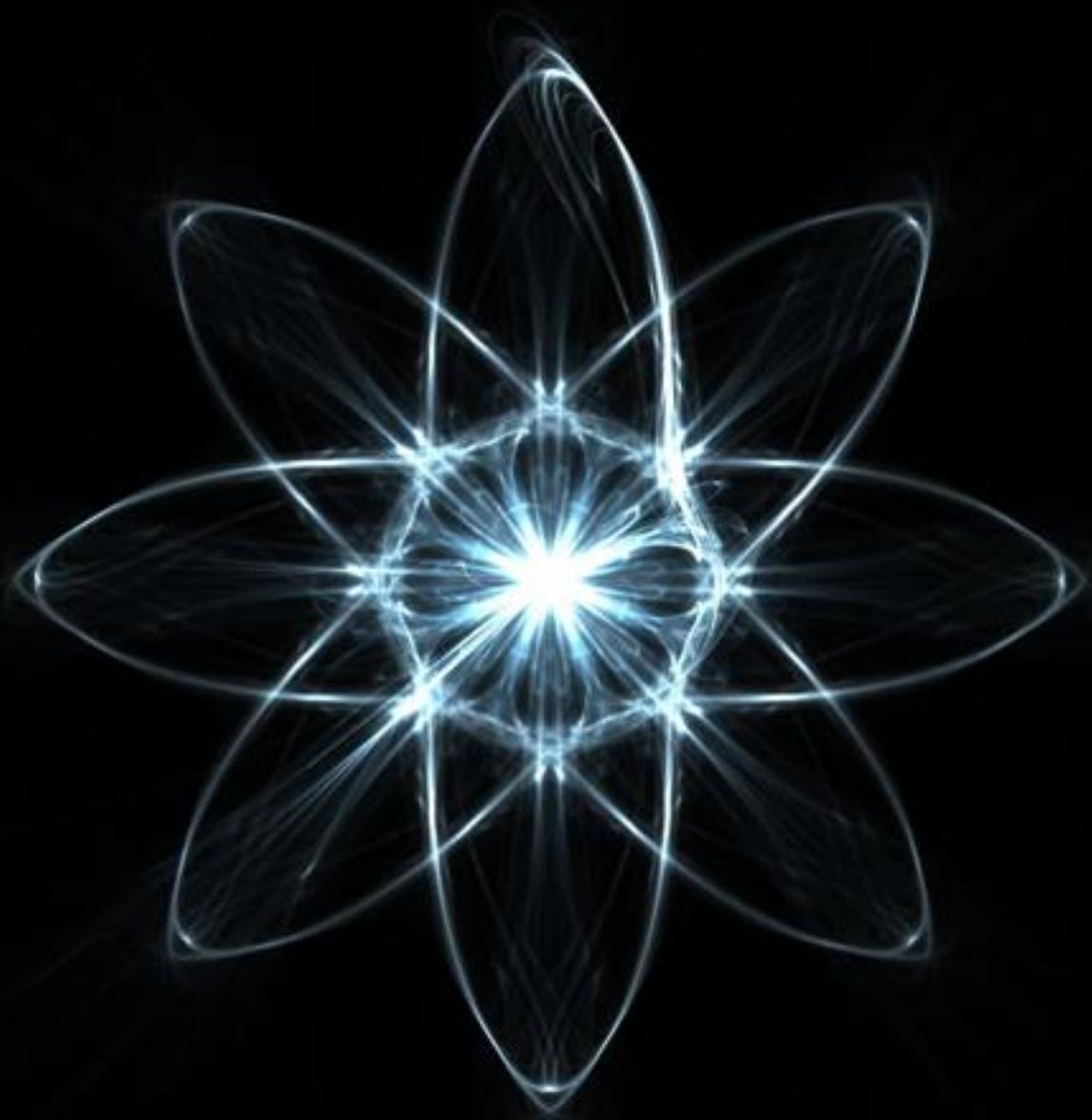


Hypnosis for Cancer



by Sharon Dill C.Ht

I would like to dedicate this guide to my wonderful sister and my hero, Heather, who said from the outset of the discovery that she has breast & bone cancer: "I'm not going anywhere!" Her unwavering strength has been an inspiration on how to live life in a state of gratitude & grace.

A dedication also goes to Leo Gopal's mom, who one year ago today (14/11/12), was admitted to hospital for the second time in a month. Tests revealed the existence of pancreatic cancer. A year later, she is still here to hug her son.

A further dedication to all the families touched by cancer... brave souls all - I salute you!

Let us stand together as hypnotists who care. Let us do everything we can to alleviate the pain and suffering. Let us get out there and start the good work!

*And always remember, there is no such word as impossible – the very word says: "**I'm possible** ... "(Audrey Hepburn)*

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Foreword

A year ago, my mother was diagnosed with pancreatic cancer.

All I remember feeling was that I wanted to do everything possible to help, I even considered studying oncology to specialize in cancer treatments just to be able to help her. It is a feeling no family member or friend should have.

I decided to stick with my strengths, which were hypnosis and try to help her in whatever way I could. Resources on the subject were scarce and I was left with just playing around with various tools in my toolbox to see what helped and what did not.

I thought I was alone.

I thought I was alone until a few weeks ago when a local hypnotist, Sharon Dill heard about my mother – she was ever so sweet and sharing with her own knowledge, experience and techniques, we instantly connected.

The more Sharon shared with me, the more I realized that she has something profound to share, and If I felt alone – then it is quite possible there are many others out there who feel that way too.

Sharon was inspired then to write this Quick Guide – a work in progress.

This is by no means an end all be all to the subject of Hypnosis for Cancer, but more of a prelude to things to come.

This guide will help you help those close to you that you love, it will let you know that you and they are not alone – this guide will help you help your clients, and in turn, many shall get the benefit from these profound techniques.

You will read this guide, you will learn from it, you will adapt it to your own use – you will gain insight and you will gain feedback.

I invite you to read this guide, to share this guide and to give Sharon and many others feedback on your experiences and how you would suggest this moves forward.

Thank you for taking your time to get and read this – many shall benefit.

May you always be well and happy.

Eternal Smiles,

Leo Gopal

Introduction

Cancer is fast becoming the scourge of the century. Published statistics are staggering: 1 in 2 men & 1 in 3 women will be diagnosed with cancer in their lifetime. Further statistics reveal that 1,6 million people will be diagnosed with cancer in 2012. Approximately 577 000 people will die from the disease this year. (Refer: CA: A Cancer Journal for Clinicians > Vol 62 Issue 1 - Rebecca Siegel MPH1,* , Deepa Naishadham MA, MS2, Ahmedin Jemal DVM, PhD3. <http://onlinelibrary.wiley.com/doi/10.3322/caac.20138/full>)

What is causing so many people to get critically ill? The answer is not as simple as one might think. The truth is that most of us have millions of cancer cells in our bodies all the time, and our body handles them quite well most of the time, and we don't get sick. However, some people – a lot of people do - why? To find the answer let's take a closer look at the disease:

Cancer is a complex disease and can be caused by a number of things:

- Poor lifestyle choices: stress / smoking cigarettes / no exercise / poor dietary choices
- Environmental issues / poisons we are exposed to
- Psychological factors

Most cancer sufferers have a combination of these factors – a fact which makes helping them all the more complex. So where does one begin to help a client who presents with cancer?

In order to help a client diagnosed with cancer, we need to understand the disease more fully, so let's take a closer look at the factors above:

- **Poor lifestyle choices** cause stress in the body. Stress causes acidity. Acidity in the body weakens the immune system. When the immune system is weakened, we are susceptible to disease.
- **Environmental issues:** The following are proven causes of cancer: genetically modified foods, toxic work environments, contaminated rivers / seas & fish, steroids & other dangerous products fed to livestock to speed up growth, chemicals added to our food & water, plastics which melt & disintegrate into our water & food, mercury in dental fillings, warfare missiles tipped with depleted Uranium (used in the gulf war) Uranium has a half-life of 4 1/2 billion years, so parts of the Middle East are destroyed - forever! When a child is born in Iraq, the parents do no longer ask if it is a boy or girl, the first question is "Is it normal?"!!!! Sadly these factors are just the tip of the ice-berg.
- **Psychological factors:** These can be many & vary vastly from individual to individual, but the cold hard truth is that in many cases, cancer can be a slow form of suicide. Below are some of the more common psychological factors:
 - a) Getting more attention (hidden benefit)
 - b) Stopping a spouse from leaving hidden benefit)

- c) Employment / insurance benefits (hidden benefit). One woman even (subconsciously) decided to die so her children could inherit her insurance money to get them through their studies!
- d) Childhood / other unresolved trauma: a prime example of this is comments made while client was in the womb - such as an unwanted pregnancy. This can give the baby the message that "I am not wanted, leading to the illogical reasoning that "I don't deserve to live."
- e) There may be a sense of 'guilt' for being alive, from childhood abuse / neglect
- f) Childhood history of not feeling 'wanted' or being 'in the way'
- g) Excessive worry /struggle & emotional exhaustion - to the point of wanting to 'give up'.
- h) It is the client's "time to pass on".

So with all these presenting factors how do we know where to begin to unravel the mess? In order to find the answer to that, let's take a look at the profile of people who do heal.

Cancer survivors seem to have these characteristics:

- A sense of humour
- A lack of fear / panic despite their circumstances
- A belief in their body's ability to heal
- Creative goals that make life worth living

So how do we take a client who is likely depressed, exhausted, ill & frightened, and turn it around, so that we have someone who is willing to fight to make it? Let's take this one step at a time. Hypnosis for cancer can be divided into 2 distinct phases:

- PHASE ONE: Stabilise the client emotionally & educate regarding diet & environmental factors causing cancer so these can be avoided where possible
- PHASE TWO: Regress / parts therapy / other to find underlying causes

PHASE ONE - GETTING THE SITUATION UNDER CONTROL

RESOURCE STATE:

The first priority is to get the client into a good resource state. A problem cannot be solved in the same state of mind that created it! Top of the list is stress relief. Stress & anxiety cause acidity in the body. Acidity causes the cancer to spread. To get the acidity level down – de-stress the client. To de-stress the client – teach relaxation methods – for mind & body.

Here are some great strategies to utilise to de-stress your client:

- Teach autogenic training / self-hypnosis / meditation
- Happy place: Regress client back to the happiest day in their life, amplify & anchor that state.
- Guide the client to go back to the time when he/she was healthy & had no cancer cells – physically transform back into that healthy person. Teach all the cancer cells to remember how great it felt to be a healthy cell. Amplify & anchor.
- Visualisation: visualise healing rays / Pac-man racing through the body eating up all the cancer cells / the white cells being knights in white armour fighting all the cancer cells / taking a healing 'shower' / a healing light passing through the body, washing away all the cancer cells and renewing the existing cells ... There are many 'healing' scripts free available, or make up one that suits the client's situation / interests.
- Direct suggestions to boost the immune system
- Exploring & releasing negative emotions & limiting beliefs
- Take a light-hearted approach & get the client to make a list of their blessings. Find out what makes your client excited about life.
- People tend to overlook the most important factor in helping people heal and that is helping them de-stress, move into "rest and digest (and self-healing) states and cope more effectively. Humans are biologically engineered to manage cancer. Most of us have millions of cancer cells and our bodies handle them very nicely below our awareness every day. Teach the client to feel these healing states: a hopeful heart, peaceful mind and playful spirit. People who survive cancer do not "WORK" at curing themselves, they take a joyful approach to living as fully as they can - in the now... When we are at peace with ourselves and our environment - Healing Happens! – direct quoted from [Michael Ellner on HypnoThoughts.com](http://www.HypnoThoughts.com)
- Get client to visualise a dial – like a radio dial which is connect to their cancer count (certain tumour molecules found in the blood which are associated with cancer). Ask client to visualise turning down the dial & the cancer count ..

Teaching the client these skills has many benefits: the client will start to feel they have some control over their body, which is empowering. The effects of relaxation are really great for starting the healing process. Visualisation gives the client hope & sends healing messages to the body. Improvement in the client's state of mind as the focus shifts from morbid & fearful thoughts, to positive healing thoughts brings about a sense of purpose & wellbeing.

PAIN CONTROL

Teach the client pain control techniques. A famous & very effective one is to ask client to imagine a dial with numbers, and turn down the dial to minimise the pain. Or see the pain as an object and make the object larger.. then smaller.. then as small as he / she wants .. One thing to bear in mind is that the client needs to still be able to feel *some pain*. Hypnosis is very effective for pain control but pain has a purpose in the body – it is a warning that

something is not right. Making all the pain disappear could take away the warning signs! Advise the client to turn down the pain only as far as is comfortable & bearable – not completely!

CHEMO / RADIATION

There are various schools of thought regarding the validity of Chemo / Radiation treatment. Whatever your opinions on the matter *it is not your call to make*. You need to be completely supportive of whatever treatment method the client's doctor has dictated - no matter your own opinion! The bottom line is that Cancer patients go through some very tough medical processes to get rid of the cancer, and they need your full support. In fact, here is a wonderful opportunity to take something which is really hard for the cancer sufferer & turn it round. We all know that the mind is a powerful tool – use this to full benefit to make the treatment as powerful as possible!

Chemo / radiation / medications all take their toll on the body, and often it is these very processes that wear down the client & make them want to just give up. A large part of the problem lies in the mind-set of the client. Most people have heard the horrors of chemo & dread these processes. The result is that as the medication is being pumped into the body, the client is tense and frightened. The result is that they subconsciously 'fight' the medication! This does nothing to aid the healing process. The perception that chemo is something to be dreaded needs to be turned around.

A suggestion for the client to relax completely as the chemo/radiation enters the body, is exceptionally beneficial. Further suggestions to spread the relaxation to soften the tissues & internal organs, every muscle & nerve, every little cell relaxed and welcoming the chemo / radiation / medication ... seeing it as powerful healing medicine .. and the body welcomes this healing medicine ... and there are no side effects as the body is working together with the medication as a powerful team. Chemo/radiation has side effects, so remember to add suggestions such as little or no nausea, less swelling, less pain.. etc. See more in following paragraph:

HYPNOSIS FOR SIDE EFFECTS OF CHEMO

Much can be done with hypnosis to reduce the side effects of chemo. Helping the client to see chemo in a positive light is imperative - see previous paragraph. Resistance to the chemo/radiation sets the body up as a war zone. This will cause the body to react badly. A positive chemo/radiation experience will result a relaxed experience with positive expectations & far fewer after side effects. However there probably will be symptoms such as nausea, swelling, pain, fatigue, mouth ulcers, diarrhea, constipation etc. Speak to your client & find out what their symptoms are & give suggestions to aid with these.

PRE-OPERATIVE HYPOSIS

Pre-operative surgery is highly effective and has marked benefits for the client.

The following suggestions work well:

- Suggestions for a smooth operation with no complications
- Back to full consciousness after the operation quickly and easily
- Speedy recovery & healing, free of complications
- No nausea after operation
- Less pain & therefore less medication

EGO BUILDING

Ego building is very beneficial; make a list of good characteristics & tell client there is only one of him / her in the entire world and that the world needs her. Find reasons to live. Amplify & anchor.

FUTURE PACING

Future pacing – use your own methods or here are some suggestions for using:

- Take them to a time in the future – possibly 10 to 15 years into the future .. where they are enjoying life ... feeling vibrant & healthy .. and are able to attend their kids wedding and even their grandchildren's births & baptisms (or whatever is applicable for age of client)
- Tell client to envision a "New You" in front of him / herself .. a version of herself that is healed and whole again .. or whatever improvement he/she can see .. Tell him/her to step right into that image and become that New You .. The visualise another New You ... even healthier.. and her/his eyes are bright & happy ... so healthy .. and direct client to step into that "New You"

EDUCATION - HAND A PRINTED COPY TO CLIENT

Educate your clients on hazardous practices, such as:

- Heating food in plastic in the microwave (plastic & chemicals disintegrate into food) - same with water bottles left in the sun
- Do not ever use cling-wrap in the microwave – the plastic literally melts into your food
- Avoid Monosodium Glutamate (artificial flavouring) & Aspartame (an ingredient in some artificial sweeteners & diet sodas)
- Drink spring water as opposed to tap water - there is fluoride & other chemicals in tap water
- Incorporate the following into the diet as they have strong cancer fighting properties: flaxseed oil, coconut oil, lemons, honey, cayenne pepper, turmeric, berries, ginger, honey.
- Chia Seed is a wonder food with huge health benefits & boosts energy levels. Can be added to juice / salad / porridge .. etc

- Eating correctly: raw foods as much as possible, juicing is hugely beneficial, whole grains, eating 5 different veg/fruit every day (salad or soup is an easy way to do this)
- Avoid sugars / refined foods / white bread / white rice
- Exercise – even if only a slow walk

You know you are on the right path when your client states that he / she will beat the cancer! However – they need to arrive at this conclusion on their own without prompting!

PHASE TWO - INVESTIGATING UNDERLYING ISSUES

Once the client is coping better, it's time to start exploring root causes / underlying problems / unresolved issues / lifestyle changes..

INVESTIGATING THE CAUSES / BENEFITS

Explore the client's underlying mind-set:

- Are there benefits to being ill?
- Does the client want to get better?
- How does the client feel about the cancer?
- How does the client feel about life?
- How does the client feel about getting better?
- Are there limiting beliefs?
- Are there reasons why the client is “not allowed” or “doesn't deserve” to live?
- Is there unresolved trauma / issues?

REGRESSION TO CAUSE

- Connect client to the negative emotion which represents the cancer (fear / guilt / anger etc)
- Regress to ISE (Initial Sensitising Event - the very first incident that caused the emotional trauma)
- There may be an abreaction – this can sometimes be quite hectic (wailing / crying / screaming) & very painful for the client, but the negativity, pressure & pain needs to be released for emotional healing to occur. The hypnotist needs to be strong enough to hold this very sacred space without trying to lessen it or take it away from the client in any way. When this is happening, encourage the client to “let it all out ... yes - that's right ... very good ...” Sometimes there may be an abreaction even when you haven't reached the ISE, so never take anything for granted

- At times it may take several sessions of 'digging' to get to the ISE. The client may develop reluctance to continue this painful work. If this happens, surround client with white protective light / tell client to imagine a sheet of thick glass between him/herself & incident / see the incident on a movie screen or use other imagery to lessen the impact of what is happening
- Once ISE is reached, suggest client give the younger 'little one' a big hug & to tell this younger self that he/she is loved very much...
- Encourage client to explore the incident - confront the perpetrator & tell him/her how he/she feels about what happened - find a motive - why did the perpetrator do what he/she did .. allow perpetrator to answer in his/her defence ..
- Forgive the perpetrator - if no forgiveness is possible, client can hand the 'baggage' back to perpetrator & then send them away
- Forgive Self: client needs to forgive self for allowing the incident to cause such damage in his/her life
- Look for the good that came from the incident - the learning client received & how this has affected his/her life .. for example: because I never got any love from my mother, I have am a wonderful mother to my children & have made sure they know they are loved ... etc.
- Future integration – client sees themselves free of limiting belief / emotion – empowered & happy.

ACCEPTANCE /GRIEF COUNSELLING

Sometimes there is no drama, no hidden motive – it is quite simply the client's time to pass on from this life. Explore how the client feels about death / spirituality (please note that your own beliefs have no place here - support the client no matter what their beliefs - if you can't do that, refer client to another hypnotist who can support client). Assist client to get to a place of peace & resolution about passing on peacefully.

***NB: CAUTION – DO NOT RUSH YOUR CANCER CLIENT TO QUIT SMOKING AT THIS TIME!**

Although smoking causes cancer, take great care about insisting your client quit smoking too soon. Yes, we would all love for our clients to quit and take the healthy option of being a non-smoker, but there are several very good reasons for waiting until the time is right:

- Stop smoking is very stressful. More stress is the very last thing your client's body needs at this time.
- The body has become accustomed to the daily nicotine intake. A sudden cessation of nicotine can quite literally send the body into severe shock. More shock is the last thing your client's body needs to have to handle right now.
- Many people are emotionally dependent on their smoking habit. Taking their 'one' vice (as they often say), can directly affect their will to live – "What's the point" is a

common statement. Wait until they are stronger emotionally & physically to bring up the subject of quitting.

- The client may well not be able to muster the will-power required to quit smoking at this time, and is more likely fail. Failing at quit smoking could set a precedent for failing at surviving cancer. It's simply not worth the risk.

There are two exceptions to the rule:

- If the client has presented with a cancer directly relating to smoking, such as lung cancer & this has become life-threatening. Quitting then is no longer an option – it's essential for survival.
- If the client makes the decision on his / her own and is really determined to do it!

If you do need to get your client to stop smoking, either do it gradually to give the body time to adjust naturally, or give suggestions that the body expects & welcomes the new status easily & without shock (or something along those lines).

AFTERWORD:

Sharon Dill studied & qualified with the South Africa Institute of Hypnotists. She particularly recommends the SAIH CC4 course - Analytical Hypnosis, an excellent study module for the full regression process.

FURTHER STUDY RESOURCES:

Stephen Parkhill – *The Healing of a Nation* (Book) This is a great book which explains regression techniques for cancer beautifully. My only reservation is that Stephen relies on Christianity to do some of the “healing”. Our clients come from many religions / belief systems. Substitute your client's belief system & you have a great recipe for success.

Richard Nongard – *Medical Hypnosis* (Course) This is a brilliant course which outlines autogenic training, meditation, getting client into a good resource state, pain control techniques, as well as how to market your hypnosis skills to the medical world.

Richard Nongard – *Medical Meditation* (Book) An excellent book to give to your client to teach meditation techniques. This book Explains meditation simply and beautifully.

Michael Ellner – *Quantum Focusing* (E-Book) “A Happy Heart, A Peaceful Mind & A Playful Spirit”. This is an awesome resource for understanding how to help your client to focus on positive feelings within the body for a healing shift.

Roy Hunter – *Hypnotic Pain Reduction* (Course) An excellent in-depth course covering pain control methods.

Unlock Your Mind And Be Free – Edgar A. Barnett M.D (Book) A bit basic & dated but nevertheless an excellent book detailing how childhood & other trauma is interpreted by the subconscious mind & programs our everyday lives.

The Beautiful Truth (YOU TUBE) this video is well worth the 1 ½ hours it takes to watch it. This covers Gerson's dietary advice for cancer, as well as an in-depth investigation into the history and causes of cancer. This video is Riveting viewing and very educational.

http://www.youtube.com/watch?v=elGywOBYpeo&list=FL4BkbYoQT6dh6fSCvVziT6g&index=1&feature=plpp_video

Disclaimer:

This guide is by no means a finite & complete version on hypnosis for cancer, nor do I claim a cure for cancer. However, the methods discussed here have been widely researched & taught by world renowned & well respected hypnotists. Having tried and tested these methods with my sister who has cancer, over the last four years, I have great respect for their wonderful techniques.

Share your Story

If you have a story to share about Cancer, your Personal Journey or a Journey with a Client, or If you simply have some insights and suggestions, please share them with us here:

<http://www.hypnosisforcancer.co.za/share-your-story/>