



I'll need to start off the interview by asking u to explain what hypnosis is in very easy-to-understand terms.

In just few words, hypnosis is at “heightened state of suggestibility” and hypnotherapy is to make use of hypnosis to achieve the **health and wellness goals** in a therapeutic manner. I will list with few examples that hypnosis is **all natural** and **scientific** - as it works with our sub conscious mind (which all have). All hypnosis is self-hypnosis, as with all healing is self-healing.

- **Scientific:** Work with sub conscious mind (where we store emotions, beliefs, feelings) which we all have – just that its underneath and not noticeable and not so easily accessible. It's the huge ice block underneath the sea level (my logo) where all the power and resources lie.
- **Natural:** We all go thru hypnosis daily, once before sleep, and once just wake up – very short moment when our brain waves at Theta. Or sometimes during daydream, or at trance state – but we can always come back to attention. More details on “How our brain works” with example on tree ring, PC debugging can be found in my website under resources.
- Hypnosis can be dated back prior to anaesthetic drug invented, it is used for removing the sensation of pain, in other words, analgesia. Nowadays, Hypnobirthing is quite popular in Western countries – to replace Epidural. In fact, the first Hypnosis ever done and being recorded, is when God put Adam into sleeping hypnotic state, and performed his operation by pulling out one of his ribs to create Eve 😊
- Like All Healing is Self-Healing, all hypnosis is indeed Self-Hypnosis. Hypnotist is just a guide, to bring one into his/ her inner world only. Therefore, I also teach proper Self Hypnosis technique, so my client can do ongoing maintenance themselves in a DIY manner.
- When my client is in hypnotic state, we prolong the time to tap into this inner resource and do the necessary discovery and healing work only

1. I have many parents telling me that their children sleep very poorly at night. Some children have trouble sleeping, while others are able to sleep, but wake up frequently throughout the night. Based on your area of expertise, do you have any suggestions for how parents can help their children to sleep better?

- First, we need to see the sleeping problem is it coming from physical or mental perspective:
 - **Physical:** when the body is tired and need rest (especially the brain), it will feel tired and fire up signal, like PC will enter into sleeping mode or shutdown, to preserve energy and prevent overheating – especially when not in use. So, if the person is being busy/ occupied during the day, the body should know how and when need to shut down gradually by itself. If need force shutdown like relying on medication (which is not natural and abnormal), there could be an underlying reason behind which need to drill further. To address physical, we can check some simple things like is the child sleeping too much or taking a too long nap during the day. Try to reverse the cycle and make sleeping only happen at night. Also, have more sunlight, thus walk outdoor or just

catch few sunshine will help the body adjust back to producing melatonin easily and naturally. Also, can find out whether the child sleeps better outside the bed. If yes, there could be some more sleeping hygiene needs to be done at the usual bedroom environment. Can refer to my blog post [Fall Asleep Fast method on Sleep Hygiene tips](#) as published by IMH on many good pointers.

- **Mental:** if after doing all these, sleeping is still not improved, then we need to look into mental side – there could be some event happened and wrong perception was formed therefore the negative impact being manifested later down the road and continue causing trouble. May have to get into hypnosis to find out. If want to try a non-invasive approach instead, can also try Access Bars where the person just lie down and let the practitioner work on him/ her by light touching the head, to activate own energy points (there are 32 points in our head). One day, I shall invite Dr Jan to try out herself so that she can report the experience better. The Hypnosis (Yang part, as the subconscious does need to participate and talk), and the Access Bars (Yin part, when the person does not need to say even a single word). Access Bars there is a saying “The worst-case scenario is you just had a good head massage. The best-case scenario is your whole life will change. Like Hypnosis that has many application areas, Access Bars can be use even for tougher PTSD Trauma, epilepsy etc to help the person do a lot of let go. In fact, half of my client fall sleep 1/3 or midway during the session. The more they can let go themselves, the better it will be, and just let our body works out its magic.

a. How parents can get their children to fall asleep easily?

- I would say setup a good environment (sleep hygiene), and try to “anchor” the moment, when the children can fall sleep easily and soundly – so that this can be repeated at will. I am going to adopt a modified VAK approach (the original version is to talk to we) as mentioned in my blog post [Fall Asleep Fast method](#). In this case, the parent would be the one talking to their children. Just lie down with them or sit beside the bed and begin with a simple deep breathing exercise (this helps to calm the mind and slows down the brain wave). Nose in, mouth out – making a sound is okay. x3 times. For more details on breathing for relaxation, can refer my other blog post [Instant Relieve & Relax Method](#).
- Try to use a lot of VAK, by directing the attention, to feel and tell yourself the truth of your observations on the environment. Observe the tone of voice, this is key to bring into the state. As our Mind picks up a lot of subliminal message by voice alone.
 - You are lying down on your bed; your head is resting on your pillow. You can feel the support of the pillow (feel the firmness/ softness of it). You may not feel it moment ago, but just by my mentioning it (**Kinaesthetic**).
 - It's total darkness that your eyes can't see anything, or there is faint light afar. It's so dark, so calm, so relaxing (**Visual**).

- The environment is so silent (or not so silent) that you can't hear anything except my voice, (or you can hear the second-hand movement sound) (**Auditory**).
- Doing this talk is for the child's subconscious mind, bypass the consciousness – direct short-circuit it.
- Once the child's subconscious mind is convinced and agreed, we can proceed to give direct suggestion for the body to relax further, that helps drift the child to get into slumberland easier
 - *You are getting more ... and more ... relaxed. The more relaxed ... your mind ... is, the more relaxed ... your body will be (use a softer, slower, deeper tone of voice – be congruent). And as your body relaxes..., your mind relaxes ... and your body relaxes ... much further.*
 - **Now** go deeper ..., deeper relaxed.
 - Going deeper ... with every breath that you exhale. Good
 - Feeling safe, secure and attending only to the sound of my voice.
 - Deeper and deeper relaxed, as if all you care about ... is how much deeper you can go
 - You are doing very well (some encouragement)
 - You may dose off anytime now. In fact, you need not finish hearing what I am going to say. And you will have a nice sound sleep and wake up the next day morning feeling energised and refreshed.

b. How parents can ensure that their children sleep through the night and have a better quality of sleep?

I would say is by drilling in through more Direct Suggestions now that the child's subconscious mind is receptive (he/ she is hypnotised – congratulations, you are a Master Hypnotist now). Can be creative to plant in the good seeds what you want your child to achieve, to have and to be etc. Something like

- Good night rest, healthy, stronger, clear mind, better immune system, energised and refreshed, feeling wonderful etc.
- Waking up in the middle of night is a thing in past.

You NOW know the secrets to have a good night sleep, and will promise to use it to the fullest to help you to have better health, stronger body, and your family members will be all excited and glad that you have changed to be a renewed, more independent person that they are so proud of. Isn't that a wonderful good feeling?

2. We know that when children's sleep is disrupted, the parents sleep is disrupted as well. And this may have gone on for many years, so you have any suggestions for the parents on what they can do for themselves to have a better night's rest?

Short answer is to do the VAK [Fall Asleep Fast method](#) (a kind of Self Hypnosis) and use the [Instant Relieve & Relax Method](#) (breathing, 7/11 technique), apart by observing sleep hygiene. This should address bodily needs, as it is driven and directed at using body as a conduit to get into the relaxed state. While the Direct Suggestion is all powerful, its relatively short live, thus, to prolong the effect, have to



use Repetition to grind it in, until it becomes a second nature. Given it has gone on for years, so it is natural and logical that it may take some time to undo the wrong. Once the body has tasted the success of being able to relax and sleep better naturally, it will remember and want to have more. That's the beauty and magic of our mind.

After having addressed the physical aspect, but still doesn't help much. Now you know there are always more approach.

- a) Hypnosis: We can try a 2-3 sessions Hypnosis as a start, to teach and bring the person into deep hypnotic state, we will do the detective work by using Age Regression (A/R) to find out the root cause of the insomnia issue. Once the root cause been addressed, we will project to see what could be the probable future by using Age Progression (A/P). If during the AR work, we discover more issues than the symptomatic insomnia, we may suggest to get into the full course work, i.e., to proceed with 2 more sessions to complete the necessary Forgiveness work (Forgiveness of Others FOO – those who done us wrong, and Forgiveness of Self FOS – those we done them wrong). Having done all these, all the internal pressure cooking should have been lifted.
- b) Access Bars: Just by trying out 1 session may see some difference, and change the perspective of how you see problem, and its solution. The limitless possibilities are just opening up.

3. If parents would like to work with you to improve their own or their children's sleep, how can they contact you? I will have the link to your website in the comments section.

Can contact via my website (www.mindease.sg) lower right-hand corner, all-in-one Contact button. Call/ Email/ WhatsApp/ Messaging etc.

***will you be able to give any special discount or promotion to these parents who contact you after they see this video? Perhaps they can use code: 'Kidzphysio'? 🤖**

Yes, **kidzphysio** discount code had already been setup will have 10% discount on all services, and additional 10% will be donated to a charity of their choice, in their children's name or anonymously. Am considering I can do home visit to give the special needs children to try Access Bars – as I see it could be a good starting point and nice fit, given the children's bodily condition. It will be more conducive to carry out in a familiar environment. This can work on sitting position also, not necessarily must be lying down.

<p>Dr Janel Lee (www.kidzphysio.com) Consultant Paediatric Physiotherapist</p> <p>E: jangemL@yahoo.com T: (65) 8182 9732</p>	<p>Patrick Ho (www.mindease.sg) Certified Consulting Hypnotist (NGH, USA)</p> <p>E: patrick@mindease.sg T: (65) 9818 3525</p>
---	---