

# Omega Method

*www.omega-method.com*

**Medical Clinical  
Hypnotherapy**



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This booklet should be read cover to cover before the end of the series.

## CHANGE YOUR MIND ...

Hypnosis is a voluntary act. You can only be hypnotized if you want to go into hypnosis and are willing to follow the hypnotist's instructions. When you do this, nothing can keep you from going into hypnosis and everyone can be hypnotized if they want to be.

You are not asleep or unconscious during hypnosis; you are always aware and able to hear, to talk, and to make decisions. You are intentionally accessing the hypnotic trance that occurs without intent, probably several times a day.

Hypnosis can create powerful positive changes in your life when you hold a positive mental attitude toward a suggestion offered to your subconscious mind.

### HOW HYPNOSIS WORKS

#### I. Conscious Mind/Logical Mind

##### A. Analytical Reasoning

- This is the part of us that looks at simple and complex problems and gives us the best answer.

##### B. Rational Reasoning

- This part must give us a reason why we behave in any particular fashion.

- Unfortunately the reason is never original.

##### C. Will Power

- Will power is the fuel that initiates action towards a given goal.
- Will power is always short lived.

##### D. Working Memory

- The working memory is the place we store the information that has been drawn from the long term memory

- The working memory is located in the conscious mind for use at any given moment

#### II. Subconscious Mind/Computer

##### A. Long Term Memory

- This is where we store the memories of everything that has ever happened to us.

- Everything that we have every heard, seen, smelled, touched or tasted since our brain was formed.

- It is the information that determines how we react to any situation.

##### B. Habits

- Good Habits - saying thank you, getting exercise, and keeping clean.

- Bad Habits - smoking, eating wrong foods, and biting fingernails.

- General Habits - How we respond to the phone ringing or a doorbell.

## Wealth

Like everything else in your life, Wealth is a matter of consciousness; And consciousness is a matter of Mind. In order to become wealthy, and more importantly, to remain wealthy, you must develop a 'wealth' consciousness. You must 'be' before you can 'have'.

## Health

Again, this is a matter of 'consciousness'. Believe it or not, your body is always trying to become perfect, whole and complete. It is continuously trying to heal itself. I believe if we left the body alone, that is, if we stayed out of it's way, dis-ease wouldn't be an issue. This intelligent organism (body) would be in a constant state of health.

Unfortunately, we have developed the tendency to impede



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bypassing your critical factor. Advertisers use that knowledge to suggest to you or to hypnotize you into buying their products.

Authority figures can also bypass your critical factors. For example, you will tend to believe people you look up to: those who you think know more than you do. This includes doctors, schoolteachers, preachers, and motivational speakers. All kinds of people bypass your critical factor. Anytime you're feeling a strong emotion such as love or fear, anger or grief, you are more suggestible. Things said to you, or things you say to yourself, will bypass your critical factor and become part of your subconscious programming. So you see, you don't have to be in any kind of relaxed state at all to accept suggestion. We call this waking hypnosis, and it happens everyday.

Hypnosis is all around us. Sometimes we have behaviors or feelings that we want to change that need more than just positive suggestions to change them. Phobias, panic attacks, and excessive behaviors are good examples of this. We don't develop phobias out of a habit, but rather because of some situation that frightened us badly in our past. Usually, this situation occurred during early childhood. For example, most people have fear of public speaking to some degree and many people are terrified of snakes, spiders, or heights. We learn these fears from early experiences sometimes long forgotten. With hypnotherapy techniques, we can remove the fear by changing the response where it lives in your subconscious mind. That's why hypnosis is so effective for these kinds of problems.

But you have to have the right attitude ...

Attitude is Everything

### Three Mental Attitudes Affect Your Hypnotic State

The mental attitude you hold when you hear a suggestion determines whether it goes into your internal computer in order for change to begin, or whether it's rejected and there will be no change.

1) The first mental attitude you can hold onto when you hear a suggestion is: "Boy I like that suggestion. I know that that's going to work beautifully for me!" Yes, and it will. You see this attitude means that you passionately want and trust the suggestion, and it should be allowed into your subconscious mind. And because the suggestion is

## Is Hypnotherapy A "stand-alone" Profession Or Only A Particular Kind of Therapy?

The use of hypnosis in medicine was first approved and recognized by the American Medical Association in 1958. Now it is becoming a leading edge profession that is helping people accomplish their goals for health, sports, business, and much more. Often hypnotherapy is found to be effective when more traditional therapies have had no significant affect.

At present, hypnotherapy can be considered a stand-alone profession where hypnotherapists work independently with their clients. It is also a profession that provides a service that is complementary to almost any other human endeavor (i.e., medicine, psychology, counseling, education and sports enhancement). Did you know that many Olympic teams use hypnotherapists? Did you know that some major league baseball teams use hypnotherapists to get their valued players out of a slump? Did you know that one of the fastest growing areas in hypnotherapy is in the area of natural childbirth?

## Who Should and Perhaps Should Not Use Hypnosis or Hypnotherapy?

The Hypnotherapist is the only professional who is trained to work directly with the subconscious and unconscious levels of the mind. This allows for astonishing successes when conventional attempts have failed. Hypnotherapy can be highly effective in

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Perception	Blindness
Awareness	Involuntary
Will	Power
Activity	Quiet
Light	Darkness
Objective	Subjective

Hypnosis is simply about making a change in the subconscious mind. This is very powerful because if a suggestion is allowed to go into your subconscious mind, then it has the power to change your beliefs and change your behaviors. So how does a suggestion get into your subconscious? In other words, how does hypnosis happen?

### **The Critical Factor of the Conscious Mind**

There is another part of the mind, which operates automatically when you are using your conscious mind. It is called the critical factor of the conscious mind, and it acts as a critic or a judge of all suggestions presented to you. Its job is to protect the status quo of your beliefs in your subconscious mind. This is an important function because if you didn't have it, anyone could walk up to you, say something, and totally manipulate you. When you hear a suggestion, your critical factor checks with your subconscious mind to see if that suggestion is in agreement with your existing beliefs. If it is, the suggestion is allowed to go into your subconscious and the belief is made stronger. If it isn't, the suggestion is rejected and there is no change.

You can really see the critical factor in action when you try to discuss religion or politics with someone who has different beliefs than you. Because the critical factor doesn't allow the opposing belief to enter the subconscious and you keep steadfast to your own thoughts. So how do we get suggestions into that subconscious mind? How can we effect change of belief and habits? We use hypnosis.

Hypnosis bypasses the critical factor of the conscious mind in order to open the door to your subconscious mind (i.e., your hard drive) and focus the mind to accept positive information in, such as suggestions. In other words, a hypnotist is a kind of human computer re-programmer. If an idea is permitted to enter into your

emission tomography (PET), scientists are showing that effects of hypnosis are different and more profound than the effects of mere imagination (The Truth and the Hype of Hypnosis, Scientific American, July, 2001). In addition to hypnotherapy done with a Hypnotherapist, universities are now mounting evidence that self-hypnosis can also be a powerful tool when learned from a qualified instructor (The Journal of Family Practice 2001; 50: 441-443).



### **What is Hypnosis?**

*The truth about hypnosis*

A relaxed, focused state of concentration. That is the definition. But the actual state of hypnosis is a little harder to define. Until recently it was assumed that it was similar to sleep, or that the mind was somehow unconscious. In reality, there is a specific

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(Note that because of the subjective nature of long-term memory, we never assume that a memory recalled in hypnosis was something that actually happened. We may address it in hypnosis as if it really happened, but we would never assume that it had.)

The subconscious protects you from real danger and imagined danger. An important aspect of your subconscious mind is your protective or self-preserving mind. Its job is to protect you against danger, both real and imagined. This is how phobias or irrational fears can develop. The subconscious mind is using a powerful emotion called fear to try to protect you from what it believes to be dangerous. For example, if a car swerves in front of you, your subconscious will jump to action and tell you to swerve to avoid it.

### **How the Conscious and the Subconscious Work Together**

The subconscious and the conscious minds complement each other; they work together, each doing separate tasks. Your subconscious registers your feelings and impressions, and promptly passes them on to the conscious, at which time they register in your awareness.

The only thing the subconscious can do is agree with you; it was designed by nature to be your servant. If you say, "I'm a terrible jumper," your subconscious will produce exactly what you tell it to produce. It cannot say No to you.

Think of the mind as operating like a computer. The conscious mind is like the desktop on the display.

Picture the desktop; what's there? The icons for files you are dealing with right now, and the ones you can easily access with the click of a mouse. Meanwhile, your subconscious mind is like hard drive that stores all of your files. Where the heck are they, anyway? Unless you're a computer expert, all you know is that they're in there somewhere, and they've got all my stuff! And you also know that without their programs, your information would just be mumbo jumbo.

Regardless of whether you believe your hard drive was empty when you were born or was already filled with thoughts and memories from lives past, it can still be reprogrammed.

that are happening with greater clarity and perhaps make better decisions.

### *Can hypnosis make me tell secrets?*

Not at all. You will not divulge any information that you would not ordinarily divulge. You always have a choice, and your brain did not stop functioning or reasoning. However, you may find that you discover some inner truths about yourself, or your situation, or some self sabotage, that you did not know about consciously. What this means is that your subconscious mind may have some inner programming going on that you do not know about that causes you to keep making the same mistakes, get sick, get angry, have rotten luck, or ignore important clues about your success or failure. The really good news is that when you uncover these inner truths that have been kept secret from your subconscious mind, your mind can no longer play that game. When the unconscious strategy is revealed, the gig is up. Your inner mind must now do it differently. The program only worked when it was in stealth mode. Here is an example. I had a pain in my back, between my shoulder blades. ??

### *Can Hypnosis make me do something against my will?*

Absolutely not. This is probably the biggest myth of all. Stage hypnotists seem to make people do strange things while hypnotized, but the truth is that these people are doing these things because they have a desire to be outrageous. If the stage hypnotists chooses their subjects carefully they will have willing participants. You will never do anything, or accept any suggestion that violates your morals or values. If that was possible, all the hypnotists in the world could make you go rob the banks and bring back the money. We would be rich, and rule the world. Obviously, this is not the case.

### *What if I don't wake up?*

No one has ever got stuck in a terminal state of hypnosis. It simply cannot happen. If the hypnotist left the room, or if you

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part of your mentality. In fact, most people go through their entire lives ignoring the fact that it exists. Meanwhile, with only the small 12% working for them, they wonder why life is so difficult.

Like an iceberg, the human mind shows only its tip. The rest is hidden out of sight, quiet, dark and ever obedient.

### **How do we know we have this much power?**

Any time the human body is traumatized, the power within is revealed.

Exhibit A: The son jacks up the car and it falls on him. His 100-pound mother lifts the car several feet off the ground, for several seconds, while her son rolls to safety. Where did she get the power and energy?

Exhibit B: Jackie Kennedy took enough Ametol when her husband was shot to flatten a platoon of men, remained awake for three days and nights, completely overriding the effects of the drug. How?

Exhibit C: Your riding and jumping are flawless and you consistently experience peak performance, without ever thinking about it. How?

We can allow the mind to function as it was meant to function when we discover how it operates. Reaching the subconscious requires no effort, no concentration. It is a matter of allowing, not forcing. You allow yourself to relax and then you are in the most receptive state of consciousness.

The subconscious cannot think or reason, and it cannot argue. It can't judge the merit of an idea, either. But it can do something very powerful. It tells you whether something is smooth or rough, hot or cold, sad or funny, and painful or pleasurable. It feels. The subconscious is your emotional mind. You have feelings about everything in your life, but most of the time these emotions are beneath your conscious awareness, in your subconscious mind. Ordinarily, whenever something triggers an emotion, the subconscious opens up so you can feel that emotion consciously. As human beings we all get to experience the full range of emotions, and that can't be helped. You learn emotions in different ways. Not all are learned by direct experience, but are learned by watching them.

It can be the one most important tools to change the way your mind experiences your world. If there ever was a magic wand, that could help you change anything about your life, your health or your behavior, this might be it. Good Hypnotherapists know how to gently release blocks and fears, and create a new inner belief that will set the wheels in motion to make changes in the way you think, feel and behave.

We are constantly hypnotizing ourselves. I think that sometimes we are our own worst enemy, when we call ourselves names, or put ourselves down and reinforce fears and limitations. It can get to be a habit and if you do it long enough you will develop a belief that will get the results you ask for.

For instance, if you think you have a bad memory, or believe that your memory has to get worse as you get older? maybe it is at least partly due to your constant reinforcement that goes something like this:

Boy my memory is getting bad I am so bad at names

I will never remember that, you better write it down

My mind is really going downhill

These are suggestions. It is just like suggestions that I would give you during a session in my office, in that they will create the effect you are asking for. If you come into my office and pay me to hypnotize you for a better memory, I am going to make suggestions that:

Your memory is getting sharper every day

You are very good at remember names, it is easy for you to instantly recall someone's name

You will easily remember those things that are important

Your mind is getting sharper and your memory better every day.

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This rational function is important because it allows you to conjure up answers to some very difficult questions. For instance, have you ever asked a smoker why he or she smokes? Your smoker-friend might say something like: "I smoke because it relaxes me and gives me time to pause and gather my thoughts." Even though this isn't the true reason a smoker smokes, it sounds rational and logical and the smoker can comfortably continue to smoke.

Note that the "rational" function is also the "rational-ization" function, which means it creates lies when you need them (like what your smoker-friend says). The sole job of the conscious mind is to think and provide judgments. And part of its job is to protect the feelings felt by the subconscious mind, which means it will LIE to protect the subconscious.

### **Willpower**

The next part of conscious mind is the part that we ask to do things that it was never really meant to do: this is your willpower. Willpower is your ability to control your behavior by stopping and thinking about that behavior first. If you stop and think about what you're going to say and do before you say or do it, then you are using your willpower.

Willpower doesn't work very well for changing habits because it's tiring to consciously think before you act for an extended period of time. The moment you let up, the habit comes right back! All of us have tried using willpower to change something that we dislike about our riding. Before coming to see me many of my clients tried to use willpower to change bad habits, such as looking down before their jumps or riding with too long of a rein, but they weren't successful. They all had the same result: a temporary success, followed by a rebound right back to the habit they were trying to extinguish. And sometimes that habit is even worse on the rebound.

### **Working Memory**

The working memory, or short-term memory, is the only memory you need to get through life on a daily basis. Once a bit of memory no longer serves a useful purpose, it just seems to disappear and we seem to forget it (although we don't actually forget it). And this is the way it should be. We shouldn't have to remember everything we've

Relaxation). This means that you start by relaxing your toes on the first breath, your feet and ankles for the next few breaths, moving up the body till you are totally relaxed. At this point, your body will begin to feel numb and you will feel very heavy. If you're familiar with meditation, this is the onset of a trance state.

I often get asked why anyone would want to experience meditation. People have different reasons, and I can only tell you my own. I learned how to meditate to quiet my mind and to stop thinking. Have you ever had a problem you just couldn't stop thinking about?

I used to stay up all night worrying about this and that, keeping myself awake because of my racing thoughts. Meditation to keep your thoughts in check is very important if you want to feel good about yourself. If you keep thinking about your

problems and worrying about what to do, you're only making things worse.

Now I'm not saying you should avoid your problems. That would be silly. However, thinking constantly about anything is NOT healthy. The mind needs time to relax in order to process new thoughts and ideas, and meditation can help you achieve this. When you're stressed out, getting a good night's sleep depends on being able to shut down your mind. An overactive mind will not get the rest it needs.

**Types of meditation:**

[Active Meditation](#)

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### Theta

This is where you are after that first 20 minutes when you were falling asleep, and before you are sleeping deeply.

Active dreaming takes place here (and its accompanying rapid eye movement [REM])

The level achieved when you are being hypnotized by someone else, such as during hypnotherapy or stage hypnosis (in other words, it is very difficult to attain through self-hypnosis). This is where you can create hallucinations, amnesia, and physical perception changes.

Deep programming takes place (For health, wealth, and Peace of Mind.

Characterized by deep relaxation and clear mental imagery. This is where you aim to go when you meditate. You can also experience painless surgery, dentistry, and childbirth in Theta.

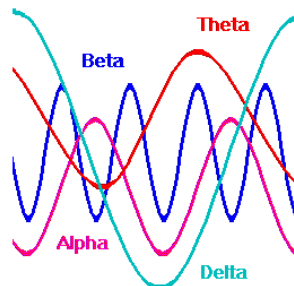
Brain wave frequency is measured at 5-9 cycles per second.

Tasks are so automatic that you are not consciously aware of what you are doing (like when you drive home and have no recollection of the actual drive).

### Delta

Deep, dreamless sleep. The body is completely at rest. No one knows what really goes on here.

Brain operates at 1-5 cycles per second (i.e., that's really, really slow)



The Brain  
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close your eyes but keep visualizing the candle. Your ability to accurately picture in your mind something you've seen is a great asset in meditation. You don't need something visual however. If you aren't the visual type, keep trying to focus on the FEELING of sinking into the chair.

### Dynamic Meditation

This, I believe, is the most powerful; most effective form of meditation. You are able to enter very, very deep levels of consciousness. In fact, when practiced regularly, you will be able to enter these levels in a surprisingly short period of time. Levels that have taken experienced meditators of traditional disciplines years to obtain. However, it cannot be taught by reading a book. You'll be learning this technique in this training.

### Now, more about hypnosis.

Hypnosis is a powerful tool that lets you explore your subconscious mind. By using hypnotic suggestions you will be able to reach deep states of relaxation.

Hypnosis is a method of accessing the subconscious mind in order to give it suggestions. Hypnosis is mostly effective with relaxation suggestions, since it's a natural response to having too much stress.

The Omega Method is a hypnosis program designed to teach you to control your emotional states as well as allow you to reach deep levels of relaxation and stress relief. By learning the self-hypnosis techniques taught in this program, you will be able to face any situation while remaining calm. Join the hundreds of others who have experienced the benefits of self-hypnosis, meditation and relaxation!