. Sometimes, we just blindly go ahead while praying for the best. Sometimes these things can lead to a more permanent change in our subconscious mind. Momentum of being with others or doing other things related can get you going in the right direction and begin reprogramming your brain. Sometimes one little success can build on another success until we help make the change. Many times it is a combination of many things that help overcome fears, but it is still not easy.

But for many, this process can be shortcut by the use of hypnosis. Again, it is the reprogramming of the subconscious mind that is truly needed. Hypnosis does this for those who sincerely want the change and are willing to work for that change. It is not magic. It does not make someone instantly courageous, but rather a person who not only convinced his conscious mind to act on the fear, but now also his subconscious mind. Both are now congruent and will work together to deal with and act upon the fears.

In a future issue of *ENLIGHTENMENT*, I will talk about the fear of SUCCESS. You may not believe it now but many people do have a hidden fear of success. Do you?



Books We Liked.

Since I ran a little longer this month on our opening article, I will recommend to you *Psycho-Cybernetics* by Dr. Maxwell Maltz without a lot of comment.

This is another classic book for helping you to take control of your mind to take control of your life. It belongs on everyone's bookshelf and should be read and re-read every so often.



Quotes we liked.

“Excellence is to do a common thing in an uncommon way.” by Booker T. Washington.

As usual, I am going to look at this quote from a slightly different angle other than the obvious. As I was growing up, I remembered certain people in my life and admired their dedication to their work. Strange as it may seem, I remember better some high school janitors than I do many of my teachers. For many of the teachers, it seemed to me they were doing what they had to do and little else. This is not to put down or diminish educators, but rather show that it is the person rather than the profession who makes the difference. The janitors I knew took pride in their work. On many occasions, they took time to talk to students and encourage students who needed someone to talk to. Sometimes it was just to have a sympathetic ear or to get some guidance, moral or otherwise. Their down-to-earth common sense went a long way to help many confused youth. They were uncommon in their work, and uncommon in their dedication to the students, even though it was not in their job description. I hope I can be that uncommon also.



What to expect.

What if you witness a crime? What if it happened so fast, it now seems like a blur? Do you think you could remember details

that could help the police in determining what actually happened? Forensic hypnosis is a powerful tool that is used to help witnesses and victims of crimes with memory enhancement. Before the hypnosis, the subject would have gone through all of the regular interviews by investigators. If it is then decided that hypnosis may help discover other vital information, they

then would arrange for a hypnotist to be involved. Specific information is usually targeted to be sought. First the subject signs standard paperwork stating he/she understands and gives permission to go into hypnosis. Some other legal forms may also be filled out. The subject then would have most of the same pre-hypnosis talk as everyone else who is hypnotized. He/she is then guided into hypnosis and then asked non-leading questions about the events in question. The hypnotist would ask non-specific questions such as “What did you see that day?” rather than saying, “Did you see the red Ford that day out in front of the store?” Leading questions can and will cause false memories which will cause the memories brought back to be of no use to anyone.

After the hypnosis session, the subject is brought out of hypnosis and usually remembers everything that he or she said. An audio and video recording is made of the entire session from when the subject meets the hypnotist until the subject leaves his/her presence. There are other points about forensic hypnosis on our website at www.willardhypnosis.com/forensic.html.

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