



Surviving Life's Storm

We get what we focus on...! Take this statement and then add in the 'state of hypnosis' and we may just begin appreciating the power our unconscious mind holds in creating our reality.

Looking from the terrace of my home at the snowy peaks of the Bavarian Alps served only to solidify this concept. Fifteen years ago I had moved to Oberstdorf, the most southern village of Germany nestled at the foot of the Alps. My husband was a well-known German ice skater and had been at the Olympics with Torvill and Dean. Amongst all the moving paraphanelia of boxes, furniture and necessities to survive in a foreign country, namely Branston pickle and decent tea bags, was also a very carefully packed oil painting which I had personally chosen 3 years before. I had hung it consciously on the wall opposite my bed for a special reason. Although at that time I had lived near the sea in South Wales I had longingly gazed at it each morning on awaking and each night before sleeping pretending it was a window through which I saw a wonderful view.

The painting now held pride of place in my new home mirroring the breathtaking Bavarian scenery. The wooden hut, fir trees and further into the distance the snowy alps. That view was now my reality.



I had always had an interest in hypnosis and when my circumstances completely changed yet again due to my husband leaving, I decided to turn my interest in hypnosis into my career.

I was fortunate to be taken under the wing of a wonderful Austrian hypnotherapist Herr Visaintainer who had a wealth of knowledge and was due to retire. He helped me take the first big step on my new journey.

In these difficult circumstances of being on my own in a foreign country with my then 9 year old daughter, I found that working with self-hypnosis enabled me to find inner resources and the strength to remain focussed. It didn't mean that I wouldn't cry or have days that I found difficult to cope with but I was able to reach a special state of mind and calm the worries and feel a certain guidance from my unconscious. Step by step I was getting through the days and my extensive studies became my life line.

Hypnosis is a bridge to the unconscious mind, a special state of relaxation similar to daydreaming. It is not some mystical trance and we all experience hypnosis everyday. It is that state we experience before we go off to sleep and when we awake, when pictures drift into our mind and our unconscious mind comes to the foreground. The trance state enables a person to accept suggestions without the usual defensiveness or resistance which exists in the normal conscious state. Through the techniques of inducing hypnosis we are able to induce this state at will and achieve focussed inner awareness.

In the state of hypnosis the unconscious mind cannot tell the difference between what is imagined and what is real. Therefore in this state of inner awareness

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