

# Control of Bleeding

*Courtesy of Master's Edition 101 Hypnotic Suggestions*

Right now you are probably thinking two different kinds of thoughts. Part of your mind would like to believe that it is possible to control bleeding. But the other part is thinking that, for some people, it is possible, but maybe not for you. Still, you are probably aware that your body does control blood flow all the time.

If someone said something that made you angry, your blood pressure would rise and your face would turn red. If you think a thought that frightens you, the blood flows away from the surface of your skin and you turn a chalky color.

If someone says words that embarrass you deeply, you blush. The blood rushes to your face, your ears, your neck.

If you have to perform a task that you are very anxious about, like speaking before a huge audience for the first time, your hands and feet grow cold as the blood flows out of them.

On a hot day you look flushed and red. On a really cold day you look blue or purplish - all because your body knows how to control blood flow.

Many hypnotists have caused warts to disappear without chemicals or cutting or burning, simply by suggesting that the blood would flow away from them, cutting off their nutrition.

You know that certain thoughts, like thinking about biting into a bitter juicy lemon - if you think about it intently enough - can make your mouth salivate. And you know that other thoughts, if you focus on them can make tears flow - even though you may not know how salivary glands work or tear ducts function, you know that just by wanting to, you can make them work.

So you see, your body can do many things, including controlling blood flow, by itself, and you can make it do things by thinking certain types of thoughts.

Let us begin now by imagining that we can cause your hands and feet to grow colder...

Note: Continue with standard 'cold, heat, tingling sensation, numbness, ect' suggestions - thus training the client to cause various parts of the body to receive more or less blood flow, you will be training him/her to gradually gain more control over where the blood flows, and how much. Also helpful are suggestions to raise and lower blood pressure, heart rate, etc. Inexpensive blood pressure/heart rate and galvanic skin response devices are available at most drug stores and Radio Shack outlets. They can be valuable tools in this preparation.