

Healing What's Real

Expanding Your Personal Power
with Mind Over Matter Techniques

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The Left Side
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Introduction

THE PRIMARY REASON THIS BOOK EXISTS is because we have fear—Fear surrounding finances, intellectual limitations and abilities, the physical body, social interaction from the most intimate to the most platonic, and spiritual connection. These fears have actually created economic growth in the United States in areas like pharmaceutical companies (popping a pill quickly to “get well”), fast food (eating quickly for comfort), and more. Are pharmaceutical companies, fast food, and others bad? Not when taken in moderation. Do mind over matter concepts like hypnotherapy, self-help training, this book, and others, cost money? Yes. Do you increase your personal power with more tools to overcome missed understanding and fears when integrating both? Another yes. And with this expansion comes inspiration and “ah ha’s” in all areas of our lives.

In the following pages I will take you down the road of holistic healing communication techniques that demonstrate the power of our minds. There are four important measurements that are involved when completely experiencing positive mind over matter results:

Language Clarity—intentional verbal, non-verbal and internal talk

Rapport—creating predictability, relaxation and trust (with yourself and then others)

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Active Visualization—creating physical reality from inside the mind and then out into the physical world

Self Actualization (the ultimate goal)—reaching of (and at peace with) personal potential in all areas of life

To set the boundaries, this text aims to tell you the basics of some of the mind over matter concepts I utilize (these, by no means, are the only available). Even more importantly, it shows how others are applying these to their lives. It will demonstrate how the subconscious mind embraces certain practices so that when you work with a partner, practitioner or professional you will know when you are experiencing rapport, effective language, and active visualization. The ultimate goals here are to create comfort and inspiration in all areas of life. Remember that we're always going somewhere, even if it's nowhere.

So *Healing What's Real* focuses on the premise that we create what's real. We process something and we label it “bad, good, sick, healthy, wealthy, poor.” It's all in what we decide to adopt into the deepest crevices of our subconscious. However, I will also clarify that we age regardless, but can do this more gracefully and confidently with more tools. To create relaxation and peace of mind means no stress (one of the top killers in the U.S. today). Why put ourselves through any other pattern but “productive?”

Many times, I intuitively modify what I've studied to suit my clients' needs, as will be revealed in the sessions in this book. The reason I studied and attained certifications in “text book” practices in Hypnotherapy, NLP™, EFT™, Anodyne Imagery™, Astrology, Numerology, Birth Order, Feng Shui, Reiki... is so that I can apply these various techniques with confidence. I do require consent forms and client intake forms to honor and maintain a professional practice. Honoring professional mainstream and holistic practices, as a result of my credentials, I am professionally affiliated

with (at the time of writing this book) The National Board of Professional and Ethical Standards, The Society of Neuro-Linguistic Programming™, American Board of Hypnotherapy, Institute of Professional Psychologists (an associate member), and I'm a non-denominational (welcoming all faiths) ordained minister.

We will look at the mind over matter ideas and demonstrate their natural process. This will include introducing the dynamic history of Dr. Milton Erickson who learned, through his own physical pain, how to tap effectively into the subconscious mind to heal himself. Through his pain came medical breakthroughs that changed the face of Hypnotherapy and inspired Neuro-Linguistic Programming™. I'll share my personal story of overcoming a drastic spinal condition and others. In addition, we'll explore specific ways to apply mind over matter concepts through case studies from my and others work so you can decide what the best approach is for you. It is all your choice.

So, let's begin.

I. Why Holistic Healing Communication and How Have Other People Used it?

Erickson's Story in a Nutshell

REAL LIFE STORIES INTRIGUE AND INSPIRE me so when I heard of Milton Erickson's life experiences while on my path to master Hypnotherapy and Nuero-Linguistic Programming™, many mind over matter concepts fell into place for me.

Milton Erickson didn't talk until he was approximately 4 years old and was found at 6 to be dyslexic. But his challenges didn't end there. By 17 he contracted polio, was paralyzed and believed to be dying. As he recovered in bed, he was unable to speak, but could move his eyes as well as hear. Rather than give into boredom and take on a victim mentality, he watched people and his environment. He became very aware of the importance of non-verbal communication. One of his "ah ha" moments was when he noticed how body language, voice tone, and non-verbal expressions often didn't correlate with verbal communication.

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Then he began to notice how his younger siblings were learning to walk and talk, how they actively visualized to cause their bodies to react in certain ways. Then through his subconscious he recalled muscle activity in connection with moving his body. With, literally, nothing else to do, he concentrated on those memories until he was able to talk and use his arms again. He trained his body further to walk again.

Given Erickson was from a farming family, he was at a loss for how he could make a living. Since he gained so much life experience in connection with the mind and the body, being a doctor occurred to him. When finally attending medical school, Erickson was so interested in the mind that he received his degree in psychology while still studying medicine.

By the time Erickson was in his fifties he developed post-polio syndrome and was then partially paralyzed. He re-ignited his subconscious to regain use of his muscles but was bound to a wheelchair. He used self-hypnosis to manage the pain. He is a true testimonial of one who embraced and lived the concept of reframing the physical to create a different reality.

Among the people with whom Erickson would work was Richard Bandler, brainchild of Neuro-Linguistic Programming™ and Jay Haley who published *Uncommon Therapy* which took his work outside of the clinical hypnosis circle.

Erickson believed that trance is a common, everyday occurrence. Taking it to the lowest common denominator—even the animal kingdom utilizes trance states to accomplish its goals from hibernation to catching prey! Just one of many examples, when the groundhog goes into hibernation, its temperature drops to half its normal levels at just above freezing at 40 degrees, its respiration slows to one breath per minute,

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and its heartbeat slows from 110 beats per minute to four or five (*Animal-Speak*, Ted Andrews, Llewellyn Publishing, 1998, Pg. 280-281). Surely if a groundhog can relax and alter her physical reality then you can too.

Think about daily life—see someone reading, watching television, playing video games, running, walking, or playing a sport. They become immersed in that moment and go into a trance state. People don't recognize this as hypnotic, but when sitting staring at a screen, relaxing, maybe you suddenly stare straight ahead and hear and see nothing just for a moment. One of your children, your spouse, or a friend will snicker and wave his hand in front of your face to bring you back to the room. Say hello to trance. So how can we use this to solve problems and create more predictability in life?

Dr. Erickson lived and pioneered verbal and non-verbal techniques to extend and deepen trance to solve problems. There are additional theories that say that all states of consciousness are trances. It's semantics, really. For instance, when looking at physical brain waves:

BETA – NORMAL WAKING STATE OR FULL CONSCIOUSNESS

Visually, most jagged (highest frequency) brain waves (looks like a slightly opened accordion). The more anxious, analytical, and inner chatter you have, the closer to Beta you are. Still, many things reach the subconscious mind while in this state.

ALPHA – NORMAL WAKING CREATIVE STATE OR HYPNOTIC STATE

Visually, less jagged waves (looks like a partially opened accordion) than Beta, and a bit more relaxed. In this state there is less inner chatter, and one is relaxed and receptive, open to new information and possibilities.

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You experience this every day when listening to music, driving on the freeway (with no traffic), vegging in front of the television, walking, or soaking up the sun.

THETA – DREAM STATE

Visually, less jagged brain waves (looks like an accordion that is pulled out as far as it can go, showing some jagged edges). Many times you will see Rapid Eye Movement (REM) in this state, but this is still wakeful enough to experience very vivid inner imagery and this is activated by the practitioner by suggesting observation of visuals (like color, or light), smells, tastes, feelings (like wind, sun, or rain).

DELTA – SLEEP STATE

Visually, smooth, round brain waves (looks like rolling hills). It is possible to be in an awake trance with the client but she would have no idea where she is. Feelings of peace, or bliss with no imagery is what is achieved here.

Be clear that even normal consciousness is a type of trance.

Reference: Anodyne Imagery™ Practitioner Training Manual, from the National Board of Professional and Ethical Standards

Talking beta, a Kindergarten aged boy came to play with my youngest child and he had issues with being too rough. His parents said, “Don’t hurt anybody.” Well “don’t” means nothing. What the brain really hears is “**hurt anybody!**” My rule of thumb is take a look at the last few words of a phrase to know the true message that is being sent to the subconscious mind then dropped into the conscious mind for action. I changed the language when the rough houser comes to visit my house. My reframe instruction is “Be gentle.” This is a waking trance state with clear suggestion on positive intention. See how much you’ve learned in such a short time?

I. Why Holistic Healing Communication?

So taking more of a ying/feminine approach (some call this indirect) Erickson was a gentler, suggestive hypnotist. Rather than say, “You are going to relax now,” Erickson might say, “You are easily and comfortably learning how to relax.” It’s more like a partner than an authoritarian, being artfully vague so that the unconscious mind can fill in the blanks to produce the desired change. (Some old school practitioners say “3 2 1 now.” I have been known to use this at times as well. Just depends on the person and situation.) As a side note, Richard Bandler and John Grinder, co-creators of Neuro-Linguistic Programming™, used Milton as one of their models to identify NLP™ language patterns. More on this later.

To further demonstrate how the mind works, there is a confusion technique in hypnosis to bring people into a relaxed state. My first exposure to this technique was in a group setting. The group literally confused the conscious mind by walking in a circle around the person. Taking turns, we each said a line of text (embedded with words like relax, breathe deeply) and we made the mind so full and busy that it defaulted to the unconscious to make sense of things. The conscious mind shut down. This created a relaxed state. As a mother of three I can visualize a confused state pretty quickly seeing all three demanding, “Mom, I need. . . Mom, can I go. . . Mom, will you. . .?” Then the mind shuts down and I’m not hearing a word any of them are saying (say hello to alpha trance state). So this can be created by complex or endless sentences and many other techniques exist including a handshake induction of which Richard Bandler, NLP™ guru, developed his own variation.

There are many other techniques that have been developed, but the core idea comes with acknowledging and working effectively with the natural patterns of the mind.