



Spring cleaning your mind!

So spring has finally sprung and the daffodils are coming out to brighten up our homes and gardens after the long and chilly winter months... I'm sure many of us have enjoyed throwing the windows open and letting that fresh air flood into the house making everything seem so much fresher and pleasant!

In the same way that that deep spring cleaning makes your house a better place to be in, have you ever wondered what it must be like to do away with toxic memories, unhelpful beliefs and unsolved issues that are clogging up your mind space?

There are many tools by which to do this; I use a combination of visualisation techniques to mentally 'clear out' what is unwanted as well as throwing out unhelpful old beliefs by installing new and more positive ones in their place.

One of my favourite techniques is called EMDR (Eye Movement Desensitisation and Reprocessing) which moves and reprocesses traumatic and unwanted memories into the right side of the brain (where normal memories are stored) which subsequently removes the emotional feelings from them. I have literally 'cleared up' a client's past in the same way that you might delete an unwanted Internet history!

I have successfully used this technique for many serious issues including treating PTSD (Post Traumatic Stress Disorder) caused by rape, assault, sexual abuse, family tragedy, suicide and domestic violence. Interestingly, this technique is also very effective at eradicating phobias and even food and alcohol cravings which makes it a powerful and effective tool at deleting unhelpful memories that can cause our past to cloud the future.

Take a moment now to consider what you might like to let go of? How would you like 2013 to be different? Take a moment to close your eyes and visualise yourself in a tiny room which is filled to the rafters with everything you have ever done, seen, and heard before in your life- I bet it's not a pretty sight! Now imagine a window in that room and a rubbish chute connecting it to a skip outside. Take a moment to consider what is in that room that no longer serves a purpose- and when you are ready, get cracking and start blitzing that room! I wonder if you've noticed yet that how just imagining it is starting to feel really good!

After all of that spring cleaning, next month I will be talking about managing pain using deep relaxation and hypnosis.

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