

Hypnosis and Love

By Larry Garrett

How many different emotions can you think of at this moment that you have experienced in your life? Where did all of these emotions come from? Were we taught to feel most of what we feel or were we born with these feelings? Are these feelings natural and all humans experience them? There is so much we experience during the course of the day we could fill volumes with the many different emotions to describe the way we feel! Minute by minute they change and we switch into another mood. We attempt to stay stable and yet we seem to lose control of feeling good and often fall back into feeling uncomfortable. But are emotions all different or are there just variables of the same feelings with different words to describe them? We often give a label to interpret every feeling we experience. We say words such as I am happy, I am sad, I am down, I am feeling up, I feel sick, I feel great, I am worried, I feel confident etc, We even have drugs designed to inhibit certain emotions and drugs to release others. We can use drugs to bring our emotions out strongly and then use another drug to slow the same emotion down. Maybe as you read on, you may even choose to think of many emotions relating to you. For the purpose of simplicity, I would like to narrow all the emotions you have heard of or experienced to two, "Love and Fear!" That's right, just two!

The rest can be viewed as nothing more than an extension of these emotions. We can label many other emotions and then classify them as either love (such happiness, joy, bliss, feeling good, inner peace) or fear (such as anxiety, concern, worry, depression, anger). Once we learn to use love and fear appropriate to our needs, we can then learn to conquer most emotions. We can even strengthen the emotion of love! Strengthening the emotion of love will allow us to accomplish literally anything we set our mind to. With love, all doors open to us!

Of course, there will be those individuals refusing to address the power of love, often sighting fear as a stronger energy. In fact, some will use fear to avoid love. Maybe for this reason, we view the power of love as having more power than any other emotion. If the fear of love is so strong that we use a fear to avoid love, then we must explore this power to understand why so many will choose fear over love in their life. You might think most people don't choose an emotion, but on an unconscious or subconscious level, there is a choice being made to choose fear over love! Maybe we fear how love will change our life. If love is so powerful and so desired, why would so many run from love? Our world is run by fear and when fear exists, seldom is love even a consideration. Speak to someone who is angry or fearful of love and they will often laugh at you if you speak positive of love. Or is it a nervous laughter of fear?

If you were to observe the power or the lack of power fear has, you would view the energy of fear as crippling, inhibiting, rejecting and maybe even passive. You can see fear has no power, only the assumption of power. It is actually a weakening emotion. Often when we experience fear, we give up something we would like to do or would like to have. Maybe looking for a new position professionally or looking for love will be immediately inhibited or even openly rejected if we have fear. Fear will weaken us. Yet we use fear to keep from doing something as though by using fear, we are using it as a strength factor. Fear protect us subconsciously as though it is a valid part of our consciousness that helps us. Fear might not always be a rational help, but it does help us. If you have a fear of high places, you will never go up on a roof of a building and if you don't go up on the roof, you won't fall off. That is the protection! If you view fear when it is attempting to escape from us, you will notice it will immediately convert into anger. Fear that does not have an outlet will often appear as anger. When someone expresses anger to you, look a little deeper and you will notice a root of fear existing. Anger also has a factor of protection to the subconscious mind. Anger appears as though we are strong. When we are angry, an aggression forms in our body and then our mind becomes very active as though we are going someplace different then where we are. We may even become confused and say something we didn't mean to. Anger is an extension of fear and it shows itself to protect us further with a stronger energy than the energy of fear.

If anger is not satisfied in its expression, it will begin to reduce our energy both physically and mentally. We may become weakened into a feeling boredom or even depression. There may even be a complacent or weakened feeling as we become void of energy, feeling sad or down for no apparent reason. Could it be that the emotion of fear and anger depleted the energy from us?

Imagine you walk into a room and as you walk in a friend is hiding behind the door and jumps out and startles you. Your first reaction is to scream or jump with a fear of "What was that?" Within seconds, you convert the fear into anger as you scream out to your friend not to ever do that again as it wasn't nice. These words were expressed to your friend with anger! As soon as you expressed this anger, within moments you alter the anger to a feeling of remorse and you are now experiencing guilt for screaming at your friend. You begin to think your friend is really a great friend and didn't mean anything by it. You know it was only a joke. How inappropriate of you to scream at your friend as you did! You feel terrible having been angered at your friend for such a trivial issue and you begin to feel guilty for something that originally scared you. This is an excellent demonstration of how fast fear, anger and depression or guilt can manifest itself within your mind.

I am sure this example gives you something to think about. Within seconds or minutes, we went through all three emotions. This occurs in everyday life experiences for many of us. Things like getting ready in the morning, driving to work, dealing with co-workers and even when you get home in the evening can

create fear. Traffic might create a fear of being late and then you get angry because you do not want to be late. It removes your feelings of control and introduces more anger. Maybe a co-worker is not living up to your expectations. You get angry at them and later feel bad you did. Without us being aware of these experiences of life, we can create fear, anger and down feelings continually. The example of the friend behind the door that jumped out at us is a great demonstration of this lack of awareness of how emotions take over. First, we get fearful then we get angry to protect our self or we retaliate. We then become weakened by the energy we used up for no apparent purpose other than the old "flight or fight" story. The "flight or fight" was a natural experience that humans had during the caveman days. If the caveman or woman didn't like their next door neighbor, they would kill them or run. We no longer need this reaction, yet it is still in all of us. In today's world, we cannot run or kill so we just sit there and deteriorate our bodies and mind with stress. We hold energies in that are meant to be released and then we begin to destroy our mental and physical system. Is there a solution to this nonsense of purposefully hurting our self by using fear and anger to exist?

The solution is to learn to feel love more often. The greatest challenge for most is that love is not easy to show or even experience. It is almost as though to experience love, we need to get past the fear of feeling love. This sounds contradictory at first, but it is what we do. Yet to experience love means we will have no fear. How ironic it is to battle fear to feel love and by feeling love we would eliminate fear without a struggle. Could we remove most fears by learning to love?

I suggest a way to feel love easily without fear. It is available to all of us at any time with hypnosis. By becoming aware when you are in the hypnotic state, you will notice that there is a feeling of calm, peace, clarity, and even a feeling of love. Yes, that's right. When we are hypnotized, we feel loved! Use your imagination and memory and go to a time when you felt loved. It could be by a parent, a partner or a special friend. It could even be when you were a child or later in life. It doesn't matter when, just let your memory go to the moment you recall feeling loved.

First, think of this person showing you love. Next, attempt to bring the feelings back of what your body felt when you were feeling loved by this person. Did your body feel relaxed, energized, calm, vibrant, alive, well, young and more? Most likely you felt some, if not all, of these feelings. You might have felt a physical glow surrounding you with an awesome experience. Now as you recall your body feeling loved, allow your mind to experience the feeling of love by paying attention to the bodily feelings. Now you may notice your mind feels an experience that you could do anything. At this moment, you could accomplish any goal you would set out to accomplish. At this moment of recognition of feeling loved, you can imagine there is nothing too big or too tough. Your mind, when feeling loved, has the ability to feel and know all there is to know. Nothing

else is needed at this moment. As you accumulate this experience in your mind, notice the similarity of the feeling of when you are hypnotized. When the hypnosis experience of hypnosis is completed, you often will feel a glow of inner peace as you open your eyes. It is very similar to feeling the glow and inner peace of love. Maybe you feel fear because love makes you feel too strong and you are not sure how to handle all that power. If you feel loved, will you choose a different style of life? By feeling loved, will you feel as though you could have anything and everything you want and become more confident? Will this change your life? Will it upset everyone close to you? Maybe with these examples you can observe why it is easier to feel fear than love. Love will create major changes in your life because you will feel a confidence you have never known by knowing love.

When we are hypnotized, we are feeling loved. When we feel loved, anything is possible. This could be with self hypnosis or being hypnotized by another. The feeling of being in that hypnotic state is definitely much like being loved. The power of love is readily available every time you are hypnotized. I am sure that this explanation gives you something to ponder on! It seems to imply if you can learn to recognize the feelings of being hypnotized and compare them with the feelings of being loved, then you have just learned another great skill with hypnosis. You have learned to create the feelings of love without the fears that may have been associated with love. If you learn the feelings of love, then more is possible in your life. You gain a new found power. Remember, fears can inhibit or restrict you from what you want in life. Love never restricts you from anything. Unconditional love will be your next goal. If you consistently practice using hypnosis or self hypnosis to learn the feelings of love, eventually unconditional love can be had. Of course many will dispute unconditional love as though it cannot exist. Can you love a murderer, a rapist, a terrorist? Of course these and other issues we don't agree with in life would seem to be difficult to love, but maybe start with small stuff and then you will work into having an easier time of loving easier and more. There was a man named Jesus that seemed to have it together and loved all unconditionally.

*For more insight,
Contact Larry Garrett
773-395-6100
www.garrettwellnesscenter.com*