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How to Acquire a Lifetime Supply of Self-Confidence



Nicholas Pollak / January 25, 2010 /

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

If you have ever been to a hypnotism show, you will have seen the dramatic finale where the hypnotist takes a member of the audience and has the person believe he or she is as rigid as a titanium bar, so rigid the hypnotist will lay the participant between two chairs and have someone stand on the person's stomach.

The participant will not bend or move, but is able to support the weight of the person on his stomach. He does not suffer at all.

Of course, if the willing participant were to try this without being hypnotized, he or she would not be able to do it.

There is no secret. It simply requires a deep level, a willing volunteer and a good hypnotist. The participant allows his subconscious to believe it is possible. Lo and behold,

I had a client who had been to a hypnotist's show and did not believe that body rigidity was possible. She thought it was all mirrors and wires, illusion and magic. I asked if it would make a difference to her life if I could prove the rigidity was possible.

True or False?

She had been self-limiting, and she believed what people told her. Her career, family life and social life had all become affected by her limited belief in her own potential, leaving her downtrodden, used, taken advantage of, and generally weary of her life.

The idea behind my question was to prove to her that she had the amazing potential to do anything that she decided to do, that she was limiting herself by her negative self-image and belief system.

After agreeing to the test, she was rigid within 60 seconds of my hypnotizing her. She was an excellent candidate.

I put her into a trance, "stiffened" her body, laid her between two chairs, and I took several photographs. When I brought her out of her trance, she said she felt relaxed and refreshed. Although she heard what I was saying to her (and doing as I instructed), she still did not believe she had been rigid.

I showed her the digital photos I had taken of her. She saw that her body was fully rigid, that her face was relaxed and peaceful, that she was doing what she had thought impossible a few minutes earlier.

From that moment, our demonstration profoundly influenced her behavior. She recognized the potential to be more than she was. With work and confidence, she could become or do anything she wanted.

Success, Here She Comes

Her demeanor changed rapidly. She became more energetic, focused and goal-oriented.

No longer would she take the negativism her husband and other family members were

giving her.

How Having discovered her true power, she refused to let anyone or anything compromise her newfound confidence.

No longer the downtrodden mouse, she stands up for herself, makes positive choices and is becoming very successful in her chosen field.

She has also taken to heart the following:

“If the decision she takes is not contributing to her own success, happiness and prosperity, she does not consider it.”

The key was that she understood that any decision she made really needed to contribute to her success, happiness and prosperity.

Even though I am a hypnotherapist and hypnotize people, I spend a lot of my client time dehypnotizing them from their limited self-image and belief systems.

Once we believe we are what we are and that we cannot do certain things, that mindset will remain ingrained until we are dead — unless someone comes along to shake up and change that belief.

As a hypnotist, I help clients see that. I assist them in unraveling their limited belief systems, which helps them to create a more positive self-image.

This newfound image improves self-confidence and the quality of life improves dramatically.

Take a moment to think of all the times that you have been told that you cannot do a certain thing, or that you are stupid, slow, lazy, unfocused, selfish. , and so on and so on.

Think of how your life may be different if you had not believed what you had been told about yourself.

We are not born with self-confidence. We need to build it. With every small success, our self-confidence improves until, without realizing it, we are very confident in how we talk, interact with others and with our abilities to accomplish the tasks that we set for ourselves.

As a hypnotist I motivate, create self-confidence and improve self-esteem for clients everyday. Nothing is more satisfying than seeing clients improve with each visit.

If I can help, contact me at the email address shown below.

A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [***nickpollak@hypnotherapy4you.net***](mailto:nickpollak@hypnotherapy4you.net)
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