

Pain Reduction - A Mind Over Matter Situation Thanks To Self-Hypnosis

The adage "no pain, no gain" simply isn't true. Think of all of the times pain has kept you from participating in activities that you enjoy - perhaps playing tennis, running, fishing and even sitting can be unbearable when you're in great discomfort. Did you gain anything from missing out on memories? However, the saying that "Pain is all in your head" can, often, be correct. If that is the case, then the cure is in your head, also. With self hypnosis, pain can disappear completely. Despite what you may think, hypnosis is simply a mental state during which messages can reach the unconscious mind more easily. The state of hypnosis is characterized by deep relaxation. In fact, with regular practice of a hypnotherapy pain elimination regimen, you will feel much more peaceful over all. Pain signals that something in your body is wrong. So pain is actually a positive thing. But after you have your physician check you out to ensure that the pain isn't indicating a harmful condition such as a tumor, it is time to manage or even eliminate the pain. There is no threat in a self hypnosis pain relief program. You can not "get stuck" in a state of hypnosis. The worst that might happen when you use hypnotherapy for pain reduction is that you could fall into a natural state of sleep for a half hour- think of all of the times that discomfort has prevented you from sleeping! This is not to say that a self hypnosis pain management system is the same as sleep, which is the chief misunderstanding about hypnosis. If you are asleep, you are unconscious. If you are unconscious, then you can't hear anything. If you can't hear anything, then a hypnotist can't help you. Hypnosis is actually a state of keen awareness. Despite being consciously aware of everything, self hypnosis pain management programs can help both mental and physical causes and present many effective avenues to eliminate pain. Pills just block the reception of the physical feeling of pain on a temporary basis, but self hypnosis pain regimens can actually reduce the amount and strength of pain signals that you perceive. You can literally reprogram your body to distribute less pain-inducing chemicals to your receptors. This means that you can use fewer pain killing medications, or often no drugs at all. Endorphins are opiate-like chemicals that are generated in the brain. They are the elements that cause athletes to feel high when they workout very hard. Using hypnotherapy, you can also discover how to program your brain to generate pain-relieving endorphins on demand and then distribute them to the painful part of your body where they are needed. Thanks to endorphins, the brain is capable of inducing analgesia, which is a light anesthesia, as well as full anesthesia (numbness). Medical journals are full of accounts both in pre-anesthesia days, as well as in modern times, when major surgery has been completed under hypnoanesthesia. Hypnosis can also be used to program the mind to direct your attention away from pain, and that will make you perceive much less discomfort. Additionally, hypnosis self hypnosis pain management recordings can help our mind realize and understand that the pain is there, but not to let us experience it. A qualified hypnotherapist will know how to completely address additional hypnotic suggestions that will lead to your recovery. A highly effective hypnosis pain remedy comes from Neuro-Linguistic Programming, or NLP. No doubt that after coping with chronic pain, you may be doubtful that a self hypnosis pain program will work. In a lot of cases, NLP techniques actually work better for modern thinkers than traditional hypnosis does because it was created for people like you who are brought up to analyze and question everything. When we analyze, we tend to throw up barriers to the acceptance of post-hypnotic suggestions. Tense feelings always make us perceive far more pain than we are actually experiencing. One of the most powerful NLP patterns for eliminating stress is known as the "Flash." This tool reprograms the unconscious to use thoughts that create stress to actually trigger thoughts that result in feelings of relaxation in their place. After you've used this technique, it will be difficult or impossible to think the thoughts that distress you, because your unconscious will immediately and automatically exchange them in a Flash for thoughts that relax you instead. Pain relief and hypnosis go hand in hand. If you're exhausted from coping with medications that leave you incapable of driving or to fully experience life, or worse, of living with the throbbing, stabbing or shooting pulsations of discomfort, a hypnosis pain elimination program can provide safe, natural and instantaneous relief.

About the Author

Alan B. Densky, CH has been helping clients with [hypnosis in pain control](#) since 1978. A famous authority in the hypnosis field, he offers [pain management hypnosis & NLP](#) CDs and free [self-hypnosis](#) resources on his Neuro-VISION website.

Source: <http://www.articlesoft.com>