

Brain State Mastery and Rapid learning/Healing.

At one time, before all this modern fast living came along, human beings could relax easily and had enormous amount of community support. At that time most people lived an easy care free life and their brain waves resonated close to the earth's frequency of about 10 Hz. It was very easy to meditate and easily to switch off where the 'self' was lost and you were in that peaceful land of freedom and utopia where you become extremely suggestible and your mind could adsorb huge quantities of information (rapid learning). This is what allowed Peer's, Yogis, Sages and Monks to memorise whole scriptures. The idea was that if an invader came along and wiped out the whole nation; as long as there was just one Sage left they could then recreate the whole scripture from memory and pass it on.

How modern day living has messed up our minds.

In this hurry-worry world of problems, deadlines and constant turmoil most people fall into one of the following three categories (from the book Brain States Mastery):

1. Hypo-aroused
2. Ordinary Brain State
3. Hyper-aroused

Hypo-aroused brain state.

People in the Hypo-aroused brain sate are categorised by the following table:

Physiological condition:	Chronic inhibition of brain & nervous system to stimuli.
Physiological mechanisms:	Chronic low frequency/amplitude response to ordinary stimuli; sluggish neuronal firings.
Behavioural symptoms:	Lethargy, dullness, slow-witted ; lack of groundness; withdrawal & isolation tendencies, spiciness, distractibility.
Physiological symptoms:	Lacking muscle tone; flabbiness.
Likely ill-health effects:	Depression, Hypoglycaemia, insomnia, incontinence, low pain threshold, low self-esteem, worry, guilt (with depression), inattention, poor concentration, lack of motivation, passivity, seasonal affective disorder, chronic fatigue syndrome.

People in this category hardly have enough energy to see them through the day let alone take actions to see their dreams come true. They cannot get out of bed, feel lethargic and life just seems an enormous challenge. They tend to relax and fall asleep when they are drunk. They are easy to hypnotise but because they have a low emotional threshold they are don't find it that easy in staying quit/committed.

Hypo-aroused case study

Hannah had some challenges in her life (elderly parents, failed marriage, difficult son and daughter-in-law). I got her to quit drinking as easy as pie and got rid of her depression – she never took anti-depressants again. Then someone she knew died and she hit the bottle straight away. So I got her back in and she quit as easy as pie once again. She could not stop singing my accolade then her father was taken into care. This time she hit the bottle again and refused to come back for a further session – we will call her back in 12 months time and if she wants to proceed with the therapy we will undertake this free of charge. By the way, this lady had been to the Priory. Her mother put up £10,000 and her husband had put up the other £10,000. Within months of coming out of the Priory she started drinking again. This lady had quit for a longer period of time then with

the priority and we also dealt with her depression – even then, she called quitting drinking for over three months with us as a failure.

This is not typical behaviour; most people would just come back or even pay for extra therapy. This is an example of one person who just lost trust in the process too quickly and bottled out. Moreover, it allows me to explain someone who is in the Hypo-aroused brain state beautifully.

Summing up (hypo-aroused brain state)

People in this category do not respond well to the daft methods used by the NHS such as NRT, Zyban or Champix. In fact, a psychotropic drugs like Zyban or Champix could easily take them over the edge. Most people don't responds well to bioresonance or laser by itself but respond extremely well to a combination of Laser/Bioresonance and good solid hypnotherapy. We use all of them in a unique combination.

Hyper-aroused brain state.

People in the Hyper-aroused brain sate are categorised by the following table:

Physiological condition:	Chronic stress, tension & agitation in musculature.
Physiological mechanisms:	Chronic high frequency/amplitude response to ordinary stimuli; sluggish neurons fire too quickly.
Behavioural symptoms:	Agitation, irritability, short-temperedness, emotional outbreaks, explosions of anger, etc.
Physiological symptoms:	Shallow breathing, cramped, tight muscles.
Likely ill-health effects:	Anxiety, obsessive-compulsive disorder, sleep disorders, panic disorders, compulsive behaviours, impulsivity, aggression, bruxism (teeth grinding), Tourette's syndrome (tics), poor social awareness, constipation, heart palpitations, multiple trains of thought, poor comprehension.

People in this category can hardly relax. They worry and hurry through life. They are short tempered. They do not have the resources to see things through. When they get drunk they become aggressive, violent or emotional. They are a nightmare to hypnotise but even when you can get them into a trance and get them to change/quit they don't have the resources to stay quit/committed. These are a hypnotherapists worst nightmare. They should be made to pay way over the odds (2-3 more) because they make the most noise when they revert back to their bad habits again.

Hyper-aroused case study

Ann had numerous medical problems, could not relax and had enormous sleeping problems. She had tried every daft method the NHS could offer her to quit smoking without success. She'd quit, only to become depressed and light-up again within weeks.

The problem with Ann was that she had severe medical problems which made her seek our help, but as soon as she got better she wanted to smoke again. We tried to hypnotise her without success. She did not respond well to the Laser system or our existing bioresonance system. Then we purchased another bioresonance system and used that on her - she quit as easy as pie. This time she managed to last about three months and was back on the cigarettes again – she thought she was missing out on something!

We got her back-in and again with the help of the new bioresonance system we got her to quit. Three months later she repeated the same ritual. Again, we undertook the bioresonance treatment and she quit – we lost contact after that.

This lady could have stood a better chance of quitting if it was possible to hypnotise her but we just couldn't. You can only take a client into a trance if the client allows you to or is able to so. The hypnotherapist has no magic to help clients like Ann relax deeply. Ann knew she had to quit smoking, but guess what; she did not want to stop smoking. Her illness and her family kept forcing her into the programme so the moment her health improved she would light up – I know it's illogical but that's humanity for you.

Summing up (hyper-aroused brain state)

People in this category do not respond well to the silly methods used by the NHS such as NRT, Zyban or Champix. In fact, a psychotropic drugs like Zyban or Champix could just take them over the edge. Most people don't responds well to bioresonance or laser by itself but respond extremely well to a combination of Laser/Bioresonance and good solid hypnotherapy. We use all of them in a unique combination.

Normal brain state.

People in the normal brain sate are very resourceful. They have the resources to change quickly and easily. They have no problems sleeping and they also have the get up and go. They only drink to relax (if they drink at all). If they do drink then they go to sleep without becoming hyper or aggressive. They take responsibility for their actions. They are relatively easy to hypnotise but once they change, they are committed to seeing the change though. About 70% of people fall into this category in the UK, about 90% in places like Japan.

Normal brain state case study 1

I saw Philippa just over a year ago. She had been on anti-depressants for years and had been using alcohol in order to cope and to sleep. Her problems started after her husband died. Apart from these problems she is well motivated and holds a very good well paid job.

She was very easy to hypnotise. I got her to quit drinking and in the second session I got her to come off her anti-depressants. During the whole year she only had one 'blip' but I soon got her back on track after another 2h session. Just over a year later, her mother died in tragic circumstances. She started to drink in order to cope and her doctor put her on a five day course of Prozac. She had trouble sleeping and found it difficult to cope with work. She had no motivation to get out and exercise. I got her back-in free of charge (as a gesture of goodwill), distort the time for her so her mother's death seems 10 years ago rather than 10 days ago, get her off the alcohol and antidepressants. This is what she wrote:

"Well, for the first time since I lost my mother I fell asleep within 5 minutes of my head hitting the pillow and was able to get out of bed and be at the gym by 6.30am --- so once again a big thank you."

"I do feel so much better it's like a miracle, even couple of my friends have commented (both spoke to me over the phone) that I sounded a lot better. Oh and no drink. I can sleep again with no alcohol, how wonderful is that?"

Normal brain state case study 2

I saw Louise in October 2009. She is a radiographer from South Africa. Louise had been suffering with alcohol addiction for a long time. This is what she wrote on her questionnaire:

“The main thing for now is looking after my health, physical, internal & emotional. Alcohol affects all these areas.”

Louise quit drinking with me in the very first session. This is what she had to say during her visit on 19-07-2010:

“Everything was fine for a long time after I left here. I was stuck in Istanbul because of the volcanic dust cloud. It cost me a fortune to get back home. Even then I had no desire to drink alcohol. I then went back to South Africa for 8-weeks then my sister was diagnosed with cancer – the stress caused me to start drinking but nowhere as near as I used to drink. It’s been absolutely amazing.”

After a further 2h session, I got Louise to quit again. I doubt weather Louise will drink again now that she knows that you can never get away with a single drink. There are many other cases in the normal-brain-state that do so well after the therapy.

Normal brain state case study 3

“After wasting £1,400 with a Bioresonance clinic I came to see Life Principles. I quit snorting cocaine in a day. Shokat also helped me shed all the negative emotions of my past. He also bolstered my confidence to enable me to deal with my current trauma (girlfriend left me). After the therapy I quit taking my anti-depressants with the utmost ease. I would recommend this treatment to anyone who wants to overcome their addictions and emotional baggage. I was surprised I felt so good without my pills. I just felt so alive and vibrant. The procedure is quick, easy and utterly painless both emotionally and physically. Coming here has been the best decision of my life. Toby R.”

Toby by the way holds an extremely good job and is highly driven – all the signs of a person in normal brain state needing a bit of help.

Normal brain state case study 4

“I have tried counselling, hypnotherapy and the AA without success. Then I quit drinking with bioresonance therapy. However, I felt depressed and had to rely on anti-depressants. I started drinking after three months.”

“I have always been a drinker but in later years I have not been able to control my drinking. Drinking wine secretly at home every day + when out, drinking too much. It is a bad habit that has been exacerbated by self pity. Although most friends, family + colleagues would think of me as fun loving + caring person. It does affect my family life. Although I have always held down a good job, I haven’t given 100% to my children or husband that I could or should have done. Giving up would be a release from guilt + release me to do so much more.”

“After the first session I felt quite irritable in the afternoon. A mild argument with my husband caused me to burst into flood of tears. Listening to the self-hypnosis CD calmed me down. However, I felt in control as far as drinking was concerned. After the second session my troubles left me – this was far more valuable than quitting drinking. I have finally got my life back and I will never drink again as long as I live.”

Roslyn is a successful writer and extremely successful in her work and social life. She just needed some help with the depression in order to help her deal with her alcohol addiction.

Summing up (normal brain state)

People in this category respond extremely well to hypnotherapy or Laser/Bioresonance in combination with good solid hypnotherapy. As you can see from the example above not everyone responds well to NRT, Champix, Zyban, Laser or Bioresonance by itself. The rule of thumb is that if you suffer from depression then don’t use any other method apart from good solid hypnotherapy. Using hypnotherapy together with laser/bioresonance makes quitting even easier.

Conclusion

The key to success with most people is good solid hypnotherapy. However, some people, especially in the Hyper-aroused brain state have enormous difficulty relaxing/sleeping and they are a nightmare to hypnotise. They need the most help but they are also the most difficult to help. In management they say that if you can't measure then you can't manage. The EEG using allows us to do just that, it allows us to measure the depth of the trance – it allows us to make decisions early in order to avoid problems further along the line. It also allows us to investigate how to help people who have difficulty relaxing by trying out different things – with perseverance some people learn to relax and enter a deep trance allowing us to make the necessary changes at the unconscious level for resounding success. If people still can't relax then we give them suggestions on what they can do in order to move from hyper brain state into an ordinary brain-state. With one client we had to postpone the therapy for a year while she worked on herself – one year later, she came back, went into a deep trance and never smoked again – this is an extreme example but it makes the point nicely. The EEG unit affords us that flexibility.