Magic of the Vanishing Warts

By Karen Branch

About three years ago, my son Joel had a very bad case of plantar warts on the bottom of his feet. They were so numerous and painful he was having trouble walking. He tried everything – Compound W, foot soaks followed by filing the warts, duct tape treatment – you name it. But nothing was working; those stubborn warts were just not going away.

You would think since I am a hypnotherapist, I would have immediately thought to treat him with hypnosis, but it didn’t even dawn on me until we had tried everything and then some. (The cobbler’s children with no shoes syndrome, I suppose!) But finally it did occur to me and I suggested to Joel that we give hypnosis a go. He has always been open to the idea of hypnosis and a good subject. When he was a Little League baseball player, we used to do sessions to improve his hitting and pitching skills and it worked, so he was eager to see if hypnosis could help.

In my private hypnosis practice, I’ve seen many miraculous examples of the way in which the mind can positively (and negatively) affect the body. In fact, I’ve used self-hypnosis for many years to clear up sinus infections and even dissolve cysts on my ovaries. As confident as I am in the power of subconscious mind, I still wasn’t prepared for the results we experienced.

I took Joel to my office and had him sit back comfortably in a recliner while he put on a pair of headphones, through which he listened to calming ocean waves and the sound of my voice guiding him deeply into relaxation. Once in a deeply relaxed state of body and mind, he was ready to communicate directly with the mind of his body.

The subconscious mind responds extremely well to imagination and pretending. This part of the mind literally cannot tell the difference between a real event and an imagined one. So, visualizing in playful, creative ways can actually bring about changes within the body.

Warts are a type of virus and they need blood supply to provide nourishment to them. My plan was to have Joel imagine that in some way the blood was unable to reach the warts, then the warts and their roots would simply die away. I suggested that he imagine there were fences around each and every wart on his foot, blocking the flow of blood, almost like a protective fortress. Also, he pretended that there were tiny front-end loaders digging the warts out by their roots and then being hauled off in a dump truck. I then gave him the suggestion that he was beginning to notice that those warts were feeling more and more numb as they were being starved of blood, almost a tingling, dissolving feeling. I asked if he could feel that happening and he nodded yes. As we came to the end of the session, I concluded the hypnosis by having him imagine a healing light sweeping throughout his entire body, giving his immune system a big boost so it could easily fight off any further invaders.

After the session, we both had a wait-and-see attitude. The next day we were both a bit disappointed to discover nothing much had changed or improved. Undaunted, we decided to undergo another hypnosis session, reinforcing everything we had done the day before.

Lo and behold, the very next day ALL THE WARTS were gone – vanished, kaput! It was if they had never even existed. There was absolutely no trace of any of them and the skin on the bottoms of his feet looked perfectly normal! And to this date almost three years later, they have never returned.

Since that amazing proof of the mind’s ability to heal the body, I have worked with several other clients with warts, also with great results.

Hypnosis offers so many powerful ways for us to access the mind of the body and begin to create positive, healing results. All you need is a playful imagination and the ability to pretend!



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