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Lifelong Memory of a Flash of Light That Was Irrelevant

Nicholas Pollak / June 4, 2012 /

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

 I am seeing an unusual number of new clients for panic and anxiety. Although I do many things with hypnosis, nothing is more satisfying than helping some to overcome panic and anxiety.

Regardless of how the panic and anxiety started, I have a proven method to ease and eliminate it. A common theme is that the panic and anxiety started between the ages of six to eight.

Clients frequently have been seeing psychiatrists or psychologists at least two years on a weekly basis. They are not making progress. The medications prescribed only mask the symptoms without fixing them. After their first session with me, uniformly they feel better than they have in a long time.

The hypnosis they experience during their session creates a deep relaxation so that the client will be more comfortable than he or she ever has been. All issues surrounding a potential panic attack disappear. Without exception, their day after their sessions are excellent.

As more days go by, they begin their feelings of panic and anxiety again, and return for a second session. What all my clients experience is that they are again relaxed. This time, hypnosis works for a longer period. The more sessions they have, the fewer are the panic attacks and the longer are the periods of freedom.

After six sessions, their panic and anxiety issue has been resolved.

I help clients by working within their subconscious. Until they see me, the sessions they had been having with psychiatrists or psychologists were ineffective because they only are communicating with clients' conscious minds. Of all the brainpower we have available to us, we never use more than 5 percent. Of that 5 percent, 10 percent is the conscious and 90 percent the subconscious mind. It obviously follows that trying to create change within the 10 percent is doomed to failure because the 90 percent subconscious is going to be much stronger.

The subconscious holds all our information. Everything we have ever seen, smelled, touched, and heard, everything from birth to now. The subconscious has learned to give us what we ask for. As we grow through life the subconscious learns to give us that we ask for.

Mysterious Light

The unfortunate part is that should your subconscious form a negative attachment, you could be stuck with it for life. Let me explain. A new client contacted me after reading my articles on the internet and seeing my website. She said I was well qualified to help her with panic and anxiety. She is a 20-year-old student who cannot drive on a freeway and avoids parts of her school because the spaces are too large and wide open.

Panic and anxiety started at the age of eight. She was a passenger in a car with her mother on the freeway when she saw a huge flash of light. Her heart rate increased and her

Life breathing immediately spin out of control. Sweating, she feared she was having a heart attack. She freaked out so badly her mother was forced to pull off the freeway. The flash of light had such an impact the poor girl has not been on a freeway since.

The bottom line: As an eight-year -old being kept quiet with candies, she had experienced a severe sugar level drop. It gives all the symptoms of a panic attack. At the same time, she had momentarily caught the reflection of the sun off another vehicle. The sugar level drop, caused the reaction, not the flash of light. Unfortunately, her subconscious made a connection between the light, the freeway and the sugar level drop. Now you have panic and anxiety for life because no one understood how the link was made and the devastating effect it had upon her life.

After explaining this and hypnotizing her to break this connection, she telephoned the next day to say she actually went on the freeway for the first time in years. Only for one exit, and she said it was not great but better than she had hoped for. That was after just one session.

By continuing with her conditioning and by ensuring a low carbohydrate and protein rich diet, her panic and anxiety vanished after four short sessions. Her life has changed dramatically. What had been impossible now is the norm.

Good for her.

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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