

MAKE A POSITIVE CHANGE WITH HYPNOSIS



AN INTERVIEW WITH AWARD-WINNING HYPNOSIS COACH PETER CHRISTIAN RABENECK (GLÜCKSRABE)

Peter Christian Rabeneck has been on the road as an unconventional trainer, speaker and hypnosis coach since 2004. He became known in Berlin and beyond as a Glücksrabe with his StrengthTest and his Hypnosis-Transformation work.

After a career in the automobile industry, the urge grew to deal professionally with what interested him since his youth – what influence our psyche, our brain has on us. He went to America to Dr. Richard Bandler, the co-inventor of NLP, to get to know himself and the way his brain works. This Trainer Training opened up a fascinating perspective for him. Impressed by the effectiveness of the training, he also turned to hypnosis, other methods and such as research.

He combined different methods and refined them. Since then he has helped many clients, whether private or business long term. The extremely positive feedback showed how effective and efficient his Glücksrabe-Methods are. He shares his knowledge on trainings, seminars and lectures. If you ask him what he does especially, he answers: “Usually nothing, but time – to have time for people, to make the really unconscious visible. So everyone can grow beyond himself and lead a happy life.”

Impressed with the unique approach and proven results Peter continues to achieve, the Berlin Prestige judging panel has identified Glücksrabe as Hypnotherapy Service of the Year. We spoke to Peter to find out more about the benefits of hypnosis and how it sets clients on the path to better self-discovery, self-discipline and self-control.

What is hypnotherapy and how does it work?

This is a complicated question because there are many answers and each one is somehow correct. And then there are different laws in the world, which in some countries only allow certain professions to give an answer, like in Germany. Therefore I am not allowed to call myself a hypnotherapist in Germany. Here, I am a master hypnotist or a hypnosis-coach or simply a hypnotist. Therefore I answer the question from my position. The client who comes to me is completely accompanied in his new behaviour that he/she wants to learn; there is no distinction between so-called conscious and unconscious actions – I take a holistic view of the change process. And the hypnosis works, first of all independently of the different types that exist, by focusing. If you focus on one work you always get the best results.

What are the main benefits?

The focus, but what exactly does that mean in the hypnotic state and in my approach? The people who come to me want to change something in their lives. They want to get rid of their fears, finally find their desired partner, or save their relationship, become more successful or just finally more balanced, happier and able to enjoy life more consciously.

I am in constant dialogue with my clients during the trance and ask many right questions. My NLP training with Dr. Richard Bandler has given me the right communication tool. This is the only way I can determine how the customer has arrived at their current, and negative state of mind. The brain records all circumstances that lead to this and they have nothing to do with logical thinking in the cognitive state, because it is the emotions that guide our judgement and thus our decisions. And the emotions do not follow any reason.



Every person gets to discover something new in hypnosis. It enables us as human beings to understand our behaviour in a completely new and different way. It is like a revelation, an always positive revelation, even if our logic thinks it is not always possible.

Can you talk us through the methods and techniques you implement?

The most important thing is that I work holistically and have developed my own methods through training and my own research and experience. One of them is my StärkenTest. It is a link between the not so easily changeable nature of man, his goals and his interaction within society. It dominates a large part of our unconscious patterns of action. I have already used it to resolve disagreements in families, solve conflicts in companies and coached managers.

Back to the actual hypnosis, here the most important method is the dialogue with my clients. This protects them from being determined by others. Because you decide every step yourself. And the second most important point is that based on my experience I adjust to the world of my clients in such a way that we dive into a world of feelings that has nothing real anymore. Another technique that I use is that I go through the entire process from fertilisation to birth with completely hidden causes. Here everything comes to light, absolutely everything.



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What are the tell-tale signs of a good hypnotherapist?

A good hypnotherapist is someone who:

- Believe everyone can be hypnotised
- Has an NLP training from the Society of NLP
- Can explain the different types of hypnosis
- Implements supreme discipline
- Takes the time to get to know their patients
- Works full-time as a hypnotist
- Asks uncomfortable questions

■ **What advice would you give to first time clients?**

Please don't let the press or others drive you crazy. It is very important, and I hope that everyone can accept it, even those who would rather have their own experience, whoever observes my tips can only have a good experience.

■ **What do you consider to be your biggest career achievement so far?**

I am glad that I have the ability to help people in my way, and to develop it further into a unique approach known as the Glücksrabe method. And to make it even clearer, I'm no longer talking about hypnosis work, but about transformation – an artificial word of change and emotion. That's my competence and that's how I have helped people and companies. For example, I recently had someone with an allergy, at least that was what they thought. However, the doctors were unable to determine the cause. But they told her that it was an allergy. They only assumed they couldn't determine the cause. She suffered from the physical phantom that her belly suddenly bloated and sometimes caused a certain shortness of breath, irregularly and without warning. I was recommended to her. It was psychological (unconscious cause). We found an alternative behavioural basis together and changed the feelings and with it the attitude to the events that created the physical phantom. Now she is happy and knows more about herself and how she can achieve a better life.

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■ **Is there anything else you would like to add?**

Give it a try. You will learn more about yourself, and you will gain better self control. If you really want to achieve something, no matter what, you can 100% achieve it in this way!



For more information, please contact us at:
www.gluecksrabe.de