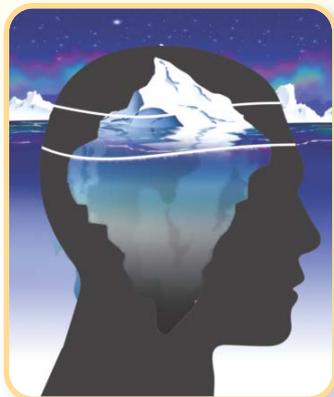


Is Hypnosis for the Weak Minded?



I will admit that ten years ago, I would have firmly agreed that only the weak minded can or would be hypnotized. Years ago I watched a television show where people were made to look like fools in front of the audience. It was suggested to one man that he had never heard the number seven and consequently could not count to ten even though he insisted he had ten fingers! "Well

you big gullible dummy" were the first words that came to my mind when he couldn't figure it out. It's funny how time and some education have changed my mind and now I might suggest that the words "weak-minded" be changed to open-minded.

We have had some highly intelligent people come to us for things they have tried for years to overcome. It is as if they are embarrassed because they feel they should be smart enough to figure out their own problems. These are people that are used to being in control and telling others how to do things. They don't want to be seen as gullible or weak. When we explain to them that it isn't a matter of intelligence and it isn't a sign of weakness they visibly relax knowing they won't be judged or be seen as less than who they are.

One example was a woman who came to us with the absolute dread of getting through her retirement party. For years she was the spokesperson for a large corporation and never had trouble relating to people one on one. This person was articulate, well spoken, highly educated and very good at her job. As her retirement party drew near, she realized she would be expected to speak in front of a large group of people and she panicked. When she mentioned her nervousness to several friends they laughed at her because dealing with people was what she did for a living! No one understood how much she was dreading her party when it should have been something she was looking forward to. It embarrassed her to just explain her fear because it seemed so irrational. Needless to say, after a few sessions, she embraced her party and was sent happily into retirement never to worry again.

In our smoking program, we normally get people that really want to quit. They have tried for years and can't seem to quit permanently. They keep saying, "I'm just not strong enough" or "I know how stupid I must seem to keep smoking when I know how bad it is for me." After explaining how we can help, they are so relieved to know that it isn't stupidity or a weakness on their part. In fact, after most people quit smoking they often come back to us for other issues as well.

Douglas Bell, R.Ph, C.Ht

I think one of the most important lessons we can learn about ourselves isn't what we are good at but truly understanding what we are NOT good at. That's where hypnosis comes in. When you truly understand yourself and see where you may be lacking, we can help you get through whatever is holding you back.

With most alternative health treatments, there are always going to be those who smirk at the idea of anything other than traditional medicine. They are usually the same people who complain about the horrendous cost of health care. Ironic, isn't it?

Remember the Life cereal commercial with Mikey? "Get Mikey to try it. He'll try anything." I think Mikey was the open-minded one. After all, he was the one smiling. "He likes it! Hey, Mikey!" ■



Douglas Bell is a graduate of the Hypnosis Motivation Institute in CA. He has special hypnosis certification in weight loss, smoking cessation, hand-writing analysis, chronic pain management and past-life regression.



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