

Spiritual? Religious?

A client need not be spiritual or religious in order for hypnotherapy to work for them! Irrespective of one's inclination and beliefs, hypnosis is a natural tool available to all humans without exception or condition.

It is almost impossible for hypnotherapy to be successful if the therapist in any way imposes their belief system, value system, or judgments into the process. Hypnotherapy is CLIENT-centered and client-focused therapy. It is NOT therapist-focused in any way if it is to be successful.

It is not what the therapist (or anyone else for that matter) thinks that is important to your wellbeing and happiness; it is that what you think 'works' and empowers you. Most of people's emotional difficulties trace back to the imposition of society's (parents, teachers, coaches, religious leaders, etc) beliefs on the child, whether intentional or unintentional through action and words. Often those beliefs are not in alignment with that child's destiny, life source, purpose in life and desires. They thus spend many years trying to make a square peg fit into a round hole, all to no avail because just when one corner is aligned, other areas of life fall hopelessly out of alignment. The behaviors necessary to cope with and compensate for such a mis-alignment then manifest into additional life-limiting struggles.

My hypnotherapeutic, transpersonal, metaphysical, past life, spiritual and life purpose work and experiences have taught me that the only true contentment comes from honouring all expressions of the Spirit or Life Force within me. Thus, I seek to help others release their judgments about themselves, about others... about everything. Having learned the power of the human's inner resource first hand and through additional educational pursuits, I am able to help others understand the difference between action and reaction.

Religion is a system of beliefs, a set of guidelines developed and offered by others, usually 'others' who do not know you. These 'others' typically hold themselves out to be authorities, of higher value than those they 'teach' and followers usually do not question their moral authority or the logic of their teachings because 'blind faith' is a requirement. To be a committed follower of any religion, one must be prepared to look 'outside' oneself for the answers to one's feelings and concerns...in other words, someone else or something other than the individual himself/herself has the answers and if they follow the rules, they are led to believe they will have the answer.

One feels victimized and 'trapped' by life until one learns that they can indeed find a peace *within themselves* about themselves...an understanding that they have *within themselves* all of the resources they need to manifest what they want in life...that the answer to their issues, to their needs and wants cannot be supplied by anyone but themselves. Self-acceptance as an equal to everyone else in the world puts all of one's true assets into perspective. What one feels about themselves is reflected in their 'outside'.

Hypnotherapy utilizes hypnosis in a way that the altered state becomes a space for you to learn more about yourself and expand into who you want to be and who you really are. You don't have to know anything about hypnosis...it is entirely natural. You don't even have to believe in it...like people who still find it hard to believe that the earth is round because of their ground-level perspective...it still provides the space you need for self-actualization of all that you are!

Hypnotherapy does not explore religious beliefs unless a client specifically requests that hypnosis be utilized to self-discover this aspect of one's life. Hypnotherapy is in no way connected to any religion and does not promote religion or any other belief system. Suggestions of a religious or spiritual nature are utilized ONLY upon the request or in consultation with the client before hypnotherapy.

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