# Full Transcript

Topic - **Sleep Well During Circuit Breaker**

## Go Pure Introduction of Guest

- Name:  Patrick Ho

- Title:  Consulting Hypnotist

- What are you dealing with?

  Using Advanced Hypnosis and Access Bars to help my clients:

  1) overcome longstanding psychological related issues eg. Anxiety/ chronic Stress/

  Depression/ Sleeping Disorder, Trauma, Addiction etc or

  2) to achieve Breakthru success

  by addressing the root cause directly at their subconscious mind level.

## Question Go Pure asked

- How are you holding up in this situation?

  Due to non-essential work nature, I can't see my clients in my office, therefore I can't

  practice Access Bars at all which requires some physical touching at my client's head.  I have

  been conducting remote Hypnosis session via Zoom.  So far, I would say it is pretty good as it

  achieves at least 80% effectiveness, especially if my client is using a headset to receive the

  hypnotic instructions & suggestions directly into their head.

- In this current COVID-19 situation, what would be the most common worry that

  Singaporeans have? Does staying at home more = to better rest, or is that a misconception?

  I would say definitely are: 1) anxiety which traces back to the root feeling i.e. FEAR, 2)

  uncertainty about future, and 3) a sense of loss (freedom, mobility and human interaction).

  In fact, I have already seen a couple of overseas students coming back from UK, AUS and not

  sure when things can resume to normal.  A big question mark.

  Staying at home, in a confined space for prolonged time < > better rest.  We tend to work

  even longer hours as we cut short the mealtime, travel time and put into those extra hours

into nonstop Zoom calls for work or learning (many of them are free marketing sessions, BTW) even including weekends.

- With changing lifestyles many are facing, do you think there are ways to improve the quality of their sleep? Are there any things we should avoid to get better rest? (<u>DEMO</u>)

  Observe sleeping hygiene like surrounding environments i.e. the hardware side, I have link below for reference *even more than before*.  Avoid prolong PC work before sleep (no good for our brain relaxation) i.e. be mindful on the Software side which I shall give a quick demo shortly.

- Is there any shortcut to recommend?

  2 shortcuts I would recommend:

  *A) Breathing Technique*

  Take deep breath to calm our mind.  Breathe deeply and slowly in using nose, and breath out even slower and deeper using mouth (making a whish sound is okay).  This will help to provide the necessary oxygen our brain and whole-body needs, improve shallow or non-breathing.  Can do it as needed, or before sleep.

  *2) A Sleeping Hack*

  Borrow from NLP, use VAK to talk to our subconscious mind directly

  When lying down, tell yourself silently in mind about:

  o I am lying down on my bed; my head is resting on my pillow.  I can feel the support of the pillow (feel the firmness/ softness of it) (**Kinesthetic** aspect).

  o It's total darkness that my eyes can't see anything, or there is faint light afar (**Visual** aspect).

  o The environment is so silent (or not so silent) that I can't hear anything, (or can I hear the secondhand movement sound) (**Auditory** aspect).

  Once we are in VAK mode, our subconscious mind is convinced and agreed.  Next, we proceed to give direct suggestion.  Just repeat telling yourself silently in your mind. "I am getting more and more relaxed". "As my body relaxes, my mind relaxes, and my body relaxes much further".  Repeat these 2 statements, if necessary.  In a way, we are repeating the command to our self to help drift into slumberland, and very soon we will find our self fall asleep even without our knowing.  With practice, we can start to add in other direct

suggestion like we will have a good rightful rest, wake up next morning feeling totally refreshed and energized etc moment before that.

- Do you have any Link or Promotion that you want to shoot out?
  Yes, https://www.mindease.sg/online-counselling-service/ to book appointment online, apply "GOPURE" as coupon code to receive a complimentary counselling/ hypnotherapy session worth $129. Limit to 1 redemption per user.

## Pop-Up Question

- What does Purity within mean to you?
  Our inner essence we all possess which sparkles with fires like a pure diamond.