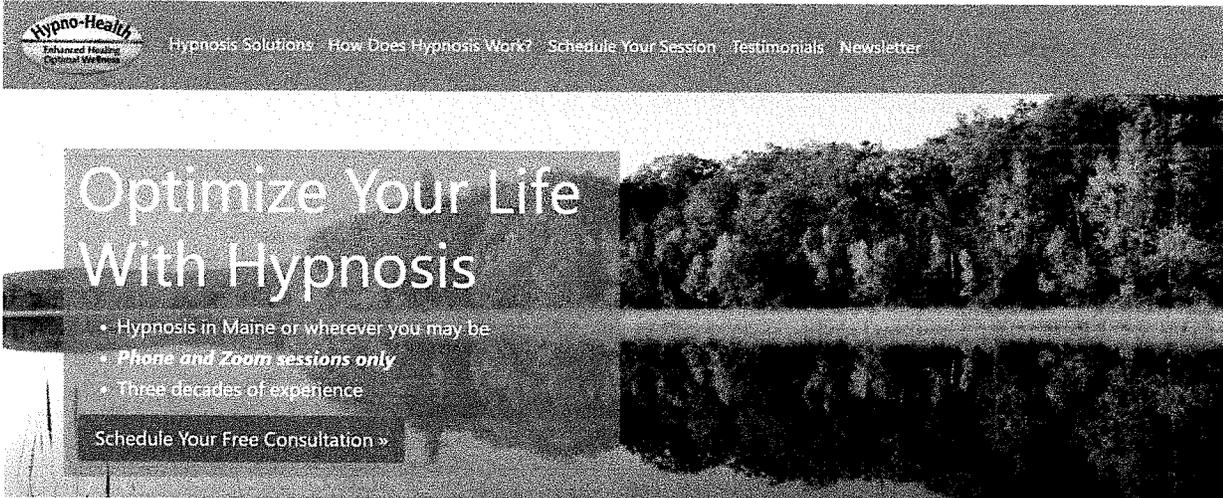


HYPNO-HEALTH WEBSITE: <http://hypno-health.net>



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## Optimize Your Life With Hypnosis

- Hypnosis in Maine or wherever you may be
- **Phone and Zoom sessions only**
- Three decades of experience

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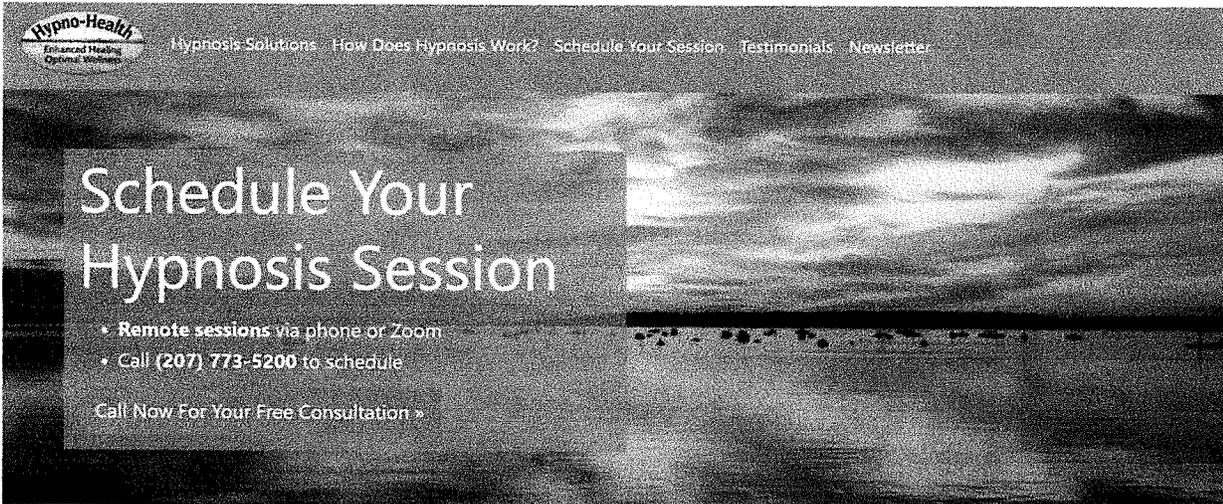
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## How Does Hypnosis Work?

- What are the key facts about hypnosis?
- How can hypnosis help you?

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## Schedule Your Hypnosis Session

- **Remote sessions** via phone or Zoom
- Call **(207) 773-5200** to schedule

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# HYPNO-HEALTH NEWSLETTER

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## DE-STRESS

"Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the flight-or-fight stress response." [1] Symptoms of stress appear both physically and emotionally as we react to their influence. Tension, tightness, and constriction take hold and can impact everything from public speaking and sports performance to meeting deadlines and savoring a delicious meal. "You become increasingly susceptible to tension headaches, heartburn, anxiety attacks, ulcers, heart disease and severe depression. Later, stressful events acting on an already weakened constitution, may be more serious or even fatal. Recent research shows that stress may set the stage for heart attack and sudden death caused by the heart's stopping - both of which occur in increasingly younger men and women." [2]

Being able to manage stress efficiently and effectively will: [3]

- Increase your energy and focus.
- Allow you to deal effectively with authority, roles and limits.
- Increase your tolerance to frustration during difficult circumstances.
- Let you adapt to change and prosper from it.
- Help you develop a sense of belonging.
- Let you show friendliness, care, and love.
- Allow you to enjoy recreation.
- Permit you to relax and sleep better.
- Free your sense of humor and ability to laugh at yourself.
- Let's you demonstrate a reasonable sense of independence.

HELPGUIDE.org suggests a variety of ways to manage stress: [4]

- Avoid unnecessary stress:
  - Learn how to say "no".
  - Avoid people who stress you out.
  - Take control of your environment.
  - Avoid hot-button topics.
  - Pare down your to-do list and prioritize it.
- Alter the situation:
  - Express your feelings instead of bottling them up.

- Be willing to compromise.
- Be more assertive.
- Manage your time better.
  
- Adapt to the stressor:
  - Reframe problems.
  - Look at the big picture.
  - Adjust your standards.
  - Focus on the positive.
  
- Accept the things you can't change:
  - Don't try to control the uncontrollable.
  - Look for the upside.
  - Share your feelings.
  - Learn to forgive.
  
- Make time for fun and relaxation:
  - Set aside relaxation time.
  - Connect with others.
  - Do something you enjoy every day.
  - Keep your sense of humor.
  
- Adopt a healthy lifestyle:
  - Exercise regularly.
  - Eat a healthy diet.
  - Reduce caffeine and sugar.
  - Avoid alcohol, cigarettes, and drugs.
  - Get enough sleep.

Hopefully, you will be able to use one or more of the above suggestions to improve how you deal with stress. If you find you want or need more help, remember that communicating with your subconscious mind can enable you to understand "why" you react to stress the way you do. You can release the connections with "why", replace them with perceptions of the way you want to deal with stress, and reinforce them so they become the new habit within you. You empower yourself to be proactive about dealing with stress, rather than merely reactive. Do this with self-hypnosis or seek help from a professional hypnotist.

[1] [www.webm.com/balance/stress-management/stress-management-topic-overview](http://www.webm.com/balance/stress-management/stress-management-topic-overview)

[2] Mini-monograph on stress prepared by the American Academy of Family Physicians and Drs. Morris B. Mellion and Robert S. Eliot.

[3] [www.hypnosisnetwork.com/hypnosis/stress\\_anxiety.php](http://www.hypnosisnetwork.com/hypnosis/stress_anxiety.php)

[4] [www.helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://www.helpguide.org/mental/stress_management_relief_coping.htm)

*Peace is not the  
absence of storm,  
But tranquility  
within the storm.*

Tibetan Monk expression



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Hypnosis, when combined with professional counseling skills (as at Hypno-Health), produces an ideal state for achieving your goals in a minimal amount of time.

Although approved for use by the British Medical Association in 1955 and the American Medical Association in 1958, hypnosis still suffers from misconceptions.

Let's explore some hypnosis facts and fictions:

- Hypnosis is not mind control, magic, unconsciousness or sleep.
- Hypnosis is a relaxed state of heightened suggestibility during which a person is receptive to "acceptable" suggestions.
- Hypnosis is a process which frees us from analytical, unbending thinking (conscious mind) and lets us use creative and imaginative resources (subconscious mind).
- Hypnosis is a tool used by (trained) hypnotherapists to stimulate the body's healing powers, resulting in self-healing and self-improvement.

**Q. What is it like to be hypnotized?**

**A.** Most people say being hypnotized produces a deep, peaceful state of relaxation. The feelings may vary from person to person and within one person who becomes hypnotized several times.

**Q. Is hypnosis safe?**

**A.** Yes. Hypnosis is a natural experience that happens to most of us each day. You easily go into spontaneous states of hypnosis when you become absorbed in doing something such as driving, working, reading or watching television.

**Q. Can a person be forced into hypnosis?**

**A.** No. You must want hypnosis and be both willing and cooperative with the hypnotherapist if it is to work and produce results.

**Q. Does a hypnotized person "lose control"?**

**A.** No. Actually it's just the opposite. You will only say and do under hypnosis what you would normally say and do in a fully conscious state. You cannot be made to do anything against your will while in hypnosis. You are in control at all times.

**Q. Does a person go to sleep in hypnosis?**

**A.** No, but all the muscles, ligaments, tendon, fibers and tissues of the body become deeply relaxed, just as they do during sleep.

**Q. Does a person become unconscious in hypnosis?**

**A.** No. Your senses are always alert and awake during hypnosis. You are aware of everything around you and you will remember everything after you return to full consciousness.

**Q. Can someone get “stuck” in hypnosis?**

**A.** No. Sometimes you enjoy the feeling of being in hypnosis so much you prefer to stay there longer. But you will return to full consciousness whenever you want to or feel the need to.

**Q. Is hypnosis more effective than consciously repeated affirmations?**

**A.** Yes. While conscious affirmations can produce desired changes, hypnosis is said to be 25 to 100 more effective. Because they compliment each other, however, you can use hypnosis and affirmations simultaneously.

**Q. How many sessions will I need?**

**A.** This varies with the individual and the degree or severity of the situation. People usually achieve success in an average of four sessions.

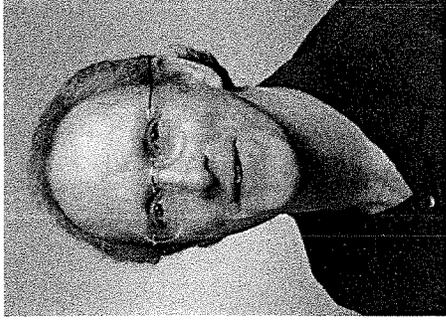
**Q. What is age regression?**

**A.** Age regression enables you to return to an earlier experience in your life and review it as it originally happened.

**Q. What is past-life regression?**

**A.** Past-life regression is like entering a time machine and re-experiencing, in exact detail, events in a past life. If those events are connected with and influencing an issue in this life, understanding and resolving them can do the same for the current issue. (These experiences rarely happen spontaneously.)

# Healing with Hypnosis



**HUGH SADLIER, M.Ed., BCCH**  
Board Certified  
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Since 1991

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## TESTIMONIALS

*"I have known and worked with Mr. Sadlier for the past two years in developing the Coastal Counseling Network. I have the highest respect for his clinical skills, especially his work with hypnosis and have referred several of my patients from my Bangor office to him because of my respect and trust in his skills.*

David Mills, Ph.D., Licensed Psychologist

*"My professional contact with Mr. Sadlier has consisted of referrals of three clients for hypnosis. I have been impressed with the high level of expertise and careful precision with which Mr. Sadlier conducts his interviews. At no time does he use inference or interpretation, staying closely with the content provided by the client, and organizing the material in a helpful and therapeutic manner. My meeting with Hugh revealed him to be a positive, energetic, straightforward . . . open, warm, and empathetic person."*

Joan M. Settin, Ph.D., Licensed Psychologist

*"Hugh Sadlier has my utmost respect and admiration as both a clinical hypnotist and counselor. He was completely successful in helping to end my 20-year addiction to nicotine by hypnosis."*

*"Under hypnosis, I was able to free myself from reliving traumatic memories. I have not had a single bout of depression during the past year. Hugh's work and caring are genuine, his manner professional. Hypnosis has proven to be very effective for me."*

### Professional Credentials

Certified Hypnotherapist, National Guild of Hypnotists; Additional Certification in Complementary Medical Hypnosis, Advanced Scientific Hypnosis, and Sports Hypnosis.

Annual attendance at fifteen hours of seminars and workshops to maintain hypnotherapy certification through the National Guild of Hypnotists.

M.Ed. degree in Therapeutic Recreation and Psychology, plus fifteen additional masters level counseling credits. Twenty years experience as a residential treatment recreation specialist, high school guidance counselor, and vocational rehabilitation counselor.

## A Sampling of Issues and Situations Improved by Hypnosis:

- Abandonment
- Abuse (emotional, physical, sexual)
- Anger
- Anxiety
- Arthritis
- Asthma
- Bed-wetting
- Cancer
- Childbirth
- Eczema
- Headaches
- Hopelessness
- Hypertension
- Insomnia
- Nail-biting
- Phobias
- Procrastination
- Psoriasis
- Public speaking
- Self-esteem
- Sexual dysfunction
- Smoking
- Sports performance
- Surgery
- Stress
- Test-taking
- Warts
- Weight

*“Through hypnosis, I help people make changes within themselves and in their lives that enable them to achieve optimal mental, physical, and emotional well-being.”*

**HUGH SADLIER, Board Certified Hypnotherapist**

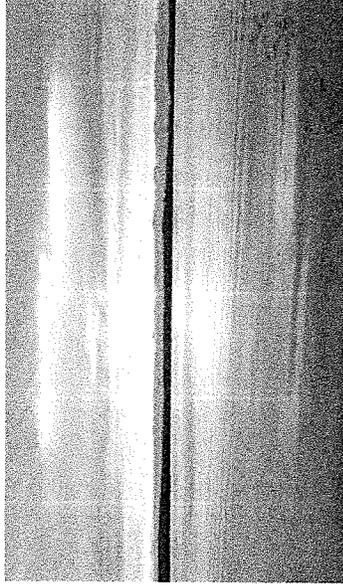
### **ARE YOU READY FOR CHANGE?**

If you're tired of struggling with an old habit, or if you want to improve your life in a specific way, consider hypnotherapy. Hypnotherapy works with the mind/body connection to help you make positive changes in your life.

By enabling you to access the life-long storehouse of information in your subconscious mind, hypnotherapy helps you reveal and remove the roots of your problems. Once identified, these negative influences can be eliminated to free you to accept new beliefs and adopt new behaviors. Rather than just dealing with and trying to control symptoms, you will have removed the underlying causes of your negative habits and beliefs.

### **HOW HYPNOSIS WORKS**

You begin by sitting comfortably and settling into a deep state of relaxation, similar to when your body is actually asleep. But all your senses remain awake and alert and you are in control at all times. You say and do in hypnosis only what you would normally say and do in a fully conscious state and you can return to full consciousness at any time.



hold. Old behaviors and beliefs are replaced with new behaviors and beliefs, and you take control of your life.

### **THE HYPNOTIST'S ROLE**

Board certified as a consulting hypnotist since 1991, Hugh Sadlier brings to each client session years of experience working with a wide range of issues. He carefully and skillfully guides you through the process, helping you delve deeply into your subconscious memories to uncover the influences affecting your life. Once you have identified the roots of your problem, he helps you fully understand and eliminate the negative impact of those influences.

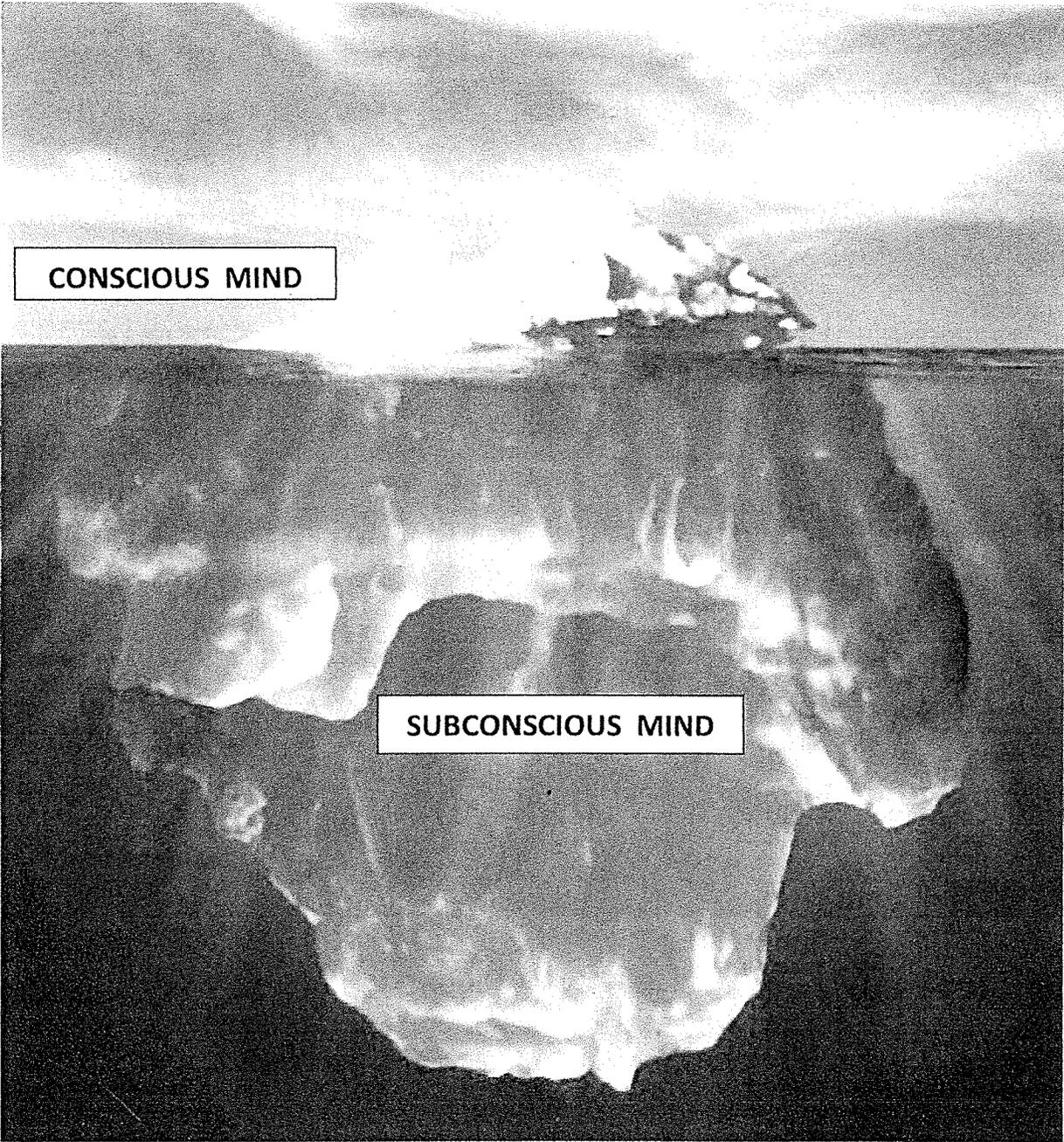
Then Hugh works with you to reinforce the changes you wish to make in your life using positive, repetitive suggestions, visualizations, and images to establish a new mind/body connection that will support permanent changes. And finally, he creates a customized CD/MP3 for your personal use and teaches you how to use self-hypnosis, so you can reinforce this work on your own.

Hypnosis usually takes about four sessions, depending on the issue addressed. Each session may be one to two hours in length.

When completely relaxed, you begin the work of by-passing the conscious mind and accessing information from the subconscious mind. Once you have brought forward the negative influences and eliminated their impact, you replace old beliefs with new ones, creating positive programs that take hold in your mind.

### **A THOROUGH APPROACH**

Using time-tested relaxation, visualization, and imagination techniques, hypnotherapy helps you uncover and eliminate blocks in your subconscious mind and create healthy changes within yourself. As you explore issues below the surface of your own consciousness, you discover even deeper connections. By releasing the impact of these connections, you release their influence on your beliefs and behaviors. Changes come easily and new intentions take



CONSCIOUS MIND

SUBCONSCIOUS MIND

## **Hugh's Four Rs of Hypnosis**

Recognize the roots of your issue.

Release the impact of the roots on you.

Replace them with positive thoughts, feelings, images.

Reinforce everything with your personal affirmation.

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**REINFORCEMENT TOOLS AND TECHNIQUES**

The following tools and techniques are integral parts of the change process after phone or Zoom sessions. By consistently using them for a minimum of four weeks, you will optimize your results. Remember: They all work nicely together, but techniques #2. and #3. are **much** more powerful than technique #1.

**1. FINGER-COUNT AFFIRMATION** (conscious state) should be done at least three times each day. During each series, repeat your "word(s)", out loud or in your mind, 20 times. Each time you say your word(s), touch the thumb of one hand to a different finger of the same hand and finally to the palm, thereby doing 5 repetitions. Repeat with the other hand and then with each hand once more (20 times in all).

**2. SELF-HYPNOSIS** should be done at least once (twice is even better) each day. The more you do self-hypnosis, the easier and more effective it becomes.

Begin by getting in a comfortable position (chair, bed, floor, even the shower, etc) where you will not be interrupted for about five minutes. Take a deep breath through your nose, as you exhale, close your eyelids, do your anchoring movement and return to your comfortably relaxed state.

Repeat your word(s) for conditioned response (out loud or in your mind) a comfortable number of times (you can't count while in hypnosis). Then, while still in self-hypnosis, imagine yourself at a fork in a road. Go to the road that represents the "former you", just for a moment; then make it disappear. Now go to the other road, representing the "new you." As you concentrate on the new road, positive perceptions of the "new you" come into mind and get powerfully reinforced. When ready, open your eyes: you will return to full consciousness feeling rested, relaxed and refreshed.

**3. "OK SIGN" TECHNIQUE** can be used in the conscious state if any aspect of your former habit tries to return. For about 30 seconds, press your thumb and index finger firmly together and, at the same time, say your affirmation out loud or in you mind. The combination of the neuro-connection (saying your affirmation) and the tactile connection (thumb and finger pressed firmly together) is so powerful it can prevent any aspects of your old habit from intruding. Repeated use of this technique can help the new habit become permanent.