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Let Us Never Forget Who Is in Charge



Nicholas Pollak / September 24, 2012 /

[OP-ED \(http://www.thefrontpageonline.com/category/op-ed\)](http://www.thefrontpageonline.com/category/op-ed)

[img]560|left|Nicholas D. Pollak|remove link|no_popup[/img]I recently went to a new dentist. A nice man, he had a friendly, concerned and helpful staff. In addition, it was the cleanest dental office I ever had visited.

We talked about the work that needed to be done and then he did it. Afterward, he said he would prescribe pain pills, which I declined. As a clinical hypnotherapist, I told him, I have other ways to deal with pain. Medication was not needed. He was impressed and related the story of a former client who still provoked amazement in him. The patient required major oral surgery, extractions, implants and other painful procedures. All were going to be done at the same time. When the dentist asked if he was ready for the general anesthetic, the patient said he would not require any. Instead, he asked to be left alone for 10 minutes to put himself into a deep hypnotic trance.

Where It Started

Hypnosis is a wonderful tool for these situations. Sir James Braid, a British officer and surgeon, is known as the father of “modern” hypnotism. In the middle of the 19th century, he used hypnosis to help wounded soldiers during amputations and other painful procedures. No anesthetic was available.

You may imagine that using hypnotism to eliminate pain during a major surgery was welcome to physicians and patients alike.

Hypnosis has been around for thousand of years, and it has been employed by all kinds of religious leaders and royalty. Even the vestal virgins of ancient Greece were hypnotists. Rasputin was, too. However, he , used his hypnotic abilities to seek personal power, which he did by befriending the Czarina of Russia. He exerted considerable influence over decisions she and her husband made.

This is something all hypnotists need to be vigilant about, believing they have a power to hypnotize. This was debunked in the mid- 1700s when a committee in France, which included Benjamin Franklin, tested a great hypnotist at that time by the name of Mesmer. (Mesmerism comes from his name.) Mesmer was convinced his power emanated from magnetism, and then through him to his subjects.

The committee gave him a “magnetized” metal bar and asked him to hypnotize a volunteer. The hypnotism was successful but it was revealed to Mesmer that the iron bar was in fact made of wood. Mesmer was disgraced when it was shown he did not possess any power. However, the fact the volunteer was hypnotized clearly proved something was there.

Chatting with a Newcomer

I was talking with a newly graduated hypnotist recently who thought of himself as an “investigator of the mind.” He enjoyed giving clients what he felt they needed.

This is dangerous. His job is to help a client to gain the changes the client alone wants. It is not up to him to decide. He had forgotten he merely is an “operator” of hypnosis.

Let Us Remember What We Can Do If a Client Does not want to be hypnotized, no hypnosis will take place. He seemed to think he could force a client into hypnosis. I say to all if my clients when preparing them for their hypnosis that if they follow my suggestions quickly, without thinking too much about them, they will have a very pleasant, successful hypnosis session. I remind them only they can do it. I cannot do it for them.

This tells them their cooperation is needed. That is why they were there. It also carries the message the client will want to act on the suggestions given to create his own changes.

The subconscious is used to giving a person what he wants. The subconscious has learned to do this. If a person wants to change a habit, he will want to act on the hypnosis to start the new process desired changes. With repetition, the person will become accustomed to the new suggestions and respond.

It always has been my philosophy that as a clinical hypnotherapist, my job is to assist a client in achieving the desired changes.

If you have any questions please do not hesitate to contact me by telephone, 310.204.3321, or by email at nickpollak@hypnotherapy4you.net (mailto:nickpollak@hypnotherapy4you.net). See my website at www.hypnotherapy4you.net (http://www.hypnotherapy4you.net)



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The multiple award-winning Echo Theater Company, n

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Love, incest, mental illness and murder. A 25th an

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