

Peace WITH ENDO PODCAST

PWE34: Uncover Deeper Healing with Hypnotherapy

Aubree: Hi, love. This is episode 34 of the Peace with Endo Podcast. I'm your host, Aubree Deimler. I am an author and wellness coach who helps women with endometriosis to naturally manage pain, increase energy and find peace with endo.

On the show today our featured guest is Bethan Louise. Bethan is a hypnotherapist and life coach. She helps people to heal stress, and stress related conditions, such as depression, anxiety and ill health. She helps clients to remove their inner subconscious barriers to peace and well being, empowering them to cultivate a healthy and happy life.

I had an amazing session with Bethan that I wrote about in my new book, *Energetics of Endo*, which is the journey to uncover deeper meaning behind endometriosis and infertility. The book comes out on February 22nd, but you can pre-order your copy now over at peacewithendo.com.

On today's show we chatted about getting to the root cause of the issue for deeper healing, and the power of accessing the subconscious mind to implement change, impacts of emotional energy on your physical body, and subconscious trends that tend to show up with physical illness, and how past core beliefs can impact present day addictions with sugar. So without further adieu, I hope you enjoy the show.

Hi, Bethan. Thanks so much for being on the show.

Bethan: Hi, Aubree. Thank you for having me.

Aubree: So can you share a little bit of your story and how you got into what you're doing now?

Bethan: Yeah. Absolutely. Yeah. So, my journey started about five years ago. I was working in my corporate job, which was highly stressful, and I was burnt out, stressed. I had recently left an abusive relationship and life was too much for me, and so I ended up with depression and anxiety and I literally had no energy. I had precancerous changes in my cervix. I was raising two children alone, and even though I'd left this relationship because I

was a parent to the children the abuse hadn't really finished and so life really was too much for me and so I went to see my doctor, and like many doctors do, I was prescribed with anti-depressants, and I hated the side effects of the tablets. They were just horrendous for me and so I did what I would recommend nobody does which was that I threw them away, and the side effects of coming off a medication like that very suddenly are quite severe, so I would recommend that anyone talks to their doctor before they do that, but that is what I did.

And I started searching for answers in other ways and so I know you read a lot. I read a lot too, and my journey started with books and just looking through the bookstore, and so some of the books I started with were books like Lisa Rankin's book, *Mind over Medicine*, Kris Carr's book, *Crazy, Sexy, Diet*, because I love to cook and I was dealing with these precancerous changes, and so I was looking for ways to improve my diet, and so what started to happen was my whole view on health and wellbeing both from my mental health perspective and my physical health perspective started to change, and I started to look at the world in a new way, and I realized that I need to make some quite significant lifestyle changes, so I reduced my hours at work and during this time I saw an advert online for life coaching (laughs).

And so I enrolled to learn how to be a life coach, and how to support people in making positive changes in their life, whether that be through diet, or well being, or doing the things that make them happy, and break through fears, and while I was doing that life coaching course I met someone who had been and done training in hypnotherapy and neuro-linguistic programming, and I really wanted to go deeper into the mind than life coaching allowed me to go.

So, I went and did the same training that she had done in hypnotherapy and neuro-linguistic programming, and then just as I was finishing that training, I'd just qualified, I saw another training for something called rapid transformational therapy, and I knew that this looked amazing, so I signed up for that as well, and since then my life has really been forever changed, because of course through doing all these trainings I got to experience all these different therapies for myself with all the people practicing on me, who were learning along side me, and my life looks completely different now, and I'm forever grateful for the journey that I've been on for those last five years.

Aubree: Awesome. So can you explain a little bit how rapid transformational therapy works?

Bethan: Yeah. Absolutely. So, rapid transformational therapy is a therapy that uses hypnotherapy as the vehicle, so it still takes people into that deeply relaxed state of inner awareness that people get that enables them to access memories and information that's stored within the subconscious mind that you get through hypnotherapy, but what it does

is it uses techniques that then go back to the root cause of the issue that the client is dealing with and it finds out what emotional experiences the client has experienced usually in this life, usually in childhood, but sometimes as you know, in a past life, and it will uncover what the client doesn't understand and doesn't consciously know, but which may be being stored in the subconscious mind in the body, which is leading to what they're dealing with today.

And it takes them through a healing process that enables them to heal that root cause, as opposed to dealing with the symptoms and the presenting issue, and then once we've been through that healing process there is an empowerment of the client and a... like a re-wiring of the mind, so what we seek to do is to replace those beliefs and those issues the client has subconsciously been holding with new beliefs and new positive thought patterns that are going to support them, and enabling them to overcome whatever it is they're dealing with, and move forward in their life in the way in which they envision to what it is that they're looking for. It's amazing. It's really fantastic therapy.

Aubree: So how does that differ from traditional talk therapy?

Bethan: Well I think there's two key differences. The first is that what it does is it focuses on the subconscious mind and so in traditional talk therapy we're obviously looking at the conscious mind. There's a lot of change that can take place in the conscious mind, and there's a lot that we already understand, but the conscious mind generally will only... figures differ, but it will only run about five to ten percent of our lives. The subconscious mind will run between 90 and 95 percent, and so really if we can get into that subconscious mind there's a lot of power in there to enact change.

So it takes you into that deeply relaxed state that provides the inner focus that allows us to open up, either long forgotten memories or experiences, or to see things in a new way, and sometimes it's not even experiences in this life. Sometimes it's old experiences that have happened, and so that's the main difference is the difference between the subconscious and the conscious awareness.

The second difference is when the change is taking place, so when the change is taking place again we seek to create that change in the subconscious mind rather than the conscious mind and it can be supported with changes that the client then consciously creates, but what we seek to do is reprogram that subconscious mind, that 90 - 95% of power to harness that power to support the client.

Aubree: Nice. What relationship have you seen, you know, between emotions and some of the physical stuff that can happen in your body?

Bethan: Yeah. What we seek... what we tend to find is that very often a physical issue can be a manifestation of an emotional experience that has not yet been processed or released.

So what happens is that, that the energy of that emotion will become buried. There's a really great quote, and I don't know who first said it (laughs) but the quote is, "The feeling that cannot find its expression in tears will cause other organs to weep." And so that really captures quite nicely what can happen for some people with the manifestation of emotion in the physical body.

There's also another link, and that is through stress, and so what can happen is that emotions like fear and loneliness and sadness, they can create stress response within the body and so what can happen there is that if the body is in a permanent stress response because of perhaps a belief system that a person has about the world around them, then their body isn't able to enter into the healing state and of course the body is able to heal itself, but if it's in a stress state it can't do that, and so sometimes the emotion of something that is unprocessed can then create a stress state in the body.

But I also believe in a kind of holistic approach and so I believe that psychological and emotional support to healing is one aspect of something that can really support people in dealing and getting well both mentally and physically, but I also think it's one piece of the jigsaw, if you like. There's also a number of other things that people can do to support themselves that I know many people are learning within your membership site. So things like the environment that they're living in, the food that they're eating, and having a sense of nurture and care and community, as well as of course medical support often are all really important things that are a big part of the healing journey, as well as looking at someone's belief system, you know, and the root causes that might be emotional.

Aubree: Absolutely. And I know that was the case for me, you know, I think having a physical illness and focusing a lot on healing the physical part of myself, but it was actually that emotional stuff that really made dramatic changes quickly, which is interesting, and a big reason why we're chatting now. (laughs)

Bethan: Yeah. Absolutely. I think the thing is the difficult thing with the emotional side is that it can feel like something that you're not in control of because very often, you know, with your diet, for example, it's something that you can physically see, and it's really easy to understand. It doesn't necessarily mean that it's easy to eat well all the time. I know (laughs).

But it's something that you can really be in control of, and with our emotions it's something that sits within the subconscious mind and so we haven't purposefully buried things. We haven't purposefully not dealt with things. It's just that we've developed coping mechanisms that have enabled us to get through life and actually at one point were probably working really well for us. They enabled us to deal with a situation that we found really, really difficult to perhaps disassociate from our bodies in some way or to insulate

ourselves from, you know, rejection or abuse or trauma, and so these mechanisms that we've built have really helped us to survive.

But the problem that we've got is that they're no longer working, and they're now creating something else that is not supporting us and the difficult thing with emotion is then that we don't know what to do to change it.

Aubree: Absolutely. And I think that was one big thing that I identified with myself is learning... almost learning how to feel (laughs) because for so long you do that natural, I don't want to feel bad, so I'm going to feel something else and I'm going to shove it in, and I think that's where a lot of those blockages can happen because you're not actually feeling the emotion as it's happening and that's very true, you know, as you're dealing with some of this mental depression and anxiety, whatever it is and I think society has conditioned us to, like you said, here's a pill for that, right? We're just going to stop the emotion rather than being open to, Ok why are these emotions here? And it's Ok to feel them even though they may be negative.

Bethan: Yeah. Absolutely. I think we feel that society today is telling us that if we're not happy all the time then something must be wrong (laughs) and actually what I've learned is that even though I support people with their happiness, and I help people to overcome depression what we're talking about there is a sustained period of, you know, deep, deep sadness and unhappiness that goes really, really deep, and it's accompanied with all sorts of problems within the mind.

Where is the reality is even someone who's totally healthy both mentally and physically, we all experience the full range of human emotions, and I have learned that there's wisdom in those emotions and so if, for example, we're feeling anger, then there might be a good reason for why we're feeling anger. It might be that our boundaries have been overstepped for example and if we listen to the wisdom in that emotion it tells us that we need to speak up for ourselves (laughs) and you know we need to say something and so sometimes learning how to feel those emotions, and listen to them, and get the messages from them, and then take practical action, and you know, express them in some way. That's a really, really healthy thing for us to do.

Aubree: Absolutely. And I've heard that advice along the way, you know, that you can't destroy energy, but you can transform it. So, I think that's helpful advice if you're dealing with some of that emotional stuff is to find a way to express it creatively in some way.

Bethan: Yeah. Absolutely.

Aubree: It transforms out of your body and not blocking things further.

Bethan: Yeah. (laughs)

Aubree: So have you seen some kind of underlying subconscious trends with people that have some type of physical illness?

Bethan: Well in terms of, you know, experiences and the stories that people have, everybody's story is different, and so everybody will go back to a different event that has shaped their own personal experience of the world and their own personal belief system, and so in that sense everybody is unique and I never know what's going to come up. Sometimes I think I know, you know, someone will tell me their story, and this is, you know, consciously telling me their story before I take them into hypnosis and I'll be set there taking notes and I'll think oh that's sounds interesting. That sounds like very likely that might be a problem, you know, and then I'll take them into hypnosis and they will come up with something totally different, and so that was the experience that I had with you (laughs) in your session and you've spoken about it in the book, which was that I didn't realize that you were in a past life in the first scene that you went back to until you were being hung, and then I thought oh my God (laughs) And so we had already known each other for quite a period of time when we did the session together, and so I never would have foreseen that that was something that would have come up, and so it can be totally different.

The thing that is common with everybody is that everything that comes up creates some kind of stress response in the body, and so biochemically it creates that cortisol, adrenaline rush, and that might be as a result of something that created intense fear, or loneliness, perhaps a sense that, you know, you don't belong anywhere, and therefore you end up feeling isolated and that there's no one to protect you, and so that stress response, that inhibits the immune system. That's really the common thing is that stress that I see, but the emotional event can range broadly and we need to remember that very often people go back to childhood.

So when I talk about a trauma, not necessarily talking about something that as adults something we'd think of traditionally traumatic. It's not necessarily abuse, for example. I mean it might be something that is much more minor, but that means that the child's emotional needs in that moment weren't met, and so for that child that is a traumatic experience that's having a significant effect on their belief on how the world works and whether it's a scary place or a kind place. Whether people will support them and are there for them, or whether people are something to be feared, and then that then sets up the body to either be in a stress response or one that allows healing.

The other thing that I see with people that tends to be a trend is that occasionally the illness in the body has a positive intention for us or a positive message, and I really believe that every part of us has a positive intention for us, like it really wants to do something for us. It's trying to help us in some way and sometimes it can be that the illness is supporting

the person, so for example, it might be that they've been absolutely exhausted and burnt out for a long period of time and they've been desperate for rest, and so then, you know, the body has created whatever it is that they're dealing with to enable them to have a reason and go and rest, because perhaps they didn't believe they were important enough, or they haven't asked for what they need, or that ability to receive, and I know that receiving was something that came up for you quite a lot as well. Sometimes I see messages and those can be trends as well.

Aubree: I think one thing I've heard with hypnotherapy and read recently is just that getting in that relaxed state, that alone has the benefit to kind of lower that stress response, and maybe then to lower down some of those walls so that some of that information can come out.

Bethan: Yeah. Absolutely. It takes the brainwaves into a different state and it absolutely you know even just the perhaps twenty minute, you know, hypnotherapy audio can take you into a relaxed state and the thing with the biochemistry in the body is that we can't be in a stressed state and a relaxed state at the same time. There two completely different biochemical reactions within the body and so even if we're just using something like hypnosis, or it might be meditation, or deep breathing techniques, or mindfulness while we're in nature, these are all ways that we can take ourselves into the relaxation response as long as we're taking our mind with us, and not trying to take our body into a state of relaxation and leaving our mind in the office, or with the argument that we've had with someone. If that's going round and round in our minds then, you know, we're still going to be in the stress state, but if we can take our mind with us, even short periods of time in the day, then taking ourselves into that relaxation response can help to then counteract that stress within our body.

Aubree: Absolutely. So how does it... How do you I guess treat... I don't know if treat's the right word, but after you have a session with somebody what's kind of the follow up with you to get them to change that subconscious belief?

Bethan: Well the one thing that I do do with every single client is that I will make them a personalized hypnotherapy recording. It will normally last about twenty minutes, and I never know what's going to be in it, because it will depend what's come up in the session for the client and so what we will be doing is we will be looking at the beliefs that we discovered, or the underlying root causes or thoughts that are manifesting the problem the client's dealing with and we will effectively give them the opposite of that, and so for example if the belief that's come up is that I'm loveable and I don't belong and no one wants me, then obviously what I'll be doing is I'll be creating something for them that tells them how loveable they are, and really building up their self esteem and their sense of being wanted.

So, everybody gets one of those and they need to listen to that for at least three weeks, but some people listen to it more because really what we're looking at is creating new neuropath ways in the brain that are going to reinforce those beliefs, and we're wanting to make them subconscious rather than conscious so the mind learns through repetition and they need to think about that over and over again, but sometimes I will also do a follow up coaching call with the clients because sometimes there's practical changes to be made in their life, and that they perhaps need to make in their life that support the changes, and so, for example, if it's that the client needs to rest more, but they can't find a way to rest, and that's because they find it too difficult to state their needs, or ask for what they want then we will perhaps do some coaching, or even some more hypnotherapy to find out, you know, the root cause of that, and why is it that they find it so difficult to be assertive and state their needs? What happened in the past when they tried to do that? What bad experiences? What fears are keeping them back?

Aubree: So do you have a success story that you can share from one of your clients?

Bethan: Yeah so I'm really, really fortunate that the methods that I use are absolutely fantastic and so I have lots of (laughs) lots of success stories and so the one that I thought I would share with you today. Her name... I'm going to call her Bonnie (laughs) because obviously client confidentiality means that I never reveal who I'm working with, with the exception of course being you (laughs) in that you've put me in your book.

And so she actually came to me because the issue that she was struggling with in her body was her weight and the reason why she was struggling with that was because she was addicted to sugar and so she couldn't stop eating sugary foods even though she wanted to. She would find herself snacking on biscuits, and almost binge eating, she would, you know, be really, really good all day and then she would just find herself overeating on lots of sugary foods and it was affecting her weight.

We also discovered, you know, in the pre-session set-up that she was on anti-depressants, and that she was struggling with depression, but that wasn't what she wanted help with, and so when we took her into a state of hypnosis to find out what was going on we found that her core belief was that she wasn't important, and so she was growing up in a family where all her needs physically were met, but emotionally her parents weren't there for her at all. When she tried to say what she wanted those needs would be overridden. She didn't feel that she could express herself. She didn't receive the love and the care that she needed apart from on a few key occasions.

So, she had a fantastic memory of her father who was always stressed and always at work, and you know would come home often in bad moods and needed space and all the rest of it. With him coming home sometimes in a good mood and when he would he would bring gifts and very often that would be chocolate or something like that. So, she ended up with this

positive association with her father being in a good mood and feeling good and feeling like she was important with sweet food and another occasion, for example, on her birthday where she was made to feel like she was really important that day when she was about four or five years old and so, you know, she associated that time, you know, with cake and more sweet foods, and party foods, and things and so these experiences really stood out for her.

But could she believe that she was important? She didn't know how to meet her own needs and so instead of meeting her true unmet needs she would reach for candy and chocolate, biscuits, cookies I think you call them in America? (laughs) To substitute. She didn't know how to meet her own needs and so this was playing out in other areas of her life, so she felt she couldn't connect. She felt that she was different and that she didn't belong and it was that lack of connection and belonging with other people that was leading to her depression, and so we've been able to heal her, or change her association with sugar and to learn that receiving sugar doesn't mean that you're important (laughs). It's not love. Sugar is not love. It's not connection.

We've been able to change that. We've been able to empower her to feel good about herself and to raise her self-esteem to feel like she's important to ask for her true unmet needs to be met, and to enable her to start to, you know, stop fearing rejection and to reach out and to create the connection that she craves and as a result now she's off of her anti-depressants, because she's been able to get rid of those, and is obviously losing weight as well.

And so, you know, it just gives an example of how something that she was dealing with in her body that we might think has a solution outside of her because it's to do perhaps with the food that she's eating. She's not disciplined enough. She just needs to cut out the cake and... (laughs) and the chocolate. It's not just about that. It's about finding that core belief that underpinned everything else, and by transforming that not only enabled the thing that she came to me, to ask for help, to change, but also other areas of her life changes.

Aubree: That's beautiful. That's so important with the food thing, because I've seen that too, and I've experienced that as well that emotional type connection that we can have to the food, so it's interesting that it was a deeper subconscious belief that she had.

Bethan: Yeah. Absolutely.

Aubree: And also I've been learning recently about the liver. Medical Medium's got his new book out, *Liver Rescue*. Also interesting that your liver is a big storage depot of emotions, which can actually connect back to that food experience as well, so going back to childhood you get that little imprint on your liver of this food is related to this type of emotion, which sounds like was the case with her. I find that to be so fascinating (laughs).

Bethan: Yeah. Absolutely. There's so many different things that carry emotion for us that we don't realize. Smell is another one. I mean I mentioned at the beginning that I had left an abusive relationship and you know that was one of the reasons why I was struggling with everything else that was going on, and I remember a couple of years ago someone got onto a bus that I was on and really smelt of the aftershave that he used to wear, and you know, the emotional response that created in my body was really intense. It really took me by surprise, and of course it was a completely different person, in a completely different situation (laughs), but that smell carried with it all those emotions, and I really felt those, and with... the key thing is that with the emotions that we feel is the emotions in our body even if we've created them in our mind are real (laughs). So, the fear and the anxiety that were created in my body when I smelled that aftershave were real emotions even though, of course, my mind was making a link between the two.

Aubree: So it sounds like really a key part then is just having that awareness that this is happening?

Bethan: Yeah. Absolutely. Yeah because then you can talk yourself out of it, because what happened, or what was happening was that my subconscious mind was reacting to this now and so that was sending signals through my limbic system of danger, and you know, the fight or flight response was triggered and, you know, I was in a complete state. What I was able to do was then talk myself out of it, because I was able to process it consciously in my frontal lobe, and so because I was able to then put those emotions into words and make a rational, logical link between what was happening I was able to talk myself down.

The key thing in there is awareness, because if I hadn't been aware that that was something that I was able to do, and I knew how to do it, and understand the link, then I wouldn't have been able to do it, and so in that situation I was really able to consciously understand the link and of course the difficulty is when sometimes we can't consciously understand.

Aubree: Right, which is where you come in.

Bethan: Yeah. Well so that was for example, you know the example I just gave with Bonnie. There was something going on, and she knew that something was going on with sugar but she just didn't know what it was. (laughs) And so we all find ourselves sabotaging ourselves sometimes and we don't know why and it's never something that we know of.

Aubree: And I can see how that would help in her situation, you know, having the awareness that this is what I'm doing, and this is why I'm doing it, and just to be able to pause before you're indulging on the sugar to, you know, put that emotional connection together.

Bethan: Yeah. Absolutely.

Aubree: Well Bethan thanks so much for sharing some of your wisdom with us today. How can our listeners connect with you further?

Bethan: So the best way to connect with me at the moment is through my website. I've always got something free that I give away on there that seems to really support people and help people. So my web address is www.bethanlouise.com. I... you know we had a chat before we started the show and I said that I have lots of things going on at the moment in my life and I'm taking a bit of a break from social media, so... (laughs). At some point I no doubt will be back on, you know, Facebook and Instagram and things, but at the moment I'm taking a break, and actually I'll be honest I'm really enjoying having a break from social media, so the best way to get in touch with me is through my website, and join my list, and yeah. I do free calls for people. So if people want to get on and chat and share their stories with me then I do free calls and chat with me themselves.

Aubree: Excellent. So you are in the UK. Do you do calls internationally?

Bethan: Yeah. Absolutely. Yeah. I've worked with people... I'll say all over the world, but of course it's not all over the world, but in places like Canada and the States and English speaking countries (laughs). I don't speak any other languages, but the therapy that I like to use and the coaching and things can all be done over Skype.

Aubree: Great. So, any final words of inspiration for our listeners today?

Bethan: Yeah so the... probably the thing that I would like to say is don't give up searching, because we need to remember that medicine doesn't always have all the answers, and so just because the medical community hasn't been able to provide you with an answer that you're looking for, that doesn't mean that there isn't an answer out there and there is healing that happens all the time that doctors can't explain that seems to kind of defy medical explanation and so the message that I feel really comes through in your book and also is really important in my work is that the answers aren't always out there where we're searching for them. Sometimes the answers are within us. And so don't stop searching and don't give up.

Aubree: That's beautiful. Well thank you again Bethan for coming on today and sharing.

Bethan: Thank you for having me.

Aubree: If you enjoyed this episode, I invite you to subscribe to continue on the journey, and if you're listening iTunes please leave us a review so that more endo sisters can find the show and get on track to finding their peace with endo. If you want to connect with me further you can find me at peacewithendo.com or on Facebook, Twitter and Instagram @peacewithendo. And I invite you to check out my new book, *Energetics of Endo*, where I mention more of my session with Bethan. That comes out on February 22nd, but again you

can pre-order your copy now over at peacewithendo.com. I hope that you find some peace in your day today. Sending you so much love. Bye for now.

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