

Want believe change

Ali Eşref Müezzinoğlu

Çev: Burcu Güdücü¹ Hilal Kamer² H. Besim Akin³

When people were born, they had no change to choose their mother, father, family, country, nationality, skin colour, religion, language and gender. So why do people despise, and deport whom not look like them? In fact people aren't different from each other, they are varied because of their details. Nobody can not criticise anyone. People don't choose their language, religion, nationality and gender. According to the author, we should not accept gender discrimination. In the line that starts with Adam, with the relationship of mother and father, family information pass to the baby, besides information of skin colour, religion, nationality and language. Maturation is a convection which goes human to human from his past. For example, according to Islam belief, the idea is accepted, Mohammed blood continues from his daughter Fatima.

Laws, rules, customs, traditions, local insights, peer pressure compress people up till now. Community leaders, leader countries, strong ones have compressed people. They make laws and rules. The same approach have highlighted material thoughts in relation and communication areas. So people move back from the other people and despised themselves because of the other's occupation, career, money ability, psycial strength and appearance.

Therefore that approach, many of people lose their confidence, they cringe with embarrassment in front of leaders and people who have much more money and career than them. So these people couldnt introduce themselves enough. Material visions, cause personal and society problems. Psychic orjined problems have increased. Tics, obsession, struggles, social fobies, feeling of insecurances, take no pleasure from life have captured most of the society.

The writer ask if they can change this approach that has been seen by human history. People born, grow up, develop, give birth, eat, drink digest, defecate and finish the time given to them. No one lives forever. All the rich, beatiful, authoritarian, strong and skillfull people have finished their times. Every body has a limited time and eveybody needs bread, air, water.

According to naturel and vital approaches everybody has got the same conditions. Person who believes equality, can communicate, with king, boss, manager or a regular person without fear and copmlex. A person should communicate with people in naturel humane and without material perspective way.

If people make eye contact and give value to the person when they first meet, they will have gains. But if they dont make eye contact, the person will think how rude and cocsure and irrelevant they are. And his idea won't change easily. So people should behave kindly and show interest to person in the first met in every condition. Enjoying the same things and sharing the same interests will make things easier in relations.

Thoughts like, we both like the same thing, support same team, his uncle is a teacher, are imporant for everybody. You can find at least one hundred commonalities to communicate people.

¹ Öğr. Gör. İstanbul Aydın Üniversitesi. burcuguducu@aydin.edu.tr

² Öğr. Gör. İstanbul Aydın Üniversitesi. hilalkamer@aydin.edu.tr

³ Prof. Dr. İstanbul Aydın Üniversitesi. besimakin@aydin.edu.tr

For example being a colleague, having same taste of music, food habits, hobbies, book choices. Samples can be increased.

People can find many topics to strength the relationship with person first met. You can step forward espacially in your professional life. Although, human is the most powerfull and glorious creature, he is not in the aware of his power. If he knows that he can solve all his problems with a simple touch, probably he'll choose to use his abilities. Nowadays health institutions and organizations, pharmaceutical industry are contriving diseases. Only with commerical thoughts, they commercialize all kind of drugs to everybody. In recent years, these organizations try to cure women, who are in menopause period, with hormons. Now it's understood that hormon therapy is wrong and caused health problems, in the first instance cancer.

In sixties, doctors use a specific drug excessively, in pregnant women for cittois and nausea problems. In the end, babies without arms and legs have born. After all, medicine comminity realised the problem. Impurities like drugs have different affects on people. Biological transfers have risks like forein substance effects and allergy.

A mindful person can cure himself. As we see in placebo example, substances that are taken as drugs, would cure people and change person's biological and psychological world positively. If somebody who suffers from headache, takes an empty capsule, and belives that it is a drug, it will effect like a very strong medicine.

Psychological mood changes time to time, place to place. Awareness changes according to interest and pshychology. When a person concentrate on his thoughts, he restricts his relations visually and audiolly with the enviroment. This psychological attention run over the senses and the person becomes a whole with his desire.

If a needle has been shown to a person who affraids of it, he would fell anxious and get strained. This situation would make puncturing hard and be painful. But, if the man's attention draw to another way, he would not feel any pain. This shows us that, threshold of pain is not same in everybody. So person can take his threshold of pain under control, can cease his own pain, and take the pain out of his perception. If the pain is ceased by people who are not members of medicine community, the results can be deadly

In recent years, scientific researches shows that, considerations are made by imaginations in treatment and therapy, result same scientific conclusion as in physical treatment and therapy. In 2005, in USA, a research has been made on 30 sportmen who make body building. Sportmen are divided into control and application groups. Then, the groups got ready in two sport centers deceroted with the same condition. During the six months, they took exerxises between 9 am and 17pm. The first group sportmen exercised by using the sport equipment in the sport center. The other group sat in tribune and concentrated on that they were using the sport equipments. In experiment's result, both groups built bodies 12.6 cm.

In 2008, in USA, a research about pianist's finger muscles improvement, has been made. Pianists are divided in to two groups. The first group of the pianists devoloped their finger muscles by playing the piano. The second group of the pianists have concentrated that they are playing the piano by looking at the keys. Result is the same in both groups.

When the author consider both of the researches, inactive studies with a good concentration, result as active studies.

If a person says "my bowels are lazy", he pushes his autonomic system to lazyness. Instead of saying "my bowels are lazy, they are not functioning", he can think that they are functioning. Some women say that, "I don't feel full whatever I eat". This situation is an expression of their desire about not to feeling full. People avoid of chainging their negative thoughts to positive. Words and terminology have very important effects on people.

Sense organs can perceive the whole world, they store things around the environment. But people use only raw information that they select. According to author, this selection and interests are blind spot.

In 1950, in Berlin, a boy was kidnapped from a park in nightfall. Two witnesses who watched the event from a distance, could not give some useful information to police. After the event, one of the witnesses hypnotized in criminal office. In the session, this witness, told the police colour, mark, license tag of the car. The police find the boy with the help of these informations.

Things that are seen take a place, above people's perceptions, memories. While people carry on a business, they can record everything around them like a recording machine. When there is a need, people can use these records under hypnosis.

Human, is a perfect creature. In the course of life, people can be effected by the environment, and can have positive and negative gains. Human have the ability to repair themselves. The cure, therapy and recruit process of all organs are not the same. When people choose to use their repair potential in psychological and psychomatic fields, they will realize that they can find the solution easily. Negative records are not standart for everybody. If the person really wants to change the negative records and if the problem has compensation, the person can overhaoul the event and he can even delete it from his memory.

Psychological gains and negative records arise from his environment and relationship. In human system, stress, excitement, and negative thoughts can cause some reflections. In treatment and therapy process, if this negative reflections are not considered, and the problem is not searched, a new problem will born. So while solving the problem, controlling discharge mechanism is important.

People should want everything, want the most beautiful, want the best, want the freshest, want the most suitable, want the best of their desire. The way to reach their desire is to want. It is important to know what they want for what.

If the desire gets together with the belief, roads would get closer, everything would change easily, and the solution would come to the person sooner. People can change themselves if they want to. If people don't want and believe enough, and they are not ready, they shouldn't get on the road.

For a baby, crying is a good symbol of showing that he is hungry, or he has a problem. Even the baby, wants help from his mother to solve his problems.

The change will not be easy if people don't accept the approaches. To change people's feelings, thoughts, beliefs is impossible without brain wash or some special technics.

In hypnotic treatments, the magic wand is in the hands of patient. Doctor is only a guide. Person, who create the problem, is the person who will solve the problem. Applicant should be informed about that.

In conscious hypnosis, patient admission process include steps as below.

In the first session of the applicant, his mental and physical health is searched. Applicants who are suitable for treatment are accepted. If the person is intimate to solve the problem, he will solve it easily with the therapy.

Before the therapy, preparation phase should be completed. In preparation phase, the applicant is informed about the therapy, if he accepts it, trusts his doctor, give authorization for hypnosis to the doctor, the treatment starts. It is important to take applicant informed consent.

In this phase nothing is guaranteed because in medicine no one and no case is similar. Results can be different.