

UNDERSTANDING THE STRUCTURE OF PHOBIA

Richard A Rzymiski.
Mufh, Aufh, BSYA(arom), M.Dhyp. PBH, Finst HT.

Imagine for one moment that you are a small child, you are out walking in the park with your mother. As you stroll along holding your mother's hand you come upon a small pond in the park. In and around the pond, ducks are waiting patiently for people to go by and feed them with small pieces of broken bread. Try to picture the situation in your mind as vividly as possible, most of us have stopped to feed ducks in the park at sometime in our lives.

Your mother knew that you would come across the ducks in the park and she purposely came fully prepared with a small bag of broken bread pieces. The two of you stop beside the pond to feed the ducks. You begin to throw the pieces of bread, as you do, one of the ducks is brave enough to come a little closer and on seeing a small piece of bread in your hand, suddenly jumps at you in order to snatch the food from you and giving you a nasty nip on the finger. You pull your hand away quickly screaming for help from your mother which of course is promptly given.

Try to picture the scene in your mind, close your eyes for a few moments and really try to see the situation as clearly as possible.

Now imagine you are that same small child twenty years later.

You are strolling in the park, you know that in the park is a small pond, you are also aware that there are ducks in the pond. The memory of ducks in the park doesn't bother you at first, but as you approach the pond you suddenly find yourself with all kinds of excuses to retreat from the area. You become hesitant, you break out into a cold sweat and begin to tremble, you retreat from the pond and begin to wonder what was wrong with you, suddenly you remember the episode in the park with your mother when you were a small child twenty years ago.

By participating in the above exercise you have done several things. Firstly although you may not have realised it, you have again used the power of your subconscious mind, you have planted a seed and then experienced the outcome as it developed. The seed of though had been taken from the conscious by the subconscious and successfully matched with the past experience of twenty years ago, hence, the subconscious produces the desired outcome.

On the second level, this little story with its eventual outcome is just one of many foundations which could cause a phobia or fear. Sometimes we know we are fearful of certain things but just don't understand why. Many of things we are afraid of are normal everyday things or situations, for most of time we are aware that the object or situation would not really bring any physical harm, so why then do we fear those things. The child walking in the park in our little story above is an example of how these types of fears and phobias can be created from quite innocent situations. This can be illustrated by the original event being taken and stored by the subconscious who then chooses to resurface the situation some twenty years later.

Thirdly, the story demonstrates the power of the subconscious mind in relation to physical form, the subconscious had used its lightning fast resources to produce the hesitation, cold sweat and trembling whilst also sending the reasons for its actions a few moments after the

resulting retreat from the area.

By having taken part in the exercise we would have brought to your attention, the subconscious mind's *unlimited power of memory reserve*. The conscious having placed the original fear thought into your subconscious which then stored it in memory. The subconscious waited twenty years for the chance to uproot the file and put it into action.

The subconscious mind cannot think, it can only react. It is the life force of dreams and imagination, it is constantly working twenty four hours a day, it never sleeps, when you do go to sleep it is you're conscious mind that sleeps. The subconscious carry's on working for you by helping your heart to beat, by helping you to breathe, by pumping blood around your body, just because you go to sleep each night it doesn't mean to say your hair stop's growing or that your lungs close down for the night.

The subconscious mind also control's the autonomic nervous system, this part of the nervous system control's the bodily functions which we are, for most of the time, unaware of.

Blinking is an example of this, how many times have you blinked whilst reading this page, it's likely that you can't remember because you weren't even aware that you were blinking.

OK, lets try another unusual little exercise. Read this page once more starting from the beginning. At the same time as you are reading, try to count how many times you actually blink.

Hard isn't it, the subconscious is making you blink, the conscious is reading the page whilst at the same time it is thinking about blinking and trying to count how many times you do it. As a result, the conscious may have lost count, it may have started to re-read words it has already read because it forgot where on the page it was and what it was that it was actually reading.

Because you are still thinking about blinking you have not really taken in the words in this third paragraph whilst you are on your fifteenth blink, or are you? maybe you are becoming even more confused as the seven plus or minus two obstructions begins to take advantage of your obsession with reading and blinking. Stop blinking for a moment, if you are blinking that is, if you are blinking, how many times have you lost count whilst you have been confused by this paragraph? are you still confused? are you still blinking without really paying attention to what you are reading or are you paying attention but losing count of blinks whilst you become a little irritated at the whole situation.

**Stop Blinking now, If you really can that is, maybe your
subconscious won't let you stop, you really want to but you cant.
You just keep on blinking whilst your reading, you just didn't
realise how much you were doing it.**

Welcome to Mass habit.

If you followed our instructions to read and count your blinks you would have made great use of your conscious and subconscious minds. You would have in one way or another

become aware of them both, and because of that you would have also, without realising it, experienced an outcome of what the seven plus or minus two obstructions feel like. By now you will also realise how easy it is to put the obstruction into use. Look at our example of this exercise :

- ▶ 1/ the conscious is reading the text.
- ▶ 2/ the conscious begins to think about blinking.
- ▶ 3/ the conscious try's to count blinking.
- ▶ 4/ the conscious is trying to read whilst counting the blinks.
- ▶ 5/ the conscious rereads words which it can't remember reading.
- ▶ 6/ the conscious is thinking about how many times you have already blinked.
- ▶ 7/ the conscious begins to think about whether it has missed any blinks.
- ▶ 8/ the conscious is beginning to try and make sense of the whole thing, (now the overload is beginning to set in),
- ▶ 9/ the conscious begins to think about restarting the entire exercise because it is not sure whether it has kept up with what's required of it at that particular time, (full confusion has set in). If the conscious can remember how many times it blinked it would have forgot what it was reading and whether it did in fact read all of it. If it did read all of it, it is likely that it cannot remember how many times it blinked, if it even blinked at all.

Blinking is a subconscious reaction and part of the autonomic nervous system, most of the time it just happens without us being aware that it is actually taking place.

Are You Still Confused ?.

The autonomic nervous system is also a part of the peripheral nervous system. The autonomic system regulates the body's internal organs and glands including the heart, stomach and the kidneys along with most other parts of our body which operate without us having to consciously control them. Goose pimples are an example of this, have you ever wondered how they appear on the skin or what exactly produces them?

The autonomic nervous system is also dependant on the cerebrospinal system, (this is sometimes referred to in the medical profession as CNS.) The cerebrospinal system consists of the spinal cord and the brain. The sensory nerve's within this system are responsible for producing tiny impulses containing information which is sent to the brain, the sensory nerves are also part of the five physical senses of the conscious mind.

Lets try another little exercise:

Nerves send impulses to the brain at super lightening speed from various parts of the body, the impulses are then registered within the subconscious mind which uses them to produce the required actions and sensations from within its vast memory banks. Let's use pain as an

example.

Pain travels around the body at approximately 120 to 130 metres' per second, you don't need to be told that 120 to 130 metres per second is super fast. Each of us also have within us what is known as the *Vagal Mechanism*. The VM can travel around the body in excess of 260 metres per second, (note that this is double the speed of pain travel) the vagal system is capable of helping you to open the subconscious mind to infiltrate the body's pain receptor's and slow them down. We are all capable of using our vagal mechanism to reduce or even eliminate pain completely from any part of our body without using hypnosis. The use of this system has been shown many times on television programmes and has even been used to substitute anaesthesia during small operations.

The use of this pain receptor block is very simple. It is thought that to think entirely positively about a certain part of the body functioning perfectly without interference whilst filling the mouth with saliva will activate the vagal mechanism. The theory here is that the vagal mechanism will transfer the positive thoughts of a certain part of the body functioning *perfectly* to the subconscious mind. As the vagal mechanism travel's through the body twice as fast as pain travel's, the subconscious mind receives the positive information long before the impulses of pain, remember! the subconscious will always accept and act upon, so persistently thinking positively with the mouth full of saliva simply cancels out the thought of pain because the vagal mechanism is reaching the brain first. This is a simple pain block which anyone can use but it does take practice, the technique was originated in Spain by a surgeon called Angel Escudero and is commonly known as noesitherapy, the thinking therapy.

The subconscious mind also has incredible healing the power, generally, if something appears on the body then there is usually some kind of subconscious involvement. By using hypnosis it is possible to turn the action around to help correct the problem, the subconscious has the power to turn around patterns and to heal the body. An image of positivity within the mind, when backed up by belief will come into fruition, believe in your subconscious mind it is the gateway to better health and happiness and even though it is non materialistic and cannot be seen, it is there, it is your constant companion in life whether you like it or not, use it wisely and your journey to success will become substantially shorter whilst the obstacles of becoming a highly competent hypnotist will become smaller.

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