

## Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

February 2011



My first thought when I looked at the blank screen to start writing 'my bit' for the newsletter was to wish everyone a Happy, Safe and Prosperous 2011....and I still think that it appropriate to do so→ Happy, Safe and Prosperous 2011 to all!

However, my second thought was that, for Australia at least, it has not been a very good start to this year at all. Floods in Queensland, New South Wales, Victoria and Western Australia, severe Fires in Western Australia, Locusts in South Australia, Cyclones (albeit relatively mild ones) for Western Australia and the frightening big, bad and mean TC Yasi in Queensland. All has served to focus the mind on just how perilous or current circumstances are and how quickly things can change. I do sincerely hope that the entire readership of the Newsletter experienced little to no personal effect from all of these events.

In addition to all of this for Australia, Brazil has experienced devastating floods, Europe and USA have seen dramatic blizzard conditions and the list goes on...

One very strong and most positive aspect that I have witnessed from all of these disasters is the support, the concern and the solidarity shown by Australians for the plight of their fellow Aussies! I know that this would not differ irrespective of country, but it does serve to increase and confirm my faith in mankind, people and society and working in a 'helping' profession, I find it motivational.

Let's all hope that natural disasters everywhere have now been gotten out of the way for the rest of 2011.

So now that all of that is out of the road, on with the year. I am sure that 2011, as with 2010, will be a busy year. Sincerely hope that it is a good one for you and yours. Please keep in mind that this is *your* newsletter. Any stories, articles, comments, thoughts or inclusions would be gratefully received. They can be mailed to [mm\\_newsletter@inet.net.au](mailto:mm_newsletter@inet.net.au)

**Michael Werts**  
Editor MM\_Newsletter



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# Hypnosis for Flood Trauma

<http://albert-and-logan.whereilive.com.au/your-news/story/hypnosis-for-flood-trauma/>

A hypnotherapist and counsellor from the Springwood area is offering 50% for flood trauma victims.



Sophie Firmin from Springwood, a clinical member of the Australian Hypnotherapist Association and a L2 member of the Australian Counselling Association, with 13 years experience, has offered to see flood trauma victims at this significantly reduced rate.

“My heart goes out to people who lost everything, and I thought of the mental state they must be in. I wish I could offer my services for free, but I am a single mother myself, so 50% discount is the best I can do

at this time,” she says.

Sophie says that this offer is extended to all issues. In other words, if the person has a smoking habit she wants to get rid of, or a slimming issue he wants to address, the discount still applies. She is offering up to three double sessions, which she says is what most clients see her for.

Her style of therapy is described as ‘holistic’ because she believes in addressing the whole person’s past, present and future. She works with all spiritualities as she believes holistic healing necessarily has to include spirituality (or lack of it). She combines hypnosis with counselling principles and incorporates some experiential regression work. Her model of therapy is considered ‘brief therapy’ because of its focus on the outcomes of change rather than the causes of problems.



# Hypnosis is her key to unlock our hopes

<http://www.dailytidings.com/apps/pbcs.dll/article?AID=/20110110/NEWS02/101100306/-1/NEWSMAP>

There's no dangling pocket-watch. She never says, "You are getting very sleepy." Her patients don't immediately break habits, such as smoking or overeating.

But Rochelle Jaffe says she does regularly hypnotize people.

"The patients are always awake and aware," she said. "It's about finding a deep,



peaceful state within you, a way of contacting your inner self, which is very peaceful and resourceful."

The Ashland hypnoterapist, who is certified by three professional organizations, has been seeing patients for the past 20 years here and opened the Ashland School of Hypnotherapy in 2005.

"I'm grateful that I get to teach people to use these skills," she said. "It's not just about teaching techniques, it's about creating a much fuller sense of how to rest in that deeper place in yourself, to create a space and container for clients to step into."

The school is certified by the American Council of Certified Hypnotist Examiners, and Jaffe is also personally certified by the National Board of Clinical Hypnotherapists and the International Medical and Dental Hypnotherapy Association.

Jaffe, who also holds a master's degree in counseling and is an adjunct psychology professor at Southern Oregon University, said about a third of her clients are referred to her by local physicians.

Recent medical research has shown hypnotherapy to be an effective treatment for a range of ailments, including irritable bowel syndrome, insomnia and chronic pain, she said. Research also has shown that people who have hypnotherapy before surgeries have fewer complications, require less anesthesia, have shorter hospital stays and incur fewer medical costs, Jaffe said.

"It shows the importance of the mind-body connection," she said. "It's really, really helpful in managing pain and optimizing healing."

Jaffe decided to open the Ashland School of Hypnotherapy about five years ago, holding weekend workshops for the first year.

In 2006, she began offering an annual 200-hour training to become a certified hypnotherapist. Classes meet for four or five days once a month for four months.

Students from as far away as Los Angeles and Seattle attended last year's certification training, Jaffe said. Only three Ashland residents enrolled, she said.

It is the only school certified by the American Council of Certified Hypnotist Examiners in Oregon. There are 11 certified schools in California, including one in Sacramento and two in Santa Rosa.

Jaffe typically allows between eight and 12 students to enroll in each training. She estimates that she has certified 50 people through the 200-hour program and has taught about 50 others in workshops.

Doctors, nurses, psychiatrists and other health care professionals frequently enroll in her courses, but she also teaches interested laypeople, she said.

"Many people who work with patients in the health care field want to work hypnotherapy into their practice," Jaffe said. "There are also people who have never experienced hypnotherapy and want to learn about it. This year, Jaffe is offering the 200-hour certification course beginning in June.

She will also hold three workshops, which can serve as continuing education credits in the health care field or toward a hypnotherapy certification. She'll teach a workshop on past-life regression Feb. 4-6 in Ashland and a workshop on medical hypnotherapy April 8-12 in Portland. The dates for the final workshop, on soul medicine, have yet to be announced.

There are a variety of hypnotherapy techniques, Jaffe said. In a recent



use of hypnosis until 1953. Prior to that time, Dr. Milton H. Erickson, MD. Ph.D, was the unequalled expert in hypnosis.

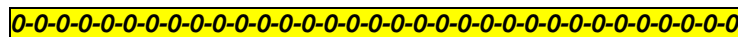
Igor Ledochowski claims to have studied Erickson's more than 60 years of research, which was originally designed exclusively for private medical therapy. Initially, these techniques were only available to be taught to trained medical experts, dentists, and psychologists.

Ledochowski has now tested his techniques in his hypnotherapy clinic. After his research was completed, Ledochowski compiled a newly revised home study course, which provides his student with manuals, audios, and practice exercises, which will allow them to become expert conversational hypnotists.

He boasts that his techniques will allow his students to assist their clients with overcoming their fears and phobias, smoking and weight loss issues, and pain reduction in the chronically ill.

His course comes with a 60 day money back guarantee. Presently, he is offering bonus audio sessions to persons, who are among the first to order his home study conversational hypnosis course.

*I'd be interested hear Reader's thoughts on 'Conversational Hypnosis - worthwhile, waste of time, rort or otherwise? --- Ed.*



## The therapeutic value of hyper-suggestibility

[http://www.cmaj.ca/earlyreleases/18jan11\\_the-therapeutic-value-of-hyper-suggestibility.dtl](http://www.cmaj.ca/earlyreleases/18jan11_the-therapeutic-value-of-hyper-suggestibility.dtl)

For months, Rachel, a 16-year-old living in Minnesota, woke up gripping her abdomen in pain. The cramps and “gnawing,” as she described it, continued into the day. She couldn't concentrate in class and would often sit in her school's nurse's office, crying out of frustration.

“We were trying to figure out what the cause was,” says Rachel's father. “It was really horrid.” Rachel was eventually diagnosed with irritable bowel syndrome and saw several doctors, a psychotherapist and acupuncturist in search of a therapeutic solution. It wasn't until she sat down with Dr. Daniel Kohen, a pediatrician and professor at the University of Minnesota, that she discovered a technique that would reduce her pain substantially, allowing her to achieve good grades, play sports and make friends.

“Every morning I start by doing deep breathing. Then I imagine my pain as an elevator and I'm on the eighth floor but I ride it down to one,” says Rachel, explaining the self-hypnosis technique taught by Kohen. While Rachel says her pain used to be “always at level eight,” it now registers at “twos and threes.”

Both alternative and traditional medicine practitioners have long relied on hypnotherapy to help patients with anxiety and addictions like smoking. Increasingly, however, they are turning to the power of suggestion to alleviate

physical symptoms arising from conditions such as chronic pain, irritable bowel syndrome and migraine. The American Society of Clinical Hypnosis even claims that hemophilia patients can self-hypnotize to “control vascular flow and keep from requiring a blood transfusion.”

Kohen says hypnotherapy works because people have “the ability to modify how [their] pain feels. Your brain is in charge.” In support of that proposition, he notes that people who are only rarely exposed to needles might grimace or jump at the sharp jab, but those who are injected routinely often don't register the pain.

Hypnotherapy has long been used in medicine. Dr. James Braid, a Scottish surgeon, coined the term in the mid-1800s and its proponents believe it has no adverse effects and is effective over the long-term if practised by the patient at home.

Nonetheless, health practitioners remain a “hard sell” when it comes to the technique, says Kohen. Many physicians don't see hypnosis as a serious and scientific therapy due to the pervasiveness of the 'cluck-like-a-chicken' variety of hypnosis that's depicted in cartoons and movies, Kohen explains.

Attitudes are slowly shifting, however with the increased volume of peer-reviewed studies demonstrating hypnotherapy's effectiveness as a hospital or clinic-based treatment.

“Virtually any children's hospital in the [United States] now has one or two people trained in hypnosis,” says Kohen, coauthor of *Hypnosis and Hypnotherapy in Children*.

Dr. Ali Rahmanian, a hypnotherapist at a private pain clinic in Toronto, Ontario, argues that clinical use of hypnotherapy is becoming ubiquitous as it “becomes much more scientific and we understand more about the beauty of how the brain works.”

Studies have examined hypnotherapy's role as an alternative to anesthesia, as a method for calming patients before a surgical procedure and as a treatment for asthma, among other applications. On average, patients who had undergone hypnosis required about a third less the amount of intraoperative anesthesia and generally reported pain to be half as intense as that reported by a control group of women undergoing excisional breast biopsies or lumpectomies (*J Natl Cancer Inst.* 2007; 99[17]: 1304-12). Meanwhile, Koren and a colleague found that 88% of 144 pediatric patients who suffered from headaches and opted for hypnotherapy experienced a decrease in the frequency of headaches (*J Pediatr.* 2007; 150: 635-9).

Some doctors have argued, however, that hypnosis should be limited to its more traditional role in medicine, that is, in the treatment of anxiety and addictions. In 2009, US hypnotherapist and psychiatrist David Spiegel appealed to the British National Institute for Health and Clinical Excellence to sanction hypnotherapy's use for a wide range of conditions, including allergies and high blood pressure. But the Chairman of the United Kingdom's Royal College of General Practitioners, Dr. Steve Field, publicly rebutted the assertions.

While noting that hypnotherapy is “a useful tool used by some GPs and patients for relaxation,” Field said his organization “can't call on the [National Health Service] to support it without there being a firm medical and economic basis.” The National Institute of Clinical Excellence subsequently opted not to expand recommended applications for hypnotherapy.

Dr. Fred Janke, a family physician in Sylvan Lake, Alberta, once limited hypnotherapy referrals to smokers but now recommends it as part of an interdisciplinary approach for chronic pain and cancer patients. “There are a

lot of good studies around hypnotherapy's role in helping cancer patients deal with pain and the side effects of treatment,” he says. “Getting a patient to change the way they think about pain can sometimes be quite effective.”

Janke recognizes, however, that “there is a great variation in the medical research literature on the effectiveness of hypnotherapy.” He believes the variation has

to do with the range in techniques employed by hypnotherapists and would like to see greater standardization in the field.



For example, while some hypnotherapists may encourage a patient to numb a hand and then spread that sensation to an aching body part, others may ask that a patient recall childhood experiences of pain in order to disrupt associations between anxiety and pain.

Kohen says hypnotherapy's failure to lend itself to standardization is part of the reason many in the medical community are hesitant to view it as a viable alternative to pharmaceuticals. But he argues a “one size fits all approach would be a lethal blow to hypnotherapy” as imagery and techniques that work for one patient may not work for another. He employs various methods with headache patients, such as encouraging patients to picture themselves in a calming, peaceful place or imagining their headaches reducing in size. “You can watch the headache shape and colour in your mind get smaller and smaller, while the happy and comfort shape get bigger and bigger until it fills the screen in your imagination,” he says.

Kohen also says children tend to be more amenable to hypnotherapy than adults because they are often better able to relax enough to go into a hypnotic state.

And it doesn't work on people who aren't open or motivated to change, adds Rahmanian. “For patients with chronic pain, the brain is telling them, you're never going to get better. Hypnotherapy tells the brain you are going to get better.”

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# So are we born with our phobias - or do we REALLY learn them from others?

<http://www.dailymail.co.uk/sciencetech/article-1350928/Phobias-Born-themor-learned-others.html>

**Spiders, snakes, claps of thunder — we can have phobias about anything.**

But new research has revealed that while they often run in families, that's not because we genetically inherit them, but because we learn them from our parents.

As a clinical practitioner who's worked in the field for 20 years, I'm not at all surprised by the new research. We learn so much from our parents; why not our phobias, too?

But, actually, it's more complicated than scientists from Rutgers University in New Jersey, who conducted the study, have suggested.

As a toddler, if your mother screamed the first time you proudly showed her the spider you'd just found, her behaviour certainly primed you to find spiders - frightening, too.

But to turn it into a full-blown phobia — which I'd define as an irrational fear resulting in avoidance of the thing which frightens you — some other traumatic event has to happen to you, too.

So, if your mother's screams have already conditioned you to find spiders frightening, and then one climbs into one of your first baths alone, that's when the full phobia — in this case arachnophobia, a fear of spiders — might set in.

I say might because how you react depends on your character and how you're feeling about yourself at the time. If you're feeling good, the chances are you'll be fine. But if you're stressed out, a phobia can grab hold.

Your parents, if you like, act as the phobic trigger, but it's your own traumatic experience and your unique response to it that fires the starting gun on the phobia.

Further proof that phobias are acquired rather than genetically inherited comes from the widespread reporting of phobias that spread from peer-to-peer, typically at school.

So if one dominant member of a peer-group suffers from say, trypanophobia, a fear of injections, it's common to find it spreading through the group of friends.

School nurses will be particularly familiar with the problem: if one girl faints at the sight of the needle at her inoculation, the chances are a good number of her friends will, too.

The girls are not genetically related — or merely copying each other — but the phobia has spread regardless.



© Tim Stewart News Limited



Trypanophobia: The fear of injections can be easily started by pupils at school copying each other

What is both interesting and really rather worrying, however, is that phobias are definitely on the rise, with my own clinic seeing some 20 per cent more patients with phobias than we were just a year ago.

Tellingly, the only time I've been anywhere close to this busy was in the late Eighties. That, too, was another period of economic turmoil similar to the one we're experiencing now.

In both cases, economic recession, mean only one thing — increased levels of stress. And when people are stressed, their vulnerability to phobias is far more pronounced.

That's because the full phobic response is the emotional and biochemical equivalent of the straw that breaks the camel's back.

If you're worried about losing your job and concerned that your other half might be looking elsewhere, your stress levels are already high.

Your adrenaline is pumping, levels of cortisol — a hormone produced in response to stress levels — are on the rise, so you're in a state of so-called 'hyper-acuity' and ready to see danger everywhere.

**Anything which increases background stress levels increases the number of phobias in a society**

If, at that point, you encounter a spider, a needle, a particularly nasty-looking piece of cotton wool, whatever it is that triggers your particular phobia, then your body has nowhere left to go except into a full phobic response — which can be anything from hysterical screams and floods of tears to running away or fainting.

Anything which increases background stress levels increases the number of phobias in a society.

For months after the September 11 terrorist attacks on the World Trade Centre in New York, all of us working in this field were understandably swamped with people suffering from a morbid fear of flying or of high buildings (batophobia). But there were also far more people coming in with unrelated phobias, too.



The terrorist attacks had increased the level of background stress, so the number of phobias escalated, too — everything from a fear of cocktail parties (social phobia) to terror at the thought of grime (mysophobia).

Trauma: For months after the 9/11 attacks therapists were swamped with people suffering phobias about flying and high buildings

It was the same after the July 7 Tube bombings of 2005. But just like after 9/11, after a few months these phobia spikes began to fall. That is partly because many of us had no choice but to start flying and taking the Tube again.

Despite the new findings, I — like many experts — still believe there is a genetic component to some phobias, an atavistic, life-preserving response to danger left over from our days as Stone Age hunter-gatherers.

**The good news is that if it is true that generally phobias are learned rather than inherited — and therefore harder to treat — there are ways of tackling them**



For instance, a fear of reptiles with big teeth (herpetophobia) and even, to some extent, a fear of open spaces (agoraphobia). After all, a hunter-gatherer was in danger of becoming something else's dinner.

A 2001 study supports the idea that some phobias may be genetically determined. Researchers at the University of Barcelona studying people with social phobia and panic disorders found that 97 per cent of phobic people tested had a genetic abnormality — a duplication of one of their chromosomes, which contain DNA — compared with just 7 per cent of other individuals.

So opinion still remains divided among scientists. The good news is that if it is true that generally phobias are learned rather than inherited — and therefore harder to treat — there are ways of tackling them.

One is to teach people to reduce their stress levels by using relaxation techniques. At Anxiety UK (the charity which used to be known as the National Phobia Society) we've even produced a CD designed to teach these techniques.

Another method, which those people who had to start using the Tube again almost had forced upon them, is desensitisation.

This involves relaxing the patient and then gradually exposing them to whatever it is that triggers their phobia.

Effective: Hypnotherapy (left) has been shown to be very effective at helping people cure their phobias, such as fear of flying.... or of crashing (right)

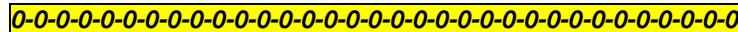
One patient of mine suffered from a phobia of maggots. It was so extreme she couldn't even say the word. Unfortunately, not only was her husband a fisherman, but he kept his maggots in the kitchen fridge.

The situation appeared hopeless, but after a course of desensitisation she was able to go fishing with her husband, pick a maggot out of the box and hand it to him. She may have found fishing boring, but at least her phobia was gone.

The third option, one I've used with great success, is hypnosis. This places the patient in an extremely relaxed state, at which point they can be exposed to their phobic trigger.

As both the level of relaxation and the exposure to the phobic trigger is controlled, what we're effectively doing is rewriting their response to that trigger. With simple self-hypnosis techniques, the aeroplane that once inspired blind panic can now be boarded calmly.

So, while we may pick up our fears from our parents and peers — and be more at risk of acquiring phobias than ever because of the levels of stress we are subjected to — the good news is, be it snakes, planes or bushy eyebrows (yes, really), they can be cured.



## Take That! How hypnosis beat my girl's stage fright

<http://www.dailymail.co.uk/health/article-1345137/Take-That-How-Gary-Barlows-protége-Camilla-Kerslake-used-hypnosis-beat-stage-fright.html>

The cameras were ready to whirr into action and pop star Gary Barlow was waiting expectantly in the corner of the Dublin studio. My daughter Camilla, 21, was about to shoot her first music video, singing the Take That hit Rule The World.

Camilla looked the picture of calm, clearly enjoying her first taste of stardom. Yet, 24 hours earlier, suffering from a severe attack of stage fright, she had begged me to fly over and help her combat her nerves using hypnosis - one of the skills I use in my job as a personal development coach.

In 2009, after Camilla handed Gary her CD in a recording studio, he gave her a record deal. Almost overnight she went from being a student at the Academy of Contemporary Music in Guildford to singing in front of Royalty and TV audiences of millions. Once confident, she had suddenly become terrified of performing live.

First, I explained to her that what she was feeling was a perfectly normal reaction to stress. When we sense danger - whether real or imagined - the nervous system releases a flood of hormones including adrenaline and cortisol.

These hormones rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens and your senses become sharper. It helps you stay focused, energetic and alert.



Breathe easy: Soprano Camilla Kerslake, pictured with Gary Barlow, used deep breathing techniques and hypnosis to overcome her stage fright

The problems start when you feel this kind of stress before going on stage, giving a wedding speech or a presentation at work - when you really need to stay calm - and it can have the effect of freezing a person in panic.

The more our nervous system is activated by stress hormones, the harder it is to switch off.

The result is a string of problems including irritable bowel syndrome, ulcers, eczema, low self-esteem, poor sex drive, inability to make decisions, even a nervous breakdown.

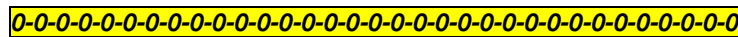
But this kind of acute stress is easy to overcome. As Camilla lay on her hotel bed, I got her to breathe deeply. This opens up the diaphragm and activates the body's relaxation response.

As she became calmer, I talked to her about how excited and happy she was going to feel and focused on all the positive aspects of the next day so that those ideas stayed in her mind. She was able to sing brilliantly, had a fantastic time and the day was a great success.

It is important to give yourself time to stop and relax. I know several CEOs who go to the toilet for five minutes, do some deep breathing, relax mentally and can then go into a meeting able to make necessary decisions.

When breathing deeply, tell yourself positive messages. Your mind absorbs them and when you arrive in the situation you anticipated would be stressful, they will often be there in your head, calming you down. And think about the positives in your life, the people you love or who love you, and those feelings will help calm your body and mind.

What I'm suggesting might sound fluffy but I know from 18 years' experience that it works.



## Ditched the diet already? It's time to psyche up to shape up

<http://www.independent.ie/lifestyle/independent-woman/health-fitness/ditched-the-diet-already-its-time-to-psyche-up-to-shape-up-2499944.html>

Look into my eyes: you do not want that chocolate biscuit. Turning to hypnosis to beat the digestives may seem a little drastic -- but if your new year's resolution to lose weight has already gone by the wayside, it could be your only hope.

January after January, most of us vow to undo the havoc wreaked on our waistline over the festive season of excess. Yet according to research, 97% of us will have thrown willpower to the wind by next weekend --and spend the rest of 2011 getting fatter, not fitter.

With almost one-in-four people here now classed as obese, however, the annual resolve to go from couch potato to gym bunny has never been more important.

So if by now you've ditched the diet and forgone the gym, here's a chance for a do-over.

And this time -- if you want to leave Groundhog Day dieting behind for good -- before you shape up, psyche up, says John Lark of Sphere Fitness in Kildare.

"Never set a new year's resolution to lose weight -- ever," says personal trainer John. "They're as bad as a fad diet.

"Year in, year out, thousands of people join gyms and go on diets without having really thought about why they're doing it -- so they end up making the same promise to shape up the following January.

"Before embarking on any new fitness regime, it's vital to set a goal and have a plan. Ask yourself what you're going to do today to achieve your goal. Ultimately, if someone really wants to lose weight, they have to stop making excuses and just do it. It's all about attitude."

But can you really think yourself thin? Singer Lily Allen did just that -- dropping two dress sizes after undergoing hypnotherapy to curb her cravings.

"After the hypnotism, I want to go to the gym every day, otherwise I feel really bad," the 25-year-old said. "I've never been happier."



## Learn Mesmerism With Dr Marco Paret

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This training was scheduled for twenty students only and it is now full. Because of the overwhelming interest Dr Paret has agreed to make five more positions available. **DO NOT MISS OUT THIS IS YOUR LAST CHANCE!!!**

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Dr Marco Paret (pictured) has achieved legendary status as a Mesmerist.

Dr Paret's Six Day "Magnetista Emeritus" training will only happen once in Australia!

**It will be conducted at the Amora Hotel in Richmond Melbourne, - from the 5th to the 10th of April inclusive 2011**

If you attend you will learn hypnosis and therapy techniques and skills that you never knew existed and you will elevate your hypnosis skills to a level beyond comparison.



There are **only Twenty positions available** and the remaining places will fill very quickly on a first in first accepted basis.

## **You will never get another opportunity to partake in this training!**

**The student intake will NOT exceed 20 applicants under any circumstances**

Modern hypnosis, Ericksonian hypnosis, and NLP all pale in comparison to the profound trance states and cures that were routinely achieved by the Magnetists and Mesmerists of the past. In the 1700 and 1800s thousands of documented cures were attained using the old traditional methods of Mesmerism and Animal Magnetism, many of the results were simply beyond what can ever be achieved with modern hypnosis. Learning true Mesmerism and Magnetism skills will elevate your hypnotising abilities to a whole new level, light years beyond any hypnosis training that has been previously conducted in Australia EVER!

## **[Click here to View Dr Paret's profile](#)**

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Mesmerism states that the healing power, the strength, and the resistance to different situations of life, and an intuitive energetic healing power, are all inborn capabilities of the human being. This is confirmed by the fact that sometimes any of these personable attributes can manifest themselves spontaneously. These capabilities in the contemporary world are submerged by conscious thinking patterns and the chattering of our egos.

Mesmerism is empowered by the practice of self-remembering and living in the present; this includes learning how to stop internal dialogue. Opening up one's own self-essence and the universe is impossible until our internal chatter can be intentionally self-controlled. True Mesmerism will bring you in touch with the original power in the most inner part of yourself that has been mostly forgotten in today's world, and it will also give you an ability to use the knowledge to profoundly affect the energy systems and thought processes of others.

By learning Mesmerism you also learn to develop your external "immediate perception", a state called "Presence ". With presence we overcome the "body-mind" dissociation that makes human beings apparently different from animals. Learning these techniques is simple; they are very effective and immediately applicable.

Going back to the deep self can achieve striking and immediate fast results, and living in this deeper connection with ourselves enhances perception to the point of what can seem to be mind-to-mind communication.

At his academies in Rome and Nice Dr. Paret trains three individual two day components required for the **Magnetista Emeritus**. For this training the three components have been condensed into six days

## **You Will Learn and Acquire the following skills and techniques:**

### **Step 1 - "Mesmerismus"**

The first step in rediscovering Mesmerismus is to adopt a view of the Universe where man is a part of it. For example Mesmer pointed out that reaching this state of mind is more easily understood by paying closer attention to the bigger natural elements; such as the sky, the earth, the rivers and the sea. By opening up to the natural energetic order a powerful new "Me" awareness begins to open up.

The main topics of “Mesmerismus” are:

- Symbols and magnetism
- Initiation to magnetic protocols
- Exercises for the rapid development of magnetic force and vitality
- Various daily practices of magnetism and magnetic experimental
- Theory of Bersek and development of the force
- The two hemispheres of the brain and how to use their strength
- Animal Magnetism
- Magnetism at a distance
- Magnetism of Sounds
- Non-verbal inductions
- Introduction to the magnetic massage

## **Step 2 – "Fascination"**

The second step is learning how to use and apply Fascination. As we magnetise a person we create a "common space" where emotions and states of mind are transmitted from one to the other. Healing at this stage is very simple, as we must simply permit a subject to get in contact with their true nature. It is impossible to understand hypnotic fascination if you have no concept or understanding of Mesmerism.

The main points of “Fascination” program are:

- From the Egyptians until today: Gaze Magnetism
- Advanced working with gaze magnetism: Nine different types of hypnotic gaze
- Secret methods of various famous fascinators:
  - Di Pisa’s method
  - Donato’s method
  - Virgilio’s approach
  - Faria’s healing points
  - Types of gypsy hypnosis
  - Ritual Protocol: hypnotism of the eye
  - Instant Regression using the Gaze

## **Step 3 – "Presence"**

The third and very important step in developing mesmerismus is listening to our intuition and inner voices and willfully stopping our internal chattering. Presence is an organic system which, if compared to the other thinking systems, can be defined as “creative” or “awakening”. It is a global approach and it turns around the reintegration concept. We work on ourselves in order to recreate the “homo totus” (the global man).

The “Presence” program teaches:

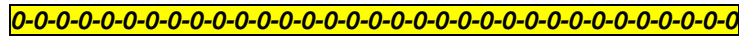
- Further exercises and concepts around presence
- Developing the Magnetic Voice
- Sex, love, and their connection to magnetism and presence
- Magnetic Massage. This is a rejuvenating technique based on the magnetism of touch
- Developing clairvoyance
- Inner integration and tetrakeys
- Quintessence: balancing the 4 elements
- Two levels of Energy
- Protocol moon



**This training is suitable and intended for:**

- Practitioners of hypnosis and NLP looking for highly developed hypnosis skills and profoundly deeper insight.
- Allied and Holistic therapists
- Physicians and Psychologists
- People searching for the ultimate personal development skills

Professional hypnotists who register for this training will learn to how to develop personal energy and how to hypnotize **WITHOUT WORDS** using simple and immediate techniques that are easier to use, faster to apply, and much more effective than any verbal hypnosis. Moreover, possessing knowledge of these powerful skills and techniques will also enable you to achieve a quantum leap within your profession.



## One in ten adults are obese

<http://www.therapylounge.com/hypnotherapy-news/c-11870/one-in-ten-adults-are-obese/>

Those practising weight loss hypnotherapy will be interested to learn that research published in medical journal, *The Lancet*, has found that one in ten adults are obese.

*The BBC* reports that the research, carried out by Imperial College London and Harvard, examined data from 1980 to 2008, focusing on cholesterol, body mass index (BMI) and high blood pressure. The results found that average BMI had increased and that although now a tenth of the world's adult population are medically obese, the statistics vary dependant on geographical location.

The report's abstract confirms that the USA had the biggest mean BMI of any "high income" country and that overall, women have greater BMI levels than men. *The BBC* notes that many western countries succeeded in stabilising their BMI levels, but the UK was not one of them. British men have the sixth highest BMI levels in Europe and British women have the ninth highest.

*The Lancet's* report says: "in 2008, an estimated 1.46 billion adults worldwide had BMI of 25 kg/m<sup>2</sup> or greater, of these 205 million men and 297 million women were obese."

This follows news yesterday that in the UK, ambulances are having to be adapted to accommodate the increasing amount of call-outs to larger patients who can't comfortably fit on the mobile bed.

The report goes on to say: "Interventions and policies that can curb or reverse the increase, and mitigate the health effects of high BMI by targeting its metabolic mediators, are needed in most countries."

Weight loss hypnotherapy is one of the great, non-invasive alternative therapies used to deal with obesity, where instructions to the unconscious mind can help regulate food consumption and improve self esteem.

**Thought:** Open the book. Its pages are blank. You are going to put words the on them. The book is called Opportunity & its first chapter is TODAY.

# Plastic surgery's wicked triumph

## The recession was supposed to end our nip-tuck obsession, but an expert explains why it's only getting worse

[http://www.salon.com/life/body\\_wars/?story=/mwt/feature/2011/01/28/plastic\\_surgery\\_laurie\\_essig](http://www.salon.com/life/body_wars/?story=/mwt/feature/2011/01/28/plastic_surgery_laurie_essig)

Earlier this week a German porn star died from complications during a breast enlargement surgery, a reminder that while plastic surgery is controversial and much coveted, it is also deadly. The recession was supposed to put an end to the culture of "Nip/Tuck" and "Dr. 90210," but in her new book, "American Plastic: Boob Jobs, Credit Cards, and Our Quest for Perfection," Laurie Essig finds that the industry is stronger than ever and cosmetic surgery is becoming more and more a part of the average person's beauty regimen. Plastic surgery is not just for the rich and famous. Statistics show that people earning less than \$60,000 a year make up a majority of cosmetic surgery patients. So while we balk at botched nose jobs and bad facelifts in gossip blogs, rolling our eyes at a show like "Bridalplasty" or Nicole Kidman's immobile forehead, many of us are also quietly making appointments for Botox and rhinoplasty.

Essig is an assistant professor of sociology and women's and gender studies at Middlebury College. (She has also written for Salon.) In "American Plastic," she traces the popularity of plastic surgery from its macabre beginnings -- early nose jobs using forehead skin grafts, medical grade sponges used for early breast implants -- to the present. Throughout the book are interviews with plastic surgery patients and the surgeons who make up the market -- from postal workers to transgender college grads, sex workers investing in boob jobs, to the

recently laid-off and stay-at-home moms. It's a cross-section of America, really. And while her approach occasionally veers into academic territory, Essig offers a unique perspective on why so many people are willing to go into debt for cosmetic surgery.

Salon spoke to Essig over the phone about the curious connections between cosmetic surgery and debt, the wrong type of cosmetic surgery, and how accepted it has all become -- and will continue to be.

### Why did you become interested in plastic surgery?

I was interviewing some transgender people, and I knew they all worked in pretty low-paying industries. They were all young, in their 20s, and they all had student loan debt. And they had all had breast reconstruction surgery to make their chests look more masculine. So I just said, "How did you pay for that?" And they said, "Oh it doesn't matter if you have \$100,000 in student loan debt, it doesn't matter if you only make \$23,000 a year -- you can just go into any cosmetic surgeon's office and they have credit systems in place and then you just sign on the dotted line and you get your surgery." And so that's really how I got interested.

I came across the statistic that 85 percent of cosmetic surgery was paid for with credit of some form and that was really it: Oh, this is the subprime mortgage crisis of the body -- people taking on debt in hopes of a better life.



The media ran stories that the recession would be the end to plastic surgery, but that wasn't what you found.

The statistics for 2009 just came out recently and according to the American Society for Aesthetic Plastic Surgery, cosmetics surgery has only gone down 2 percent in 2009. Non-surgical procedures -- like cheaper fillers and Botox -- have actually gone up. It makes a certain amount of sense. People are thinking, If I invest in a facelift I am more likely to keep my job or my husband, and therefore they'll have a more secure future. Even taking on debt at 30 percent interest makes sense.

**We think of plastic surgery as something for the upper classes, but that's not the case.**

The more I spent time with cosmetic surgery patients the more they seemed incredibly ordinary. They weren't extraordinarily beautiful, they certainly weren't extraordinarily rich or successful. They worked as hairdressers and cops and preschool teachers, real estate agents. They were working-class or lower-middle-class women who didn't have a whole lot of time for their appearance. If you saw them walking down the street you wouldn't think, these are the most vain people on earth. And that's consistent with the national statistics we have,

which is, one-third of them earn less than \$30,000 a year and over 70 percent earn less than \$60,000. That's still not that much money. I'm not saying the upper classes don't get [plastic surgery], because of course they do; they're just such a small percentage of the population that the vast majority of people getting it earn less than \$60,000 a year.

**What else surprised you while doing research for this book?**

One of the things that surprised me is how out of control the cosmetic surgeons themselves felt in all this. I felt a lot of sympathy for the cosmetic surgeons, even when they were telling me that I needed a facelift. Cosmetic surgeons are primarily men, well over 90 percent. They'd gone to medical school and they came out with huge amounts of debt themselves, often well over \$200,000. They meant to be reconstructive surgeons, they meant to fix people after horrific accidents or cancer, and they started doing some boob jobs on the side and it started to eat up more and more of their practice because it was so lucrative. They want to send their kids to nice schools, they have mortgages, they have family, and you could see that they felt a little bit helpless as well. It wasn't what they meant to do.

They seemed just as much products of the system as the middle-aged women going in for a facelift or boob job. They

were hoping for a better future. Of course, they create the desire -- they advertise, people come into their office and they tell them what they need -- but I think that if they hadn't graduated from school with so much debt, most of them would be selling cosmetic procedures a lot less than they are.

**When Nicole Kidman appeared in "Rabbit Hole," there was a lot of discussion about how frozen her forehead looked, which might suggest a backlash to all these actresses getting Botox and impeding their facial movements. What do you think about that?**

The thing is, what will look normal to us will change. You won't expect an actress's forehead to move, you won't expect your mother's forehead to move. There's always this line between the good cosmetic surgery and the bad cosmetic surgery that's played out in the tabloids and the gossip blogs. But the cosmetic surgery to look younger -- or at least smoother and less wrinkly -- that's considered good, and I think it's here to stay.

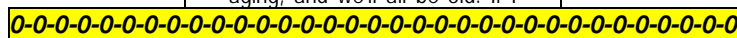
**You talked a bit in your book about where we draw the line with plastic surgery - a lot of people thought having "work" done was OK for people trying to look younger but not for young people trying to look perfect.**

The perfect body and the eternally young body are both impossibilities. I mean, we're all aging, and we'll all be old. If I

get fillers or Botox today, then in a couple years I'm going to think I better get a facelift and then I'll think, I better do something with these sagging breasts, better have them lifted. The aging body will always need work. But at the same time, if you have the perfect body and you look great right now and you're young, you'll say, there's always something else -- "Well, I have some cellulite, I better take care of that." Personally, I don't see a difference between hoping for the perfect body or the eternally young body. It's a ridiculously impossible project that only requires more and more consumption.

**Is there a particular procedure that is more balked at than another? Do you think the average person would go for Botox but not a boob job or a facelift?**

I think surgeries that make us look less normative are considered bad. Think Michael Jackson, the fact that he didn't want to look more manly but chose to look more androgynous, or even more feminine, that was bad. If you went in and said, "I really want to have more wrinkles," then they would bring in a psychiatrist. If you went in and said, "Could you just inject some fat in my body? I just wanna be fat," then that would not be OK. Although I'd love to see someone do that. That'd be interesting.



**Thought:** Remember, people will judge you by your actions, not your intentions. You may have a heart of gold -- but so does a hard-boiled egg.

# Weight loss technique blends hypnosis, massage

[http://rosevillept.com/detail/169447.html?content\\_source=&category\\_id=9&search\\_filter=&user\\_id=&event\\_mode=&event\\_ts\\_from=&event\\_ts\\_to=&list\\_type=&order\\_by=&order\\_sort=&content\\_class=1&sub\\_type=&town\\_id=](http://rosevillept.com/detail/169447.html?content_source=&category_id=9&search_filter=&user_id=&event_mode=&event_ts_from=&event_ts_to=&list_type=&order_by=&order_sort=&content_class=1&sub_type=&town_id=)

## Skeptics question its effectiveness

For those already feeling discouraged about their New Year's resolution to get fit, a Roseville business is suggesting a road less traveled: hypnosis.

Cindy Schreiber set up shop three months ago, offering hypnosis combined with massage, a procedure she hopes to patent.

She advertises the service as a solution to everything from drug addiction to phobias to low confidence. But overwhelmingly, the majority of clients come because they want to lose weight.

Schreiber begins the hypnosis by relaxing her subjects, at times with the help of facial or body massage. The mental element is necessary, she says, when people overeat to compensate for trauma. While hypnotized, they become hyper aware of their five senses, which she develops by suggesting options, such as a colorful bowl of fresh fruit, versus a disgusting pile of oil-drenched food.

Hypnosis seems to have evolved beyond the image of swinging pocket watches and quacking adults. But it meets resistance from those who fear they will lose control to a hypnotist, or who simply doubt that it works.

The method is safe, Schreiber says – she can't force clients to do anything outside their value system. But she doesn't try to convert skeptics.



She hasn't tried hypnosis but says it can only be an initial step toward weight loss, not a panacea.

"I'm always one that believes in being fully aware, taking responsibility," she says, adding people must stick to the traditions of working out and eating well – not just relying on a pill or hypnosis. "People who want the easy way out do those things."

Even more wary of the approach is David Chervick, a state-licensed marriage and family therapist based in Granite Bay. He incorporates hypnotherapy into his work, but for clients who want to slim down, he says a hypnosis CD would probably be as effective as a hypnotist.

Weight Loss Hypnosis





Schreiber is not licensed to practice medical therapy, but is a certified hypnotherapist, according to the American Board of Hypnotherapy, which requires 160 hours of training to qualify for certification. She holds a bachelor's in psychology and master's in counseling from California State University, Fullerton, as well as a doctorate in hypnotherapy, which she earned online through American Pacific (now Kona) University.

“Yes, there is a degree for hypnotherapy,” she says.

Going from a size 16 to a size one, Schreiber says she used hypnosis on herself to trim her waistline. She used the therapy to deal with a divorce, as well as with the bankruptcy of her first hypnotherapy business in Roseville three years ago.

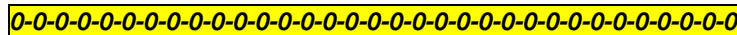
At the time, her practice went under because people couldn't afford to pay \$120 for an hourlong session, she says. Schreiber now charges \$60 per hour, except in group sessions, which are \$10.

It's working for John McNulty, who says he lost 108 pounds in the past two years through Schreiber's hypnosis. He had diabetes, gouty arthritis and high cholesterol and blood pressure.

“I was the poster child for the obese,” he says. The hypnosis was a last resort, and progress has been slow since, but McNulty hopes to lose another 40 pounds.

Schreiber says her relationships with clients are brief because, after several sessions, they have the tools to keep off unwanted weight.

“I don't think people should live in therapy,” she says.



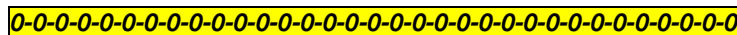
## Hypnosis can assist students in exams

<http://www.advertiser.ie/mayo/article/35629>

Many students who do not necessarily excel throughout the academic year suddenly seem to do well once it comes to exam time. At the same time, many exemplary students freeze when placed in an exam situation even though they would have no problem at all with the tasks set in a different environment.



Exam success and confidence in preparing for exams can often seem to depend as much on your state of mind as on academic knowledge. Imagine if you approached every exam confident, focused, relaxed and with a clear mind. Imagine what you could achieve. Revision, essay deadlines, and general study pressure can all mount up to cause worry and stress - and then there are the exams themselves. Passing exams often seems to be as much about testing your temperament as your knowledge. Some people seem to be able to pass exams or remember all kinds of facts and figures without putting in a substantial amount of work and guess what? It is not because of the amount of brain cells they are carrying around in their head - it is just that they are able to use their mind in a relaxed, confident, and organised way in order to achieve exam success. A growing number of students are using hypnosis to help them perform at their best. It gives them a definite advantage, and in many cases can make the difference between success and failure in achieving the required points.



## Lack of sleep affects 39 per cent of people

<http://www.thetherapylounge.com/hypnotherapy-news/c-11456/lack-of-sleep-affects-39-per-cent-of-people/>



Just 39 per cent of adult sleep well, the findings of new research have found.

More than 5,300 people participated in the Great British Sleep Study which found that 37 per cent of people suffer from an inability to get to sleep or get back to sleep after waking during the night, *The Telegraph* reports.

The survey was carried out for the Mental Health Foundation and results formed part of the Sleep Matters report, which highlights a link between insomnia and poor relationships, low energy levels and an inability to concentrate.

The research found that people with insomnia were four times more likely to feel depressed and three times as likely to suffer from a lack of concentration. Those suffering from insomnia should consider using hypnotherapy to cure it. When combined with neuro linguistic programming, not only will the root cause be dealt with but the client will also be taught effective sleep strategies which can be used in the future.

According to Dr Dan Robotham, senior researcher at the Mental Health Foundation and lead author of the report, people can get stuck in a spiral where poor sleep leads to mental health problems which in turn causes even worse sleep.

"It is crucial that people are aware of the effective ways of breaking that spiral by improving the quality of their sleep. Employers, schools and public health bodies also need to know how they can identify and support people suffering from sleep disorders," he told *BBC News*.



## Met considering weight loss hypnotherapy for overweight officers

<http://www.thetherapylounge.com/hypnotherapy-news/c-11292/met-considering-weight-loss-hypnotherapy-for-overweight-officers/>

A superintendent at Scotland Yard is considering hiring a hypnotherapist, in a bid to tackle obesity levels among police officers.

Superintendent Raj Kohli is thinking about using a cognitive hypnotherapist, to carry out weight loss hypnotherapy as part of a pilot scheme for 20 overweight officers in Camden. Around five per cent of staff at Scotland Yard are thought to be overweight, which is the equivalent of nearly 2,000 officers.

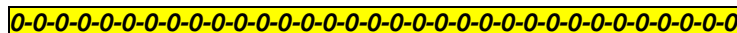
In November 2009, 16,000 Scotland Yard officers were offered "fat club" memberships and were advised to follow a strict exercise regime to get them into shape.

Supt Kohli wants a former Met Sergeant who has retrained as a hypnotherapist, to carry out the treatment. He helps clients lose weight by retraining their mind as part of his "Thinking Slimmer" programme, called Lose Those Love Handles. During the treatment he talks to the client in comforting tones to relax them, before persuading their "unconscious mind" to stop eating.

"There is a concern within the Met about obesity. It's very difficult to stay fit when you work shift patterns in that kind of environment. They struggle to eat well and take regular exercise," he told *This is London*.

"Supt Kohli wants to do the hypnotherapy programme. He was blown away by the idea as the Met are on a big health drive at the moment. My methods play on the psychological principle of 'priming' which helps people to make better food choices," he added.

A spokesman for the Met said: "Supt Kohli recently spoke informally with a professional colleague to see if there was any merit in working with the Met. No agreement has been entered into."



# Hypnotherapy Put to the Test

["Child's Play", a late eighties horror film introduced us to a doll named Chucky with the soul of a serial killer. It is the movie that 20-year-old Jasmine Perry wishes she could forget.](http://www.myfoxdetroit.com/dpp/health/hypnotherapy-put-to-the-test-20110112-wpmsSOUTHFIELD, Mich. (WJBK) - It is like a deep sleep that could change your life. Recently, we put hypnotherapy to the test.</a></p></div><div data-bbox=)

"I'm afraid of dolls, not Barbie dolls, but like the dolls that blink," she said.

Perry saw the movie at the age of five with an older sister and now has a terrible fear of animated dolls. So much so, she avoids toy stores and her niece's dolls.

"I usually run," Perry said.

Can hypnotherapy help? **Kim Manning** has a Ph.D. She is a certified medical hypnotherapist. Treating anxiety at Focus Solutions is one of her specialties.

"The reason hypnosis works is we're dealing with the memory bank at the subconscious," she said.

As she relaxed Perry, she asked her to remember watching the movie 15 years ago. Perry's reaction was raw.

"He's so evil. He's so angry," she said.

"In Jasmine's case with the fear of dolls, it was really because her imagination took on the movie as being real and did not separate that the doll was fake," said Manning.

As the session progressed, Perry started to smile, which was a good sign.

So did it help? Perry was optimistic.

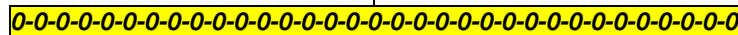
"I just felt silly after awhile, like why am I afraid of a doll," she said.

FOX 2's Deena Centofanti showed her a picture of the Chucky doll and while anxious, Perry did not run away. Next, she had to watch him talk and attack. That is when she took off, tears in her eyes and shaking.

Manning consoled her and told her another session or two would help.

Centofanti asked Perry whether she felt she made some progress.

"I defiantly do because I wouldn't be able to look at a picture or anything of him, so for me to watch a whole clip of it, I feel like it's definitely done something," she answered.



## New weight loss procedure uses hypnosis

<http://normantranscript.com/headlines/x71341777/New-weight-loss-procedure-uses-hypnosis>

**NORMAN** — A Norman hypnotherapist has introduced a weight-loss procedure to the area that doesn't require surgery.

Deborah Drummond, a registered clinical hypnotherapist, said hypno-gastric band procedure helps people lose weight using hypnosis.

Drummond, who owns Realized Possibilities LLC, practiced hypnotherapy for about 2 1/2 years.

"When I started hypnotherapy, I wanted to do weight loss," she said.

At first, she treated clients during a five-week program. However, she said she believed people needed a longer plan that would help keep the pounds off.

"This is a 13-week program," she said. "It is comprehensive."

According to a description of the procedure, the cinching of the stomach takes place in the mind.

Drummond said the first two weeks consist of preparing the mind for installation of the band. In the third week, the band is installed.

"I have an auditory device," she said. "While they are under hypnosis, they focus their attention on the band."

The rest of the plan includes addressing emotional issues, developing an exercise program and making health choices, Drummond said. Her clients may loosen the lap band if needed.

"They have absolute control over it," she said.

Drummond said three people have enrolled in the hypno-gastric band procedure.

"I've had a few clients and so far really good success," she said.

Drummond said the combination of hypnosis, exercise and healthier eating habits leads to weight loss. Hypnosis is the key component.

She said studies show people have a 50 percent better chance of dropping weight and keeping it off with this plan compared to those who try to lose weight with only exercise and healthier food choices.

Drummond said the hypno-gastric band procedure originated about two years ago in Spain. The idea soon moved west toward England and eventually found its way to the United States.

She said the procedure in the U.S. differs a bit from the European version.

Drummond said she underwent an intense five-day training session in November. She also used the procedure and has lost 12 pounds.

The procedure costs \$1,050 for the 13-week session.

Drummond said people with obesity complications such as high blood pressure and diabetes can undergo the treatment.

"The body won't have to undergo the additional risks of surgery," she said.

Clients can see results within two weeks, Drummond said.

Sessions last about an hour, she said. People may lose between one and three pounds a week.

Dr. Lana Nelson, D.O., said she performs about 100 gastric band surgeries each year. The procedure is considered for patients who are about 100 pounds over their ideal body weight.

Nelson said once patients undergo the surgery, the goal is to lose about two pounds a week.

"Some people do much better than that," she said.

Nelson, a general and bariatric surgeon, has treated patients with this surgery for about five years. It is one of three weight loss procedures offered at Journey Clinic in Moore.

She said patients choose surgery as a weight loss option if they have health problems related to their weight such as heart disease, high blood pressure or diabetes. Before the procedure is performed, patients are evaluated by a bariatric surgeon and meet with a dietitian and psychologist.

The gastric band is placed during outpatient surgery, Nelson said. Patients may return home the same day.

Nelson said during the surgery, she places a band on the upper portion of the stomach. The band causes a physical restriction on the volume a patient can consume in the system. It also slows the release through the digestive system.

"It provides satisfaction with smaller portions and helps control hunger," she said.

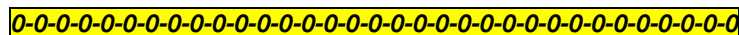
Nelson said the band is adjustable. Patients can come back to the clinic and have it loosened or tightened.

The recovery period varies.

"With the band, most people will want to take at least a week off work if they have a desk job or longer if they have physical demands in their job," Nelson said.

She said the surgical risks are specific to the fact patients who undergo surgery are obese.

People may suffer a blood clot, Nelson said. There is a risk of blockage of the band if it's too tight around the stomach and the band can change position.





# Weight Loss Hypnosis Help You Become Thin

<http://www.in2town.co.uk/Weight-Loss/Weight-Loss-Hypnosis-Help-You-Become-Thin>

There have been a lot of articles over the past year about Weight Loss Hypnosis with lots of celebrities using the Hypnotic technique to lose weight, but what is Weight Loss Hypnosis. According to health experts, Weight Loss Hypnosis or Weight Loss Hypnotherapy as it is also known is a much safer way to lose weight than the Gastric Band Operation, which cost £8,500.

Hypnosis as we all know helps people solve a number of problems from Stop Smoking, Confidence to Anger Management but in the past couple of years it has come to the attention of celebrities for being an important tool to help with weight loss.

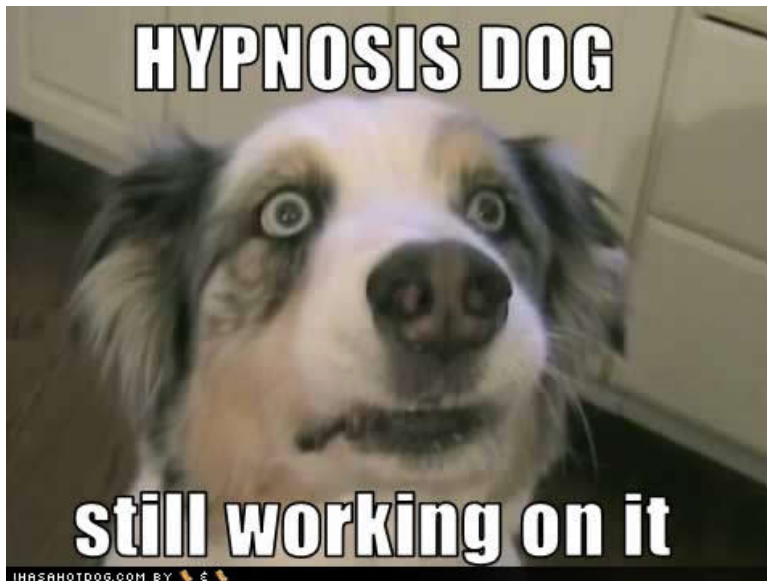
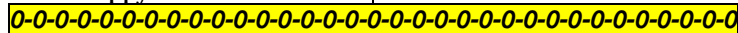
Weight Loss Hypnosis helps train the mind to allow the mind to have new information about eating and its eating habits.

For someone who has a serious problem with eating which could be comfort eating to help with a bad marriage to eating because they are unhappy or do not have

the will power to stop eating, hypnosis can help tackle this problem. The weight Loss Hypnosis expert will look at the problem you have with food and use hypnosis to retrain your brain to get rid of your eating habits.

Hypnosis uses positive mind techniques to help your mind and body become a new you by retraining it, just like you would with a new puppy dog when you are trying to train it to go out side for a wee. With Hypnosis it will allow the practitioner to train your mind and feed it with new information about your eating habits allowing you to eat less and to only eat when you need to eat instead of eating when you are unhappy.

Weight Loss Hypnosis offers real results and helps you improve your health and lifestyle to give your body a healthy body and to allow you to become the real you with a figure that you want and not a figure that the junk food that you eat dictates to you.



# A Word from Rick....

Happy New Year.Welcome to the first newsletter of 2011.

What a start to the year, floods, rain, and cyclones for us and freezing cold and middle east issues in the Northern Hemisphere; it would be easy to believe the 2012'rs if it hadn't all happened before.

There has been a bit of talk about quietness in the profession over the last 5 or 6 weeks so I would remind everyone that we have just finished schools once again so there is a cyclic influence that effects practice so it waxes and wanes during holiday times and it pays to take it into account for your own holidays and breaks; having said that there are still a lot of practitioners who are very busy. To those who are new into the profession it is helpful to remember that you are STARTING A NEW BUSINESS and that like all new business's it take time and a lot of hard work and tenacity to get established and build up a clientele. Beginning any new business requires common sense, investment capital, patience, and tenacity. Unfortunately Pixies, Guides, and invisible helpers don't spread lucky dust on us, we have chosen to become involved in a helping profession and our clients are primarily interested in one thing which is getting help. Passion talent and tenacity are the keys to success as far as the practitioner is concerned, and a desired result is the key to success as far as the client is concerned and the sooner the better.



As far as the academy is concerned things are continuing to expand nicely with more USA training coming up during 2011 and the bringing of international Mesmerist Dr Marco Paret to Australia for an inaugural training of his six-day **Magnetista Emeritus**. I must say I was rather amazed at how fast this training filled and I believe that the skills that will be gleaned from this training are way beyond anything that has ever been taught in Australia before, and I look forward to spending these six days in Melbourne in April with the students who took advantage of this unique opportunity. It seems to me that for a long time to come we will have two options of learning hypnosis in Australia, the academic non practical watered down way, and the "this is how you actually do it" way. It is my intention that The Australian Academy of Hypnosis™ will always be on the "this is how you actually do it" side of the fence.

Wherever you may be and whatever you might be doing I wish you a fantastic 2011.

Kind Regards

Rick Collingwood



# A Message from Resonanz....



Dear friends,

It has been a rough couple of months over here in Queensland and also for those in Victoria too. We are happy to report that we here at Resonanz were lucky that the floods just reached the bottom of our street and did not cause us any damage but very sad to report that thousands of others were not so lucky. We helped with the cleanup in our local suburb of New Farm and some of the houses were just completely inundated, not to mention some of the other places in Queensland which as you know were completely ruined and some people lost their lives. This is so sad and apart from helping clean up, donating some money and offering free CDs to anyone who was affected, there is not much else that we can do which is hard to deal with.

Some of our customers who own stores in Toowoomba, Ipswich, Brisbane, North Qld, Victoria and other affected regions were severely affected and our thoughts are with them and anybody else who was affected, some of you may even be reading this newsletter.

This puts everything in perspective, but also reminds us we are lucky to live in Australia, because the effort with the cleanup was amazing with so many people helping out and donating money which definitely helps minimize the effect of such disasters.

So in the upcoming months we just want to wish everyone affected the best of luck,and if you or anyone you know was affected, our offer to send some free CDs to help sleep better at night and reduce the negative emotional impact of the disasters is available if you want to contact us to organize this.

Kindest Regards,

Ryan, John, Angelina and Rick at Resonanz Recordings.  
Phone: 1300 658 064

## Script of the Month

### CHAKRA REGRESSION

*I believe that Regressions should only be done in certain and very limited circumstances. However, for those circumstances and as general approach, this is not a bad script. I think that it does need some modification to individual circumstances. Ed.*

For this regression you will symbolically open the chakra's and should first use the Stepping Into The Light routine as described below.

#### Stepping Into The Light

Visualize yourself in a long dark tunnel. If you can't visualize, just imagine, feel or sense yourself here. It's a large tunnel with plenty of space and at the end of the tunnel is a small, white light. You are floating headlong through this tunnel, speeding towards the white light. It is somewhat cold, but that doesn't bother you for you know that you are safe. And as you move down through the tunnel you draw closer and closer to the white light, and as you draw closer and closer to the white light, the white light becomes bigger and brighter, bigger and brighter, bigger and bigger, brighter and whiter, until you are right up to the bright, white light, the bright, white light just in front of you. You are no longer floating, you are standing, but it feels as though you're stepping on soft, fluffy clouds which gradually evaporate into the path upon which you stand. Now, I will count to three, and at the count of three I want you to Step Into The Light.

One. Two. Three. (Pause).

You are now standing In The Light. It is a pure, white light. Feel the light streaming down through the crown of your head. Feel the white light being drawn downwards, through the body, the head, the neck, the shoulders and arms, the chest, the stomach and thighs and legs and feet. The beautiful bright white light is in you. You are In The Light. You are The Light.

The Light is Love and You are The Light. You are Love. You are protected by your own positive psychic energy field. Your beautiful white Light. You are In The Light and The Light is in you.

Feel the white light cleansing your whole body, your whole mind and your spirit. Feel the beautiful white light lifting away any impure thoughts or feelings. Feel the healing energy of the white light. This is your light. You are the light. You are protected by your own positive psychic energy, your light, your beautiful bright, white light.

Remain in the light for a little while longer, feeling the healing energy of the Light. Feeling cleansed and thoroughly protected from any negative thought forms which you may or may not encounter in your spiritual adventure or your physical life. You carry the white light within you to guide you through the journey you are about to take.

Now I want you to focus on certain areas of your body and think of a beautiful red lotus flower. Imagine the lotus tightly closed - closed into a tight bud, and slowly it begins to open to reveal

its crimson glory. The color red corresponds to the ancient oriental chakra vibration Named Muladhara which is located in the base of the spine The spinal column is believed to provide an invisible channel out of which the prana or life force is emitted. So imagine that beautiful red lotus flower, petals now wide open, in the base of the spine.

And move your awareness up a little, to the area associated with your reproductive system, the

second chakra is known as the svadhithania and corresponds to the colour orange. So imagine that beautiful red lotus flower changing, every so slowly, to a wonderful golden orange. A warm, bright, sunny orange, located there in the area of the reproductive system.

Bring your awareness up now to the solar plexus and think of the orange changing to a lovely, brilliant yellow. A yellow as bright as any sun, - this yellow lotus flower we will know as the Manipura.

Now the yellow is changing, ever so slowly, to a lovely, leafy green - just like the leaves on some of the trees, and your awareness focuses on your upper chest - a green, lotus flower, the anahata relates to the color green.

And as that green turns to a deeper shade of blue, you find you drift a little deeper. You can drift a little deeper, and think now of the area around the throat, the visudda - the beautiful sapphire blue lotus flower in the area corresponding to the Visuddha.

So now the blue changes again to a wonderful shade of violet. The most beautiful shade and hue of violet that you have ever known, and this beautiful violet lotus flower is located in the area of the pineal gland just between the eyes, just inside the forehead. The Ajana.

And finally the shastrara which is located at the crown of the head is referred to by Hindu's as 'the thousand petalled lotus' and I want you to see that thousand petalled lotus as being a brilliant clean white. A pure white light. And I want you to breathe in that beautiful white light and visualize it entering your body and starting to spread throughout the entire system.

A beautiful white light. Entering the body, the neck, and the throat, the chest and stomach muscles, the shoulders and arms, the spine, the head, all totally and completely relaxed.

## **SPIRIT GUIDE**

Have you ever been in a situation where you had planned to do something and at the last minute you changed your mind - only to later discover that you had avoided what could have proved to be a major disaster? Okay that might be something of an exaggeration, but it does happen. People cancel flights which later crash or similar scenarios. They say their guardian angel was watching over them - that may be true - or it could be a word of wisdom from the spirit guide.

It is thought that we all have guides. They usually act alongside us to protect us from danger - they are usually neither visible or audible - nor can we feel their presence - but it doesn't mean to say that they aren't there - just that we are unaware of them.

Would you like to meet your Spirit Guide? I want to show you how it is possible for you to connect with your guide. This can be achieved through meditation, visualization, self-hypnosis or a multitude of mind expanding methods.

In order to allow your Spirit Guide to connect with you - it is important to keep an open mind at all times. Tangible proof is not possible because we are working on a spiritual dimension where materialism does not exist. Be skeptical if you wish, but at the same time, don't shut yourself away from the possibility.

When you are ready to begin, use any favorite induction and deepener.

Imagine now that you are setting out on a journey. A journey for which you are well prepared. You're going to visit your Spirit Guide who lives in a cave on a mountain side. The path is rugged and not so easy to tread in places. You have no idea what your Spirit Guide looks like and you may be quite curious about the adventure ahead of you.

The path begins. It winds upwards. It's late evening but not quite dark. You carry a lantern in one hand for when the day is done. There are many rocks and large stones in your way but you tread carefully, avoiding anything that might trip you up or slow you down. But its not easy to walk quickly

up this hill, and as it begins to get darker - you notice how the grasses change to a darker, greyer shade. The path twists and winds and in places becomes very steep. You hold onto some gorse to steady yourself and THEN - what a relief - you pause awhile and stop and stare. Look back down the mountainside. See how far you've come.

Now it's getting darker. Time to continue on your way. One step in front of the other. Going up, and up, and up.

Suddenly you hear a faint noise in the distance. A fire crackling with sparks flying out into the velvety black sky. You see a vague shadow on a figure coming out from the back of the cave - the figure wears a robe and you instinctively know that this is your spirit guide.

Tentatively you step forward and watch as your guide stokes the fire with a long stick. The figure stops and looks around. Then sees you, walking up - and - arms outstretched - walks towards you - greeting warmly - smiling - beckoning for you to follow.

You're now closer to the fire and feeling warm. You have just one question right now which you may ask of your guide. Think carefully about which question you will choose - and when you're ready, go ahead and ask.

Wait for the answer. This may be given in many forms. You may receive a gesture of some sort, a nod, a shake, a shrug - or your answer could be given in verbal form. All you need to do is listen - carefully to what your Spirit Guide has to tell you.

(If you are using Spirit Guide as a method of remembering a past life - go to 'B')

'A' Your Guide may bring you a token, or a gift which symbolically represents the answer you await. If so, hold it in your hands. Feel it. Look carefully.

'B' Your Guide brings you a heavy gift of glass. A crystal ball. Hold it in your hands. Gaze into the depths of the crystal and see the milky whiteness swirling around. Keep watching as the whiteness begins to clear away and you see in miniature form - a life - a person who was the other you. Watch this other you going about your everyday life - notice how the other you dresses - listen to how the other you speaks - and what he or she says. See where the other you lives and works. It's all here, in tiny miniature form.

I'll be quiet for a few moments to allow this other you to bring forward any memories that you are ready for.

Pause for three or four minutes.

Now bid farewell and thank you to your Spirit Guide and leave the fire. Join the mountain path again and begin your descent. Your step is lighter now, the journey much more comfortable.

In a moment I'm going to count you up from one to five. At five you'll be wide awake, refreshed and relaxed.



## Up Coming Dates:

<b>5 Day Power Hypnosis &amp; Fascination Training SYDNEY</b>	<b>7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> February 2011</b>
<b>Certificate of Hypnosis PERTH</b>	<p><b>2011 - Certificate of Hypnosis - Training Seminar One</b>  <b>Part One:</b> Friday, Saturday, Sunday, 11th, 12th &amp; 13th of March, 2011  <b>Part Two:</b> Friday, Saturday, Sunday, 18th, 19th &amp; 20th, of March, 2011  <b>Part Three:</b> Friday, Saturday, Sunday, 1st, 2nd &amp; 3rd of July, 2011</p> <p><b>2011- Certificate of Hypnosis - Training Seminar Two</b></p> <p><b>Part One:</b> Friday, Saturday, Sunday, 24th, 25th &amp; 26th of June, 2011  <b>Part Two:</b> Friday, Saturday, Sunday, 1st, 2nd &amp; 3rd, of July, 2011  <b>Part Three:</b> Friday, Saturday, Sunday, 18th, 19th &amp; 20th of November, 2011</p> <p><b>2011 - Certificate of Hypnosis - Training Seminar Three</b></p> <p><b>Part One:</b> Friday, Saturday, Sunday, 11th, 12th &amp; 13th of November, 2011  <b>Part Two:</b> Friday, Saturday, Sunday, 18th, 19th &amp; 20th, of November, 2011  <b>Part Three:</b> Friday, Saturday, Sunday, 16th, 17th &amp; 18th of March, 2012</p> <p><b>2010 - Training Seminar 4</b></p> <p><b>Part One:</b> Friday, Saturday, Sunday, 19th, 20th, 21st of November, 2010 (completed)  <b>Part Two:</b> Friday, Saturday, Sunday, 26th, 27th, 28th of November, 2010 (completed)  <b>Part Three:</b> <b>2011</b> Friday, Saturday, Sunday, 18th, 19th &amp; 20th, of March, 2011  <b>Part One:</b> <b>Fri, Sat, 10th &amp; 11th Of September 2011</b></p>
<b>Four Day Power Hypnosis PERTH</b>	<p><b>Part Two:</b> <b>Fri, Sat, 17th &amp; 18th of September 2011</b></p>

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## Future Articles

The Mind Motivations™ Newsletter would welcome any articles or stories. Please submit any inclusions via email to the [MM\\_Newsletter@iinet.net.au](mailto:MM_Newsletter@iinet.net.au) email address. The Editor reserves the right to amend any article to fit with size limitation requirements and to correct spelling, grammar or factual content.

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