PerthHypnosis CLINIC
INSPIRING POSITIVE CHANGE

The Doorway to New Beginnings

THE SYNERGETIC PROCESS

The Synergetic Process represents a comprehensive and holistic approach to personal transformation. It is the process of empowering you by harmonising and optimising all parts and all levels of your body, mind and spirit. This innovative model recognises that true change and healing can only occur when we address the complete person - their physical, mental, emotional and spiritual dimensions working together in perfect synchronicity.

Have you ever wondered …

- Why it is so difficult to stop a habit? You change for a short while and then go back to what you did before, and maybe even worse than before? The cycle seems endless and frustrating, leaving you feeling powerless.
- How you keep biting your nails, and don't realise you are biting your nails until you feel the pain? This unconscious behaviour seems to take control without your awareness.
- Why you keep doing the things that are not good for you even though you know you shouldn't? The internal struggle between knowing what's right and actually doing it becomes overwhelming.
- Why you drink more than you should even though you want to drink less? The compulsion seems stronger than your conscious desires and intentions.
- Why you continue to smoke even though you don't like it? The habit persists despite your genuine desire to quit.
- Why you feel you are not capable of doing something even though you know you can? Self-doubt creeps in and overshadows your true potential.
- Why you lack motivation to do things you know need to be done? The disconnect between awareness and action grows wider.
- Why you feel anxious even though you look around and there is nothing to worry about and your anxiety level increases over time? The feeling seems to have a life of its own.
- Why your depression increases over time? The downward spiral appears unstoppable.
- Why you are so fearful of needles, or lifts, or spiders, or flying that even thinking about it causes fear? The phobia takes control regardless of logical reasoning.

It is all because of learned responses - patterns and behaviours that have been deeply ingrained in our subconscious mind through years of experiences, conditioning, and repetition.

How and Why Our Hypnosis Sessions Work

We have both conscious and subconscious minds, each playing distinct yet interconnected roles in our daily lives. Your conscious mind is your critical or rational mind and allows you to make yes/no decisions and is responsible for those you are consciously aware of. This analytical part of your mind processes about 40 bits of information per second and represents approximately 10% of your mental capacity. Your conscious mind is the part of your mind that you are using to read and process these words right now. As you look at this page, you are saying the words in your mind, and as you derive meaning from the text, you establish how the meaning relates to you personally. Your conscious mind is linear, sequential, and logical and likes everything to make sense. It's the part that questions, analyses, and makes rational decisions based on available information.

The subconscious is that vast, powerful part of the mind that looks after everything else for you. It processes approximately 40 million bits of information per second and represents about 90% of your mental capacity. It is the part that controls everything you do without conscious effort or thought – things that happen automatically, without thinking – blinking, laughing, crying, breathing, etc. It's also responsible for your survival responses, emotional reactions, and deeply held beliefs.

Your subconscious mind is a remarkable repository that stores every single thing you have heard, seen, felt, experienced, read, smelled, tasted and learned - all of your experiences and perceptions throughout your lifetime. It's like a vast database that never deletes anything, keeping record of every moment, every emotion, and every sensation you've ever experienced.

And based on all these experiences and perceptions, it composes your beliefs, behaviours, habits, feelings, sensations, emotions, personality, and programmes of sorts. These mental patterns become the foundation of who you are and how you respond to life's situations. The subconscious mind works tirelessly behind the scenes, influencing your decisions, reactions, and behaviours in ways you might not even realise. It's the source of your intuition, creativity, and automatic responses, working 24/7 to maintain your physical and psychological well-being.

All that stuff that you really want to change - all of the stuff that makes you who you are, that drives you, that pushes you to do those particular things, your habits, your programmes - everything resides deep within your subconscious mind, shaping your daily actions and responses in ways you might not even realise. This powerful part of your mind acts as the control centre for your behaviours, thought patterns, and automatic responses that define your unique personality and way of being in the world. You don't have to consciously relearn basic tasks like tying shoelaces, walking, or talking each day – these actions flow naturally and effortlessly. Everything you do automatically without conscious thought follows deeply ingrained patterns.

You consistently perform these actions in the same way because every single memory, every experience, every learned behaviour is carefully stored in the vast databank of your subconscious mind, ready to be accessed at a moment's notice. This incredible efficiency allows you to navigate daily life without having to consciously think about every minor action or decision.

Your subconscious mind continuously accesses this extensive databank millions of times throughout each day, retrieving stored information to guide your mind on how to respond to any given stimuli or situation. These reactions happen automatically, often in microseconds, and at a conscious level, you may not fully comprehend why you respond in certain ways. The speed and automation of these responses serve an evolutionary purpose, allowing you to react quickly to situations without the delay of conscious deliberation.

This is precisely why you tend to respond in the same predictable way every time you encounter similar stimuli. It's a learned behaviour pattern that has been reinforced over time through repetition and experience. Interestingly, you would likely struggle to pinpoint exactly when you first learned that particular response pattern because the initial incident may have seemed so insignificant at the time that it didn't register as a defining moment. Yet, that small event began programming your subconscious response.

Over time, these subconscious responses typically become more pronounced and intense because your subconscious mind becomes increasingly efficient at executing them. This process mirrors the way you naturally improve at any skill through practice and repetition. This is the fundamental mechanism behind how your habits are formed and strengthen over time. Every response to any stimulus, whether positive or negative, is essentially a learned behaviour that has been reinforced through repeated practice and exposure.

Consider how emotional responses develop: you might have experienced mild annoyance at something as a child, but as similar incidents occurred over time, that initial feeling gradually intensified into full-blown anger.

Anxiety follows a similar progression, often starting as mild concern or unease before potentially developing into more severe manifestations.

All your habits, beliefs, and emotional responses have evolved through this same process of exposure, repetition, and reinforcement. The development is so gradual and subtle that it often goes unnoticed until the pattern is firmly established.

When a triggering stimulus occurs, your mind essentially reverts to the emotional age of that first response, but now acts with the accumulated weight of all subsequent experiences. This explains why negative behaviours tend to intensify over time rather than naturally diminishing. The original emotional response becomes amplified through years of reinforcement and practice.

Your relationship with food and exercise, for instance, isn't something you were born with – these are learned behaviours and attitudes. They might have been absorbed from your family environment, influenced by the people around you, shaped by media messages, or derived from various information sources. These patterns are simply learned responses that have become deeply ingrained through repetition and reinforcement, just like any other habit.

This same principle applies to behaviours like procrastination or tendencies toward laziness. These patterns typically worsen over time as they become more deeply embedded in your subconscious programming, becoming increasingly noticeable and having a more significant negative impact on your life and productivity.

The same mechanism explains the development of dependencies on substances like alcohol, tobacco, or drugs, as well as compulsive behaviours such as nail-biting, skin picking, or teeth grinding. None of these behaviours were present at birth – they were all learned responses that became habitual through repetition and reinforcement of the neural pathways associated with these actions.

Your subconscious mind performs numerous vital functions beyond just storing and executing learned behaviours. It maintains your essential body systems, enables your imagination and creativity, manages your automatic responses, preserves your memories and learned experiences, and allows you to envision and plan through "what if" scenarios. All of these complex processes occur without your conscious awareness. In fact, your subconscious mind is responsible for

approximately 90% of everything you do each day, while your conscious mind only directly controls about 10% of your daily actions and decisions. This distribution of mental workload allows you to function efficiently while focusing your conscious attention on the most important decisions and tasks that require deliberate thought and consideration.

Your subconscious mind exhibits a remarkable resistance to change once it has established and internalised certain patterns or behaviours. This resistance stems from its primary function as a protective mechanism – it aims to maintain stability and predictability in your behavioural responses. When a pattern or habit becomes deeply ingrained, your subconscious treats it as a vital program that must be preserved, regardless of whether that pattern is beneficial or harmful to your wellbeing. This explains why breaking free from destructive habits often feels like an uphill battle, with each attempt to change meeting strong internal resistance. The more forcefully you try to override these established patterns, the more intensely your subconscious mind fights to maintain them, frequently leading to frustration and eventual surrender. This powerful, stubborn aspect of your mind is what I refer to as the BOSS – an apt description of its authoritative control over your automatic behaviours and responses.

This fundamental resistance to change explains why traditional counselling approaches often yield limited results, even after numerous sessions. These conventional methods primarily engage your conscious mind – the rational, analytical part of your thinking – in an attempt to modify behaviours controlled by your subconscious. It's essentially like trying to convince a stubborn authority figure to change their well-established rules and procedures through logical argumentation. Just as a resistant boss might dig in their heels when faced with direct challenges to their authority, your subconscious mind tends to strengthen its hold on existing patterns when confronted with conscious attempts to override them.

There is, however, a more effective approach to creating lasting change.

Our Process

We employ a streamlined process that has been specifically designed to secure the BOSS's willing participation in the transformation journey. This approach acknowledges and works with your subconscious mind's natural tendencies rather than fighting against them.

While most people are familiar with the concept of conscious and subconscious minds, there's a third, often overlooked aspect: the SUPER-conscious mind. This extraordinary component of your mental framework serves as a sophisticated mediator between your conscious awareness and subconscious programming.

The Superconscious mind possesses a unique ability to facilitate communication and harmony between these different aspects of your psyche, making it an invaluable ally in the process of personal transformation.

Your mind holds a complete record of your life experiences, including how you developed your current patterns and behaviours. This same comprehensive understanding naturally contains the solutions to resolving any issues you're facing. Just as your mind knows the path that led you to your present situation, it also inherently knows the route to positive change.

During our therapeutic sessions, you'll learn to harness and direct this innate mental power to achieve your desired transformations. The process taps into your mind's natural problem-solving abilities, allowing for organic and sustainable change.

The Superconscious mind possesses the remarkable capability to address and resolve issues across all dimensions of your being. Whether the challenge exists at a physical, emotional, mental, or spiritual level, your Superconscious mind can access and transform it. This extraordinary aspect of your consciousness can identify and resolve the root causes of unwanted behaviours, regardless of how deeply they're embedded or what original purpose they served.

The beauty of this approach lies in its simplicity – your role is simply to allow your mind to engage in its natural healing and transformative processes.

The journey begins with guided hypnotic induction, but don't let this term intimidate you. Hypnosis isn't some mysterious or foreign state – it's a natural condition that you experience multiple times throughout each day. Every instance of imaginative thinking, daydreaming, or performing automatic tasks represents a form of natural trance state. The main distinction in therapeutic hypnosis lies in the depth and intentionality of the trance state, which allows for more profound and directed change.

It's important to understand that hypnosis isn't equivalent to sleep or unconsciousness. You won't lose awareness or control during the session. Instead, you'll maintain a comfortable level of consciousness, always aware of my guiding voice throughout the process. This state of focused relaxation enhances your mind's natural ability to create positive change.

The process itself is remarkably straightforward. My role is to provide gentle guidance through voice instructions, while your only responsibility is to allow your mind to follow along naturally. There's no need for effort or forced concentration – in fact, trying too hard can actually hinder the process. The key is to simply relax and let your mind respond naturally to the guidance provided.

Once you reach an optimal level of trance, I'll begin direct communication with your superconscious mind. This creates a collaborative environment where we can work together to facilitate necessary changes. Through this process, any emotional patterns, motivations, or underlying reasons maintaining unwanted thoughts or behaviours can be effectively addressed. These elements might be released, reevaluated, transformed, or adjusted in whatever way best serves your highest good, ultimately neutralising their impact on your life.

The elegance of our process lies in its simplicity combined with its remarkable effectiveness. By working with your mind's natural tendencies rather than against them, we create the conditions for lasting positive change.

Throughout my extensive career in hypnotherapy, I have explored and implemented every mainstream therapeutic method available. However, none of these conventional approaches have come close to matching the extraordinary results my clients consistently achieve with our current methodology – both in terms of the rapidity of transformation and the profound depth of the changes experienced.

Our process stands out for its remarkable efficiency in helping clients resolve their deepest issues and challenges. The comprehensive nature of this approach ensures that we examine every aspect of the presenting problem, leaving no element unexplored. This thorough investigation allows us to achieve complete resolution across all dimensions of your being – whether the issues manifest mentally in thought patterns, emotionally in feelings and reactions, physically in bodily responses, or spiritually in your deeper sense of self and purpose. The process addresses these concerns precisely where they're stored within your psyche, ensuring comprehensive healing.

What makes this approach particularly effective is that all this transformative work occurs while you remain in a comfortable, naturally relaxed hypnotic state. This optimal state of consciousness allows you to fully access and utilise your own mental resources for both evaluation and change work. The purity of this method lies in its ability to facilitate precise, targeted changes while remaining entirely client centred. This approach fundamentally empowers you, placing the tools for transformation directly in your hands while providing expert guidance throughout the process.

When you're ready to embrace positive change in your life, our commitment is to help you achieve these transformations with unprecedented speed and effectiveness. We understand that your time is valuable, and our streamlined approach ensures that you achieve your desired outcomes as efficiently as possible while maintaining the depth and quality of the transformation.

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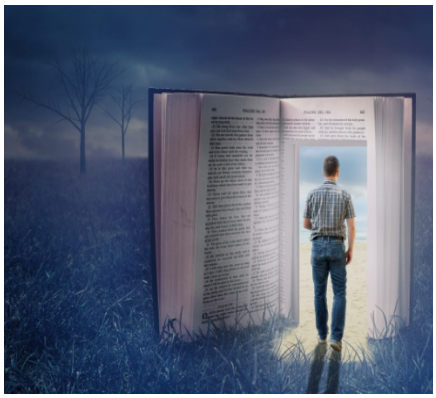

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