

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

October 2011



Hello all!

October...the year is almost done. Only one iteration of the newsletter left for 2011. It has gone very quickly - but much has happened and 2012 promises to be just as action-packed, busy and will probably go just as quickly as this year did.

The Hypnotherapy Council of Australia continues to develop with the Committee working hard to put all necessary arrangements in place. Well done to all and on behalf of Mind Motivations™ and the Australian Academy of Hypnosis™ - thank you for all your work.

In this edition you will see an article taken from the Community Newspaper Group's publication titled "Call to Control Hypnosis". This article appeared in 14 of Western Australia's local newspapers and I wanted to add a little clarity to the article. It is true that, when interviewed, I suggested that some form of control over hypnosis and hypnotherapy was required - however I do not believe that government regulation is workable or appropriate. Keeping in mind that regulation of all allied or complimentary therapies by one body would be extremely problematic; my point was that self-regulation is the appropriate avenue. As a result of this article, I was interviewed on Radio ABC Talkback and I made this point very strongly during that interview.

All of this came about because of a telephone call I received in my capacity as the Chairperson of PHWA. The caller complained that a person representing themselves as a member of PHWA had not provided professional service or treatment (the complaint was more detailed than this) and upon investigation it was confirmed that the individual is not a member. Consequently, there was nothing that PHWA could do to support the caller. The way things currently are, anyone can 'hang up a shingle and advertise themselves as a hypnotherapist'. The strongest suggestion that I can give to members of the public at this time is to seek the services of a hypnotherapist that is registered with one of the Associations. All of these organisations have qualification standards, ongoing professional development requirements, professional indemnity insurance and first aid standards and apply Ethical Code of Conduct adherence. Practitioners not registered with an Association may meet all of these requirements/expectations, however unless registered - there can be no guarantee. If a regulatory requirement were levied against practitioners (to be a member of an authorised Association), then some control could be provided and some assurance given to members of the public/clients.

I am sure that there is more to follow on this front and this will be something more to do in 2012 - but for now, on with 2011....

Stay well,

Michael

www.mindelevation.com.au

Michael Werts

Editor MM_Newsletter



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Hypnosis helps ease patients' anxieties

By Laura Casey
Contra Costa Times

http://www.mercurynews.com/bay-area-living/ci_18764699?nclick_check=1

Stacey Meyer doesn't consider herself a "new-agey" type of person. The Walnut Creek businesswoman was, however, stuck. Her doctor recommended a hysterectomy, but she was terrified of the surgery, so terrified that she put it off for a year.

"Your mind is often not your friend," Meyer says.

The worrying and the anxiety eventually led her to an Internet search that suggested hypnosis as a possible pre-op coping strategy. "A week and a half before surgery I thought, 'Well, I've got absolutely nothing to lose. What's going to happen?'"

She visited Walnut Creek hypnotherapist Gerri Levitas for two sessions before the procedure.

"The messages I heard were -- and I don't know how this works exactly -- but they were reaffirming that my body is strong, my body will be better, I will heal quickly, I will be better than before," she says, adding that she was awake and conscious the whole session. "They were very reasonable, not whacked-out statements."

Those sessions lessened her anxiety and made her feel more relaxed and confident about the surgery, she says. Meyer's doctors said she had a minimal amount of bleeding during the procedure, and her recovery, now six weeks in, has been quick, trouble-free and relatively pain free.

Meyer's story is not totally unusual. While hypnosis is often associated with smoking cessation and weight loss, it's also being used as a way to alleviate patient anxiety surrounding medical and dental procedures.

The process, which involves deep relaxation and suggestion, is not just for getting people to cluck like a chicken. While the American Medical Association has no official position on hypnosis, and many hospitals prefer to use a similar therapy called guided imagery, hypnotists and their clients say hypnosis is a powerful tool that can help people feel more comfortable in the operating room, even promote better healing and less pain after surgery.

"Medical hypnosis is a fabulous tool," says Michael Ellner, a medical hypnotist from New York City and spokesman for the International Medical and Dental Hypnotherapy Association. "I am not describing treating clinical mental health issues. But hypnosis helps people to develop their coping skills and abilities to change their inner connections. It can help people change their reactions, so instead of producing negative stress, they can have a positive experience."

How exactly hypnotherapy and hypnosis work remains a mystery, and there are certainly common misconceptions about the procedure. A modern hypnotist does not wave a pocket watch in front of a client's face to put him into a "deep sleep." Nor is the client put in a blackout state where she freely babbles her secrets.

"It's not what you see on TV and in the movies," Levitas says. "It's a form of focused attention. In hypnotherapy, we quiet the conscious mind."

Often in a session, a hypnotherapist -- a term used in California to describe a medical hypnotist -- will play some relaxing music, sit a client in a comfortable chair and then have a conversation with the client about relaxing the mind and body. Clients are often instructed to do deep breathing techniques and imagine safe places, such as the beach or home.

All self-hypnosis

Seth-Deborah Roth, a Castro Valley-based nurse, anesthetist and clinical hypnotherapist, used hypnosis in the 1980s to relieve her back pain. She and other practitioners say all hypnosis is self-hypnosis. The hypnotherapist



helps the client experience a deeply relaxed state through some blinking and eye tricks, breathing and guided talks. She says the frontal lobe of the brain dims and a person under hypnosis essentially goes into the alpha wave cycle, the drowsy, "relaxed awareness" state most people experience just before falling asleep or during meditation.

"Hypnosis is meditation with a purpose," she says. "We are literally turning on the parasympathetic nervous system."

While Roth's specialty is helping people quit smoking, which she says she can do in one session that lasts two hours, she uses hypnosis on patients in the urology clinic she works out of to help them go through vasectomy and other procedures. Hypnosis has been shown to be effective in helping those who suffer from irritable bowel syndrome, bed wetting, premature ejaculation and impotency.

It's also a powerful pain-management tool, say hypnotherapists. Meditation, deep breathing and mindfulness can play a role in reducing pain, according to work by Jon Kabat-Zinn, a University of Massachusetts Medical School professor who developed the widely recognized pain-reducing techniques called Mindfulness-Based Stress Reduction. Hypnosis taps into similar states of relaxation.

Studies at Harvard Medical School in 2000 and in Belgium in 2011 back many of the therapists' assertions. They both found that people who used self-hypnotic relaxation techniques during surgery needed less pain medication, left the operating room earlier and had more stable vital signs during the operation.

However, not everyone is susceptible to hypnotic suggestion. According to a 2007 article in the Journal of the American Dental Association, although hypnosis can be used in a dental setting, not everyone treated to the therapy has positive results. Mark Warner, a doctor and president of the American Society of Anesthesiologists, says hypnotherapy, like music therapy and guided imagery, is great when people need it.

"Not everybody can do it. Not every patient responds well to hypnosis, and it takes a considerable amount of time to hypnotize someone," he says. "It's not something you do for every patient because most people don't need that."

Margaret Craig, a Walnut Creek-based obstetrician and gynecologist, often recommends that patients see Walnut Creek's Levitas for sexual apprehension and dysfunction.

"She can help with anxiety," Craig says. "It's not necessarily a cure, but you begin to recognize (anxiety) and learn to go on without having to deal with it. In a way, (hypnosis) is kind of ignoring the anxiety."

Christina Sainz, of Concord, took her 3-year-old daughter, Jayelle Sainz, to hypnotherapy with Levitas when the girl made it clear she was deathly afraid of dentists. Every appointment is recorded, so clients can listen to the hypnotherapy session again and again.

Get over the fear

"Jayelle would listen to the CD while she was at the dentist, and that totally helped," Sainz says. "I believe hypnotherapy completely helped her get over her fear of the dentist."

Hypnotherapy is not covered by insurance and can cost around \$150 per one-hour session. While some hospitals are using hypnosis in the actual operating room before a procedure -- about 250 patients at the New Milford Hospital in western Connecticut have undergone hypnotherapy before surgery since the hospital began offering it in early 2010, according to the Hartford Courant -- many hospitals and medical centers in the Bay Area do not offer hypnosis.

But some, such as Kaiser Permanente, John Muir Medical Center and El Camino Hospital in Silicon Valley, offer classes and materials on guided imagery, which employs many tenets of hypnosis.

UCSF surgical patients often are referred to the UCSF Osher Center for Integrative Medicine before surgery and meet nurse Teresa Corrigan, who prepares them using guided imagery. She walks them through their ideal surgery situation, having patients imagine feeling safe, peaceful and calm. The positive affirmations and subliminal suggestion about how the body will have minimal bleeding, for example, work.

So that's what it was

"Sometimes we uncover issues that people just can't put their finger on, but when we go into these places and ask if there are any anxieties, stuff comes pouring out," Corrigan says.

For example, one patient was terrified of having an anesthesia mask put on her face during surgery. The fear was initiated by a death in her family, and Corrigan then was able to work with the anesthesia department to make sure the patient was fully under using other techniques before the mask was placed on her face.

The difference between hypnosis and guided imagery is considered semantics by hypnotherapists, but Corrigan says hypnotherapy is usually a one-on-one procedure, while guided imagery can be done in a group. She adds that there is some worry that hypnotized people may go into too deep of a hypnotic state, one difficult to come out of.

"Guided imagery does not have those concerns," she says. "I have found that certainly the guided imagery is more acceptable to some people. It doesn't feel as threatening or something."

The negative stigma of hypnosis certainly affected Meyers, the hysterectomy patient. She hid her appointments from her husband and didn't tell her doctor she was considering hypnosis.

But once she got out of the operating room, she called hypnotherapist Levitas to tell her what a success the work had been.

"It not only exceeded my expectations, it exceeded them by 50 percent," Meyers says. Now, she says, she's opened up to her husband and doctor. "I would like people to not be embarrassed by it. It helped me not just a little -- it helped me a lot."

□ Learn more about medical hypnosis and hypnotherapy at the International Medical and Dental Hypnotherapy Association website, www.imdha.com.

□ Read about guided imagery at <http://acadgi.com>.

□ Seth-Deborah Roth is at www.HypnotherapyforHealth.com or 510-690-0699.

□ Gerri Levitas is at www.bayhealing.com or 925-935-2502.

by the numbers

According to the most recent National Institutes of Health National Health Statistics Reports exploring Complementary Alternative Medicine 4.2 million adults used guided imagery in 2002 and 4.9 million used it in 2007. Hypnosis was used by 505,000 adults in 2002 and 561,000 in 2007. More than 27 million adults practiced deep breathing exercises and 13 million practiced yoga in 2007.

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Man's hypnotherapist license is denied

State says he shouldn't be practicing, he disagrees

http://www.dailyrecordnews.com/news/man-s-hypnotherapist-license-is-denied/article_cc663d3a-da4d-11e0-a9fa-001cc4c002e0.html

By BARB OWENS staff writer

An Ellensburg man continues to operate a hypnotherapy business even though his application for hypnotherapist credentials was denied by the state.

In July 2011, the Hypnotherapy Program denied the application of Christopher Philip Bartow of Ellensburg citing previous convictions of domestic violence, violating a no-contact order and assault, according to a news release from the state Department of Health. He failed to appear at a pre-hearing conference he requested, the news release said.

To legally practice hypnotherapy, a person must have a license, or registration, provided by the state, said Tammy Kelley, case manager with the Department of Health.

"He should not be practicing at all. His credential was officially

denied on July 21," Kelley said of Bartow.

Bartow, who promotes Ellensburg Hypnosis through a Facebook page and website, is continuing to practice hypnotherapy in Ellensburg and Seattle, he said.

Bartow disagrees with Kelley and said he does not need credentials to practice hypnotherapy because he's doing it as an ordained minister, an exemption to state law.

"I've never had anyone tell me they were doing it as an exemption," Kelley said. "If they authorize an investigation, he would need to provide that religious affiliation. So it is possible, but that doesn't change his denied status."

Bartow said he was ordained as a minister in 2003 by the Universal Life Church and is counseling people under the

auspices of a religious denomination.

State review

Bartow applied for a credential to practice as a hypnotherapist in Washington in January, according to documents from the Department of Health. The application was denied in February due to a fourth-degree assault domestic violence conviction in King County in 1996, a violation of a no-contact order conviction in King County in 1997 and a third-degree assault conviction in Snohomish County in 2005, according to DOH information and court documents.

Any time an applicant has a fairly recent criminal history the state can do a number of things, including issuing limited credentials, Kelley said. Bartow did not follow through with that process.

On Feb. 28 Bartow filed a request for a hearing with the Adjudicative Clerk's Office. The pre-hearing conference was scheduled for June 28 with the hearing scheduled for July 26.

Department of Health records indicate Bartow failed to show up at the pre-hearing conference. An order of default was granted and his application to practice as a hypnotherapist was denied.

"Honestly, I'm tired of going to court and I'm not interested," Bartow said about why he didn't go to the hearing.

He has the option to resubmit his application and start the process over again, Kelley said.

"I probably don't plan to resubmit," Bartow said. "I don't think it's necessary."

When asked about the criminal convictions, Bartow said he still asserts his innocence in the 2005 case, contrary to court records. He said he could not be a hypnotherapist if he didn't think people could make rapid change in their lives. His life experiences let others know that just because you make mistakes, it doesn't mean you have to continue to do so, Bartow said in a phone interview.

Bartow said he applied to be a hypnotherapist with the state in the first place because it would

have given him more credence and believability.

Suspended from law

Before applying for hypnotherapist credentials, Bartow did business as Bartow Law Firm in Ellensburg, but was suspended in December 2010 for one year by order of the Washington State Supreme Court, according to information from the Washington State Bar Association.

The discipline action "was based on conduct involving lack of respect for rights of third persons and violations of the attorney oath," the Washington State Bar Association said.

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Improve health and well-being with therapy and hypnosis

Mayo Advertiser, September 09, 2011.

<http://www.advertiser.ie/mayo/article/43773/improve-health-and-well-being-with-therapy-and-hypnosis>

Stress, anxiety, worry, difficulty sleeping are common concerns for individuals in today's society. Amanda Walsh at Northwest Therapy and Hypnosis takes an evidenced-based approach, combining the two most powerful and effective psychological therapies, namely cognitive behavioural therapy and clinical hypnotherapy. This integration, referred to as cognitive behavioural hypnotherapy (CBH), is regarded as one of the most evidence-based therapeutic interventions available today in the field of psychology and psychotherapy. It is one of the most effective treatments for anxiety, stress, panic attacks, and social anxiety.

Amanda Walsh employs a skills training approach. You are trained in using skills and techniques based on years of evidence-based research in the area of psychology, psychotherapy, physiology, and related fields. CBH can be used effectively on a vast range of different issues such as managing stress, anxiety, low mood, cessation of habits (smoking, nail biting,

etc), phobias, sleep difficulties, optimising performance, eg, sports and exams, weight reduction, building confidence and self-esteem.

Do you struggle with any of the above areas?

What do you think it might be like to achieve long-term change, regarding the difficulty you are experiencing?

What difference might those changes make to your life?

Although it may feel difficult to take that first step, therapy can offer you the chance to overcome difficulties, leading to a more rewarding and satisfying life.

Psychologist and clinical hypnotherapist Amanda Walsh is an approachable, empathetic, therapist providing a professional, confidential, and effective therapy service.

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A word from Rick...

Hello to you all, and welcome to October and another great newsletter from Michael. I have just returned from the USA where a fantastic training was conducted in Los Angeles and so I would like to welcome all the new students to the Academy and trust that you all enjoyed the training. There are great opportunities in the USA and I have had considerable interest in my cancer work from a large and internationally renowned hospital so I am heading back to Los Angeles in a few weeks for a presentation and also to conduct publicity for my new book and also for my Mind Switch weight loss product which is due to go on air across the USA by the end of October.

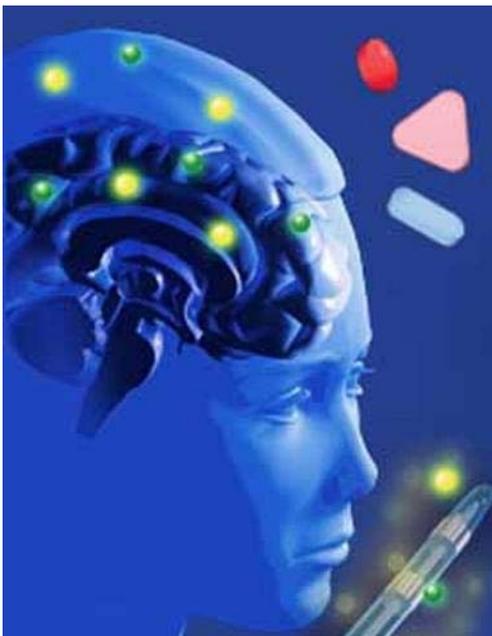
The final Australian trainings for 2011 are in Brisbane during late November and in Melbourne in early December and the next USA trainings are in Los Angeles in February and possibly in Denver Colorado in May 2012.

Some students are still waiting for their Life Streams and these will all be organised by the end of this month or full refunds will be forthcoming, many have been delivered and there are six that remain outstanding. I am following these up as persistently as possible and have been guaranteed end of October completion so for all concerned I thank you for your patience.

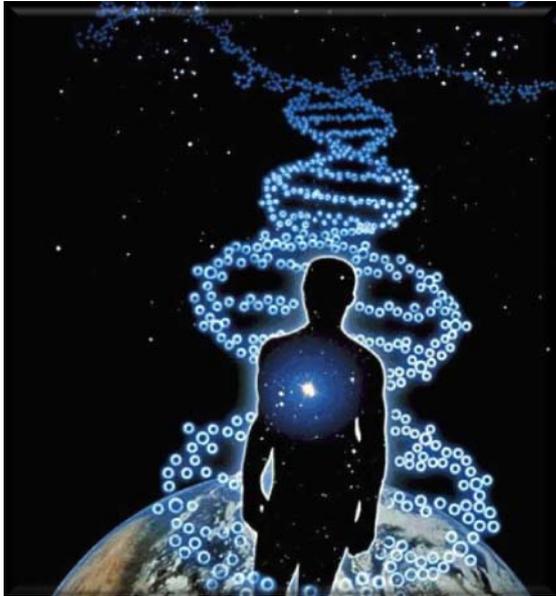
It is great to see the HCA has come together in a strong and committed way and also to see that the PHWA in moving forward in such a progressive manner and personally I would like to express my appreciation to all the people who have both singularly and jointly put in so much hard work to ensure the adhesion and forward movement of both of these organisations. I will be attending the October PHWA meeting and look forward to seeing many of you there.

Kind Regards
Rick Collingwood

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Scientist Prove DNA Can Be Reprogrammed by Words and Frequencies



By Grazyna Fosar and Franz Bludorf

(Article provided by Rick Collingwood)

THE HUMAN DNA IS A BIOLOGICAL INTERNET and superior in many aspects to the artificial one. Russian scientific research directly or indirectly explains phenomena such as clairvoyance, intuition, spontaneous and remote acts of healing, self healing, affirmation techniques, unusual light/auras around people (namely spiritual masters), mind's influence on weather patterns and much more. In addition, there is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies WITHOUT cutting out and replacing single genes.

Only 10% of our DNA is being used for building proteins. It is this subset of DNA that is of interest to western researchers and is being examined and categorized. The other 90% are considered "junk DNA." The Russian researchers, however, convinced that nature was not dumb, joined linguists and geneticists in a venture to explore those 90% of "junk DNA." Their results, findings and conclusions are simply revolutionary! According to them, our DNA is not only responsible for the construction of our body but also serves as data storage and in communication. The Russian linguists found that the genetic code, especially in the apparently useless 90%, follows the same rules as all our human languages. To this end they compared the rules of syntax (the way in which words are put together to form phrases and sentences), semantics (the study of meaning in language forms) and the basic rules of grammar. They found that the alkalines of our DNA follow a regular grammar and do have set rules just like our languages. So human languages did not appear coincidentally but are a reflection of our inherent DNA.

The Russian biophysicist and molecular biologist Pjotr Garjajev and his colleagues also explored the vibrational behavior of the DNA. [For the sake of brevity I will give only a summary here. For further exploration please refer to the appendix at the end of this article.] The bottom line was: "Living chromosomes function just like solitonic/holographic computers using the endogenous DNA laser radiation." This means that they managed for example to modulate certain frequency patterns onto a laser ray and with it influenced the DNA frequency and thus the genetic information itself. Since the basic structure of DNA-alkaline pairs and of language (as explained earlier) are the same structure, no DNA decoding is necessary.

One can simply use words and sentences of the human language! This, too, was experimentally proven! Living DNA substance (in living tissue, not in vitro) will always react to language-modulated laser rays and even to radio waves, if the proper frequencies are being used.

This finally and scientifically explains why affirmations, autogenous training, hypnosis and the like can have such strong effects on humans and their bodies. It is entirely normal and natural for our DNA to react to language. While western researchers cut single genes from the DNA strands and insert them elsewhere, the Russians enthusiastically worked on devices that can influence the cellular metabolism through suitable modulated radio and light frequencies and thus repair genetic defects.

Garjajev's research group succeeded in proving that with this method chromosomes damaged by x-rays for example can be repaired. They even captured information patterns of a particular DNA and transmitted it onto another, thus reprogramming cells to another genome. So they successfully transformed, for example, frog embryos to salamander embryos simply by transmitting the DNA information patterns! This way the entire information was transmitted without any of the side effects or disharmonies encountered when cutting out and re-introducing single genes from the DNA. This represents an unbelievable, world-transforming revolution and sensation! All this by simply applying vibration and language instead of the archaic cutting-out procedure! This experiment points to the immense power of wave genetics, which obviously has a greater influence on the formation of organisms than the biochemical processes of alkaline sequences.

Esoteric and spiritual teachers have known for ages that our body is programmable by language, words and thought. This has now been scientifically proven and explained. Of course the frequency has to be correct. And this is why not everybody is equally successful or can do it with always the same strength. The individual person must work on the inner processes and maturity in order to establish a conscious communication with the DNA. The Russian researchers work on a method that is not dependent on these factors but will ALWAYS work, provided one uses the correct frequency.

But the higher developed an individual's consciousness is, the less need is there for any type of device! One can achieve these results by oneself, and science will finally stop to laugh at such ideas and will confirm and explain the results. And it doesn't end there. *The Russian scientists also found out that our DNA can cause disturbing patterns in the vacuum, thus producing magnetized wormholes! Wormholes are the microscopic equivalents of the so-called Einstein-Rosen bridges in the vicinity of black holes (left by burned-out stars). These are tunnel connections between entirely different areas in the universe through which information can be transmitted outside of space and time. The DNA attracts these bits of information and passes them on to our consciousness.* This process of hyper communication is most effective in a state of relaxation. Stress, worries or a hyperactive intellect prevent successful hyper communication or the information will be totally distorted and useless.

In nature, hyper communication has been successfully applied for millions of years. The organized flow of life in insect states proves this dramatically. Modern man knows it only on a much more subtle level as "intuition." But we, too, can regain full use of it. An example from Nature: When a queen ant is spatially separated from her colony, building still continues fervently and according to plan. If the queen is killed, however, all work in the colony stops. No ant knows what to do. Apparently the queen sends the "building plans" also from far away via the group consciousness of her subjects. She can be as far away as she wants, as long as she is alive. In man hyper communication is most often encountered when one suddenly gains access to information that is outside one's knowledge base. Such hyper communication is then experienced as inspiration or intuition. The Italian composer Giuseppe Tartini for instance dreamt one night that a devil sat at his bedside playing the violin. The next morning Tartini was able to note down the piece exactly from memory, he called it the *Devil's Trill Sonata*.

For years, a 42-year old male nurse dreamt of a situation in which he was hooked up to a kind of knowledge CD-ROM. Verifiable knowledge from all imaginable fields was then transmitted to him that he was able to recall in the morning. There was such a flood of information that it seemed a whole encyclopedia was transmitted at night. The majority of facts were outside his personal knowledge base and reached technical details about which he knew absolutely nothing.

When hyper communication occurs, one can observe in the DNA as well as in the human being special phenomena. *The Russian scientists irradiated DNA samples with laser light. On screen a typical wave pattern was formed. When they removed the DNA sample, the wave pattern did not disappear, it remained. Many control experiments showed that the pattern still came from the removed sample,*

whose energy field apparently remained by itself. This effect is now called phantom DNA effect. It is surmised that energy from outside of space and time still flows through the activated wormholes after the DNA was removed. The side effect encountered most often in hyper communication also in human beings are inexplicable electromagnetic fields in the vicinity of the persons concerned. Electronic devices like CD players and the like can be irritated and cease to function for hours. When the electromagnetic field slowly dissipates, the devices function normally again. Many healers and psychics know this effect from their work. The better the atmosphere and the energy, the more frustrating it is that the recording device stops functioning and recording exactly at that moment. And repeated switching on and off after the session does not restore function yet, but next morning all is back to normal. Perhaps this is reassuring to read for many, as it has nothing to do with them being technically inept, it means they are good at hyper communication.

In their book "*Vernetzte Intelligenz*" (Networked Intelligence), Grazyna Gosar and Franz Bludorf explain these connections precisely and clearly. The authors also quote sources presuming that in earlier times humanity had been, just like the animals, very strongly connected to the group consciousness and acted as a group. To develop and experience individuality we humans however had to forget hyper communication almost completely. Now that we are fairly stable in our individual consciousness, we can create a new form of group consciousness, namely one, in which we attain access to all information via our DNA without being forced or remotely controlled about what to do with that information. **We now know that just as on the internet our DNA can feed its proper data into the network, can call up data from the network and can establish contact with other participants in the network. Remote healing, telepathy or "remote sensing" about the state of relatives etc.. can thus be explained.** Some animals know also from afar when their owners plan to return home. That can be freshly interpreted and explained via the concepts of group consciousness and hyper communication. Any collective consciousness cannot be sensibly used over any period of time without a distinctive individuality. Otherwise we would revert to a primitive herd instinct that is easily manipulated.

Hyper communication in the new millennium means something quite different: **Researchers think that if humans with full individuality would regain group consciousness, they would have a god-like power to create, alter and shape things on Earth! AND humanity is collectively moving toward such a group consciousness of the new kind.** Fifty percent of today's children will be problem children as soon as they go to school. The system lumps everyone together and demands adjustment. But the individuality of today's children is so strong that they refuse this adjustment and giving up their idiosyncrasies in the most diverse ways.

At the same time more and more clairvoyant children are born [see the book "*China's Indigo Children*" by Paul Dong or the chapter about Indigos in my book "*Nutze die taeglichen Wunder*" (Make Use of the Daily Wonders)]. Something in those children is striving more and more towards the group consciousness of the new kind, and it will no longer be suppressed. As a rule, weather for example is rather difficult to influence by a single individual. But it may be influenced by a group consciousness (nothing new to some tribes doing it in their rain dances). Weather is strongly influenced by Earth resonance frequencies, the so-called Schumann frequencies. But those same frequencies are also produced in our brains, and when many people synchronize their thinking or individuals (spiritual masters, for instance) focus their thoughts in a laser-like fashion, then it is scientifically speaking not at all surprising if they can thus influence weather.

Researchers in group consciousness have formulated the theory of Type I civilizations. A humanity that developed a group consciousness of the new kind would have neither environmental problems nor scarcity of energy. For if it were to use its mental power as a unified civilization, it would have control of the energies of its home planet as a natural consequence. And that includes all natural catastrophes!!! A

theoretical Type II civilization would even be able to control all energies of their home galaxy. In my book "Nutze die taeglichen Wunder," I have described an example of this:

Whenever a great many people focus their attention or consciousness on something similar like Christmas time, football world championship or the funeral of Lady Diana in England then certain random number generators in computers start to deliver ordered numbers instead of the random ones. An ordered group consciousness creates order in its whole surroundings!

When a great number of people get together very closely, potentials of violence also dissolve. It looks as if here, too, a kind of humanitarian consciousness of all humanity is created. (The Global Consciousness Project)

To come back to the DNA: It apparently is also an organic superconductor that can work at normal body temperature. Artificial superconductors require extremely low temperatures of between 200 and 140°C to function. As one recently learned, all superconductors are able to store light and thus information. This is a further explanation of how the DNA can store information. There is another phenomenon linked to DNA and wormholes. Normally, these super small wormholes are highly unstable and are maintained only for the tiniest fractions of a second. Under certain conditions stable wormholes can organize themselves which then form distinctive vacuum domains in which for example gravity can transform into electricity.

Vacuum domains are self-radiant balls of ionized gas that contain considerable amounts of energy. There are regions in Russia where such radiant balls appear very often. Following the ensuing confusion the Russians started massive research programs leading finally to some of the discoveries mentioned above. Many people know vacuum domains as shiny balls in the sky. The attentive look at them in wonder and ask themselves, what they could be. I thought once: "Hello up there. If you happen to be a UFO, fly in a triangle." And suddenly, the light balls moved in a triangle. Or they shot across the sky like ice hockey pucks. They accelerated from zero to crazy speeds while sliding gently across the sky. One is left gawking and I have, as many others, too, thought them to be UFOs. Friendly ones, apparently, as they flew in triangles just to please me.

Now the Russians found in the regions, where vacuum domains appear often that sometimes fly as balls of light from the ground upwards into the sky, that these balls can be guided by thought. One has found out since that vacuum domains emit waves of low frequency as they are also produced in our brains.

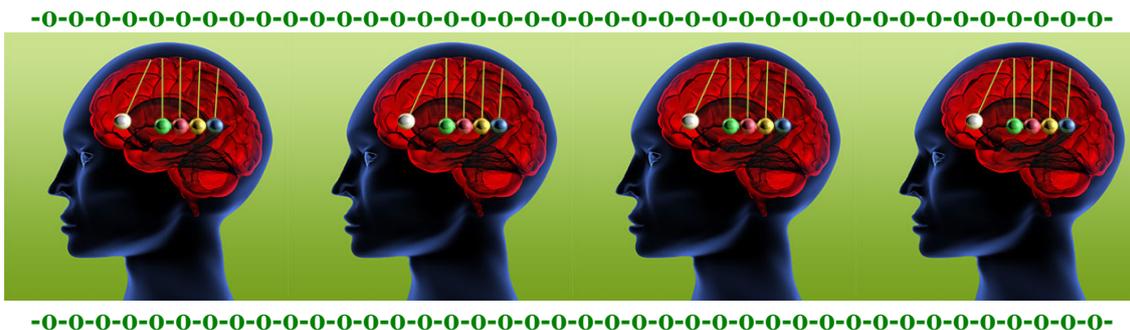
And because of this similarity of waves they are able to react to our thoughts. To run excitedly into one that is on ground level might not be such a great idea, because those balls of light can contain immense energies and are able to mutate our genes. They can, they don't necessarily have to, one has to say. For many spiritual teachers also produce such visible balls or columns of light in deep meditation or during energy work which trigger decidedly pleasant feelings and do not cause any harm. Apparently this is also dependent on some inner order and on the quality and provenance of the vacuum domain. There are some spiritual teachers (the young Englishman Ananda, for example) with whom nothing is seen at first, but when one tries to take a photograph while they sit and speak or meditate in hyper communication, one gets only a picture of a white cloud on a chair.

In some Earth healing projects such light effects also appear on photographs. Simply put, these phenomena have to do with gravity and anti-gravity forces that are also exactly described in the book and with ever more stable wormholes and hyper communication and thus with energies from outside our time and space structure.

Earlier generations that got in contact with such hyper communication experiences and visible vacuum domains were convinced that an angel had appeared before them. And we cannot be too sure to what forms of consciousness we can get access when using hyper communication. Not having scientific proof

for their actual existence (people having had such experiences do NOT all suffer from hallucinations) does not mean that there is no metaphysical background to it. We have simply made another giant step towards understanding our reality.

Official science also knows of gravity anomalies on Earth (that contribute to the formation of vacuum domains), but only of ones of below one percent. But recently gravity anomalies have been found of between three and four percent. One of these places is Rocca di Papa, south of Rome (exact location in the book "Vernetzte Intelligenz" plus several others). Round objects of all kinds, from balls to full buses, roll uphill. But the stretch in Rocca di Papa is rather short, and defying logic sceptics still flee to the theory of optical illusion (which it cannot be due to several features of the location).



Cancer patients get hypnosis treatment

EARNI YOUNG
Miami News Reporter

Three times a day, Mary hypnotizes herself and imagines the bone cancer cells that have afflicted her body. She sees them as "small gray bodies."

Then she visualizes "energetic tiny white objects," the white cells of her body's immunity system, attacking them and clearing them out.

Mary, 51, who asked not to be identified, is one of several dozen South Florida cancer victims who are using hypnosis and visual imagery to spur their body's defenses against the disease.

Another patient visualizes her cancer cells as Napoleon's army being destroyed by Wellington's forces. A third sees her cancer as a reddish-black mass of decayed meat, and her white cells as little bubbly creatures, some armed with knives to cut the mass, others equipped with little brushes to clean up the mess.

Most doctors, including Mary's, are skeptical of the treatment's value. Mary isn't.

"I really believe it is helping me fight the cancer," she says. "I also think it has helped me emotionally to come to terms with it."

When her doctor diagnosed bone cancer last November, she called on Joan Paskow, a medical hypnotist in the Pain Center at Mount Sinai Hospital, to help her fight the disease. Paskow had been using hypnosis to help Mary overcome the crippling cancer-caused pain in her hips and pelvis. Doctors previously had blamed the pain on arthritis.

Since November, Mary has received a combination of hypnosis, visual imagery and psychotherapy along with the chemotherapy prescribed by her doctor.

Dr. Robert Weitz, a psychologist and president of the Florida School of Professional Psychology, is using the same combination of treatments to try to help cancer victims. Paskow and Weitz say they're convinced the hypnotic imagery has been the "deciding factor" in causing remission in some of their patients.



Robert Weitz



Joan Paskow

Both acknowledge, however, that it is difficult to prove the methods work, because they're always used in conjunction with traditional radiation or chemical therapy.

"I can't get into numbers, because it is still experimental, but there are people walking around in Miami today regarded as being in total remission who two years ago were diagnosed as terminal," Weitz said.

Weitz said he has used hypnotherapy to treat cancer victims for several years. He sees an average of four patients a month, using the treatment method developed by Dr. O.C. Simonton, a Fort Worth, Texas, radiologist.

Simonton, author of the best-seller, "Getting Well," has used hypnosis and visual imagery as in conjunction with traditional treatment at his Cancer Counseling and Research Clinic for six years.

The theory is based on Simonton's belief that chronic stress disrupts the body's immunity system, which is responsible for engulfing and destroying cancerous cells.

Hypnosis is an accepted method to help patients learn to cope with pain, emotional stress, depression

and the side effects of chemical and radiation therapy, Weitz said. He feels that acceptance of its use in treating cancer is hampered by the lack of reliable research.

In a paper delivered at a recent convention of the American Psychological Association, he called for a controlled study by a recognized research agency. "Right now, we're getting impressions rather than solid conclusions . . . but sufficient impressions to warrant scientific study," he said.

Dr. Oleg Selawry, deputy director of the comprehensive Cancer Treatment Center at the University of Miami, also would like to see a controlled study of the method.

Selawry said he doesn't dismiss the theory, but emphasizes he doesn't endorse hypnosis as a treatment for cancer. "I think it should be put to a hard test under controlled conditions," he said.

Dr. Julius Schultz, director of the Papanicolaou Cancer Research Center in Miami, dismisses the theory as "nonsense," comparing the hypnotherapy to Laetrile, the drug that some patients swear by, although most doctors say doesn't stop cancer. Schultz said any research on the subject would be a waste of money.

Olive Riley, director of medical affairs for the American Cancer Society in Miami, said the society accepts hypnosis as a method of controlling pain, but has taken no position on the theory that it can help cause remission.

"Personally," Riley said, "I feel (Paskow's) work has merit. This is not a fly-by-night program and she is not a shyster."

At Mount Sinai, Paskow uses hypnosis only to help cancer patients overcome pain, but she sees several new patients a month in her private practice and uses it to help fight the disease itself.

"A cancer patient often feels that things are being done to them . . . that they are not in control," she said.

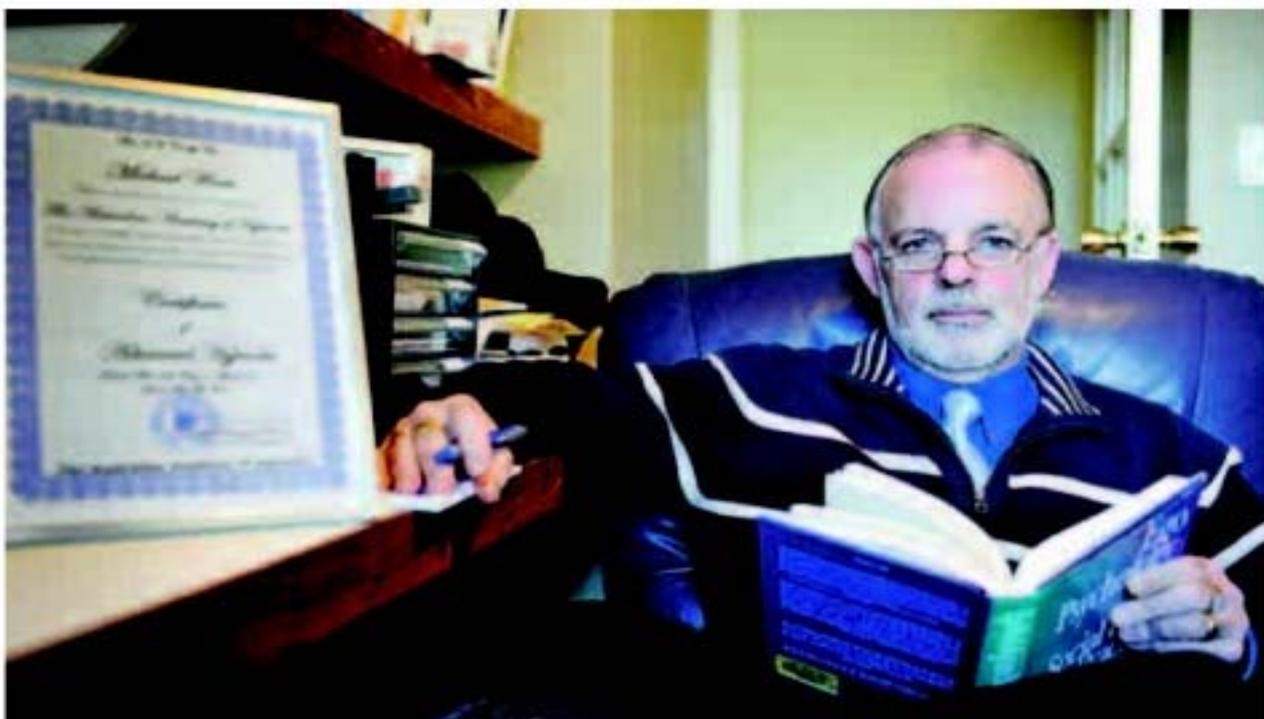
See **CANCER, 4A**

<http://news.google.com/newspapers?id=Hp4yAAAAIBAJ&sjid=pekFAAAAIBAJ&pg=5689,3844976&dq=hypnotherapy&hl=en>

NEWS NEAR YOU

www.inmycommunity.com.au

["Article courtesy of Community Newspaper Group"](#)



Hypnotherapist Michael Werts has called for legislation to regulate hypnotherapy.

Picture: Emma Reeves

www.communitypix.com.au d360583

Call to control hypnosis

A PROMINENT hypnotherapist has urged the State Government to consider laws to protect the public from unscrupulous practitioners.

Professional Hypnotists of WA (PHWA) chairman Michael Werts said hypnosis, like many other alternative therapies, was not regulated by law. As the law stands, there is no requirement for hypnotherapists to undergo training or certification before practising.

Mr Werts said members of PHWA or the national Hypnotherapy Council of Australia had to abide by certain standards, but there was no obligation to join such associations.

Hypnotherapy patients seek help for a range of issues, from quitting smoking and losing weight, to past and present-life regression.

"It becomes more important when people are seeking assistance for some of the more se-

rious issues," Mr Werts said. "It's possible (if hypnotists are not properly qualified) that they could do some sort of harm."

He said laws that forced practitioners to become members of a professional association could help protect the public.

Acting Health Minister John Day said WA had effective legislation to govern health practitioners but it did not yet cover hypnotherapy.

"However, a project that involves proposals for unregulated health practitioners is currently underway," he said. "This project will be looking at the best options to regulate those persons who provide a health service, and who are not regulated and may cause harm."

Mr Werts said a list of practitioners that were PHWA members was available online at www.phwa.com.au.

From John Vernes...

CONSCIOUS - SUBCONSCIOUS INTERFACING

Sept On-Going

Conscious subconscious interfacing is all about the switch between conscious cooperation and the subconscious 'coming on line'. The point where it changes from conscious compliance to subconscious reaction. When it's distinctly the subconscious mind doing the twitching of the finger signals.

This is, of course, of high importance, as then, you are dealing with a kind of binary/electrical system. A sort of on/off. Then you know as the operator, the Subconscious mind is actually acting upon your commands AND is using the nervous system to ratify the learnings into the physiology. The example I always use is learning to ride the bike by being on it, getting the Central Nervous System to learn it - to go 'click, got it'; not just watching someone else ride the bike and understand, intellectually, how it's done.

This binary state also allows for clear unpolluted information (for questions and confirmations) and adjustment of patterns without emotion or imagination affecting it. It is easy, and usually wise, to ask the subconscious to do all adjustments/patterns on/off 'unemotionally'. But there will always be emotional content (because we are human) so just try to reduce it as much as you can.

I may call it a binary/electrical/on/off thing, but we are talking about an organic human. If it is a really clear 'binary' interface, which most individuals can learn, then you can ask ANY question and get REAL answers. Answers that the Conscious mind could never know and also get very accurate result of directed change.

Our access and command of this 'program by program on/off binary ability' by a human is, in my opinion, the main physiological advantage of the 'Hypnotic or Braidian State'. To simply, through direct command, switch on or off specific programs, be they short term - (eg: pain/perception/action) or long term (eg: behaviour/healing/physical function) to achieve the change in the client as desired, is a most amazing tool.

Hypnosis is sometimes defined (American Psychologist Board I think) as 'A bypass of the critical feature of the Conscious mind'. The Braid technique (Nuero Hypnotism as distinct from Mesmerism) was defined by Braid originally as 'sleep of the nervous systems'. I think he was talking about the systematic shutting down of nervous systems in this binary on/off way. Like in the Coma induction, we initially shut down conscious movement, then subconscious movement, then conscious perception of pain, then sometimes conscious perception and memory of the event as well. In this state we can also 'leave on' conscious awareness of environment, speech, even movement, many things.

The big upside to the patterns being able to be switched on and off, is the fact that any patterns are just patterns to the Subconscious. Emotional patterns are just patterns, the Subconscious doesn't care if you care or not care because caring is just a pattern.

On/off. Emotions, sensations, dispositions, physical healing programs and adjustment, behaviour, belief systems, hidden skills, information; you name it.

Hallucinations, major physical switches, reaction to past and future trauma, CNS learning, (perhaps even DNA correction) the list is endless. Only limited to the physical capabilities of the reality of the physiology and healing mechanisms, not that these are defined at all very well. I've seen and produced too many 'impossible things' to limit what I try for, by my Conscious mind's belief of what is and is not possible, or what a guy in a white lab coat thinks is possible. Nature can find a way, often even when we think there isn't one.

Here I'd like to remind the points of SAFE AND SENSIBLE, INTEGRATED AND AUTOMATICALLY, NATURALLY IN A WAY THAT BEST SUITS YOU AND YOUR TOTAL PERSONALITY.

'Believed in Imagination' is another definition of Hypnotism, but I feel this does not quite have the emphasis on the 'made real' part. I think a better description is 'the body acting on imagination as though it was real' or even better 'Imagination causing the Central Nervous Systems to learn a Better Neurological Program'.

We create the by-pass/short circuit by over-firing the imagination and having subconscious (and conscious) co-operation to the point of subconscious compliance (not dominance). Once we 'lead the dance' and the subconscious has agreed to act upon in reality the directions, then direct as required. It can be done without metaphor at this stage and is often more effective, as specific clear command, not ambiguous imagery is often exactly what the client wants or needs(their words preferably).

There is no need to activate other 'brain centres' when dealing with the emotional component, just lead and direct result. Don't inquire or define, re-live or value judge; just direct subconscious to let go, detach, process, move away from, etc.. from the emotional component/cause of the unwanted/limiting program.

Don't forget to integrate into day to day reality so it is not state specific/in hypnosis.

Repetition is my job, my job is repetitive, repetition is my job.

DOUBT IS PRACTISED OUT

PASSION AND PRACTISE

BELIEVE AND WANT (and you will do all of my magic)

Better to spend more time getting them into a proper (deep) trance than fancy instructions and fluffy metaphors.

Teach their brain to go into deep trance - re-inductions, fractionation, symptoms, etc.

Is getting into a hypnotic state a good idea?

http://www.northjersey.com/news/129431628_Is_getting_into_a_hypnotic_state_a_good_idea_.html

BUTLER — What is hypnosis? Does it make you bark like a dog, or float on air? Not really. Instead hypnosis is mostly used for relaxation and positive reinforcement.

THINKSTOCK

There are a lot of myths about hypnosis, practitioners say, but in the end, it's just about zoning out and relaxing. Are there places where hypnosis can be of some assistance?

Registered nurse and childbirth educator, Pauline Nardella of Birthing Wisdom, said hypnosis is not mind control.

"I think there's a lot of myths about hypnosis," Nardella said. "At the end of the day it's simply deep relaxation."

Certified hypnotherapist Vikki Anderson, who will be hosting two free seminars on hypnosis at the [Butler Library](#) this Wednesday, teaches hypnosis that can help people work through phobias, break bad habits and build confidence.

"Hypnosis can provide a different perspective," Anderson said.

Anderson herself benefits from hypnosis and has recently used it to lose extra weight. She also utilizes hypnosis at the dentist because, like many, she hates the drill.

Because hypnosis works best when repeated for at least 21 days, Anderson has participants in her workshops bring a tape recorder so that they can continue to play the meditation for optimal benefit.

"You play it every day and it keeps getting into your subconscious, and whatever your subconscious absorbs it thinks is truth," Anderson said.

Anderson uses statements such as: "I will eat more healthily," and "I will walk around the block each day." She avoids the word "no" since she said the subconscious doesn't understand it. Instead of "I will not eat cake," she says, "Instead of cake I will have tea before bed."

Hypnosis can also work by identifying trigger points. For example she said one woman who had just had a baby wanted to quit smoking. Through hypnosis Anderson associated smoking with a visualization of her baby's door being locked. After that every time the woman lit a cigarette she associated it with not being able to get to her baby. Within a week Anderson said she had quit.

Hypnosis will not make you do anything you don't want, however.



"[Hypnosis] can't change your will," Anderson said. "If you don't want to do something you won't do it."

Results are usually small changes that result in a slow decrease in bad habits.

"By the end of the class they won't stop smoking, but they will start thinking, 'do I really need this one cigarette?'" Anderson said.

Hypnosis for childbirth

Nardella teaches a labor preparation method called Hypnobirthing. Hypnobirthing is positive reinforcement and visualization that focuses on relaxation and easing fears so that mothers can work with the birthing process rather than fight against it.

In our culture, labor is portrayed as a horrible, painful experience. As a result women go into labor fearful. Although hypnosis won't erase the pain of labor, it helps women take control of the experience.

The deep relaxation of hypnosis creates connection between the mind and the body that helps women take their mind off of the process and allow their body to do its work, Nardella said. It's similar to how we allow our hearts to pump our blood without ever really thinking about it.

"We should awe in the function and working of our body," Nardella said. "Then we can see a tremendous change in how you respect your body."

Hypnobirthing also teaches women to view birth as a positive process that they are capable of handling by repeating positive statements such as "every surge [contraction] brings me closer to the baby."

"We relax the brain wave activity and relax the body, then feed positive visualization about the birth," Nardella said.

The technique is so successful that Nardella said 84 percent of women who do hypnobirthing have a natural vaginal birth.

Hypnosis can also be used to turn a breech baby or to promote fertility, Nardella said.

Interested in learning more about relaxation and confidence building through hypnosis? Nardella often runs comprehensive classes for expecting mothers in

the Bergen county area that cover hypnobirthing as well as pregnancy nutrition, breastfeeding and child preparation. Anderson's two free back-to-back seminars on hypnosis at the Butler Library take place on Sept. 7. The first seminar on stopping smoking will start at 6 p.m. immediately followed by weight loss at 7 p.m. Anderson will briefly discuss the process of hypnosis, follow-up with a 30-minute meditation, and round out each hour with a question and answer session.

"I love [hypnosis] because you can use it as a meditation," Anderson said.

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Charlotte Hungerford Hospital to offer cancer workshop using hypnosis

<http://www.registercitizen.com/articles/2011/09/06/news/doc4e66d92c052d0190949045.txt>

TORRINGTON — CHH Center For Cancer Care is holding "Change Your Thoughts-Change Your Life," a cancer workshop with Roger Newbury, a certified hypnotist on Tuesday, Sept. 20, 5:30 to 7:30 p.m..

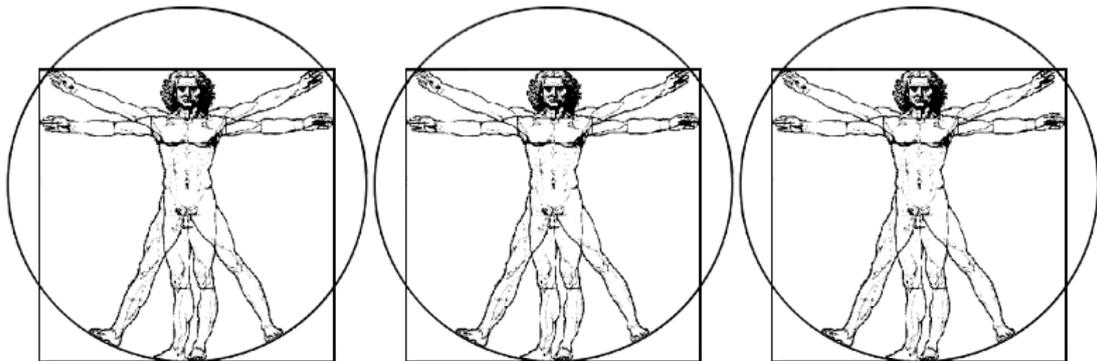
Newbury is certified in General and Complementary Medical Hypnosis. In this workshop participants will have an opportunity to learn to take control over insomnia, anxiety and fatigue symptoms with techniques such as: progressive relaxation with guided imagery, Emotional Freedom Technique (EFT), and breathing techniques



The workshop will explore both the power of the mind to produce non-productive thinking leading to insomnia, anxiety and fatigue versus productive thinking leading to a more relaxed and healthy outlook.

Participants will learn simple but specific techniques to put you in the driver seat and allow you to steer your thinking process in a healthy and positive direction. This workshop is funded through the CHH Center For Cancer Care, The Center For Cancer Care Fund, Inc. supports the complementary therapy programs and services offered at The Center in Torrington, available to patients residing or receiving care in northwest Connecticut. The CHH Center For Cancer Care is an affiliation of The Charlotte Hungerford Hospital and Connecticut Oncology & Hematology.

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Heal thyself: Self-hypnosis

<http://www.newscientist.com/article/mg21128272.000-heal-thyself-selfhypnosis.html?DCMP=OTC-rss&nsref=online-news>

Hypnotherapy has struggled for scientific acceptance ever since Franz Mesmer claimed in the 18th century that he could cure all manner of ills with what he termed "animal magnetism". "The whole field is plagued by people who don't feel research is necessary," says Peter Whorwell of the University of Manchester in the UK.

Whorwell has spent much of his professional life building a body of evidence for the use of hypnosis to treat just one condition: irritable bowel syndrome. IBS is considered a "functional" disorder - a rather derogatory term used when a patient suffers symptoms but doctors can't see anything wrong. Whorwell felt that his patients, some of whom had such severe symptoms they were suicidal, were being let down by the medical profession. "I got into hypnosis because the conventional treatment of these conditions is abysmal."

Whorwell gives patients a brief tutorial on how the gut functions, then gets them to use visual or tactile sensations - the feeling of warmth, for example - to imagine their bowel working normally. It seems to work - IBS is the only condition for which hypnosis is recommended by the UK's National Institute for Health and Clinical Excellence. Despite this, Whorwell still has trouble convincing doctors to prescribe it. "We've produced a lot of incontrovertible research," he says. "Yet people are still loath to agree to it."

Part of the problem is that it isn't clear exactly how hypnosis works. What is clear is that when hypnotised, people can influence parts of their body in novel ways. Whorwell has shown that under hypnosis, some IBS patients can reduce the *Jo Marchant is a freelance writer based in London*

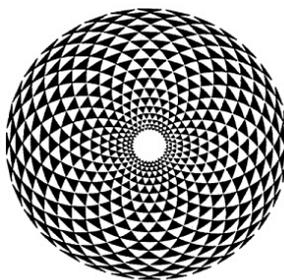
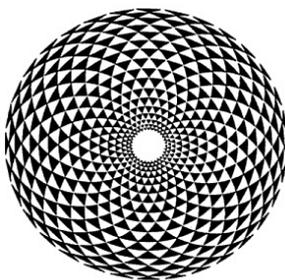


contractions of their bowel, something not normally under conscious control (*Journal of Psychosomatic Research*, vol 64, p 621). Their bowel lining also becomes less sensitive to pain.

Hypnosis probably taps into physiological pathways similar to those involved in the placebo effect, says Irving Kirsch of the University of Hull, UK. For one thing, the medical conditions that the two can benefit are similar, and both are underpinned by suggestion and expectation - believing in a particular outcome. The downside is that some people do not respond as strongly to hypnosis as others.

Most clinical trials involving hypnosis are small, largely because of a lack of funding, but they suggest that hypnosis may help [pain management](#), anxiety, depression, sleep disorders, obesity, asthma and skin conditions such as psoriasis and warts (*Papeles des Psicólogo*, vol 30, p 98). Finding a good hypnotherapist can be tricky as the profession is not regulated, but hypnotising yourself seems to work just as well. "Self-hypnosis is the most important part," says Whorwell.

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Can gastric band hypnotherapy beat obesity?

By Geraldine Gittens

<http://www.herald.ie/lifestyle/can-gastric-band-hypnotherapy-beat-obesity-2870976.html>

OBESE and overweight patients here are seeking a new form of hypnotherapy as an alternative to drastic gastric band surgery.

Gastric band hypnotherapy has taken off, according to industry experts, because it tricks the body into thinking that a gastric band has been inserted into the patient.

Paul McCabe, a hypnotist on Wicklow Street, Dublin, says the therapy can help clients lose around one pound per week.

"In the last 12 months it's got bigger. It's hypnosis, and when you're in that state of mind, you're very physically and mentally relaxed and things I get the client to imagine become much more real and the client has a very vivid imagining.

"It really depends on the weight that the client is at. If they've four or five stone to lose, they generally want all the help they can have."

Aisling Holly, from the Hospital Group, which carries out gastric band surgeries, said she would recommend gastric band hypnotherapy for those who have a BMI under 35, and who therefore would not usually qualify for a gastric band op.

But she added: "You've always got to be sceptical when there's no evidence. Most patients that present themselves to hospital have a long history of an eating disorder, so you're dealing with behavioural issues."

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Hypnosis shown to ease pain, but not all patients respond

By UCSD

<http://www.signonsandiego.com/news/2011/aug/30/hypnosis-shown-to-ease-pain-but-not-all-patients/>

Repeat after me: I am lying on a tropical beach. I am not undergoing surgery. I am lying on a tropical beach. I am not undergoing surgery.

Using hypnosis as a form of anesthesia is not a new idea, but lately it seems to be gaining currency. A pair of small Belgian studies published earlier this year reported that breast and thyroid cancer patients whose surgeries involved a combination of hypnosis and local anesthesia required fewer medications, recovered faster and spent less time in the hospital. The French Society of Anesthesiologists last year created a division in their group dedicated to the study of clinical hypnosis.

Can hypnosis really block pain? Should it be practiced in the operating room? We asked Tony Yaksh, professor of anesthesiology and pharmacology at the UCSD School of Medicine and director of the UCSD Anesthesiology Research Lab, to talk about altered states of consciousness and the science of pain.

Q: Is pain purely a neurological phenomenon? In other words, if the brain is unaware of signals sent from injured tissues, does pain actually exist?

A: If you injure tissue (which occurs in surgery) or cause it to become inflamed (as in arthritis), a message is generated and encoded in sensory nerves and sent through the spinal cord to the brain. The brain decodes the message and we become aware of this sensation. Just like when we key the letters P-A-I-N into a computer search engine and the search engine provides associated words and concepts, so it is that the brain provides us with myriad conscious correlates to describe this sensation, such as unpleasant, aversive and more. These produce behaviors that make us want to escape the sensation: Put down the hot coffee cup or move your foot to avoid a thorn. These conscious events are strong and have overpowering emotional content, such as dread, suffering and anxiety. The consequences are as real as any sensory experience can be.



Script of the Month

GAMBLING

Now just allow yourself to drift deeper and deeper with each word that I utter - and be aware that my voice now speaks to you about some matters of great importance. Allow these words to penetrate deep into your subconscious mind.

Imagine if you will, a new seed planted into the soft earth - where it is covered lightly with soil, watered and nurtured. For a little while it may lie dormant, and only later after germination has taken place, does this little seed begin to grow small shoots, which reach up towards the light, growing stronger and healthier.

Your seed may grow into a beautiful flower, or a lovely leafy green plant. It may one day even grow into a large, strong tree, with branches and leaves, perhaps bearing fruit. Who knows. But one thing is certain - this seed will grow stronger, given the right conditions.

And your subconscious mind is now in the right condition for positive suggestions. And it is because you've been acting in ways that you know have been causing problems for you and your family, that you have decided that it's time to make these positive changes in your life.

For a long time now, you've been gambling your money away, and you are beginning to realize that gambling is a mugs game. Gambling is for losers. The only people who really win are the bookies and the people who are continuously raking in the money. Your money. Money that you could be spending on more worthwhile activities. Money that you could be spending on your family, on holidays or more pleasurable things in your life.

And it is because you love your family and you put their happiness and welfare first, that you have decided it's time to quit gambling.

Gambling, like smoking and drinking and overeating, is an addiction, and like most addictions is fed by continuous habit. When you stop smoking, after a little while, you are free from the addiction to smoking. When you stop drinking alcohol then you soon become free from the addiction to alcohol. When you stop overeating you become free from that addiction also. And when you stop gambling, you become free from that mindless, addictive behaviour of gambling. It is as simple as that.

That's why you decided to stop gambling. You decided to take control of your life, and because you have the natural ability to succeed in all that you do, you no longer need to take unnecessary risks with money. You are free from the addiction to gambling. You no longer need or want to gamble, you have stopped gambling.

And you stop gambling one day at a time. You take each day as it comes, and each day you find it so easy not to gamble. You are in complete control of your life, and from now on, temptations are opportunities to demonstrate to yourself and others, the power of your inner strength and mental resolve.

You stop wasting your money, you stop gambling it away. From now on you become careful with your money and how you spend it. You certainly don't want to waste it on gambling in any form. You are free from the addiction to gambling forever. You no longer need or want to gamble, you have stopped gambling. And you stop gambling one day at a time. Each day that you don't gamble is a victory you are proud of. And you're very proud of yourself for overcoming that old habit of yours, that old addiction to gambling.

Imagine now that some weeks have gone by and you have not gambled at all. You are feeling very proud of yourself. You are in complete control of your life and you enjoy a deep sense of self respect. You are feeling very calm, very relaxed, very confident, you are proud of your success, you are proud of your achievements, you are proud of your family, and most of all, you are proud of yourself. It feels wonderful to be free from any unwanted addictions, to be in control, to know that you have the natural ability to succeed in all that you do.

And imagine that you are meeting an old gambling friend. He tells you that there is a horse running this afternoon and it's an absolute certainty. He's very excited because he's sure its going to be a winner.

Actually you think he looks a bit ridiculous. A grown man, getting excited about a horse race. You know that he may probably be right about the horse winning, but somehow you just don't care. Because the only certain winner is you. When he asks you if you want to put some money on the horse, you hear yourself say NO, No, thanks. I am not a gambler. I no longer need or want to gamble, I have stopped gambling. And immediately you feel a rush of inspiration and pride. Know that you are a success, you are the winner, you have the natural ability to succeed, in all that you do.

Winning money is no longer important to you. From this moment on, you are free from that old addiction to gambling, forever. From now on you value money only that has been honestly earned. Gambling seems to you like cheating, like a mugs game, like something you used to do, when you were younger, less mature, but now you're a grown man, you're a bit older and a lot wiser and so much more intelligent. You are the winner. You are in control, and each and every day you become more and more aware of these suggestions and the impact they have on your life.

Form an image now of someone whom you respect and admire. A person who does not gamble, perhaps has never gambled in his or her life. This can be anyone you like, a family member, maybe a friend or perhaps a famous person, or even someone you remember from your childhood who you looked up to , saw as a very powerful person. Nod when you have thought of that person. Good.

Now think about the qualities of this person, which you would like to have, I if you were to model yourself on this person. And imagine yourself, possessing all these qualities. These qualities may be something like determination or confidence; perhaps you'd like to have a stronger will or to be more flexible in your behaviour. You can still be the unique individual that you are, you don't need to give up any part of yourself, that you are completely happy with. But you can improve your own self image and become more and more the person you'd really like to be.

Imagine how your role model would deal with the challenges of life that he encountered. If he were tempted to do something he know to be wrong, destructive, losing behaviour, how would he react? Now see this person blending and merging with your own image. You're moving now towards your ideal image, your ideal self, the new, stronger you. And each and every day that you don not gamble, you take a step closer to this image ideal, this is the new you, and starting now, you're acting more and more in a way that makes you feel good, self confident and wonderful.





Up Coming Dates:

6 Day Practitioner Certificate of Clinical Power Hypnosis BRISBANE	25, 26, 27, 28, 29, 30 November 2011
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Certificate of Hypnosis PERTH	2011- Certificate of Hypnosis - Training Seminar Two Part Three: Friday, Saturday, Sunday, 18th, 19th & 20th of November, 2011 2011 - Certificate of Hypnosis - Training Seminar Three Part One: Friday, Saturday, Sunday, 11th, 12th & 13th of November, 2011 Part Two: Friday, Saturday, Sunday, 18th, 19th & 20th, of November, 2011 Part Three: Friday, Saturday, Sunday, 16th, 17th & 18th of March, 2012
	Four Day Power Hypnosis PERTH Part One: Fri, Sat, 10th & 11th Of September 2011 Part Two: Fri, Sat, 17th & 18th of September 2011

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General Contact Details:

Michael Werts (Newsletter):
 Mobile: 0401 634 355
 Email: michael.werts@iinet.net.au

Rick Collingwood:
 Mobile: 0420 322 763
 Email: hypnot@iprimus.com.au

John Vernes (All WA training):
 Mobile: 0403 839 641
 Email: linearhealth@iinet.net.au

Newsletter Email:
MM_Newsletter@iinet.net.au

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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 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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