The Psychology of Christmas
By M. Yamakuro

Christmas is an old Christian tradition that has been celebrated for hundreds of years and is now a recognized holiday celebration in many countries around the world, and even a celebration that is respected by non-Christian cultures.

Despite most people knowing that Christmas represents the birth of Jesus Christ, most scholars agree that Christmas is not the exact time of Jesus birth, and that Christmas evolved from previous holidays celebrated by pre-Christian cultures. Nowadays, Christmas evolved to become a most commercialised holiday, replete with new traditions and subliminal messages that the best Christmas is to give and expect expensive gifts and waste enormous amounts of food. Christmas seems to have lost its original purpose over time, and in many houses celebration of Christmas will be centred around a Tree, Red Santa (created by Coca-Cola) or old Father Christmas (in green costume, as it was once characterised before Coca-Cola re-invented it), eating loads of junk food, drinking alcoholic beverages, and overlooking the real purpose of Christmas – not the birth of Jesus but the message behind it – unity, gratitude, compassion, and equality.

As I am not Christian myself, it was initially confusing for me when I started living in Christian countries and see how defiled Christmas had become from its original purpose. Over the years I obviously became desensitised to this misplacing of Christmas, but initially I felt annoyed with the thought that the true message of Christmas was being overlooked and people had replaced it with a time to stress and ‘love thyself’ more than other people. Every year I hear people saying ‘all I want for Christmas is …’ and not ‘what I would do this Christmas to help others is ….’ (cont...)
I am not all that familiar with Christian message and dogma, but what I know from hearing others and reading is that the message behind Jesus’ birth is to show humanity humbleness, support, gratitude, love, and unity in people (even amongst those that are strangers to us).

This message is very much in synchrony with my own religion, Buddhism, which is an equally old religion, and has many similarities with earlier Christian teachings, like ‘love your neighbours and your enemies’, ‘do unto others like you would like to have done unto yourself’, ‘give the other cheek to your aggressors’, etc, which often make us believe that Christianity and Buddhism are very much related religions (if not even cross plagiarised over time) (Thundy, 1992). There even indeed many similar account of similarities between Christianity and earlier religions, like Mithraism, or Ancient Egyptian faiths; however, the message behind it remains true and it does not matter who the messengers are.

But then, if people already know most of the above assertions, what motivates us to continue to stress around Christmas, to live life ruled by an ever-changing tradition that prioritised a mechanistic approach to life and makes us feel depressed and less of a pleasure. One factor could be related to Seasonal Affective Disorder (SAD; Maloney, 2012) that seems to prevail during these darker and colder months. Other reason is due to the stress caused by Christmas, which seems to have lost its true purpose.

For some people, depression comes after anger due to hopelessness of the excessive commercialization of Christmas, with the focus on gifts and the emphasis on "perfect" social activities. Others get depressed because Christmas appears to be a trigger to engage in excessive self-reflection and rumination about the inadequacies of life and of self in comparison with other people who seem to have more and do more. At this time, many people self-victimise by engaging in ritualistic thinking about resolutions for the year to come, only to ‘fail’ once again which makes people feel depressed for not having achieved their goals.

Many other people become anxious and depressed at Christmas because of the pressure (both commercial and self-induced) to spend a lot of money on gifts and incur increasing debt. Other people report that they dread Christmas because of the expectations for social gatherings with family, friends and acquaintances that they’d rather not spend time with. And finally, many people feel very lonely at Christmas, because they have suffered the loss of loved ones or their jobs. Obviously giving and receiving is not bad at all, and this keeps the economy running, but not to the detriment of someone’s financial and psychosocial well-being. (cont…)
The psychology behind Christmas could lead to an immense number of books being published in order to just attempt to explain human behaviour around this celebration. This could be an impossible task, as people are naturally a celebratory species. We have been celebrating events since consciousness has taken over our minds. If it is not Christmas, its other celebration, but what makes us to continue to over-do celebrations may need a lot of research and insight. As for now, we need to be aware on how Christmas affects us and those around us. If you notice that you and your family are falling into the trap of Christmas, then stop and think if what you are doing is going to achieve anything positive in the long run. Just because you give a better present to your relative or best friend does not mean they will love you more.

Perhaps the opposite happens, when friendships become enrooted in duty and gifts instead of real love and compassion. I have seen people fall out with each other because gifts, either Christmas or not, got in the way. The giver will eventually expect a gift that matches the gift they gave, and the receiver will forever feel obliged to give better presents, because they will never know if the presents they give is matching the present they received. If Christmas is then making you feel anxious and depressed, it is time perhaps to evaluate what Christmas means to you and re-write your story on how you celebrate Christmas. This may take a lot of you, in particular if people expect you to behave the same as previous Christmas and give, give, give, but if you do that now it will save you headaches and people will get used to it. If you lose a friend or two on the way, then it was meant to be. Better than losing your psychological and financial well-being or of those you love the most.

References

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The search for inner peace is perhaps one of the oldest goals for mankind, and even a cross cultural phenomenon that defies all barriers of place and time. From primordial human species, to Ancient Babylon, to the Middle Ages and going to future generations humans have and always will attempt to find ways to pacify their stress and problems. Inner peace is not always connected to religion, but it can be classified as a spiritual experience and quest. Humans like to find peace of mind at all costs, even if that may be at the expense of other people. Christmas has been such an original way for people to find inner peace, to reflect and make changes, but this has all changed (as seen in the above article). Christmas evolved from previous traditions but the purpose was for people to show solidarity, love, and compassion; in order to achieve that inner peace.

Inner peace (or peace of mind) refers to a state of being mentally and spiritually at peace, with enough knowledge and understanding to keep oneself strong in the face of discord or stress. Being "at peace" is considered by many to be healthy (homeostasis) and the opposite of being stressed or anxious. Peace of mind is generally associated with bliss, happiness and contentment. Peace of mind, serenity, and calmness are descriptions of a disposition free from the effects of stress. In some cultures, inner peace is considered a state of consciousness or enlightenment that may be cultivated by various forms of training, such as prayer, meditation, T'ai Chi Ch'uan or yoga, for example. Many spiritual practices refer to this peace as an experience of knowing oneself. Finding inner peace is often associated with traditions such as Hinduism and Buddhism.

Tenzin Gyatso, the 14th Dalai Lama, emphasizes the importance of inner peace in the world, as related by Kraft (1992, p.2):

“The question of real, lasting world peace concerns human beings, so basic human feelings are also at its roots. Through inner peace, genuine world peace can be achieved. In this the importance of individual responsibility is quite clear; an atmosphere of peace must first be created within ourselves, then gradually expanded to include our families, our communities, and ultimately the whole planet.”

The path to inner peace is not simple or short. You cannot just wake up one day and decide you are going to have inner peace from that point forward. It is a process, a journey that needs to be appreciated every step of the way. You need to be willing to let go and accept your full spectrum of emotions, getting to know yourself all over again and be willing to make mistakes.

Offloading your emotional burden

If you think you are giving too much away to other people, like your time, presents or money, then you are trying to offload your emotional burden, but in the wrong way. Everyone has a certain amount of emotional burden they carry with them everywhere. The idea of finding inner peace is to offload this baggage so you can feel light, healthy, vibrant, free and maybe one day even enlightened. (cont …)
Giving yourself too much to others is a potential message that you are trying to achieve some connection and relieve emotions, but letting yourself being used by others. Emotional baggage comes in many forms and some examples could be: shame for past mistakes, judgments towards others, being victimized, being abused, guilt for past mistakes, distorted beliefs about yourself and others, and insecurities and body image problems. Every person is unique and to that uniqueness add a person’s experiences, that can be positive or negative. So, interact with people – and remember that anything you see in others, you have in yourself also and any judgment you make towards another, is really about you. This applies to both “good” and “bad” things you recognize. For instance, if you get angry when other people cry, and you feel no empathy for them, it could be because you are angry with yourself when you get sad, seeing it as week and don’t ever allow yourself to cry. This is something that comes from your past, which you are now projecting on others and even transferring your feelings towards the person who reminds you of those who once said that ‘only the weak ones cry’ or whatever they said to you. When you refuse to accept something in yourself, you also will not accept it in others. This is called internalised prejudice and negativity.

We need to start looking at the way we react to people and to situations. We need to work on smoothing these “buttons” we all have everywhere, because you can’t find inner peace if you are constantly judging yourself and others. This is process of learning and being willing to admit to yourself and others when you are wrong. This is a cure way to learn a lot about yourself very quickly! Once you open your self to the truth there will be no going back. The idea is simple – if you don’t have the emotion, thought, trait, personality in you that you are seeing in others, you would not recognize it in someone else. We see someone make a face and because we make that face when we eat something sour, we presume they are also experiencing the feeling of eating something sour. This is not the case – this judgment projects from our mind like a movie of our own experiences played on cue for any situation, and we aren’t even aware we’re doing it. Use your interactions to better yourself and grow in your compassion for others through realizing your own faults and problems. There is more good news - you can also own your admirations. This means all the things you admire or maybe are even jealous of in others, you have in yourself also. Maybe you have always admired the guy next door for his ease on the basketball court, yet he practices every day and disciplines himself. You know deep down if you did that too, you could be just as good. You can choose to realize this is where your jealousy comes from, and use it to change yourself through your new self awareness or sit around in bitterness and jealousy, denying your own undeveloped talents.

**Stop being controlling**

You will have to stop being controlling to find inner peace. This is control you try having over any one in your life and control over life itself. One thing you can’t do if you want peace, is give anyone else power over your feelings. When you try to control someone, ultimately they are controlling you. Think of giving expensive Christmas presents, and how that is controlling implicit behaviour. If you feel you need to monitor someone’s every move, or have them be with you all the time, you are really restricting yourself to the same. You have to develop trust and let go of fear. If you feel scared, accept it for what it is, a harmless yet uncomfortable emotion. No big deal and when you’ve overcome it a few times, it becomes easy. Never say “You make me feel so angry/sad/frustrated!” because you are choosing to feel those things and what someone else does with their life should not impact on you. It is about developing emotional intelligence and allowing people to live their life without being responsible for your reactions.

Trust those who say they love you and trust every interaction you have. Don’t be trying to read into things, there’s no point. What other people think is none of your business and you will never be guaranteed to work it out, so just let it go. This won’t happen in a day, but keep working on yourself. Any time you catch yourself wondering what someone says or thinks about you when you’re not around, just make a point to change your mind to something else. If you keep doing it, you will re-train your mind, and before you know it, you will be free from the opinions of others. Fear for some reason has been applied to so many situations in our time. Fear is actually an adrenalin response to a situation we instinctually feel the need to flee from. Anxiety, stress or worry are not fear. You may be worried about going out in crowds, you may be anxious about the promotion interview and you may feel stressed about going by yourself, but you aren’t afraid. Acknowledge these emotions when they arise, let them know they are justified, then continue with your plans. Rest assured that the more times you continue, regardless of the feelings, they will soon fade away.

**Changing ourselves is a beginning**

Why would anyone want to bother with all this inner peace stuff? To end the cycle of ups and downs, emotions popping up when you don’t want them too, interactions with others become diplomatic and helpful and you will be able to experience an inner calm and confidence that words can not describe. You will no longer have petty conversations (cont….)
that are full of gossip and bragging, but will begin to talk about ideas and events that are interesting and positive. What you put out, you really get back in life. So if you think and feel negatively towards others, you will think and feel negative about yourself as well. The time old saying “Mind your own business” is based in wisdom. We can only change ourselves and it is not for us to judge the way anyone else lives their lives. As we have already discussed, any judgment we make is actually really related to ourselves anyway. Don’t waste precious time or energy on what others are doing with their lives, and learn not to take anything personally.

Whenever someone makes a decision as to how they spend their own time or energy, it is their decision to make, so don’t go sticking your nose in where it isn’t wanted and don’t think it is all about you. There is no way you can know the repercussions of your advice of judgments towards others, so keep your lips sealed even when the urge seems overwhelming to give your opinion. It is not your place, and unless you have been overcome with some phenomenal amount of wisdom and perfectionism straight from the heavens, you don’t have the answers and shouldn’t act like you do.

Meditation and Inner Peace

Meditation is very important part of finding inner peace. Meditation is not only relaxation, it is a way of living, often now called Mindfulness. When you meditate as a form of relaxation, you access areas of your mind which are normally hidden behind everyday thoughts and memories. You are able to clear away all the petty thoughts and get to your deeper subconscious mind to deal with what arises. This can help to fast track your road to inner peace, as it relaxes and vitalizes you physically, emotionally and mentally and reconnects you spiritually. You can also meditate in your every day life. There is an art to being able to live in the moment and there is an old Buddhist saying that you may have heard. It goes “Before enlightenment, carry water, chop wood - after enlightenment, carry water, chop wood”. The difference is the state of mind and inner peace. Before enlightenment, you would do every day tasks with your mind racing through thoughts and memories. You would be thinking about yesterday and tomorrow and be unaware of the beauty of the moment. You could even be annoyed that you have to do the task at hand. After enlightenment, you would be in the moment, your mind free and peaceful as you are in a consistent state of satisfaction, regardless of where you are and what you are doing. In this way, if you first begin to become aware of the thoughts you have while trying to be in the moment, you will be able to release or confront each issue and continue to work towards a clear mind and relaxed body. The goal is to be totally involved in the task at hand without prejudice.

Build on self-acceptance and self-compassion

Self-acceptance and self-compassion are important and you have to remember not to be hard on yourself. We are all here on this earth learning and growing everyday. When you first begin to open your eyes and become more self aware, you may start to feel a newfound sense of shame, embarrassment, defiance or inadequacies. This is a good thing. The first step to healing is to see the problems and issues you have. Then you are in a place where you can work from. Be willing to embrace your faults and realize these are your issues to overcome so you can experience personal growth. Going through life thinking you are perfect is not the way to learn anything and it is through hard times, trials and challenges that you really grow. Be prepared to throw yourself into situations where you will make mistakes, as you will probably learn the most about yourself. Accepting yourself will actually prevent you from falling into the trap in getting other to accept you for who you are. That will never work, because you will be eternally trying to find the person to accept you, when ultimately that person is YOU. Others cannot ever accept you, unless you accept yourself. Fact of life, and it’s like trying to sell something to someone when you truly hate what you sell and don’t believe it works. The potential buyer will sense and see that you are unconvincing and unconvincing.

Consider taking the time to write a list of the things you fear most in life. Then seriously consider ways you can work towards confronting and overcoming those fears. You should add to your list as you become more self aware, because you will have more realizations as to whom you are and what you can work on overcoming. Some examples might be if you are scared of certain emotions in others, you can not accept compliments, you can’t give compliments, you are uncomfortable with affection, spending time alone, climbing ladders, or animals. When writing the list, look deeply at your reactions to situations and remember fear isn’t just felt as fear and is often disguised as anger. So, this Christmas, see where you stand and if you feel tempted to purchase expensive gifts because you feel guilty or lonely then don’t, and this will not achieve anything and will not help you find your inner peace, but inner turmoil.

Reference
Exploring the relationship between stress, anxiety, habits and phobias: an hypnotherapy perspective

By M. Montenegro

Essay written as part of my professional diploma in clinical hypnotherapy and counseling to explore the relationship between several psychological distress from the perspective of hypnotherapy model.

Stress, anxiety, habits and phobias have been with us since the beginning of mankind. Initially these conditions served to protect us from real dangers and as survival tools. However, with the increase in pressure from modern society, more people are suffering the psychological and physical aspects of these conditions. Approximately 1 in 10 of the population suffers from stress and anxiety related disorders and a large number of this group will suffer from phobias as well. Life stressors and the way perceive life can perpetuate these problems. Within this paper I will define and draw a relationship between these condition, use a specific personal example to illustrate these (figure 1), and describe hypnotherapeutic treatment for each condition taking into account ethical considerations.

The foundations for stress

Some degree of stress is important in our everyday lives to motivate us to perform correctly. Humans are animals, and as such our subconscious mind responds to stress with the "flight or fight" mechanism. This is an evolutionary inheritance from our ancestors, to protect us from predators, enemies, and natural disasters. At the bottom of stress we can often find fear, which makes our body produce adrenaline so that we can flee or fight the situation. However, in modern day society, we are unable to flee or fight frightening situations, and adrenaline turns against us, producing anxiety symptoms. Fear can be provoked by life changes, such as moving houses, getting married or divorced, or starting a job. Most of the time, people recognise these changes and supe rsede the stress they cause; at other times, people overlook the causes of stress and they then feel out-of-control of the whole situation, increasing their stress and anxiety. Our subconscious mind is very concrete, and will use past experiences to interpret recent situations by using schemas.

Hypnotherapy is suitable for the treatment of stress since it teaches the client methods of relaxation and relates specific triggers to assist the client to deal with the physical symptoms of stress. Ethical considerations are mentioned below. Clients will be empowered to make the necessary changes to their own lives, since they can be supported to identify the causes of their stress and how these affect their lives. The main goals addressed during treatment of stress are: accepting the feelings that are causing stress, feeling protected from outside pressures and stresses; and incorporate new responses into a client’s life. If using a permissive induction, this would include words such as “you could” or “you may like to”, whilst avoiding negative words or direct commands. However, if an authoritarian style is preferred, this would contain appropriate imagery, but more directly logical and to the point, such as “close your eyes” and “you will always be in control”. The therapist emphasises the relaxed state, such as: “you are calm and relaxed and at ease with yourself”. This will be included in the suggestive therapy, before reorientation.

“Fear is a habit; so is self-pity, defeat, anxiety, despair, hopelessness and resignation. You can eliminate all of these negative habits with two simple resolves:

I can!! and I will!!

The symptoms of anxiety

Certain life events have been shown very clearly to relate to our performance and anxiety symptoms. Obviously, some of us have long standing anxious personalities which can be traced back to early childhood, and this group of people are more prone to developing anxiety states than the general population, perhaps from genetic predisposition or even from observing stress in relatives. Like stress, anxiety serves a function to protect us from danger; however at times anxiety can become pathological, either as a primary symptom or as part of other neurotic or psychotic disorders.

Any change in our lives can be anxiety provoking, and anxiety disorders are often based on a person’s subjective experiences of distress that are usually disconnected to reality. Anxiety produces physical symptoms which stress and worry people even further, but these are often psychosomatic symptoms. However, severe anxiety can develop into phobias, which may start when we have an acute panic attack in a specific situation. As an example, I would like to refer to a situation in my life. Figure 1 represents a model of the evolution of my early problem, which is relevant for this paper. (cont…)
Before I went to work in West Africa when I was 19, I did not have any specific fear of flies. I knew that flies carry potential diseases but this was a common knowledge that never caused me any distress. When I was in Africa, there was a specific type of fly that preyed to lay their eggs on people’s eye lids, thus causing a massive infection. I saw some of my close colleagues going through this painful experience. At the time, a severe outbreak of cholera, caused by poor sanitation and hygiene, started killing many natives too. We were advised by our employer to protect ourselves from flies. These two events started my fear of flies and increased my stress for living in a place infested with these insects. I remember feeling disgust and panic on seeing flies. After returning home my fear continued, although I knew that the type of fly that caused these diseases was only native to Africa. Then my fear generalised to all types of flies and I would panic when one was nearby.

Treating anxiety with hypnotherapy is simple, if this is not connected with any psychotic or physical disorders. Relaxation would need to be promoted once the client has given the reason for the anxiety, and if they can recognise it. The induction would include suggestions boosting confidence and self-esteem such as saying “anxiety is gone… you are calm … you are confident and in control”. The client would be given allowance to recognise the physical symptoms of anxiety, such as heart racing, changes in temperature, dry mouth. The client would receive suggestions that would invert some of these physical sensations and accept others as normal (p.215).

The Irrational phobias

The reason why a phobia is related to stress and anxiety is because it is a fear of something. Phobias can be as simple as fear of heights or enclosed spaces, or more complex such as the ones found in a wide variety of neurotic and psychotic conditions, such as obsessive compulsive disorder, post-traumatic stress disorder, and schizophrenia. A phobia may be the product of experiences that have occurred over years which have built into excessive anxiety, or through observing another person with phobia. There are times when a phobia happens due to a past trauma, and people can be aware of the trauma or have buried it deep in a way that they have no further conscious recollection of it.

Often a person with a phobia will attempt to cope with anxiety by trying to repress any disturbing thoughts and impulses. However, this repression will enter in conflict with external situations, and increase anxiety in those situations. This will create an association between the situation and anxiety and people will try to avoid those situations to keep anxiety down. For example, in figure 1, I knew that my fear was irrational, but I also felt that by avoiding situations that provoked the phobia for flies was the only way to reduce my anxiety. However, phobias tend to evolve and extend to other situations, like in the case of little Albert where he was initially conditioned to be afraid of white rabbits, but then he became phobic of any white furry stimuli. Also, my initial fear evolved to being afraid of other insects, even ladybirds and fruit flies. Eventually, my phobia made me adapt to prevent feeling anxious, and I created some habits around my life, such as keeping windows closed, avoiding nature and countryside.

To treat a phobia it would be important to identify the fears, and their depth, which are treatable with hypnotherapy alone. It would be vital to assess whether the client has any secondary gains, since this could mean that their phobia could be replaced by something else later on. In hypnotherapy we use regression techniques to go back to the causative event, the memory of which exists deep within the subconscious. By bringing to conscious attention the actual event it will present the client and therapist with a wonderful opportunity to form a new perception of that event which is positive and thus overcoming the phobia. Thus, the phobia will disappear and the inappropriate and maladaptive mechanism for coping, which is the phobic irrational fear, will be made redundant.

The inconsistent habits

A habit has been described as a learned behaviour. There are positive habits, such as skills for a job, or driving a vehicle. The popular saying “practice makes it perfect” is a reference to creating a habit out of repetitive learning. A habit takes out the need to use the amount of conscious attention to detail that would be required of the amateur. For example, an experienced driver will not require as much conscious attention like a novice driver. The former uses habits set into the subconscious mind.

In my own example of fearing flies, I created habits that became unhealthy, up to the point of avoiding warmer days and even places in the countryside, and shutting all windows at home, since through these I could avoid flies. I learned these responses through repetition and through confirmation, for example, “shutting windows prevents flies from coming in, thus I will be protected”. I was not seeing my avoidance as prejudicial to my own phobia and habits. By preventing any contact with flies I reduced my anxiety levels, and I perpetuated the problem. My subconscious was choosing to justify the habit’s continuity, so there is a need to understand the reason for the habit. This is best done on a subconscious level through “reframing”, which is a technique that allows the power of the client’s own subconscious to change perception based on the new suggestions through hypnotherapy.

Treating habits with hypnotherapy is considered very similarly with the steps explained for the above conditions. Bad habits are to be taken seriously. To approach habits we need a step-by-step approach, allowing the client to step outside their comfort zone. Again, with the induction choice, a suggestive therapy would include calmness, relaxation and confidence. Positive visualisation, for my example, would include “you are seeing yourself in a beautiful field, surrounded by nature, you get home and you want that nature in and you open your windows. (cont.)
You allow fresh air and sunlight to come through your open windows into your house and into your life, you feel calm when flies come in too”.

Further ethical considerations
Hypnotherapy is a suitable approach to treating the above conditions, taking into account that these are not occurring as part of any psychotic or physical disorders. Hypnosis is not be used in people under influence of drugs or alcohol. Care needs to be taken when using hypnosis with clients who suffer from asthma, epilepsy or narcolepsy as hypnosis (or other forms of relaxation) may in rare cases exacerbate the conditions. If this is the case, clients should be referred back to their doctor. On occasions, a therapist may continue to see a client but they must first get permission from the client’s doctor before any treatment is given. Thus a full assessment is important prior to therapy. It is essential that the client is always aware of the therapeutic process, how the approach works, their expected level of involvement and motivation, and any self-therapy they need to achieve. Any potential or anticipated difficulties and misunderstandings must be discussed openly, and these need framing into solution-focused approaches. A positive real therapeutic relationship is vital at this stage, since client drop-out rates tend to be higher at the start of therapy.

Stress, anxiety, phobias and habits are often clinically interrelated and may overlap. As seen above, a person can experience great fear, which will develop into stress and anxiety leading to avoidance of situations, thus turning into a cycle of further anxiety, fears, phobias and habits. Hypnotherapy can make changes in the subconscious mind if the person seeks for that change. Whatever the clients’ seeks in hypnotherapy, they must be prepared to acknowledge and realise the need to change the negativity that is in their lives, and allow the reprogramming of their subconscious mind using hypnosis and positive suggestions with regard to their specific problem. We may conclude that our imagination greatly creates the world around us. What we actually see or hear, touch or smell, is just a part of what we perceive, since most of the remaining details of the ‘real’ world are filled in by our subconscious. Thus each of us, in our individual way, has a unique way of reaching towards and believing in reality, which hypnotherapy aims to reach through the subconscious mind.

References

InterACT changed name to InPACT
After long consideration and consultation with the Association’s Committee we deliberated that a change of name was necessary in order to reflect the role of our affiliation in supporting psychological and complementary therapists all over the world. The new name will be Integrative Affiliation for Psychological and Complementary Therapies, or InPACT for short. We feel this new name reflects not only the professional scope of our current members, for example Reiki Practitioners, Psychologists, Counsellors, Chrysalis Therapists, Psychotherapists, Hypnotherapists, and many others, and also implies a message to everyone that the work we do aims to make a positive impact on our societies, communities and overall personal well-being. Check it up on http://inpacting.wordpress.com
Warm Winter Solstice Celebrations …

… and a Welcoming Start for 2013