

# Visualization: The Benefits of Hypnosis for Mindfulness

**Presented by**  
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What is it that comes to mind when you hear the word, “hypnosis?”



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## What is hypnosis?



Hypnosis is a safe, naturally occurring state. It is a state of focused attention. While in this state, you are more connected to inner resources and receptive to positive suggestions. You experience it:

- driving long distances,
- reading a good book,
- watching a fascinating movie or
- deeply lost in thought.

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## Definition of terms:

**Medical hypnosis**-A collaborative process used by a hypnotherapist in conjunction with a physician employing relaxation and imagery to reduce or eliminate the symptoms of a disease and/ or manage the side effects of medications or other conventional treatments.

**Mindfulness**-The practice of maintaining a nonjudgmental state of awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis. Merriam-Webster

**MBSR**-A meditation technique that promotes relaxation through the nonjudgmental awareness of moment-to-moment sensations, experiences, and reactions. The Free Dictionary

**Neuro-Linguistic Programming (NLP)**- A form of short-term therapy which seeks to identify the way that words (linguistic) influence the nervous system (neuro) for a positive or negative outcome and change the pattern in order to create more choices.

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**Guided Imagery-** Any of various techniques used to guide another person or oneself in imagining sensations and especially in visualizing an image in the mind to bring about a desired physical response (as a reduction in stress, anxiety or pain). Merriam-Webster

**Psychosocial oncology-**A specialty area in cancer care concerned with understanding and treating the social, psychological, emotional, spiritual, quality-of-life and functional aspects of cancer, from prevention through bereavement.

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## **The Four Tiers of Vitamin V-Visualization for Cancer Support <sup>TM</sup>**

Tier I. Address the initial shock, fear and stress

Tier II. Learn and adopt the attitudes of survivors

Tier III. Manage the side effects of conventional treatment

Tier IV. Create cancer elimination imagery

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How do we relax when we are worried and stressed out?

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**F.E.A.R.**

Forgetting Every Available Resource



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Who is ready to experience hypnosis?



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Frankie say, “Relax.”



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## Steps to self-hypnosis:



- Find a comfortable place
- Set a timer
- Relax the body
- Use affirmations
- Imagine a relaxing scene
- Emerge

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## **Progressive Relaxation:**

- Start at the feet
- Focus on each muscle group for a few seconds and imagine it releasing
- Continue up to the head
- Soothing music can help
- Keep arms and legs uncrossed

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## **Guidelines for using affirmations:**

- Positive and personal
- Present-oriented
- Simple sentences
- Repeated
- Spoken with feeling
- Words must form pictures
- Pictures must trigger emotions

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## **Sample affirmations for relaxation:**

- I am light and free.
- I grow calmer each day.
- I am naturally optimistic.
- I embrace positivity, power and possibility.
- I can do this.
- I am a calm, resilient person.
- I am so grateful for all I have and all I am.
- I wake up today with strong body and clear mind.
- Peace is possible.
- I am willing and open.
- Calm heart, calm mind.
- I relax into the present moment
- My mind and body work well together.
- I focus on the things I love.
- All is well.
- It is getting easier, I am getting stronger.
- I am loved. I am love.

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## **Guidelines for using imagery:**

- Images are positive, personal and meaningful
- Incorporate all sensory channels (VKA)
- Begin in the present and incorporate activities of daily living
- Envision yourself living in the future
- Repeat several times a day
- Words must form pictures
- Pictures must trigger emotions

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## **Conclusion:**

Hypnosis is a powerful complement to conventional cancer treatment and can address fear, pain, insomnia and other treatment side effects.

Stress is one of the primary obstacles to healing and can be addressed using a combination of self-hypnosis, mindfulness meditation and affirmations.

There are different terms used to describe the process of using your mind to improve your health.

The keys to self-hypnosis are: physical/mental relaxation coupled with specific words and images that promote peace.



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## Resources for further study:

Cousins, Norman. Head First-The Biology of Hope, 1989

Davis, Martha, Ph.D. et al. The Relaxation and Stress Reduction Workbook, Sixth Edition, 2008

Dilts, Robert, et al. Beliefs-Pathways to Health, 1990

Hahn, Thich Nhat. The Miracle of Mindfulness, 1999

Maltz, Maxwell, M.D. Psycho-Cybernetics, 1960

Moen, Larry. Meditations for Transformation, 1999

Siegel, Bernie, M.D. Love, Medicine and Miracles, 1986

Simonton, Carl, M.D. et al. Getting Well Again, 1992

Valenzuela, Francisco, Ph.D. Psycho-Oncology, Hypnosis and Psychosomatic Healing in Cancer, 2015

Yapko, Michael, Ph.D. Mindfulness and Hypnosis, 2011

Zahourek, Rothyn, RN. Clinical Hypnosis and Therapeutic Suggestion in Nursing, 1985

# About the Presenter

**Ajamu James Ayinde**, M.A., A.C.H. is a Certified Medical Hypnotherapist, NLP Master Practitioner and Transpersonal Hypnosis Trainer. He is a graduate of Trinity College in Hartford and received his M.A. in Motivational Psychology from Huntington Pacific University where he studied the mindsets of Olympic level athletes. He has advanced training in pain management and specializes in pediatric issues and cancer support. Ajamu was the staff hypnotherapist at Millennium Healthcare/Avatar Cancer Center in Atlanta, GA and formerly wrote for Benedictine Hospital's Oncology Support Program newsletter. He facilitates monthly guided imagery workshops for cancer survivors at the Herbert and Sofia Reuner Cancer Support House in Kingston, NY.

He created the **Vitamin V-Visualization for Cancer Support™** program in 2001 and has presented on medical hypnosis across the US, in Calgary and at the London Healing Arts Festival. Ajamu has presented to doctors, nurses and medical students at Morehouse School of Medicine, SUNY New Paltz, Bard College, Vassar College, St. Luke's Cornwall Hospital, Health Alliance of the Hudson Valley and was the only non-dentist to speak before the Dutchess County Dental Society. He was the International Association of Counselors and Therapists (IACT) Therapist of the Year in 2004 and in 2012 received the Outstanding Transpersonal Contribution award from the National Association of Transpersonal Hypnotherapists (NATH). Ajamu works with clients around the world via Skype.

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