

Healing Migraine Headaches

By John D. Lentz M.Div

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Healing Migraine Headaches; A Self Hypnotic Spiritual Tool is a 45-minute audio CD presented by Dr. John Lentz. In his brief introduction Lentz tells the listener about his training as a licensed professional counselor and ordained minister. He describes the CD as a recording that offers integrated self-healing. Engaging faith with sophisticated tools of science can bring about lasting change. His approach shows respect for the whole being—mind, body, emotions and faith.

In his salutation, Lentz congratulates the listener in a most positive

steady as a calm heartbeat.

His initial induction includes standard suggestions about positioning, dissociation of the conscious from unconscious, enjoying the sensations of conscious being and the feelings of comfort. "Which part of you will begin to feel that comfort?—Will it begin in the head, the heart, or the body?" To deepen the trance, Lentz engages a sense of wonderment that is as effective as it is unremarkable. He speaks to the underlying philosophy that change emits from the unconscious; constructive transformation creeps in slowly and positively.

Lentz elicits transformation in subtle, focused ways. Word choices are precise and intentional—some examples include a metaphor of entering a well, a cool pleasant place, and also of soaring up into the light. Lentz suggests that the unconscious

grace and forgiveness are the medicine to restore the soul to the path of righteousness.

Overall, I enthusiastically recommend this audio CD which illustrates deft and effective integration of posi-

tive, growth-oriented healthy suggestions from an unfamiliar direction.

Reviewed by:

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way, setting the stage for self-reflection. Lentz speaks with a gentle, soft voice embellished with a barely perceptible regional accent. He begins by asking for God's blessing for the journey to be undertaken, and gracefully adds that no matter how many times one takes this journey, the unconscious will bring about positive change.

Lentz talks informatively about the unconscious as separate from one's awareness, and about the trance experience. He repeatedly and consistently affirms the capacity of the unconscious as a resource to bring about positive change within the individual. This theme is continued throughout the recording and is reinforced as the mechanism for experiencing comfort, and embracing self-love.

As Lentz begins the trance induction, he continues to speak with positive affirmations while his cadence slips into a steady, metronomic rhythm. Hypnotic in its own way, the pattern creates a distinctive effect that facilitates re-entry into trance with repeated listening. It is an unspoken post-hypnotic suggestion that is as

mind listens to God, and as the journey to self-evolution progresses Lentz incorporates more Biblical references and passages, thus reinforcing the progress. One powerful suggestion is the clarification that as one changes, others around respond in a different manner, perhaps responding in a more positive way or even feeling better about themselves.

As I listened to the CD I enjoyed it very much. I found it both relaxing and enriching. The audio quality is satisfactory, a clear *acapella* embellished at the beginning and ending with guitar strumming. Lentz's voice is distinct and the words clear. The only element that was not so clear was indirect manner in which the topic of headaches was addressed. Unquestionably, Lentz elicited deep trance filled with a multitude of healing suggestions. Though these suggestions for well being and enhanced love of self may bring about resolution of stress or anxiety headaches, I am wondering whether or not I missed a link. The spiritual elements of the CD spoke of intimately feeling God's love heal, respecting one's self, feeling God's forgiveness, and that