



Subliminal Therapy: Using the Mind to Heal

Edwin Yager

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Subliminal therapy is a technique that utilizes hypnotic phenomena for therapeutic purpose without requiring a formal trance induction. The protocol is effective as a sole intervention or as an adjunct to other forms of treatment. In this volume, the reader is introduced to the concepts and applications of subliminal therapy and taught its protocol as well. This includes establishing identifiable communication with the unconscious domain, uncovering influences that are causing current problems, and resolving those influences.

The logically applied protocol of subliminal therapy engages unconscious process to uncover the causes of presenting problems, whether manifesting physically emotionally intellectually or behaviorally and then to resolve that influence through re-framing and re-conditioning. The causes of psychogenic problems are usually not consciously recognized; only the resultant symptom the disability is apparent. *Subliminal Therapy* provides a practical, efficient, and logical way to identify the cause, as well as a practical, efficient, and logical way to resolve its influence.

Although subliminal therapy may be a new concept for professionals, it has been evolving over the past 30 years into a most efficient protocol. The technique has proved especially effective in the treatment of anxiety and the effects of early abuse such as sexual dysfunction, unresolved anger and psychogenic medical problems.

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