

The Emotional Detox and Mindfulness from HOPE Coaching

Many practitioners find the Emotional Detox technique contained in our books are very helpful for creating an ideal space for assisting clients. They also find that it really works for themselves as well, especially when they practice this 2 to 3 minute exercise before working with each of their clients. (Try it!)

They tell us that their clients/patients love the exercise, as do our clients. We use it at the start of the session and set it up by suggesting that we do an "Emotional Detox" before starting today's session. We do this because clients that feel better - heal better. Another benefit of starting this way is that we are able to notice anything that might require additional attention as we guide them through the detox.

We also use the exercise to teach mindfulness. We utilize the power of suggestion and suggest that the exercise helps people discover that they can be aware of their thoughts, feelings and emotions without getting lost or absorbed in them. We always end the exercise by reminding the client that they are able to be aware of their thoughts and feelings in the moment and that empowers them to gently refocus their full attention on what they are doing.

Our goal is to teach people that they can be aware of their thoughts and feelings in the moment and at the same time re-focus their attention on what they are doing in that moment. This helps people develop their ability to practice an active form of mindfulness rather than the conventional meditative form.

Affording our clients the power to choose how they are feeling at any given time is extremely liberating. Practitioners can enhance this effect by demonstrating that the clients can specifically choose their positive states, so that they can selectively experience peaceful and calm, strong and confident, silly and fun, sexy and loved, or whatever feeling they desire. The process is malleable and it's important to let people know that there is no wrong or right way to help themselves feel better; what is required is the hope and belief that they *can* feel better!

So, help yourself to our Emotional Detox approach – play with it privately and then use it with your clients. You will notice that it quickly becomes a valuable part of your hypnosis practice.

Try this "Make a Fist" technique and discover how easy it is to use this 3 to 5 minute exercise to release toxic emotions and feelings:

1. Close and open your eyes... Inhale and exhale deeply... Now create a safe space in your mind and allow yourself to feel what ever is disturbing or upsetting - get in touch with the feelings and as you do make a fist with your right hand, release the fist.
2. Inhale, and exhale deeply and close and open your eyes.

3. Now picture yourself in your mind as follows: You are having a great hair day; You are at your ideal weight; Your skin is glowing with health; Your eyes are sparkling with confidence, and there is a big smile on your face - because your heart is happy, your mind is peaceful and your spirit is playful. Excellent—now enjoy those feelings as you make a fist with your left hand and release it.

4. Now inhale and exhale deeply and gently close and open your eyes. Okay, now count to ten and at the count of ten; make a fist with both hands at the same time. Now just relax and mentally count to five before opening your fists...

Feeling better? Now try to get in touch with the unwanted emotions and feelings.... Amazing huh?