

Successful resolutions a matter of the mind

Friday's World Hypnosis Day at Four Points to focus on keeping New Year's resolutions

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It happens every year. People say this time they're going to lose that holiday weight and keep it off.

They're going to use that gym membership for the full year they paid for. They're finally going to quit smoking.

For most of us, though, New Year's resolutions, the annual promise of self improvement, end up falling by the wayside as old habits resurface.

Could hypnosis make a difference?

Certified hypnotist Kathleen Milligan thinks so and will be presenting information about the technique Friday. Part of the global World Hypnosis Day, the seminar will explain what, exactly, hypnosis is, along with what it isn't and how it can be used to change behaviours. The interactive event takes place over two hours starting at 7 p.m. and concludes with a group hypnosis session.

Milligan said the key is for people to have a goal and to visualize in their mind what it would be like to achieve that goal.

"People just need to bring their imagination and what they hope to achieve," she said.

She said group hypnosis is interesting because though it occurs simultaneously, everyone experiences it



Hypnotherapist Kathleen Milligan speaks at the World Hypnosis Day event this Friday.

differently.

Milligan said there are a few reasons why people are rarely successful in following through with their New Year's, one being people have experienced failure so often, they expect to do so again.

Another is the mind has a natural tendency to prefer what it knows, even if it should know better. A resolution represents change, something which people are hard-wired to be wary of.

"Even if it's positive change, the conscious mind wants the same thing," she said.

The World Hypnosis Day event takes place Jan. 4 7-9 p.m. at Four Points by Sheraton in Thorold. Entrance is free after a \$5 donation to the Niagara Branch of the Canadian Mental Health Association.

Seating is limited. Pre-register by calling 905-685-7352 or email info@actionhypnosis.ca.

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