

# Looking Within

Dr David J. Lincoln focuses on the practice and benefits of hypnotherapy

Goa has its own place in the history of this ancient art in the form of Abbe José Custódio de Faria (30 May 1746 - 20 September 1819) being born in Candolim. In the capital city, Panjim, you will find a statue dedicated to the memory of Faria, who pioneered research into the clinical use of hypnotism.

Hypnosis and its application, hypnotherapy, have come a long way since those early pioneering days and the practice has now established a place for itself in the area of alternative therapies. Like so many alternative therapies, hypnosis is widely practiced in Goa. So what is hypnosis and why is it so popular?

In simple terms hypnosis can be described as the art of giving positive and healing suggestions to the sub-conscious mind and thus bypassing the analytical effects of the conscious mind leading to faster healing and a more active and positive life.

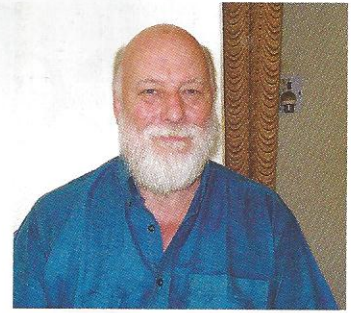
Hypnosis has been around for years and mainly due to its portrayal in films, it has gained a certain notoriety. This has been confounded by the antics of so called stage hypnotists who often create a false

image by embarrassing their subjects on a public platform.

The hypnotic state is a completely natural state that we all slip into from time to time. The hypnotic state can be likened to deep relaxation or day dreaming. A professional therapeutic hypnotic session assists the client to make positive changes that can become life altering. Nobody can be made to do anything they do not want to do by using hypnosis and the whole process is safe and therapeutic.

There are many people who practice hypnosis or one of its many variations in Goa. Hypnosis is useful for pain control and to assist in changing habits. As it is a technique that communicates directly with the unconscious mind, a therapeutic session will leave you feeling good and more able to achieve your goals and desires.

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Dr. David J Lincoln BSc PhD is a consultant clinical psychologist and a certified hypnotherapist, Reiki Master and Neuro-Linguistic Practitioner. No stranger to complementary therapies, Dr. David has written a number of articles and books on the subject including 'A Confusion of Therapies (A-Z list of therapies)'. Now, a life coach and a mentor, he has worked and travelled to many countries while carrying out research on the mind-body connection.

"We are all in a post-hypnotic trance induced in early infancy"

R. D. Laing

**Some of the better known therapeutic interventions that use or include hypnosis in their application include:**

**Guided imagery,** a technique in which, whilst the client is relaxed, a more compelling future is described by the facilitator.

**Re-birthing,** a methodology of regressing a client back to the birth experience and thus relieving any problems that may have originated during this time in the client's life.



**Past Life regression therapy,** a process which whilst in an hypnotic trance a person can regress back to a previous life and handle any issues that might have originated at that time. In fact any technique that includes a relaxation process is likely to invoke the hypnotic state.

**Hypnosis** is widely used by medical doctors and dentists to help the patient relax more deeply and relieve symptoms of pain or discomfort associated with various procedures.

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