

A Baby's Lullaby

By: Robert F. Otto C.Ht.

Rrrrrrinnnggggg. "Good morning, hypnosis office. How may I help you?" "I'd like to speak with Mr. Otto please," said a sweet, anxious female voice on the other end of the line. 'This is Robert, how can I help you?' I answered, as I quickly grabbed the phone with one hand and balanced a cup of coffee to keep it from spilling with the other. This is how I was demonstrating my agility as a good balancing act, while making my way through the front office one busy Monday morning. "Mr. Otto, my name is Janet Meck." The young voice continued, "I attended one of your sessions a few months ago for weight loss and I seem to have encountered somewhat of a problem. Would now be a convenient time to discuss it with you?"

This was the beginning of a new week and as usual my office, like any other busy office had its fair share of 'beginning of the week' telephone calls ranging from the inquisitive individual wanting to know more about hypnosis to what our office personnel liked to refer to as the caller 'extraordinaire'. Because I had just arrived at the office and literally had my hands full, I asked if it would be all right to put her on hold for a few moments as I made my way back into the personal sanctuary of my inner office.

After momentarily composing myself and wondering just what exactly the problem could be with our new caller, I cheerfully picked up the receiver for a little one-on-one consultation. "Now then, what appears to be the problem, Ms. Meck?"

"Well, she began to explain, I attended one of your weight loss sessions a few months ago. So far the hypnosis has been working wonderfully. The weight has been slowly melting away; exactly the way you described that it would in the hypnosis session. Overall, I am very happy with my outward appearance. I am eating all the right foods in the right proportions at mealtime. I am drinking plenty of water to hydrate my body and cleanse it of all impurities. I am doing exactly what I must do to lose at least 4 ounces a day. I have much more energy when I awaken in the morning and exercise daily without giving it a second thought. When I go to the grocery store I find it to be an amazing thing that I can walk right by all the junk food choices and automatically reach out for the healthy things that are wholesome and nutritious for my body's overall good health. Without even thinking about it, my arm, like a robotic arm that has been intricately programmed for success reaches for all the right food groups. The temptations for unhealthy foods are easily resistible and I have no desire for sweetening, fattening foods like I had prior to attending your seminar. My friends find it incredible that we can go out to lunch and I have the 'willpower' to decline deserts that, in the past have held me a captive prisoner of their decadent sweetness."

"It certainly sounds like you've had great success with my program. I can assure you that this is not an unusual occurrence. Many of our clients have shared with us that they experience exactly the same results you are presently experiencing. The program is designed so that it works in quite the same fashion

you've just described. So I am a bit confused by your telephone call. When we initially spoke you told me that you had somewhat of a problem. Can you elaborate a bit on what appears to be a problem for you?

"During your session" she continued on, "you spoke of the differences between the conscious and the subconscious mind. You also shared with us the way in which habits are formed. You told us that the subconscious mind doesn't know the difference between the truth and a lie and that if we can 'trick' the conscious mind into allowing us to implant a thin seed into the subconscious mind and then water that thin seed for at least thirty days or more, that we must have a success in weight loss.

Let me explain a little further. I first *conceived* the idea that hypnosis could help me shed some unwanted weight when a dear and close friend of mine successfully eliminated a seven-year, two-pack-a-day smoking habit with you a year ago with just one single session. I skeptically watched and waited for a relapse to occur and to my surprise it never happened. I was amazed at the results she achieved so effortlessly and figured if she could do it for cigarettes, I was sold on the idea that, I too, could have success with using hypnosis for weight loss. I certainly wanted to lose some of the weight I had gained after the recent birth of my daughter and figured this was the easiest way to achieve it.

I *believed* then and still believe in everything you had to say the night I attended. I felt the explanation you gave the group was thorough yet not so in depth and technical as to confuse most of us sitting in the audience. You made it all sound sooooo simple. I'm not sure when it happened, but at some time during your explanation I had light bulbs go off in my head and it finally dawned on me just how much I could actually *achieve* by appropriately using the marvelous mechanism of my mind with this phenomenon called hypnosis. When I left I was excited and filled with a renewed life force. I left with a feeling of invincibility. You led me to a personal epiphany and I was able to clearly see that anything was possible. I couldn't wait to 'walk the walk' so to speak. And here it is only a few months later and I am enjoying the benefits of hypnosis to the fullest extent possible. I can't thank you enough."

Now it was my turn "Ms. Meck, I appreciate the fact that you are literally a walking testimonial on the effectiveness of hypnosis. But lets get back to the primary reason for this call. Again, what is it that you wanted to discuss with me?"

"Oh, yes.... that!" (Whew, finally we were making headway.) "The reason for this call is that after you dismissed the group that evening you offered those in attendance a chance to purchase an audiocassette program on weight loss at a substantially discounted price. You said then that it was great re-enforcement of the session and that it was the 'lazy man's way to success'. I took advantage of the offer and purchased a tape for weight loss. As you instructed, I faithfully played the tape every night when I went to bed. I honestly believe that I can contribute a good portion of my overall success to listening to the tape as I fell asleep each night. Most of the time I never heard the end of the tape! It was as easy as you said it would be. But here's my problem. As I've stated before, I'm a new mother of a beautiful baby girl. When I first attended your seminar the baby was a newborn and still sleeping in a cradle in our room at the bottom of the bed.

Because she was still in our bedroom it stands to reason that she also fell asleep listening to your tape on weight loss every night when we went to sleep. Here it is a few months later and it's time for my daughter to go into her own room and that's where you come in to play." (Still at a loss as to where this conversation was going I patiently and tactfully directed her back to the original reason for the call.) "When we tried putting her in her own room", she continued, "she cried incessantly until I couldn't take it any more and brought her back into my bedroom. This went on for a few nights until I finally realized that my daughter was using your weight loss tape as a lullaby! She was hooked on your voice and your weight loss tape! It seems that now she won't fall asleep at night unless I play your weight loss audiocassette. As you can see I am clearly faced with a problem here. What do I do?"

I was both delighted and slightly relieved to know that there really wasn't any cause for alarm. There wasn't any imminent risk, harm, danger or problems that either Ms. Meck or her infant daughter was faced with. After a slight chuckle and a deep breath I responded to Ms. Meck's so called 'problem' without even trying to remove the deeply imbedded grin that had instantly plastered itself across my face. I simply suggested to Ms. Meck that we could design a weaning process for baby Meck. We would begin by weaning her from the tape slowly each day and continue by gradually decreasing the play time of the audiocassette until such time that she would be off of the audiocassette altogether. As a professional courtesy the very next day I instructed my secretary to mail Ms. Meck a second tape so that she could move baby Meck to her own room and begin the weaning process without the inconvenience of transporting the tape player from bedroom to bedroom.

I primarily share this story with you, not to boast of the phenomenal results my clients have had in weight loss using hypnosis. I share it with you to remind us all of how uncomplicated our successes can be. Ms Meck *conceived* the idea that hypnosis would work for her after skillfully watching her friend find success. She then *believed* in her own ability to successfully use hypnosis for behavioral change in weight reduction. And consequently *achieved* success in one of the most uncomplicated ways we, as creatures of the human race, have at our disposal. The simple, yet profound use of the marvelous mechanism called our mind.

In closing I leave with you a single thought to ponder. Do you think baby Meck will ever have a weight problem? Until next time, I remain hypnotically yours.