

To heal with the Perfection of Beauty
11th International Congress of Medical
Hypnosis
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The Mirror and the Beauty of Hypnosis

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Doctor 1976-mainly Generalist (GP)

Hypnotherapist 1982 NLP Master Practitioner MBTI trained

Cosmetic Practitioner 1990 member of board of directors of
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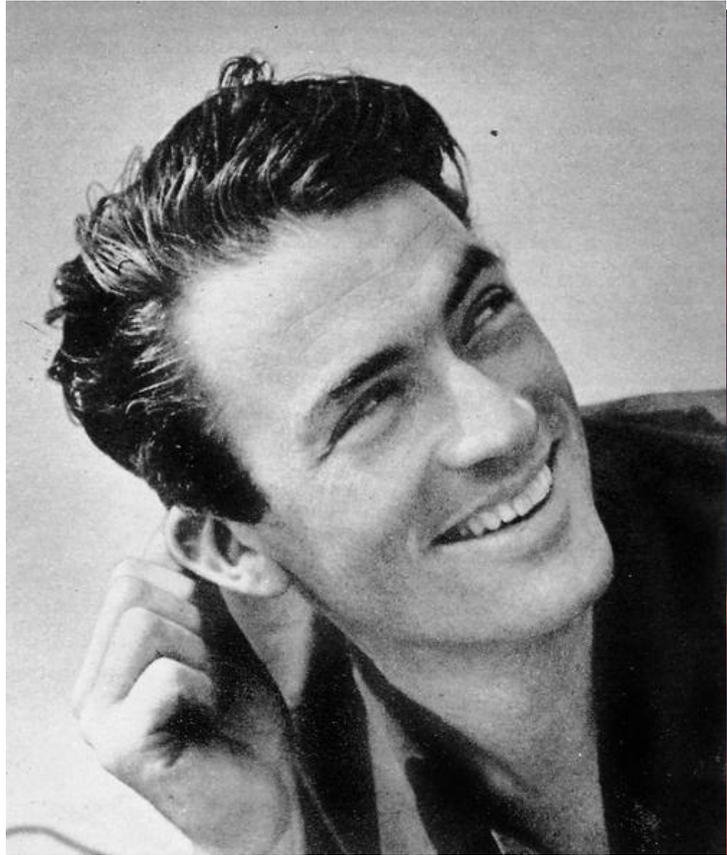
Cosmetic Practitioner

- Started in 1990
- Very few people had any cosmetic work done
- I was asked to work for one of the large cosmetic companies a few years later
- They told that they would point out all the wrinkles and faults in patients faces so that they would get plenty of work done and I would make a lot of money
- Their business plan was to make vulnerable women and men , mainly women, feel even more badly about themselves
- I left and set up my own clinic

The Ideal Woman



The Ideal Man



Jack Kerouac

- All human beings are also dream beings
- All of our life is a foreign country
- One day I will find all the right words and they will be simple
- Some people are so poor that all they have is money
- WE ARE LUCKY ! OUR PATIENTS HAVE IMAGINATION and we can use it to help them help themselves

The Power of the Mirror

- Mirror Mirror on the wall
- Who is the fairest of us all
- How many of us say I look 40 but still feel 21 , I look 60 but inside I'm only 35 ? Where has the time gone and why is the mirror so important to some people?



- Greek myths tell the **tale of Narcissus**, a beautiful man who wasted away after spending too much time looking at his reflection in the water. Narcissus became the origin of the modern term “narcissism” (fixation with oneself and one's physical appearance).

- Then, one day, Narcissus became thirsty and went to a lake. Seeing his reflection in the water, he fell in love with it, not realizing that he had fallen in love with his own reflection. However, each time he bent down to kiss it, it seemed to disappear.
- Narcissus grew increasingly thirsty, but would not leave or touch the water for fear of losing sight of his reflection. Eventually he died of love and thirst, and on that very spot there appeared a narcissus flower.



- **The idea of reflection, seeing an image that may otherwise be hidden or differs from what the watcher expects, has always fascinated, whether the source be water, metal or glass.**
- We look for our identity in them, for good or ill:
- Socrates advised young men to look at their faces and, if the reflection was a handsome one, to focus their life on keeping their souls pure.
- Some ancient cultures believed the reflection was the true self, 'the shadow soul', hence the myth that vampires and evil spirits have no reflection. In some cultures, the images go beyond the individual: in ancient Chinese mythology, there is the story of the Mirror Kingdom in which creatures who will one day rise up to battle humans are caught in a magic sleep; the flickers we sometimes see in the corners of our eyes as we look into a mirror are the creatures' first stirrings. Other superstitions spanning cultures include not looking into them at candlelight when spirits of the dead might appear and covering mirrors when someone in the house dies so that the soul does not become trapped. The deep-seated hold these superstitions have on the popular imagination is reflected in stories as far apart as Narcissus, Snow White and Candyman. We look but we do not always believe or trust what we see.

- Mirror Superstitions - Superstitions Related to Mirrors
- There are many superstitions involving mirrors. The [broken mirror](#) is probably the focus of more superstitions than any other subject is. Breaking a mirror is supposed to bring seven years of bad luck. These stories evolved from the times when people used water as a mirror. They looked into the water to see their fates. If the image was distorted, the viewer would die. The beliefs changed, as the mirror changed form. Early people imagined they saw the image of their soul in a mirror. If the mirror was broken so was the soul, and it was a sure sign of a person's death.
- The seven year's bad luck seems to have evolved from the ancient Rome belief that seven years was the time period it took for a soul to renew itself. The Romans are also responsible for little known remedy useful for anyone who breaks a mirror - the only way that you could overcome the seven years bad luck is to bury the broken mirror pieces very deeply in the ground.

The King of Granada decided to marry: "To find a worthy woman, I am afraid I shall have great trouble."

"I have a magic mirror. If any woman who is not thoroughly good looks into the mirror, the blemishes on her character will appear as so many spots on its glossy surface."

"That is the only condition," replied the barber. "Any woman from eighteen years upwards is eligible. Each woman will have to gaze into the mirror."

The one condition imposed on those who wanted to become Queen of Granada was made known. No woman came forward to have a look into the mirror.

The king was a very handsome man, and was loved by all his subjects

Every morning the king would ask if any young lady had come forward to look into the mirror, but the answer was always the same – that many had come but none had ventured.

"Ah, Granada, Granada!" exclaimed the king. "Is there no maiden in this land willing to offer herself to be the bride of the king? Kings I know in other lands have no trouble getting married. Why is this happening to me?"

When a shy shepherdess entered the royal presence the king received her kindly, telling her that if she desired to be his wife she would have to gaze into the magic mirror. If she had done anything which was not consistent with a good life and the stains would show on her reflection when she looked in the mirror.

The shepherdess, said "everyone makes mistakes and I am no different. I've made mistakes with my flock but I think they must forgive me because every day they let me take care of them and if they sense danger, they come to me for protection. I love my sheep and do my best for them. Truly I have no ambition to become queen, but I'm not afraid to look into that magic mirror."

She walked up to the mirror and gazed into it, The court ladies surrounded her. When they saw that the magic mirror showed no spots on its surface, they snatched it from her, passing the mirror from one to another. They exclaimed, "Look! There are no spots when any of us look into the mirror either. This is not a magic mirror – a trick has been played on us!"

But the king said, "No ladies, it is not. But if you had been as confident about your characters as this shepherdess, who is now going to be my queen, you would not have refused to look into the mirror. I know now that my bride is truly the best amongst you all"

- People have been using mirrors throughout the history for many purposes including viewing one's own reflection, decoration, scientific instruments, safety, and entertainment. While glass mirrors are the most common and popular today, mirrors used to be made from a variety of material in ancient times including copper, steel, silver and gold.
- The first mirrors used by people were most likely to be a pool of water where they could observe their reflection and consider it [magic](#). The first man-made mirrors were typically made of polished stone such as black volcanic glass obsidian and some examples of this kind of mirrors were found in Anatolia (modern-day Turkey) and have been dated to around 6000BC.

- . Polished stone mirrors made in Central and South America date from 2000 BC onwards. Mesopotamians crafted mirrors of polished copper from 4000 BC, and ancient Egyptians made this kind of mirrors from around 3000 BC. Chinese manufactured [bronze mirrors](#) from around 2000 BC. Mirrors produced of copper and tin speculum metal may also have been produced in China and India. Speculum metal or any precious metal mirrors were hard to produce, they were very expensive and were only owned by the wealthy.



- A study published by the [American Academy of Facial Plastic and Reconstructive Surgery](#) has found that selfies have altered people's perception of their faces to the point where they increased the demand for [rhinoplasties](#) (nose jobs). Forty-two percent of surgeons surveyed have noticed that patients are seeking surgeries to improve their appearance in photographs, especially selfies taken at close distance. [\[113\]](#) Another study found that selfies taken at a distance of 12 inches (30 cm) can exaggerate nasal size by as much as 30%, and recommends that people take pictures from a standard distance of 5 feet (1.5 meters) to minimize perspective distortion. [\[114\]](#)

- According to a study performed by Nicola Bruno and Marco Bertamini at the [University of Parma](#), selfies by non-professional photographers show a slight bias for showing the left cheek of the selfie-taker.^[85] This is similar to observations of portraits by professional painters from many historical periods and styles,^[86] indicating that the left cheek bias may be rooted in asymmetries of brain lateralization that are well documented within [cognitive neuroscience](#). In a second study, the same group tested if selfie takers without training in photography spontaneously adhere to widely prescribed rules of photographic composition, such as the [rule of thirds](#). It seems that they do not, suggesting that these rules may be conventional rather than hardwired in the brain's perceptual preferences.^[87]

- Because they are typically taken much closer to the subject's face than a conventional photograph, phone selfies tend to distort the subject's face. When conventional photographers take head shots, they typically use a narrower lens (or zoom in) and stand at a normal distance, instead of getting physically closer to the subject's face. Front-facing cell phone cameras, on the other hand, feature wide-angle lenses and are held closer to the face, since the human arm is only so long. This results in [extension distortion](#), where objects closer to the camera appear much larger than they actually are. Though this distortion has a slimming effect, it also exaggerates the auto-photographer's nose and chin, since those parts are closer to the camera than the rest of the face.

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- A 2016 study examining the relationship between personality and selfie-posting behaviors suggests that extroversion and social exhibitionism positively predict frequency of selfie posting, whereas self-esteem is generally unrelated to selfie-posting behaviors. [\[88\]](#)
- Selfitis is a condition described as the obsessive taking of selfies, [\[89\]](#) although it is currently not listed as a mental disorder in the [DSM-5](#). [\[90\]](#)
- Obsessive taking of selfies and posting to social media has been found to be linked to many symptoms common to [mental disorders](#). These include [narcissism](#), low self-esteem, loneliness, self-centeredness, and attention-seeking behaviors. [\[91\]](#)

Selfies of 1839 and 1900







How Powerful is your Mirror?

- It can improve or decrease your self esteem
- It can enhance your trance experience or take you to the depths of despair
- It can make you focus on the superficial when it's more important than ever to look much deeper

Mirror Auto Hypnosis Technique

- When you keep eye contact with your reflection, it almost seems as if it is another person. Your reflection mirrors your posture exactly. This is called **mirroring**.
- As you breathe, so does your image. The rate, depth everything about your breathing is identical. This is called **matching**.
- You move your head to the right, it moves its head to the left, in an identical movement.
- You have perfect Rapport and ideal for trance

Mirror

- If the mirror can be used to build 'good' rapport
- It can also be used to build 'bad' rapport
- Women (and men)all over the world do this every day
- Often the mirror is the last thing we look in at night
- Our unconscious mind will process that negativity overnight

My patients

- 75% have some sort of clinical issues
- About 40% have self esteem issues
- <1% have admitted to body dysmorphia
- >80% have sun damaged skin
- Most are not 'in therapy'
- 20% are on antidepressants

Patient 2



Patient 2



Scars

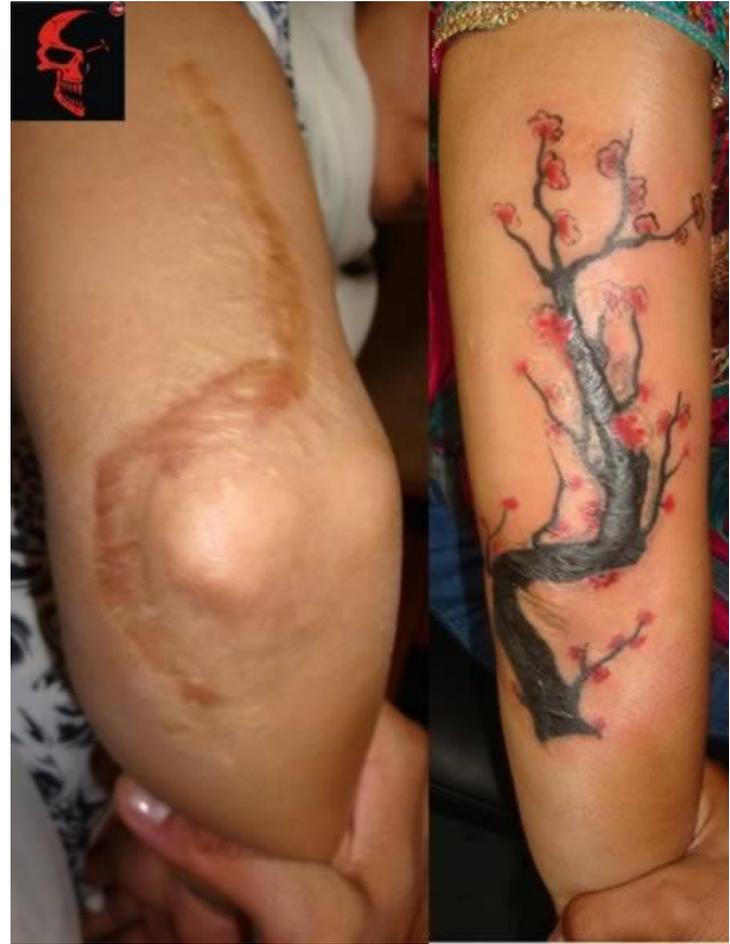




Scars

- Scars are often linked to something very negative
- Abuse as a child
- Abuse in a relationship
- An attack by strangers or animals
- An operation –a cancer
- Reframing / changing the scar physically as well as in the subconscious is very important
- The negative mirror trance every time the person looks at the scar, the emotional and physical pain anchored to it
- Changing the scar physically can result in a change in it's meaning and can empower
- Some people do this by cosmetic change or even tattooing
- They take back control and change the meaning of the scar
- '

Tattooing Scars



Mirror

How can this work?

Our unconscious minds are active 24 hours each day. While we sleep, the unconscious mind processes what has happened when we were awake. Where there has been a very traumatic incident in the past we may have recurring nightmares as our unconscious mind tries to offload this traumatic event.

Using the mirror technique, we give our unconscious mind a set task to perform while we sleep.

**It is important to do this last thing,
before going to sleep**

MirrorAuto hypnosisTechnique

The Mirror Auto Hypnosis Technique

This is a very useful, quick form of Auto-Hypnosis. Again it fits into the time constraints of General Practice.

When you are ready to go to sleep, sit down or stand in front of a mirror. Make and keep eye contact with your reflection in the mirror. After about 60 seconds you will feel very, very comfortable. You have just put yourself into trance.

Now imagine how you will look, what thoughts you will have, and how you will feel when you achieve your outcome. There may even be a smell or taste associated with your outcome – include that.

- Experience this image fully as yours.**
- Follow with a phrase (silently in your head), which defines your outcome e.g. “I am now free from smoking”.**
- Simultaneously experience all the good feelings that go with “THE YOU”, you now are.**
- Future pace 3 weeks 3 months 3 years with all the changes in place**
- Go or return to bed and settle down to sleep without doing anything else.**

NOTES ON MIRROR TECHNIQUE:

The idea is then deeply absorbed by our unconscious mind, which then finds ways and means to ensure that our desired goal is achieved.