

# Clinical Hypnosis

*Quantum Mind Energy*

The world's most unused personal energy source

Serving Australians since 1987

Your mind is your life



Retrain  
the brain



*Graham M Killoran*  
CONSULTING PSYCHOLOGIST



## KILLORAN PSYCHOLOGICAL SERVICES

Serving Australians since 1987

Organizational, Clinical and Sports Psychology Clinical Hypnosis, Human Resource Consulting & Training

Clinical Hypnosis The "Strategy Series" 12 CD & Sound file based Programmes

Confidential Human Resource Consulting

Reviewing, Developing & Implementing Life Strategies Behavioural Change

Consultation via email phone or Skype - by appointment and prior arrangement only

### CLINICAL HYPNOSIS – QUANTUM MIND THERAPY \* (Q.M.T.)

#### Tapping into our least used free positive energy source.

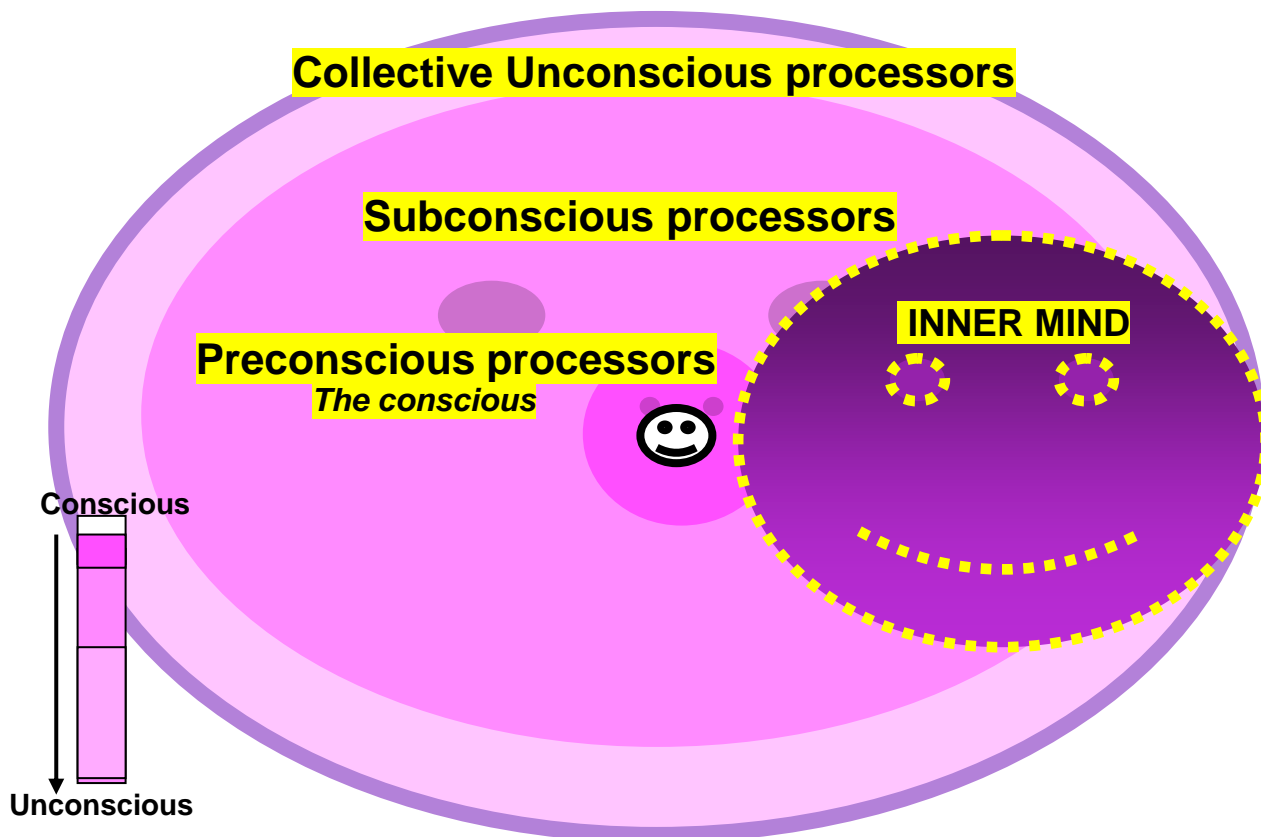
Hypnosis is a unique and powerful tool that your clinician can use in therapy to help you to change your thinking and behaviour. Issues/stressors/worries are reduced in their emotional content as you learn to approach them in a new way and deal with them differently.

**HYPNOSIS IS A NATURAL STATE.** According to a world authority on hypnosis Psychologist Dr Michael Yapko hypnosis is an altered state of awareness or consciousness into which we probably all move in and out of perhaps several times a day. During the process known as hypnosis the person is neither asleep nor unconscious and neither are they actively engaging the outside world. Generally people doing hypnosis are very relaxed and focused their critical brain becomes less functional and sometimes temporarily suspended. In this highly relaxed and focused state a person can conceive of their world in a way that is free of the sometimes severe restrictions imposed by the more logical critical brain. In this state we have access to what Yapko calls the inside mind. The inside mind is thought to have a complete knowledge of our total being, perhaps every nanosecond of our lives so far is in some way accessible. Consciously we have difficulty in remembering and recalling some of our experience today, last week last month last year. Our conscious brain functions generally in a logical fashion. It interprets the world through our senses and attempts to make sense of the world through prior learning and experience. We call this consciousness. It is the experience that we have when we are awake and focused and taking in the sensory input around us. Things that are part of our unconscious processors are thought to be the deeper level emotional and dispositions, drives and elements (including perhaps genetic dispositional features) that we are generally unaware of. In this area also are things that we have experienced but forgotten about. The less deep level is where our subconscious processors happen. In this area it is thought that our attitudes opinions, standards, values, features of personality and experience, including learning, most of these is in some way known to us even though we may not consciously remember them all of the time. The levels of processors that are just below consciousness are considered to be preconscious processors in this area may be skills that we use every day e.g. driving a car. Our Principle Psychologist Graham Killoran says that "Our mind can be considered to be a thoughts and feelings modulator mixing together all the sensory inputs along with the preconscious, subconscious and unconscious processors of the mind". Much of our behaviour (particularly in personal matters) seems to be determined by subconscious and deeper unconscious determinants rather than critical brain activities. We certainly engage the critical brain to justify our actions. Hypnosis is a sophisticated clinical tool which embodies positive psychology through its emphasis on finding and amplifying peoples' resources for better living. Dr Yapko has said that the word "hypnosis" conjures up many different ideas and reactions in people. If you have seen examples of the ways hypnosis has been used to help people manage pain without drugs, or overcome debilitating psychological symptoms, then you already know something about its clinical value and why it is worth using in your life. Hypnosis can be used to help people deliberately focus and develop techniques to better manage physical processes or to deal directly with troublesome symptoms through a direct response to "mere" suggestions.

**The study of quantum mechanics** has for some time involved consciousness. The intervention of conscious thought in material reality. It has been established that electrons and fullerenes (a form of carbon made up of up to 500 carbon atoms arranged in a sphere or tube) cease to show their wave properties and unstable particles freeze while going through their decay, under the watchful eye of the observer and these processes recommence once observation by the observer ceases and cameras view the process. Does this not mean that the mind can affect material objects? Both Carl Jung (a contemporary of Freud) and Wolfgang Pauli (Austrian physicist and Nobel laureate, a later pioneering researcher in quantum mechanics) both said that the laws of physics and consciousness should be seen as inseparable and complementary?

## THE INNER MIND

**YOUR MIND KNOWS ALL ABOUT YOU AND KNOWS EXACTLY WHAT NEEDS TO CHANGE TO REDUCE YOUR PAIN OR CHANGE YOUR LIFE EXPERIENCE IN AN IMPORTANT WAY.**



- ψ **We have all** experienced an altered state of conscious in our daily lives. When reading a book or daydreaming in class, therefore we are already experienced at entering a hypnotic state.
- ψ **Our thinking** critical consciousness thinks in a logically fashion and cannot be expected to understand feelings and emotions and pain. The conscious brain forgets most things we do every day.
- ψ **It is sometimes difficult** and even painful to understand and to accept one's feelings. We often seek logical explanations for how we feel without first getting in touch with and accepting our feelings for what they are.
- ψ **Raw feelings** like anger have more specific underlying emotions and it is important to get in touch with these underlying emotions so that they might be understood and dealt with constructively.

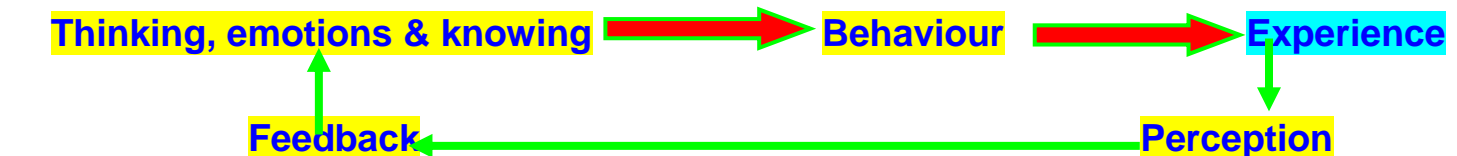
**E.g. Emotional responses to unfairness or injustice may be the cause of the less specific general feeling of anger. To express anger in this case could be destructive and would not give expression to the true causal emotion. We must identify and acknowledge our real issues if we are to deal with them.**

**mind energy - the most unused power on the planet**

Cambridge University studies published in the British Medical Journal over the last 15 years indicate that the mind is separate to the body and so therefore is not primarily located in the brain. Graham Killoran puts it this way “The brain thinks (remembers & forgets) the mind knows everything about you and is the facilitator for the hypnotic process” What and where is the mind? It has been proposed that the mind is a kind of mix of our consciousness, subconsciousness, and unconsciousness memories. Our mind is perhaps our brain its thoughts and memories and experience modulated by our interactive life. It may be this and much more! Could it be that part of us that knows us from birth and will always empower us to act in our own best interest if we pay attention? Is it in our brain where our senses perceptions and thoughts appear to be located? Is it something that is with us from birth that seems to observe our lives and modulate with our life from time to time to assist us? Is it the bit of us that university research suggests persists beyond clinical death? Is it our soul? If it is any or all of the above, is there a single or multiple physical location/s for the mind or is it a part of our DNA and located in all cells of the body? Perhaps searching for a physical location for the mind is missing the point completely!

**Our experience changes the way we perceive the world around us and consequently provides us with different thoughts & more behavioural choices.**

**Sometimes we fail to act on our perception and feedback and keep repeating unsuccessful behaviour. This is in the worst case mentally unhealthy!**



**Our experience only changes when we think differently and do things differently.** It seems illogical to expect a different outcome if one's behaviour is not modified by experience. Repeating the same behaviour and expecting a different outcome is perhaps a sign of mental dysfunction. Some people seek to change perception rationally and when the rational does not work they may deny or distort perception to fit their interpretation.

*Part of denial or distortion may also involve a lack of response. e.g. if I deny that I have a substance abuse problem I may simply not do the things that I know are appropriate such as not going to places where I will be coerced into using. I will go to such a place because I have decided that since I don't have a problem I can control when and where or if I use. Naturally I will find an excuse for using whilst I am there.*

Acceptance that I have a problem may lead to avoidance behaviour where my way of dealing with the problem is through avoiding and not go where I know I will be tempted to use. This works fine until I accidentally encounter a situation where I am tempted to use again. I may then say to myself that I am strong and now do not have a problem anymore so “one won't hurt”, “I'll just have one” is a big lie. To a drug or alcohol abuser 1 always equals 20.....and so we revert to previous habits.

**Both the above rational approaches will fail.** The biggest lie that an alcohol or other substances addicted person can tell themselves is that “one won't hurt” or “I just use **recreationally**” or “I don't use every day”. To an alcohol abuser one drink = many drinks they cannot stop at one! Episodic use is in some ways worse than using every day. Episodic drug or alcohol abuse is still drug or alcohol

abuse! It can be harder to deal with because the person involved often uses the fact that he/she doesn't do it all the time and they hold down a job as an example to prove that they are not addicted. They are deluding themselves that they do not have a "problem" of addiction!

**MIND ENERGY:** Science has shown us since at least 1918 that your mind can effect objects and heal your body but it is an inconvenient truth that if stated by a professional may bring condemnation. Dr Lissa Rankin M.D., during a recent talk, explained the reality of healing with thought alone. It seems that the placebo effect has great power over the way we think and function, repairing our imperfections. This talk has shaken the medical profession. Doctors have a problem believing their treatments and medications could potentially become useless. If the mind heals the body and itself, then this is true. **Tests and the Truth** of course, the only way to convince those who may be a little sceptical would be to reveal the results of the latest placebo tests. People of various diseases such as HIV, cancer and heart disease, 3500 to be exact, were tested using the mind healing placebo effect. After the test was completed, the illnesses were improved or healed completely. According to a paper published in the Journal of Projective Techniques in 1957, a man called Mr. Wright was given a medication and told that the drug would cure his cancer. After taking the medication, his tumours' shrunk drastically. Upon realizing the drug didn't really work, his cancer grew again. He was then administered, what he was told, was a better version of the same drug, and his tumours shrunk once again, half the size! Unfortunately, news broadcasts reported that all versions of the drug were worthless. The next day, the cancer patient died. Because of his beliefs, his mind took control over every aspect of his body and repaired what was wrong. When the placebo was revealed for what it really was, the doubts, depression, and frustration defeated the patient's will to live.

**Comfort for Healing** It has also been understood that patients suffering alone are not as likely to survive as those who use health care. Doctors and nurses do more than administer drugs, they also provide comfort during the illness. Even when these doctors may be administering fake treatments, they are also providing a positive environment, which the body needs.

**What the mind can really do** The mind basically works through stress response and relaxation. There are many stress indicators throughout our day which contribute to an unhealthy system. Relaxation stimulates the brain to heal from the stress. When these things are out of balance, they can produce illnesses or make us more prone to contracting illnesses. Basically, the body's defence system is not at peak performance when the brain is occupied with other issues. In balance, the brain can work wonders. Not only can the mind heal illnesses of the body, it can also heal itself. The mind can do many things like cause hair to grow back and heal irritating issues that aren't necessarily deadly. With this being said, since the essential idea of staying healthy and living a long life seem to come from the power of the mind, it is obvious that our environment plays a huge part in how we think as well. Surrounding yourself with positive situations and people may just be the secret to maintaining a healthy body and stimulating the natural human control centre — the mind.

**HYPNOSIS** can be used to help a person become aware and mindful of the possibilities for change in their life. They begin to make new behavioural choices and change the way they see themselves. They can begin to develop a new plan for their new life going forward (i.e. to develop a new self-image and then to behave consistent with this new view of themselves.) The new self-image leads to a new experience which further alters the person's self perception and this new way of seeing themselves and new behaviours eventually becomes part of their everyday life.



*We help you improve your lifestyle!*

*Eliminate BAD HABITS!*



Ph 0741262224 Mb 040 911 9445

Website: [www.mypsychologist.com.au](http://www.mypsychologist.com.au)

Email: [graham@mypsychologist.com.au](mailto:graham@mypsychologist.com.au)

Skype: [mypsychologist2](#)