



Little Nine Heaven Internal Kung-Fu

August 2023

Hypnosis For Childbirth

The word hypnosis comes from the Greek word "Hypnos" (meaning sleep), and is used to describe a state which does indeed appear to be sleep but is actually a trance. The word hypnotism in common usage has both good and bad connotations. The word hypnotism and trance have been greatly misused and misunderstood by many.

Actually, we all go into hypnosis many times each day. Day dreaming is a form of hypnotism. A day dreamer exhibits facial features that are slack and eyes that stare vacantly with little or no animation of the body. We day-dream when watching television, riding a bicycle, walking down the street, or even when we watch the ocean. A trance-like condition often occurs when we stare at a fire, listen to music or to a guest speaker. Many speakers have the ability to sway an audience

and hold its attention just by the hypnotic inflections in their voice. By identifying with these common examples, we can begin to understand that trance is really not mysterious and there is no such thing as "animal magnetism."

Stage hypnotists have only added to the distortion of the public understanding of hypnosis. The stage hypnotist is primarily a showman: he uses dramatic stage techniques to entertain. Many stage hypnotists wave their hands in various motions, causing some people to believe that this movement or waving of the hands helps produce the trance. This is simply not true. It is also very important to realize that a stage show subject is a volunteer who expects to act silly and say outrageous things, that expectation causes his unconscious mind to easily respond to the hypnotist's stage suggestions.

At this point you may say, "All right just what is hypnosis? What is the state of hypnosis?" The answer: no one knows for sure. The mind is too complicated and not fully understood yet; there is still much to be explored. We simply cannot explain what combination of chemical or electrical energy or arrangement of the cells in the brain enables a man to think or be hypnotized. We come to a dead end here because no one knows. No one can tell you why hypnosis does what it does. Hypnosis or (the state of hypnotism) is a mental phenomenon, a phenomenon that is as old as man himself. Many Chinese healers use hypnosis to heal people

and say it is Chi kung. In fact, all the primitive medicine men and all the witchcraft recorded in history used hypnosis even though those ancient practitioners didn't know it. They knew only that they had something and it worked. **HYPNOSIS** will work for you too. Basically, hypnosis is simply a state of mind that occurs that allows acceptance of positive suggestion given by the hypnotist to the subject. There are no mystery words that the hypnotist must use. He merely uses suggestions that help you to relax your body. We know that when the body is relaxed all muscular and nervous tension is removed. We also know that during this process the conscious mind is subdued or put "on the back burner." It is then possible to communicate with the subconscious mind and give it positive suggestions. The suggestions are then accepted by the unconscious mind and acted upon later in consciousness.

We are on the receiving end of suggestions every minute of our wake-

fulness. Every newspaper or magazine display suggests that we buy this or that brand of merchandise. Radio and television tell us about the wonders of different products and how our lives will be changed by those products. Often they insert a suggestion so subtle that we are unaware of it, but we subconsciously accept the suggestion about the product and buy it without really knowing why. For example, you have undoubtedly had the experience of seeing someone yawn. Chances are you yawned too. Although it was unintentional, you were given a subconscious suggestion to yawn... and you accepted it.

The one question a person would always ask is "How does it feel to be hypnotized?" The best way to describe the feeling of hypnosis is simply to say that you will experience complete and wondrous calm, mentally and physically. You will not experience a blacking out or a feeling of being drugged afterwards, but rather an all-

consuming relaxation of your whole being. This is why afterwards; people don't know that they have been hypnotized the first time. Because they have heard so many stories about hypnosis, they have a lot of misconceptions and they expect a "magic carpet ride" or a floating sensation to occur. However, since hypnosis is a state of heightened suggestibility and deep relaxation. The hypnotized person is fully aware of everything about him. He hears the hypnotherapist's voice clearly. He is fully aware of his surroundings and noises. At all times he is in complete control and can choose to remain relaxed or to wake up at any time. He is not UNCONSCIOUS, just relaxed.

In a deeper trance the patient will not only feel the complete and wondrous calm and relaxation but he will also enter into what appears to be sound sleep. However, he can still hear the hypnotist's voice and will respond to the positive suggestions of the hypnotherapist.

The question arises, "Why, if hypnosis is such a valuable tool, has it been neglected by the medical profession for so long?" The answer is simple: we know that in the evolution of all scientific learning one factor remains constant, superstition precedes knowledge. Actually, it seems that most scientific ideas pass through three phases before being accepted. First it is "impossible," then it becomes either "sacrilegious" or "preposterous," and finally it becomes so axiomatic that "everybody knew it all the time." Hypnosis stalled in the second stage, largely due to the antics of its early experimenters. Those who practiced it during that time were either regarded as being wizards or into a traditional satanic pact usually perpetuated the idea. Scholarly investigators who dared honest examination of its undoubted phenomena were excoriated instantly by both church and science. In the beginning, it was a religious rite. From the temples of Isis, Nature Goddess of the Nile, Egyptologists have copied numerous engravings showing wor-

shippers in poses unmistakably characteristic of hypnotic trance. A Greek engraving (928 B.C.) shows a renowned physician of his time placing a pupil under hypnosis.

There are three general stages of hypnosis.

1. LIGHT HYPNOSIS: The subject is extremely drowsy, although he may not feel affected. He is fully aware of everything going on about him. He will obey simple suggestions but will likely not react favorably to those of complicated nature. He will drop his head, breathe heavily, and he will find distracting influences disturbing.

2. MEDIUM TRANCE: The intent and purpose of medium trance suffices for almost any purpose which is pursued during hypnosis. It is occasioned by marked obedience and cooperation. There is no effort to resist, and he accepts suggestions readily. The patient's senses are made available from the unconscious for utilization by the therapist, and he can relive or feel any sug-

gested event. From every standpoint this is the most desirable state, particularly for inducing post hypnotic suggestions that deal with behavior modification, performance enhancement or pain control.

3. DEEP HYPNOSIS: This is the most complete state. The respiration and heart action are markedly lower; the client presents the familiar signs of sleep, although he will half-heartedly listen to suggestions offered to him. This deep sleep is not dangerous. The main purpose for this state is for major surgery. Painless amputation is possible in this state of hypnosis.

Today there is a widespread and growing public interest in hypnosis as we see it applied in many diverse areas. Training centers and educational programs are appearing as the demand for knowledge in this field continues to grow.

The only anesthetic that is without danger is hypnosis. Many Obstetricians are finally becoming aware of the use of

hypnosis for obstetrical anesthesia as an adjunctive technic, as evidenced by the increasing number of reports.

There is no doubt that the expectation of pain and fear associated with labor can be effectively relieved by suggestion and/or hypnosis. The education for childbirth by "natural childbirth" method aims at establishing a healthy attitude and has the same purpose as hypnosis but cannot achieve as deep a relaxation or reduce discomfort as in hypnosis. When natural childbirth and hypnosis are combined together the threshold for pain relief is much greater.

Showing that hypnosis can be an effective agent for eliminating pain in childbirth by knowing how to relax the body during labor. As a result of relaxation and knowing what to expect, anxiety and fear are decreased. For the maximum results one should take hypnosis and prenatal training which will result in less medication and calmer behavior during labor and delivery

ADVANTAGES OF HYPNOSIS

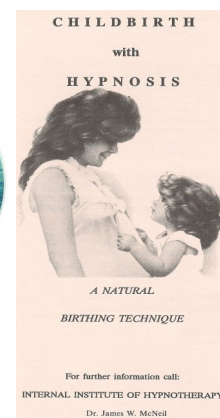
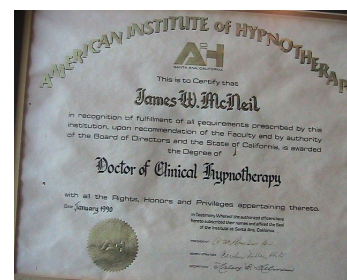
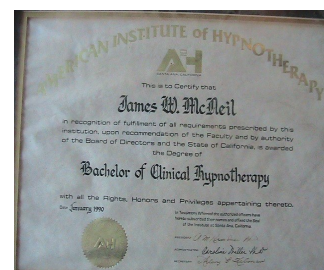
Benefits and advantages of hypnosis in childbirth.

1. Reduction of fear, tension and pain before and during labor.
2. Complete control of painful uterine contractions.
3. Shortens the first stage of labor by approximately 2 to 4 hours or more.
4. Can transfer reports to an associate, nurse, friend, mother, or husband. (With the patient's permission).
5. Decreased shock and speedier recovery.
6. No elaborate education or exercises are needed to achieve a strong interpersonal relationship essential to the success of childbirth.
7. No possibility of harm will be done to the mother or the baby by hypno-anesthesia.
8. An intensely gratifying emotional experience for a well-adjusted

mother hearing the baby's first cry or seeing him or her immediately after birth are thrills that a mother can never feel if she is not awake.

Sincerely Yours.

Dr. James W. McNeil



UPCOMING CLASSES AND SEMINAR

September 23, 2023, to October 4, 2023

Thailand

Taoist Lovemaking or Shih Shui Kung

October 26th. To 29th.

Seminar in **Banning California**

Chicago Illinois (Dates not confirmed yet)

If interested contact Grandmaster McNeil or Master Colin Cane

