

MYTH, MAGIC & MESMERISM (Part I)

Gary Haseldine

Do you walk under ladders? Do you throw a pinch of spilt salt over your shoulder?
Do you touch wood just in case it really will protect what you hope for?

Here's the truth - superstition still has enough of a hold on modern day society that many high rise buildings do not officially have a 13th floor!

To be superstitious is to have an irrational fear of the unknown or mysterious.

Go to your local video shop and you can see a whole range of sci-fi and supernatural movies about the paranormal and phenomena that cannot be explained rationally. These are indeed scary! And of course it's part of our survival instinct to be suspicious of anything we do not fully understand.

However when we are fearful or suspicious of something that can be explained by pure science, then would it be reasonable to say that this fear is irrational?

What a pity that an irrational fear has caused hypnosis to be shunned by many who could have been helped by its effectiveness.

I guess we've all heard about someone who has given up smoking or lost weight as the result of being hypnotised. Hypnosis is one of the fastest and most successful ways to influence behaviour and yet it is still one of the most misunderstood therapies available.

Those who have utilised hypnosis to their benefit, recognise that without doubt, it is one of the most powerful modalities to assist in behavioural modification in all fields of human endeavour including sport and business.

However, sadly it is true that there is still a lot of mysticism surrounding hypnosis.

Lack of knowledge and education on the subject and the way it has been portrayed over the years has given us a misconception of something which is a perfectly natural part of our lives. We have all been hypnotised, we just don't know it.

Look into my eyes.....

Mention hypnosis and it conjures up the image of a man in a purple cloak with a twirly moustache, penetrating eyes and a watch on a chain! Or a stage hypnotist turning his subjects into chickens or worse! These are common images and give rise to falsehoods, many of which have been perpetuated by those with a vested interest.

It is a serious misunderstanding that the hypnotist has special powers and can make a person do things against his or her will. Or that only weak-minded people can be hypnotised. People under hypnosis are not unconscious, nor are they asleep and they certainly can't get stuck there!

In our next newsletter we will explore the history of hypnosis, how far it has come with modern scientific research and how it can help you in your everyday life to create the reality you desire, whether its behaviour modification, breaking an unwanted habit or becoming slim, passing exams, achieving business success or winning a game.

But for now I'd like to share with a real life case study.

Sport is an area where immediate results from hypnosis can be seen in a most spectacular way.

This event happened in 2002.....

BEST SHOOTING GAMES OF THE SEASON FOLLOW GARY'S MAGIC

What turns around a demoralized, disjointed group of talented individuals and makes them into a powerful, indestructible team?

What was the magic that pulled together an elite women's basketball team who had lost confidence because the acknowledged stars on whom they relied had suffered season-ending injuries?

What was the secret weapon that the **Dandenong Rangers** took on board so rapidly that they looked as though they had been playing confidently together for the entire season?

The truth was that they discovered the power of their own subconscious minds.

In two short pre-match motivational sessions, Gary Haseldine showed the **Rangers** that success starts with self-belief and lack of success manifests from self-limiting thinking. But more than that, it is one thing to accept this at a conscious level, what Gary did was help the team take this in at a deep subconscious level. Using a scientifically proven process, the semantics he used became part of their value system and no further conscious thought was necessary. On the court the desired behaviour became *automatic*.

Take this as an example. It was witnessed by everyone at the following game.

11 points down at half time, over the next two quarters, the **Rangers** played harder and harder and drew level at 73 all at full time. During the next five minutes of extra time, they looked like a brand new team freshly on the court.

As the opposition faded away, each individual woman demonstrated Gary's pre-game instructions... *"The longer the game goes on, the stronger you become"*

The words became fact and the team won the game by a healthy 15 points!

Coincidence? No way!

The team's resurrection was so dramatic, it was written up in the **Herald Sun** newspaper, in Victoria on March 6th 2002

“To ready themselves for the WNBL playoffs, the injury-riddled Dandenong Rangers decided to tend to the head by working with psychotherapist, Gary Haseldine.

Haseldine's theory revolves around self-belief and penetrating the subconscious so that on-court success follows.

Some of the stuff involves hypnotherapy which was used during a late-season session.

While some might label it sports voodoo, Wright said his team followed Haseldine's visit with its three best shooting games of the season.”

So who can be hypnotised? It really gets back to the question, “Are you superstitious?”

In our next newsletter read how hypnosis is more than just a party trick.

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