

INSOMNIA



&

The Demartini Method



How Can The Demartini Method Help Insomnia?

Let's talk about how The Demartini Method can help you with insomnia and specifically how The Demartini Method can help you with mental overwhelm.

Many of the people I see who have sleep problems cite, anxiety, worry and negative thoughts as being their biggest challenge in getting to sleep or staying asleep at night.



How The Demartini Method can help you in reversing insomnia, and reducing mental overwhelm is, to really look at the content about what is actually going on for you?

So as an example: If you had excess anxiety, you may be worried about a job interview you've got coming up tomorrow or going to your dental appointment.

Are you worried about how you will be feeling the next day? Are you worried that you will be running late? Is it going to be painful?



Are you going to have this scary job interview or the scary dentist again? Look at whatever questions might be prevalent in relation to your anxiety.

So we look at the content very specifically and make sure we actually have a realistic plan to deal with what's going on, in a way that makes sense and something that will actually work.

I love the idea that a negative thought and a negative emotion comes up for a purpose. We don't want to necessarily get rid of a negative thought and emotion, but to actually pay close attention to it.



By paying attention to the content or what is behind the thought or emotion, we can actually set about coming up with a real plan to deal with stuff.

Rather than using techniques and emotional clearing patterns, we can actually deal with the emotion and the content behind that, to help to resolve it in a way that actually works every time.

As an example, in January and February this year, I had a lot of financial stress. I was planning a holiday, had business expenses and lifestyle expenses too.



The stress and anxiety, was related to not having enough money to pay for all of those things or having to be late in paying some of those people back.

So what would we do when using The Demartini Method in this situation?

We make a plan to make sure those things are taken care of. So it's very much solution based, very much about your perception.

When we have a good enough plan to deal with anxiety and to deal with stress it doesn't tend to be there anymore.



So think about where you have the most stress in your life. Is that where you're lacking the most planning?

Do you have the right strategies in place right now? Is that stress and anxiety in your life related to your health or related to your family or related to the raising of your children or household expenses or whatever that might be for yourself?

We need to look at what's actually going on behind the thoughts and emotions and get a really good plan to make sure those things are taken care of.



So I encourage you to look The Demartini Method a little bit more for yourself and see if it would be something that may be able to make an improvement for you in your life.



This Ebook is a collaboration between Jeremy Walker from Inspire Hypnotherapy & Global Healing Exchange

