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# Here Is a Cure if You Are up in the Air Over a Flying Fear



Nicholas Pollak / August 26, 2013 /

OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

The author at work on his Grand Canyon trip.

My wife and I recently took a short but badly needed vacation in Las Vegas. It was cheap for us since we have a timeshare there.

One item still on our bucket list was a helicopter flight to the Grand Canyon.

Amazingly, neither of us had been to the Grand Canyon. We seized the opportunity on this trip. Three helicopters were flying the same tour, each with six passengers and a pilot.

My wife and I are experienced helicopter passengers. We prefer this kind of flying to any other.

I overheard a blond lady saying how scared she was of flying and that this flight was terrifying her. I never thought I would hypnotize someone hundreds of miles from anywhere.

When I told her my profession and asked if she would like me to help, she said in a most surprised voice, "Where did you come from?"

That was followed by "I don't believe in hypnotism." When I asked her a second time, she said yes.

I understood why she did not believe in hypnotism. I talked with her awhile first. I suggested that she had been allowing her subconscious to trick her into believing that there was something to be scared of.

What she had done was teach her subconscious to react in a negative way to any kind of flight as the result of a bad commuter flight she had taken when she was 10 years old. Nothing had ultimately happened on the trip, but it was enough for her to have fooled her subconscious.

I have said before that we are all successes because we have trained our subconscious to give us exactly what we want when we ask for it. Sometimes, though, this training has repercussions in later life. Her fear of flying was an example.

After she had agreed to try with an open mind, I successfully hypnotized her right there on top of the mesa.

Firstly I told her that she had tricked her mind and was trying to project something going wrong when nothing was going to go wrong. Secondly, after calming her, I gave her a protective veil of calm, which would envelope her from head to toe whenever she came to fly, in this case when she reboarded the helicopter.

She responded well to my suggestions, and she was grateful for my willingness to help her. As I was working, the other passengers and pilots wanted to know what I was up to. My wife explained.

Interestingly enough, our pilot suggested that I stay in Las Vegas and work for them because almost daily they had a passenger afraid to fly. After seeing the results for this lady, he was confident others would be willing. Much as I would have loved to have done that, I have other responsibilities in

Once we had all returned to Las Vegas airport I asked the girl how she had enjoyed the rest of her flight. Wonderful, she said. She truly enjoyed it. Her friends acknowledged that she was indeed much better.

***Do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (mailto:nickpollak@hypnotherapy4you.net). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (http://www.hypnotherapy4you.net)***



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May 08, 2015

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The multiple award-winning Echo Theater Company, n

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