



**INSPIRING
HYPNOSIS**

**WITH JOSHUA WAGNER:
CERTIFIED HYPNOTIST**



The 4 Ways Hypnosis Can Help Reduce (or Eliminate) Your Pain

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Certified Hypnotist

What is Hypnosis?

Basically, hypnosis works a lot like your phone- you have the screen which displays a TINY portion of the information inside of the phone and you have the internal part of the phone that stores ALL of your pictures and notes and memos and runs the processes on the phone. You can go into the phone and put on the screen whatever information you need at any give moment, can't you?

Your mind works the same way- you have your conscious mind (like the screen that displays only a TINY bit of information) and your unconscious mind which stores ALL of your memories and thought processes. The unconscious mind also controls things like your heartbeat and breathing and your spleen and your gall bladder and your feelings. About 98% of what goes on in your mind is in the unconscious.

Hypnosis is the process of accessing that unconscious mind and making changes. Sort of like on a phone when you go to the settings and make changes to how bright the screen is or if your ringer is on or not or how well your phone performs (e.g. faster phone drains the battery more and a slower phone drains the battery less!)

Not only does hypnosis change the "settings" in your unconscious mind it can delete or change bad memories, redirect your thinking, and even add new resources in a very similar way that you can download an "app" on your phone and almost instantly have the resource.

Hypnosis and Pain

When it comes to pain, pain is a lot like the notifications on your phone. Buzzing, ringing, lighting up, showing you that you have emails- any kind of notification is very similar to how pain works.

Pain is the body telling the brain "PAY ATTENTION!!"

We THINK pain occurs in the leg or the arm or the chest, when really the perception of pain is IN THE MIND. In the same way we do not experience sight in our eyes we do not

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experience pain in our leg or arm. The eye sends the signal to the brain and the brain creates the PERCEPTION of the thing you are seeing. That's why sometimes your eyes can play tricks on you!

In the same way, when you experience physical pain a signal is sent to the brain from the injury and the brain takes that and creates a PERCEPTION. In the same way you can close your eyes and stop seeing, hypnosis gives you the ability to stop perceiving or change how you are perceiving pain.

In a sense, it works like turning off your ringer or clearing out the notifications on your phone. The email or the facebook message or the youtube video is still there, you have merely silenced the notification of it. Likewise the thing causing the pain is still there, hypnosis just lets you silence the "notification," which is all pain really is.

Finally, emotional and physical pain share the same part and pathways of the brain. The brain doesn't care if it is physical or emotional, the same parts light up. So, emotional pain can cause and make physical pain worse and physical pain can make us feel sad and depressed, can't it? (Emotional pain can cause inflammation, cortisol, and puts the body in constant stress which will eventually break it down.)

Hypnosis can effectively treat BOTH. It can directly affect emotional pain and it can turn off the perception of physical pain. Just like your phone can download or delete pictures, apps, emails etc so hypnosis can add resources, use current resources, add and delete memories (or change them) and redirect your focus away from pain on onto something more productive.

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Part I: Pain

Pain stinks. Emotional pain or physical pain. They both stink. People spend billions of dollars a year trying to feel better, don't they?! I know I have. And it isn't all medicine either. Sometimes it's ice cream. Or Pizza. It used to be alcohol (which ended up causing me more pain than it solved!) Partying, drugs, working too much, weird relationships... all of these are ways that people try to alleviate their pain. It might work for awhile, but unless a person addresses the ROOT of the pain in their lives, it is only ever going to be temporary and sometimes cause more pain than it helped! I can't tell you how many times I had a taco fest because I was sad only to wake up the next day feeling worse than I did the night before.

Physical pain and emotional pain are linked together. That's a fact. For instance, Dr. Kipling Williams, the foremost authority on Ostracism in a book by the same name, said that when a person was rejected by another, the same parts of the brain light up in a brain scan as if they were being physically beaten! That is only one way that emotional pain can cause physical pain.

I remember one woman who had a sick granddaughter. She was so worried that it landed her in the hospital with a condition known as "broken heart syndrome." Literally a broken heart caused by intense emotional trauma.

Furthermore, while physical pain is a fact of life, studies have proven over and over that emotional pain adds to how badly physical pain hurts us and that the two are linked together. In [Psychology Today](#), Dr. Alan Fogel writes that physical pain and emotional pain share the same parts of the brain.

So, here's the good news. Hypnosis is being studied more and more as a way of alleviating both emotional and physical pain. There has been both anecdotal and scientific proof that when hypnosis deals with one, it helps the other. That link is being studied even more in depth today than it ever has been.

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The American Journal of Gastroenterology has multiple studies on the effectiveness of hypnosis on Irritable Bowel Syndrome as well as proven reduction of pain chemicals up to 81%! What if you had 81% less pain! How would that change your life?!

Many times, when the emotional pain someone has is cleared up, they begin to relax and the pain clears up, too. Sometimes, though, the physical pain is CAUSED by the emotional pain. The Body Keeps the Score is a 2014 book by Bessel van der Kolk about the effects of psychological trauma, also known as traumatic stress. In that book he outlines the ways in which psychological trauma can be found (and treated) which in turn treats physical ailments.

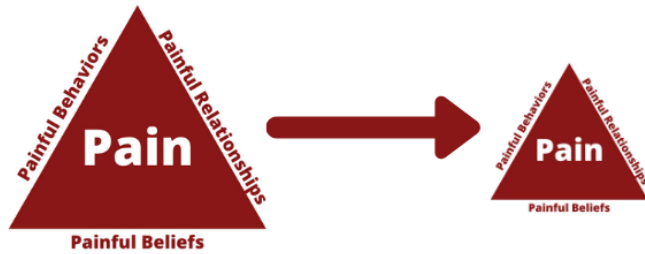
The last thing I will mention before we get into specific types of emotional pain that can lead to physical pain is the placebo effect. We've all heard stories about people getting sugar pills and then some miraculous cure happens. There are stories of soldiers being told they are being given morphine when it was water and yet their pain was taken away. The placebo effect works because pain is largely a perception in our brains. Even though pain seems to express itself locally, in your knee or back or wherever, pain is perceived in the brain. Change the way the pain is perceived and change the pain. Stop perceiving the pain altogether and you stop feeling the pain. Hypnosis is a cognitive process that can help change how you perceive the pain-- and, like the example above of the soldier and the fake morphine, can stop the sensation of pain altogether.

Hypnosis is not magic or voodoo. It is a cognitive process. That's it. Hypnosis just uses the resources you already have to alleviate both physical and emotional pain. The following sections focus on emotional pain, however, as mentioned above, underlying physical pain, or often making it worse, is emotional pain.

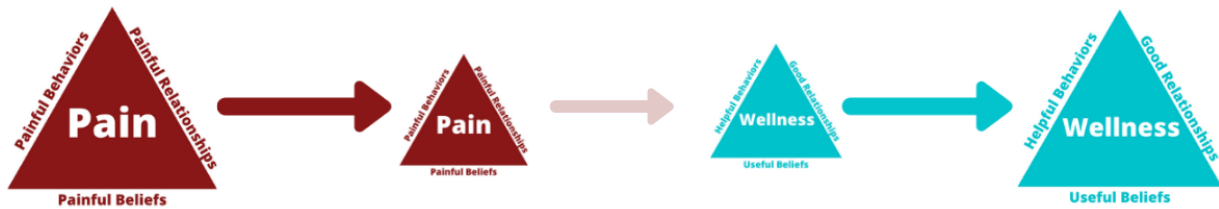
If you are suffering from physical pain, how is it making you feel? When the physical pain started, what was going on in your life? There could be a connection, couldn't there?!

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This is an equilateral triangle
 Shorten one side, the other sides get smaller. decreasing the area
 Or, decrease the area and the sides become shorter.



This is an equilateral triangle
 Shorten one side, the other sides get smaller. decreasing the area
 Or, decrease the area and the sides become shorter.

This is an equilateral triangle
 Lengthen one side, the other sides get longer. increasing the area
 Or, increase the area and the sides become longer.

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Part II: Guilt

Guilt isn't always a bad thing by itself. I have done stupid things, felt guilty and chose never to do those things again. Guilt is the belief that you've done something wrong (vs. shame that says there is something wrong with YOU). Guilt is a part of us that, when it is functioning properly, actually helps us to learn to avoid what isn't right for us or the people in our lives. It is a great teacher and tool when used properly. However...

Guilt, when it is coupled with shame, supercharges shame and will serve as an erroneous confirmation that, in fact, maybe there is something wrong with you. Often, when we feel shame, we do things to make us avoid the pain that is unhealthy and then we feel guilty about it, which in turn throws fuel on the fire of shame.

One of the things that helps people is to forgive themselves! If you read the shame section, I talked about forgiving other people. There are times, though, that you need to forgive yourself! Hypnosis can actually help you to step outside of yourself, see yourself as a person who deserves love and forgiveness and actually GIVES that love and forgiveness to yourself! How good would it feel to be absolved of feelings of guilt! I know that when I have experienced that, I have almost flown through the window!

How does it feel when you say you're sorry and the person forgives you? Pretty. Darn. Good. Now imagine forgiving yourself! I mean REALLY forgiving yourself! How great that might feel! And when you feel good and aren't in that shame loop, you can start to move toward a better state of being, can't you!?

What hypnosis can do is to strip shame and guilt out of the things that we have done and utilize guilt the way it should be used, not as something that makes us question our worth, but something that lets us learn valuable lessons to avoid a particular behavior in the future and integrate that experience, in a good way, into our lives!

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Part III: Woundedness and Shame

Sometimes people hurt us. They abandon us or abuse us. It hurts us deeply and causes us shame. We do all sorts of things to sooth our woundedness and shame and sometimes our body hurts because of shame or woundedness that is unacknowledged.

The root of shame is where you put your focus. Oftentimes, when we are feeling a sense of shame it is because we have been putting all of our focus and attention on what hurt us or where we have fallen short. We get into a stuck state of “why am I like this?” When we ask the question why, it sends us into an endless loop of answering the question without giving us an exit for the answer.

Why am I like this? Because I was abandoned.

Why am I like this? Because I was abused

Why am I like this? Because I made that mistake.

Hypnotic tools give us a different series of questions to ask such as:

How do I want to feel? Good

What do I need to do to make myself feel good? Focus on the value I bring into the world.

How do I focus on the value I bring into the world? List my good traits (Yes you have some!)

Look at the why questions, then look at the “what” and “how” questions and notice how they make you feel differently. “Why” questions get you stuck and “what” and “how” questions move you toward something.

Certainly, it is good to know sometimes “why” we are the way we are. It can be a good starting point. If you stay in the “why” questions, though, you will get yourself stuck. Something happened to you or because of you. Once you acknowledge that, it is important to figure out how you want to feel next and what you need to do to get there. This is what hypnosis does- takes you from where you are (feeling bad about yourself) to where you want to be: Taking action to make yourself feel better.

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When you start to see the value that you bring into the world despite what has happened to you you are acting in gratitude. Gratitude is the deliberate focusing on the value of yourself or even other people in your life. How you value yourself or another person (or even objects) will directly determine how you treat it. If I paid \$10,000 for a coat, you better believe I am going to treat that coat well, because I value it. The same can happen to you. Instead of focusing on what makes you feel unworthy and asking why you feel that way, you can actively and deliberately ask yourself: “What makes me valuable?” Or you can ask that of another person, “What value do I see in that person?” What hypnosis can do is to turn your attention from the “why of shame” to the “what” of gratitude. When you do this it changes your feelings from negative shame induced feelings to really good feelings of gratitude and love!

Something that often accompanies shame is the need to forgive the person who might have neglected or abused you. That can be difficult sometimes because we don't want to justify or give permission for what they did or even acknowledge the hurt in the first place. So we hold a grudge or a resentment which makes us feel feeling of guilt which can actually deepen our feelings of shame!

Forgiving someone doesn't mean you agree with them or with what they did. It simply frees you from anger, guilt, resentment, and all the other negative feelings.

Imagine how good it would feel to be free of those feelings! It would feel really good now, wouldn't it!?

When we are dealing with pain in our lives, a lot of our focus can end up on bad memories, either intentionally or unintentionally. Funny thing about the brain is it doesn't really know fact from fiction. A vivid memory or thought is as real to the brain as if it were actually happening. In several studies, they showed people a basketball in an fMRI machine and scanned their brains. Then they simply asked them to THINK of a basketball. Everything fired the same! So when we have a memory of a bad thing that happened to us it causes us to relive it. What hypnosis can do is to LITERALLY change the memory and how we experience it. Change how you experience the memory and you will change how it affects you. Imagine if that memory that keeps haunting you could change so much that it no longer makes you feel bad! How would your life be?!

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So, when you refocus on gratitude and value or refocus your bad memories and feelings into forgiveness and peace you get a new start. The things of the past can actually be pillars of strength instead of anchors that hold you back from realizing your full potential. If you had a new start, think about where you would go from here! That can make you feel very excited now!

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Part IV: Lack of Confidence

If pain is somewhere present, either consciously or unconsciously, it strips away my confidence. Maybe you feel the same way. I think, “uh-oh, what if people ‘find out’ and they realize that I am a fraud... or broken... (or whatever)?”

It is probably our greatest fear that if they “found out” that it would confirm that we are less than worthy or there is something wrong with us or we are weak and vulnerable. So, we shirk away. We don’t want MORE pain so we don’t take risks or we fear success or are terrified of failing or getting hurt because we know how fragile we really are.

When we begin to refocus our mind using hypnosis away from pain and on to value we begin to feel confident! How does this happen?! If I was handed a \$10,000 check and told to give it to someone, how would we feel about it? I bet you would walk right up to that person and hand them the check with a big smile on your face and full of confidence! That’s because when you REALLY know the value of yourself you become confident in sharing it with people. What hypnosis can really do is to show that your value is INTRINSIC, that is, coming from you as a person and not some validation from outside! Confident people value themselves. People that value themselves are confident.

When you see your value and are confident in it, you start to see the possibilities of this life! How exciting is that?! When you start to believe in yourself, I mean REALLY believe, you start to look toward the future as a positive thing, not anchored in the past or afraid of what’s coming. When you hold your head up you can see where you are going and far more easily develop a sense of purpose!

People with purpose know what to do next! Let’s say you are on a trip and you have to change planes and the connection is a tight one. When you know where you need to be and when you will know instantly what you need to do. I need to find the right terminal and gate. I need to get my carry on bag. I have to get off of the plane. I have to walk this direction. When you know where you are going because you have developed a sense of purpose, you know exactly what to do! Imagine having that kind of confidence in every

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situation you find yourself in because you understand your purpose and value in life!
You would be unstoppable, wouldn't you?!

That leads us into a discussion of determination. When you know your purpose and where you want to end up it focuses your thoughts and actions and gives you a sense of conviction and determination. It fixes your attention on where you want to go and NOTHING will stop you! People that value themselves are confident. Confident people have a purpose which defines their thoughts and actions and confident people are determined to fulfill their purpose in this life!

Again, when you really feel that confidence, the judgement of other people won't matter so much. That is not to say this gives you permission to disregard people. It does give you permission to do the next right thing and let go of the fear of being judged for it! I have learned in life that you can do everything right and someone might still judge you for it! Confident people listen to the opinions of others, takes them into account, compares them to their own sense of right and wrong, and makes a confident decision.

If you were twice as confident as you are now, your life would be AMAZING, wouldn't it?!

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Part V: Stress and Nervousness

If you are dealing with pain and the lack of confidence that often flows from it, then you might find yourself constantly stressed out and nervous! These are the polar opposites of confidence. See, we often don't want people to see our pain because, well, we are ashamed of it! And it can take already stressful situations and make them unbearable! Luckily, hypnosis, by its very nature, can help you find peace in ANY situation as it literally can calm you down and make you feel at ease, now. If you could simply choose to feel at ease in the midst of or in anticipation of a stressful event, how would that change your life, now?! For me, it has been pretty amazing.

It's pretty clear that stress is a form of pain. In [Psychology Today](#), Dr. Alan Fogel writes that physical pain and emotional pain share the same parts of the brain. That means that stress is painful and can make physical pain worse. A lot of physical pain is linked to emotional pain, as you can see by that article. So, if you are dealing with either emotional or physical pain, hypnosis, with its calming effects, can actually reduce pain chemicals and inflammation that is caused by stress and nervousness. Hypnosis has been shown in studies to reduce pain chemicals by over 80% and inflammation by over 50%! Hypnosis is great for stress and anxiety and the physical pain it causes as well.

Once you get into a more relaxed, focused, and resourceful state with hypnosis, you will start to think clearly. For me, everything slows down and I can think things through and make the right choices in any given situation. Hypnosis, by its very nature helps you think clearly in stressful situations by reducing hormones like cortisol and adrenaline which can cause confusion in stressful situations. This not only works in the moment, but hypnosis can also help you get ready for that speech, that interview, or that big event coming up!

When you start to see and think clearly, then you can begin to act correctly, as well.

Confidence and stress relief are really connected together. Confident people get stressed out, too, but they know how to handle it intuitively. That is because they have the right mindset. Confident people, whether they know it or not, are already in the right mindset to properly handle their stressful situations. Somewhere along the lines they learned how to do it, which means they had some form of hypnosis, which is just a

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deep learning state anyway, even if that hypnosis was unintentional by a parent or teacher or an experience they have had.

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Part VI: Addictions and Bad Habits

When we feel nervous or stressed because of a fear that I am not worthy and it causes us to feel pain or lose confidence, we often look for things to make us feel better in the moment. Food, alcohol, drugs, sex, work, or a number of other things can quickly turn from recreation to dependency or bad habits in order to cover up the stress and nervousness that often accompanies shame. Hypnosis is adept at getting to the root of these bad habits and addictions and dealing with the stress and nervousness that underlies them. When you remove the stress that causes you to engage in the habit or addiction, then what is the point of the bad habit or addiction? There isn't one, is there?!

What hypnosis does is that it calms you down and removes the need for the negative behavior. One of my teachers said that at the root of all bad habits is "anxiety." Remove the anxiety, remove the habit.

When we use hypnosis to remove the anxiety and therefore the need for the soothing behavior that comes from bad habits and addictions, we can install more resources in its place. Instead of reaching for the cigarette, we take a walk. The nice thing about hypnosis is that it not only can curb or eliminate bad habits altogether, it can install brand new GOOD habits! Imagine replacing smoking with exercise and loving it! Or Snickers with... anything but Snickers! How would this change your life?

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Part VII: Sadness

All of these feelings of pain can easily cause a person to spiral down into sadness. Sadness is a funny thing- when we get REALLY sad, it almost seems like there is nothing good in the world and we feel miserable. It can be hard to pull ourselves out of that hole we find ourselves in and we need help. Luckily, if you read all of the other articles associated with healing from shame you will discover for yourself that hypnosis is a great cure for the blues!

Hypnosis can directly address the underlying issues that make us feel sad. Especially in regards to emotional and physical pain. When we begin to clear things up, forgive ourselves and others, and we begin to feel more confident and have a sense of purpose, sadness will begin to fall away. Sadness is a stuck state and one of the best things hypnosis does is to give us a direction and purpose and the tools to get unstuck and start moving forward. Sadness can stall us out; confidence, purpose, and momentum can empower us. You can't be sad and determined at the same time.

Hypnosis, therefore, helps us to feel comfort in the middle of difficult times. When we see ourselves progressing and growing and when we begin to see the value in ourselves and others and when we get to the root of what is underneath sadness, we begin to feel better now by getting us out of the ruts we can find ourselves stuck in!

Hypnosis can help to clear up the pain and trauma of the past and get you unstuck and moving forward. And when you begin to move forward that means you are looking ahead to the horizon and that means you start to have hope!

Imagine if your life was guided by hope and not pain. Anticipation of great things to come and not pain. Purpose and not confusion!

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Part VIII: Relationships

Emotional pain can severely affect what kind of relationships we get into and how they go. I had a very good friend tell me once “water finds its own level” which means that if there is a flood all of the water will tend to go to the same point. Likewise, if I am feeling shame or guilt- if I think I am not worthy of love or to be treated right, guess what kind of person I am going to attract into my life?! Someone who feels the same way about themselves?! If I feel bad about myself and cannot love or be loved because I don’t feel worthy, guess how my relationships are going to look?! Maybe that is why you are here... because you keep getting into the same crappy relationships over and over and you don’t know why!

Let’s say you are in a relationship with someone who doesn’t value themselves due to the fact you have trouble valuing yourself and it is miserable. A lot of people try to change the other person and are typically not successful, are they?! You can’t change the other person but you can change yourself, can’t you!?

When you use hypnosis to clear out the pain that is caused by past hurts or mistakes and start to feel more valuable and confident, the people you are in relationships with may change as well to keep up, or they may not change at all and exit your life. And when you do get the point of valuing yourself more and feeling more confident, you will attract the same kind of people into your life. Maybe that’s what prevents you from making the changes that you need to make- the fear of losing people who are currently in your life, even if that relationship is less than perfect. The more you feel you value and the confidence that flows from that, the more you will see your intrinsic worth and not NEED the validation from other people! That is where true happiness begins!

In the end, it all comes down to loving and being loved. When you value yourself you will value other people. When you value yourself and others, you can let yourself be loved (because you can realize that you deserve it) and you can love other people (because you will see that THEY deserve it). Isn’t that what it is all about?!

What would life be like if you could more perfectly love and be loved!?

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