

Hello and welcome to Down To Art. I'm your host Kristy Gordon. And today I'm joined by Anya Mayoss-Hurd, a certified clinical hypnotherapist. And we're gonna talk about applications of hypnosis for art, things like overcoming mental obstacles and artist block and anything that can sort of be applied to art. So welcome Anya. It's so great to have you here. Thank you.

It's a pleasure to be on here. So good to have you. So I actually recently had the pleasure of working with Ona. I was having some pretty significant sleep issues and my friend, the amazing artist, Alan Andre casually mentioned like, maybe I should try hypnosis, which I actually had never really thought of, but I was willing to try absolutely anything.

And so I sort of started to look into hypnotherapist and I found Anya and I've been absolutely blown away by how effective it was. And I'm now sleeping like seven to eight hours every single night, which is like unbelievable. It's actually like the best thing that's ever happened to me. And so this got me thinking about other applications for hypnosis as well and the way it could help artists with things like artist block or procrastination or just the kind of overwhelming crippling artist insecurity that can sometimes prevent us from just getting the work in.

So yeah, I'm just so excited to be talking to you about artist applications for hypnosis today on Yeah. But yeah, so I'm curious like how did you get started in hypnosis and when? You bet. So for me it was all about wanting to help people heal from the root cause. I knew I wanted to help people heal naturally with no side effects.

I had no idea how that looked. And then I stumbled across the school, Coastal Academy of Hypnotic Arts and Science. And I just had this gut feeling like, this is what you gotta do, like this is how you're gonna help people. So that was in 2014 that I did my training in Vancouver.

Amazing. I, yeah, I just think it's like so mind blowing how it really can get to the root of things that like could really be affecting our life.

So. So you studied in Vancouver like how, I don't really know anything about this. How, how do they teach, this is probably a silly question, but what's how, like what do the classes look like? How do they teach something like hypnosis? Of course it was almost like doing a trade in the sense of everything you do is hands-on.

So I would go to school on the weekend and then I would do case studies between, so we'd be in school for like probably eight hours a day on the weekend. And there was a bunch of theory that we would learn and then we would apply everything and practice it as well. So we learned a ton about the conscious mind, the subconscious mind,

different things you can treat with hypnosis, different ulterior motives, different ways our mind tries to protect us, like unconsciously that might not be helping us consciously. And then we had lots of time to work through our own stuff while practicing on each other and and kind of learning as we went through it as well. Wow. That's like super fascinating. I wanna know all about how our brain like works and puts up like sort of blocks even as we've worked together.

Cuz we've done a few sessions now. There's been like certain instances where you kind of like caught something where it almost could have been a little bit of a block to what, what our goal was. I don't know. So I can just tell that you're like really good at this. Thank you. I think my biggest fear when I was starting was like,

what if I'm one of these people who can't get hypnotized? Like I know I had done, you know, some like YouTube hypnosis and I never really felt like they had really done that much. Like not compared to what I would like ex, you know, like to what I kind of thought it was possible. But it seems like it's, now that I've done it,

I kind of get the sense like really probably everyone could get hypnotized. I don't know. What, what are some of the methods that you use to get people hypnotized and is there anyone who

can't get hypnotized? You bet. You bet. So to get someone into hypnosis, what we would call it is inductions. And it's basically just guiding someone with voice or with different methods of relaxation to get them into a level of hypnosis.

Everyone can go into hypnosis in the sense that we all go into hypnosis different times during the day. Like when someone's in the zone or they're in an increased state of focus. Or if you're driving those last kilometers home and you kind of zone out and don't know where that time went, even watching tv, that can all be hypnosis. That's why sometimes you'll watch a show or a movie and then you'll dream about it because as you're zoned into what you're watching, that's your unconscious mind. So everyone I want to say can go into hypnosis. I think sometimes in cases of like extreme, extreme trauma or fear, people can almost block themselves from wanting to go into hypnosis. But that being said, I've also had some of the most skeptical clients basically come to my office and want me to prove them otherwise that have gone into hypnosis very easily.

So we're all capable of going in. But we'd like to also say all hypnosis is self-hypnosis because doing it in a therapeutic way, we are the guide for the client. So the client is in control in essence of their level of going into hypnosis. Yeah. And like the way that we sort of have worked together like you and I, is that like a lot of the time you'll kind of help me get in touch with a part of my mind that might be like kind of creating whatever block the, the sort of part of my mind and then we might regress to like a, the earliest formation of it, like maybe in childhood or something. So I'm like, and sometimes it takes like a little, little bit for my, like my conscious brain might be like, whoa, I don't know when the earliest like, and I could picture that people maybe could put up a block with like the childhood like recollection, but, but what I find is I almost just kind of go with it. Like, and then as as I start talking and I'm like, I'm not really sure if what I'm saying is true, but then it becomes more vivid and, and I, and then it sort of really comes out like it's actually quite amazing. Do do you find that can sometimes happen though too as a block?

If people or d does anyone have like a problem going back to the kind of earliest formation in childhood and and things like that? Sometimes I would say, I mean it's, it's not impossible. What I, what I would say to that is that our mind will take us where it needs to go. So sometimes if there's something in childhood, say someone has a lot of stress in this current moment and we're doing a session and the root in that moment is based on some like horrific childhood trauma, there have been times where the mind will not go there because the mind knows what's like too much. Mm. So your mind is kind of always taking us where it needs to go either to keep you safe. If unraveling something is gonna be too much then and there or it will address the most like prevalent thing on the surface right now. So our mind will kind of, your mind will take you where it needs to go. And, and I do find when kind of the voice comes up, that's often the conscious mind kind of like, or the ego just doubting the process a little bit or kicking up a little bit. So that's very common as well. And sometimes the conscious mind is like so far out of the way in the hypnosis session that you don't notice that.

And other times it's more prevalent. Each hypnosis session you can feel somewhat different or like varying degrees of depth into hypnosis. Yeah, that's really interesting. And I think having done it now a few times I can trust in the process and I can see that, yeah, my mind will take me where I'm supposed to go. So whatever memory is kind of like popping up, like it gets the job done for whatever the intention is kind of thing. Like, and I'm kind of, I'm coming to trust that now. So that's like, yeah it's really cool. And I know you don't always take

people back to a child, you kind of use your skill like kind of figuring out what the best approach would be. But,

but I, I know you use those two methods and they're like really? Yeah, totally. I, for most of my sessions I kind of use an intuitive approach and sometimes I'll have a gut feeling where to go or where not to go. And some things can be dealt with in the moment of just like releasing energy and bringing in a different energy.

Yeah. And others we will track back and both methods work. There's numerous methods you can use with hypnosis even for things like pain management or there's tons of different, different things and tools you can use. Yeah, yeah. It's like really amazing. Like the more I get like, you know, results from it, the more I'm like, wow,

this is like amazing. Like it ho opens up a whole world of like possibility. Yeah. And and pretty quickly too. And and then the other thing that I think I was like thinking about as I was like diving into my first session, cuz I don't think I really knew exactly what hypnosis was is I was like thinking of like stage hypnotism where someone like gets hypnotized on the stage or something and they like act like a chicken or whatever the person tells you to do.

Yeah. And they like don't remember afterwards. And now I almost don't even understand how that's possible. That seems so removed from what we actually do. Do you wanna talk a bit about that? Like stage hypnotism versus like the kind of clinical hypnotism that you do? For Sure, for sure. It's a great question and I think a lot of people are offput by hypnotherapy because they see the stage hypnosis and then it's like mind control or you're gonna turn me into a chicken or don't look into her eyes.

So I'm often met with some of those kind of comments. But what you'll find with the stage hypnotism is the, the stage hypnotist will pick people that are, that are kind of the ones waving their hands or that are wanting to be picked to go on stage. Yeah. So what we would call this is the people that are most highly suggestible, everyone is, everyone can go into hypnosis, it's just a matter of which tools you use to get them into hypnosis. So the people that go up for sage hypnosis are typically the ones that are the most highly suggestible that will go into hypnosis the fastest and the easiest. Hmm. And you'll also see that sometimes they'll weed people out, the people that are less responsive, they will weed people out and they might send some people back into the crowd. Hmm. And then the difference with that and what I do is the suggestions that they give on the stage, they remove those suggestions because if they were to leave those suggestions in, then a word was said, I'm started jumping. Right. Like that's not, not A good Thing.

So, so that's another big difference is they remove the suggestions that they've put in. Whereas I leave positive suggestions in for your mind, they kind of grow over time. So if there was an old belief or something there, we put in, we kind of take out the old stuff and reprogram your mind for the habits, the emotions, the ways that you want to be living.

And then that suggestion grows like over time until it basically becomes your new reality. So it's incredibly powerful. It's kind of like our mind is the computer and we just go in and do the coding and kind of create it how, how you want it to be. It, it is B really incredible and it is a lot like that too. Like as I mentioned,

I've like totally resolved my sleep issues, which is something that I've struggled with my whole entire life and, and it did take us two sessions to get it to where it is now. But even after the first one I, so the first night after I didn't like it didn't totally click in, but I think by the second night it was like that then I got like seven or eight hours of sleep and then pretty much every single night after that I,

I did or so I could tell that it sort of grew somehow and I didn't like totally understand the like exactly how it works, but it did seem like whatever we did grew over time. So what you're saying about how it like kind of yeah. Grows inside the mind and it's really like kind of comforting when I have had that like experience that I can, so now I can trust that too with each Yeah. You know like session. Yeah, A hundred percent. And I think that's one of the most amazing things with hypnosis is it's like my go-to tool. If anything comes up in my life, it's always the first thing I go to. But I think what you find is you'll be in a situation that would've otherwise triggered you or otherwise been an issue and then it's like, oh like I actually felt good or fine or I felt this way and that situation. And so it's actually really incredible cuz you can look back over time and then kind of track the growth and the changes that have happened as well. Yeah, totally. Like there's almost always in my mind like a little bit of doubt like, ooh, I hope this worked, but then I like look back and I'm like, wow, I think I really did like act differently or whatever. Yeah. So the more I like trust it too, it seems like, well it's just comforting. I think it would work even if I didn't trust it, but it's nice to be able to like trust Yeah. And kind of have that experience that it really has like consistently, yeah. Worked but actually I didn't need the trust anyway. Like the first time we did it, it worked anyways. So It's true. It's so amazing though. And it's not uncommon to have that kind of like, like even I'll go into sessions and sometimes I'm like, oh I hope this works, I hope this results or whatever. Like I can have that little voice in the back of my mind too. And I think that's a very, very common, those voices, it sometimes becomes a choice of like, which voice are we gonna feed? Or just like not feeding some of the more worrisome or doubtful voices. But I love getting hypnosis too because it reminds me of like the gift I'm giving to my clients. Like I'm always blown away when I receive a session as well of like, oh yeah, like this really does work and this is like the gift I get to help people with. It's amazing. Yeah. And I don't know, it's like so great to do it the way we do it where it's like you are kind of like, like each session kind of starts by talking to you about whatever the issue is and so you get like a really in-depth sort of look at like, like those conversations seem to last almost like hour. Like you get to find out everything that I like to tell you about whatever the issue is and then, and then from there you really interpret it all and like, and I can tell you bring all of it like in like you're very generous, you really bring all of it into the hypnosis session. And I, and so I just like find that it's really amazing because, and it seems to be entirely different from the YouTube videos that I'm sure are effective in some level, but I never found them to be that effective. Like they're more general definitely. But yeah. Do you wanna talk about like YouTube hypnosis? Yeah, Into YouTube for sure. So definitely there's a power to those as well. The difference being that those are made more generically, they're made to reach more masses of people. And so they're almost done more loosely in the sense of hoping that it will help people. Whereas when you actually work one-on-one with a hypnotherapist, the hypnotherapist is kind of listening to everything you're saying and then working with the direct issues for you. So there's a benefit because it's like things can still be resolved more generally, more loosely, but you might have to listen to the same hypnosis repetitively over and over again and then it might weed out things bit by bit. Whereas when you work one-on-one, it's the hypnotherapist job to really listen to what's up for you, what those blocks are, and then pull those

out. So the success rate I feel is a lot higher because it's directly catered to you and your needs rather than being catered to a wider audience that has a vast array of different needs.

Yeah. That, that makes total sense. Like I'm trying to remember all the hypnosis that I've like watched on YouTube and obviously I don't just mean YouTube, I mean like the prerecorded like public hypnosis things, but they are like almost a bit more like affirmation sometimes. I don't know, like what you seem to do is like remove the block, like yeah,

you just get to the bottom of like whatever is causing the block or whatever. Yes, totally.

Because sometimes with some of the ones that are just affirmations, what can happen is if you're listening to all these affirmations and there's a part of your mind that is basically going like, this is total bs, I don't agree with this, this isn't true,

then what happens is cognitive dissonance is formed. So there isn't a resonance with what you're listening to versus what you believe. Yeah. So it, it doesn't work in the same way. Whereas if we want those to be your new affirmations, what we first do is then clear out the things blocking that being your reality so that those affirmations can kind of sit in place and be the new,

the new health thoughts and beliefs so we clear out anything stopping what you're wanting to create. Yeah. That that seems like that makes like a lot of sense. Yeah. I don't know, it's like really powerful.

And then like for applications for art, I mean I can imagine a lot of things, like I know a lot of the people that I work with in my art mentoring program talk about procrastination, which I think probably every single one of us as artists has like faced. And a lot of the times the root of procrastination is like fear. Like fear of not being, you know, ruining the painting or like not being good enough, like these limiting beliefs that we have as artists. And then I've also definitely worked with people who have had, and I've had myself like really intense artistic blocks and that can be really hard to work through.

Like, and sometimes, yeah, sometimes I have seen people who almost never really did quite, not yet anyways, like work through it. Like it's, it's just so all like, it's just this impending, I don't know, it's so hard. The artist blocks. Yeah. Have you worked with people like for these applications? For art? I've worked with people for,

for procrastination. Like even things like clearing like indecision or like their next steps on their life path and even just some of the limiting beliefs or thoughts about like what's right or wrong about being an artist or not. Yeah, or like what's right or wrong with like what to do in our art. Like I'm sure it could really help clear up. See you could have clarity finding like your voice as an artist and stuff too.

I, yeah, I just think that the like the applications would be like really amazing to kind of like yeah. Work with. So yeah, I mean based on like all of your experience with hypnosis and stuff, what can you imagine as like some of the ways that it could help artists and help them overcome their blocks? You bet. So the biggest thing would be probably procrastination.

Like removing the things, the emotions in the way of creating. And you can also focus a lot on self-belief, life's path kind of indecision or clearing out any of those things standing in the way of just free creative expression. And sometimes with being an artist or taking the path less traveled, there's also like voices of other people in our head or beliefs that things should be done a certain way or we should be doing this,

that, or the other. So it can help weed out some of those things so that we feel lighter, more open and more able to express like as creatives, as artists. And also a lot of visualization practices can really help even bring things from your mind then onto paper after seeing the vision in your own mind. Mm. Yeah, I think it would be like really amazing to see how hypnosis could like help some people.

I definitely have seen instances where I know someone is like good enough to start showing in the galleries and I know they're limiting beliefs, so like preventing that from happening. And of course like procrastination. I, I can totally see how, I mean even for me actually we should do a session sometime, you know, just to like anytime. Yeah. Just to, to kind like have that total belief in like my ability, like what is possible, you know, if, if we just like actually believe that we're gonna be able to pull this thing off. I think it would be, yeah, Sometimes I think like our own, like so much of what prevents us is our own blocks and limiting beliefs. Like I think a lot of us, we're not even fully aware of our power or our capabilities are stepping into that. And as we begin to weed out some of these things stopping us, it's like we can be amazed by the realities and the dreams that we can create and the power and just like the, the freedom to express within us when we're not bogged down by all of the old kind of emotional baggage and limiting beliefs. Yeah, totally. It makes me think actually of a conversation that I had with my friend Kate Horowitz on the podcast. I think it was our first episode where we were talking about too how like what I see a lot is like someone who has like this really high sense of like how great they are as an artist, but they're actually like not that good at all, but they think they're so good and then they just draw all the time and they get good fast. Versus like people ah, like me and Kane who both have like so many levels of like, you know, as most artists do, just like having to work through our stuff like, and then, you know, it's like harder to paint or in her case write, you know, and, but we've worked through it and we can, you know, but we've had to kind of consciously like maneuver that. But just how, how nice it would be to that to be that person who's just like, oh I think I'm great. And then they just like draw all the time and they get good fast. Like Totally.

Totally. That sounds amazing. Yeah, It just goes to show like how powerful our mind is and when we fully believe those things, how much that come that can come into fruition. Like there's a saying that's like, we don't see things as they are, we see things as we are. Yeah. So it's like if we are looking through the lens of all of our limiting beliefs, that's actually what can be stopping us versus the actual reality in front of us. Totally. And that's like kind of a terrifying thought unless you have kind of like too old to work through that. Yeah, definitely. Yeah. Well, and so we kind of touched a little bit on like the structure of hypnosis, like the techniques that you use like regression and like, you know, also kind of going back to like, you know, childhood memory or stuff. Do you want to talk a little bit more, more about like the uses for each of those modalities or anything else that you can think About that? Yeah, definitely. So with regression what we would do is we would do is kind of, you can call it regression or an emotional slide.

So it will track back the feeling to the very first time that you had it. And sometimes this goes into past lives, which I know that's kind of wacky for some people. No, that's, I, I grew up in a Christian family, so the thought of past lives was like just way off of my radar until being in a hypnosis session and progressing into one.

But sometimes those are so powerful because I've had things, for example, like someone who's had asthma their whole life and then it goes back into a past life where they died in a house fire and they couldn't breathe. Like it can be really random things and of course you can't prove if your mind is creating this story or if that is actually reality. But what I can say is whether fictional or not these past lives they work,

they do heal the element that the person is struggling with. So there's a huge power to that. And then basically what it does is it removes any emotional energy surrounding a trigger or surrounding a situation that would've otherwise triggered you. So it removes that initial emotion because the emotions we feel so often aren't in the moment, but they're triggers of older things. So it pulls out like that initial feeling.

And part therapy is the other kind of main thing that I use and that's working with all different parts of our mind. And often in parts we will use regression as well, but it's slightly different in the sense of we'll regress to when that part first came into being for the client and then look at the scenario as to why that part came into being.

And then with parts therapy, it's about giving the part a new job or it's about eradicating getting rid of parts that are no longer serving us, are no longer helpful to us. So it's kind of direct communication with your subconscious mind and with these parts to get like your goals met and kind of reach the habits that you're trying to attain. Cuz oftentimes our mind thinks it's helping us on a conscious level,

or sorry, on an unconscious level, but consciously what it's doing is like completely illogical and actually not helping us, but our mind thinks it's keeping us safe. Yeah. So it's trying to reprogram these things so that our mind is actually helping us consciously and unconsciously in the way that we want it to. Yeah, that's like one thing that's been so interesting is like the parts that seems to be ruining my life.

Yeah. Actually like trying to keep me safe for something. Totally. Totally. And there's, I think it was Brad Yanks had a quote about self-sabotage. So it was like self-sabotage is really misguided self-love. Hmm. And I think sometimes it can get really angry at these parts because it's like you're ruining my life or you're doing this or you're doing that.

But then when we dig a lot deeper, that part has some belief about if this happens, you won't be safe or you will die or you will be rejected or you will be abandoned. So on, so forth. So what looks like self-sabotage is often a form of self-protection. It's just hard to see it that way on the surface. Yeah, no,

totally. But then when I'm in hypnosis, I can see it really vividly and like the part is like willing to try and like help me in whatever the new role that I tell it to do. Totally. Yeah, totally. Yeah. So what are some of the main things that people like generally come to you for? It's such a wide range.

I would say like the top common things are like anxiety, depression, sleep, weight, smoking. But I've helped people with all sorts of things, like everything from like trouble swallowing pills to like nail biting to any random habit or behavior. Procrastination. I also do like spiritual hypnotherapy, so helping people with like their life's purpose if they're feeling lost or they're confused.

I also, within the spiritual hypnotherapy, there's also a way people can kind of connect with loved ones that have passed over. It's basically like a raising of consciousness rather than a sinking into hypnosis. So it can bring you peace from everything mentally, emotionally, physically, but also relationally. You can also use it to heal blocks and emotions in relationship with people who are either here or have passed over as well.

Hmm. Yeah, that's amazing. And then I guess I've like heard of like self-hypnosis too. It's hard to imagine how that would work, but is that like real and do you wanna talk a little bit about that? Definitely. So with self-hypnosis, it's more challenging I find to do some of the inner work, but self-hypnosis is really good for things like if you just need to kind of get into a calmer state or if you wanna do self-hypnosis to help yourself fall asleep at night.

There's lots of ways you can use it, but sometimes trying to track all the parts in your own mind can be really confusing. That's why it's helpful to have a guide that can keep track of everything for you so that you can just be focused without trying to remember and jot everything down.

Yeah. I can kind of imagine that it would almost like trigger my conscious mind if I was trying to figure out how to like yeah,

navigate through it all. It's nice to be able to just actually be in the hypnosis and have you like take care of the rest. Definitely. Definitely. And that's kind of the role is like the guide, the facilitator to kind of get in there and help you. But with self-hypnosis it can be really powerful. I've also helped, I've also helped people by teaching them self-hypnosis for things like going to the dentist or getting needles so that if they're in the chair or about to get a needle or get blood taken,

they can kind of get themselves into a calm state before going into these experiences that normally would like terrify them or that they normally wouldn't be able to go into. So it can be a really powerful tool just to like harness a stronger emotional state in a calmer emotional state in different situations. Yeah, that's that's neat. Yeah, I mean it's like really interesting just the whole idea of the subconscious mind because when I paint I feel like I might be sort of tapping into the subconscious mind in some ways.

Like, because I'm often painting in like what I call like an intuitive approach, just kind of painting whatever like comes to mind. And then a lot of the time I'll look at it later and sort of be able to read into it and see sometimes even see in the future stuff that like seems related to what I was painting, you know, in the past,

if that makes sense. Like it's kind weird, but I, I can think, I can imagine that's incredible interesting for people to tap into their subconscious mind this way and just like it could even come out in their art in some way. Do you have any thoughts about that? Yeah, I think, I mean, some people, what that brings up in my mind is like people talk about like a collective consciousness or the things that we could all tap into.

So, so sometimes I feel like there are different levels that you can almost harness and bring into fruition, into cr, into creation. Yeah. I think there is a power to be said to that. And also if people do group hypnosis sessions or if people do medicine work in a group setting, sometimes a lot of the people will claim to have had very similar experience or seen the same things, experience the same things in the session. So I think that can speak to like collective, collective consciousness or collect or the collective unconscious is the other Things that's like really interesting. Yeah. It's honestly mind blowing. There's so much that we don't really know but somehow can tap into. Yeah. And that's what it seems like to be able to tap into the subconscious mind because I don't understand how it all works.

All I know is it gets me the results. So yeah. Yeah. That's great. Yeah, like I guess would there be like applications for like art therapy and stuff like that with something like hypnosis? Hugely. I mean even, even if people were in, even if people use hypnosis to get into a conversate before creating, that could also help people get more in the zone.

But with hypnosis too, it's just kind of pulling out any blocks from getting you the results you need so it can pull out anything that could be hindering success in any form of therapy or creation that you're looking to get. Yeah, that is totally amazing. Well, this has been such an interesting discussion. I'm just like so excited about the applications of hypnosis for artists and basically anything that we're facing in our lives where,

where can people find out more about you if they wanna learn more about your work? You betcha. So my website is [www.anyamailsheard.com](http://www.anyamailsheard.com). It's a tricky one, so if you, I'll include a link



in the Awesome. Yes, That sounds perfect. So it's just my name.com and there's information on there about hypnosis. You can book directly on there and it should answer some questions if people have further questions about hypno.

Yeah, that's amazing. And you also have some stuff on Spotify? Yes. I also have a podcast called The Adventures and Healing Podcast. Amazing. So that has some topics on there too, and I've taken a break from that lately, but I'll be back into that in the next couple weeks. So there'll be new, new FSOs being released shortly,

And I'm sure even just to listen to the ones that are already up there will be really interesting.

Well, this is being so great. Thank you so much for joining us and sharing all your wisdom about hypnosis with us, and I can't wait to talk to you soon. Thank you so much, Christie. It's been a pleasure. Yeah, talk to you soon.

Sounds wonderful. Thank you. Thank You. Bye Bye. I hope you've enjoyed this episode of Down To Art, and if you're interested in any of my classes or seeing my paintings, you can check out my work at Kristy Gordon dot com or look at the online classes I have at Kristy Gordon courses.com where you can learn about my online art mentoring program as well as the different streamed online classes that I have.

If you've never taken any of my classes, I would suggest you start with the self-portrait class. So thank you for joining us today.