

Creating Change

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Change is perhaps the only constant in the universe. By choosing to consider this point, even for a moment, we have in some way changed. Now perhaps it is because we are intelligent and curious that consideration of new perspectives is an expected and “unchanging” quality we possess but: We are in a continual state of change!

How do we create the changes in our lives? What can we do to enhance our ability to succeed? These are questions we all address. We have the ability to enjoy life and naturally desire to do so. By crafting our choices and using our abilities, we enhance our lives and create success.

Motivation is a key factor in any success. Many people are motivated to change by discomfort: “I don’t want to get cancer” or “I don’t want to feel this way.” Often we know more about what we DON’T want than what we do want. When our motivation to change is to move away from discomfort the power of our motivation lessens as soon as we begin to succeed, because our discomfort becomes less intense. When we determine to change as a method to achieve a goal, our motivation and excitement continue to increase as we grow closer to success.

While motivation is the energy which propels us toward our goals, clearly understanding what we want is how we know where we are going and are able to realize the small successes along the way.

A smoker may begin with the thought “I don’t want cancer” and then reconsider what that really means. Perhaps the desire is better health and being able to climb a flight of stairs while breathing easily will be a recognizable measure of improvement. Here, by responding to “away” motivation then clarifying desire (better health), and incorporating a marker (easy breathing) we set a goal and create success.

Will-power is a facet of our conscious mind and is capable of amazing things. However, when we are considering changes that are deeply rooted, we may find that continued success depends upon more than will-power. Consider that as soon as our will-power slackens we return to our old behavior because WE ARE PROGRAMMED to act in this way.

Imagine that when you were very young, others were picking on you and then you noticed that larger people weren’t so attractive to bullies. You begin to put on weight to protect yourself and sure enough as your size increases you are picked on less and less. When conflict develops between feeling safe and feeling healthy, will-power can try its best but until the program is changed the old behavior will return again and again. Our subconscious mind uses all of our abilities to continue the programs that are already running.

We know that “reality” is actually our perception of experience. Imagination will create the reality which allows the program to succeed. We can temporarily override the programs with will-power but programs are patient and when our will-power wanes the program continues. Accessing and understanding the underlying basis of the program can assist in creating change and attaining continued success.

Guided imagery, meditation and self-hypnosis are incredibly powerful tools for discovery which are easy to learn and free to utilize. Virtual Reality may be new to computers but has been the key expanding horizons since the dawning of consciousness. When we clearly imagine any event, we begin to experience the benefits of the event immediately. Have you ever been overwhelmed with joy when thinking of a loved one or become depressed by unnecessary concern or worry? This is the reality we create with our perceptions.

By focusing our attention on any aspect of our being we enhance our abilities. When we simply take a few slow, deep breaths we begin to improve every aspect of our being. This is physiology; more oxygen in the blood to the muscles causes the muscles to begin to relax. Learning to listen to, or be aware of, minor shifts in our being allows us to recognize success now.

It really is simple: Our programs are running and they will perform flawlessly whether we make our choices consciously or by default. How much input do you desire in crafting the universe of your life? Simple techniques and continuing success make it easy to create the life of our dreams: BECAUSE WE WRITE THE PROGRAMS!

When considering change; mastering motivation, defining desire, accessing our abilities and recognizing achievements, allow us to realize greater success immediately!

Biography:

Daniel F. Cleary, is a nationally certified Hypnosis Instructor and founder of: HYPNOSIS FOR HEALTH, LEARNING CENTER, based in North Palm Beach, Florida. Dan established and directs The Palm Beach Hypnosis Group and is editor and publisher of THE LINK, a magazine Connecting the Community of the Healing Arts. Well known for specialty courses in Pain Management, Creating Change, Comfortable ChildBirth, Past-Life Research, and Language, Dan is the author of the successful client guide: LITTLE BOOK OF CHANGE, a primer to hypnosis Dan is a member of the: American Association of Professional Hypnotherapists, American Board of Hypnotherapy, International Hypnosis Federation, International Medical and Dental Hypnotherapy Association, National Guild of Hypnotists, and the Palm Beach Hypnosis Group.