

Perception & Reality

How the power of Hypnosis and NLP can help you

by Neil Williams ©2010



In both clinical hypnosis and NLP coaching I deal with clients' tensions between reality and their perception of it. The left-hand logical part of our brains see things one way, whereas the creative and emotional right-side of our brains imagines it another way.

Meanwhile, the powerhouse of our subconscious or unconscious minds, which dwarfs the conscious part of our brain and looks after the majority of our bodily functions, memories and thought processing with apparently little or no effort from us, paradoxically can scarcely differentiate between reality and imagination. This is why it is sometimes difficult to know where reality and falsehood begin and end when awakening from a particularly vivid dream. Or why we can get so absorbed while watching a movie thriller that we nearly jump out of our skin when it comes to the shocking scene.

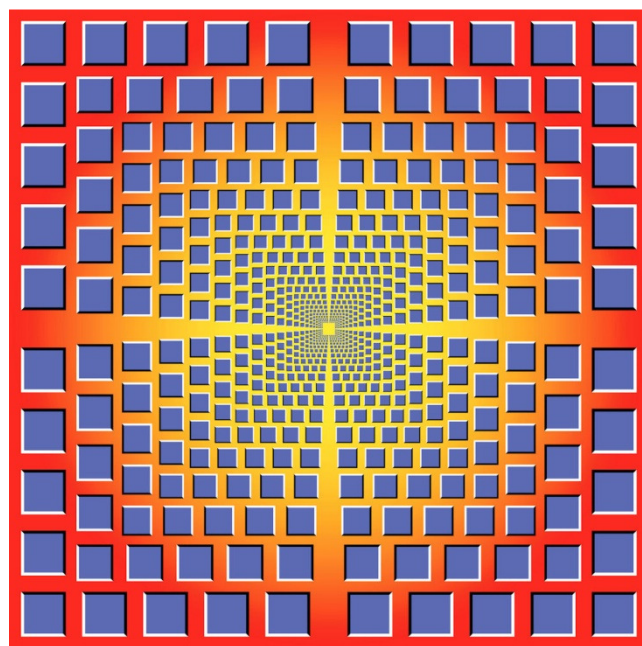
“It’s all right, it’s only a film” we reassure ourselves. But then why is our heart and our adrenalin pumping so fast when there is no apparent physical danger to us while we are sat securely at home on our comfortable living room sofa? This is actually a good illustration of the powerful link between our body and mind, a fact of life that can have harmful consequences for our health and peace of mind when our brains get continually programmed with negative thoughts, both internally and from external sources. This is a process that often starts in childhood and often continues to the point of practically negatively hardwiring the brain.

However, such negative hardwiring can be short-circuited, bypassed, eroded, or minimised with a range of gentle therapeutic techniques. Clinical hypnosis and NLP (neuro-linguistic programming) both take advantage of the positive opportunities that are presented by the nature of our brains working in these described ways. Indeed, by engaging our imagination we can reach very resourceful states of mind that can help us in our everyday lives in an endless variety of ways. This can be anything from improving health conditions by enhancing positive aspects of our innate mind/body communication, to improving performance towards our goals and ambitions through unusual questioning processes that often produce ‘left of field’ gems of wisdom from deep within our own subconscious minds. I act as your gentle guide and mentor in this process, putting you more in control of yourself and your own destiny, helping you to visualise and quite literally re-write your own ‘future history’.

Sadly, some people have the wrong impression gained from stage hypnotism acts (which are often little more than acts of compliance by willing volunteers, harnessed by forceful personalities) that hypnotism is for weak-minded individuals. However, the opposite is actually true. The very best subjects for hypnotherapy and NLP tend

to be the more intelligent and more imaginative among us (even TV illusionist extraordinaire Derren Brown happily admits to that fact).

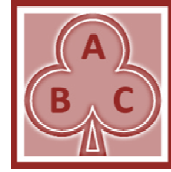
You might therefore like to try this little test by looking at the somewhat mesmerising image below. Is it an animated moving image, or is it a flat, still image? Print it out and see for yourself for proof that it is in fact just a completely static image even though it appears to move around as you stare and glance around it.



Okay, so this is just a clever optical illusion. But that's my point ... your right-hand creative brain perceives and imagines that it is moving, while your left-hand logical brain knows that it is not.

Life is full of such illusions. We only perceive our personal version of the world through the filters of our experiences gained via our physical senses. As they say in NLP circles, "Your map of the world is not the same as the territory." In this respect, it can often be easier for an objective, non-judgemental observer to see some important and revealing parts of *your* territory that may not be clearly visible on your personal map of the world. And that's where I come in ...

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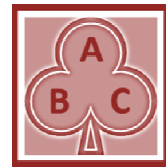


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