

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

December 2011



December Issue... DECEMBER ISSUE?????? How can that be? Where has 2011 gone?...

I know that I seem to be asking the same question at the end of each year, but from my experience, I am not the only one. Everyone that I chat about this with is of the same opinion - "Gee this year's gone fast!" ... and it has. I am starting to think that there is very little purpose in actually putting the Christmas Tree away - it might be just a lot easier to leave it set up all year round!

Having said that though and allowing that you agree with the sentiment, can I suggest a small exercise (perhaps while parting of some of the festive season spirit!) - sit down and review just what has happened, been done, changed, achieved, finished and accomplished in what feels to be this very short amount of time. I am sure that you'll come up with quite an impressive list; both personal and in the wider community/world.

European money woes continue to plague world economies, Osama Bin Laden is no more, Queensland suffered devastating floods, Japan experienced the Tsunami and radiation troubles (ongoing), Gadaffi lost power, HCA is up and running, Qantas went 'on again, off again', Commonwealth leaders came to Perth for CHOGM, my beautiful granddaughter came into the world, work continued on the ongoing question of some form of regulation for our industry, I turned 50, Steve Jobs passed away, you are now 31,536,000 seconds older, bills have been paid, clients seen, meeting attended, birthdays celebrated, books read, tax paid, new clothes purchased and old clothes discarded...and the list goes on. So even though it has felt like a very short year, I am sure that you'll agree that plenty is been done.

My psychic abilities are definitely questionable, but I predict that next year will be no different. We shall see if that comes to pass but, in the meantime, everyone please have a safe, healthy, enjoyable and trouble free Festive Season and I sincerely hope that 2012 turns out to be your best year ever...irrespective of how short it is!

Stay well,
Michael
www.mindelevation.com.au
Michael Werts
Editor MM_Newsletter



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Hypnosis and Dentistry

http://www.huffingtonpost.com/thomas-p-connelly-dds/hypnosis-and-dentistry_b_1108332.html

As I was giving a patient some Novocain the other day (which is technically Procaine, with Novocain being a trade name, but that's for another post), she asked me about hypnosis for dental pain instead. I had heard about hypnosis for a lot of things, but dental pain? This was somewhat new to me, so I wrote it down, vowing to take a look at it (which was all I could do at the moment -- since I'm not a hypnotherapist, I told my patient that for now, the needle would have to suffice).

Anyway, a little digging, and yes, I found out that hypnosis and dentistry (amongst other medical practices) does have a connection.

To start, let's discuss hypnosis and hypnotism. What is it? The [Mayo Clinic defines it as such](#): (1)

Hypnosis, also referred to as hypnotherapy or hypnotic suggestion, is a trance-like state in which you have heightened focus, concentration and inner absorption. When you're under hypnosis, you usually feel calm and relaxed, and you can concentrate intensely on a specific thought, memory, feeling or sensation while blocking out distractions. Under hypnosis, you're more open than usual to suggestions, and this can be used to modify your perceptions, behavior, sensations and emotions. Therapeutic hypnosis is used to improve your health and well-being and is different from so-called stage hypnosis used by entertainers. Although you're more open to suggestion during therapeutic hypnosis, your free will remains intact and you don't lose control over your behavior.

Fair enough. That's pretty much what we all kind-of / sort-of know about hypnosis. So in a nutshell, you get hypnotized (brought into that trance-like state they mention) and then are more open to suggestion. If you're watching a hypnosis show at the county fair, the suggestion might be "bark like a dog." But for medical / life-improvement purposes, the suggestions might be more practical, like "stop smoking" or "eat less" or maybe even "the dentist's drill won't hurt." That last one is essentially the connection that I am interested in -- using a hypnotist to dull the pain. In an article from the UK (2), it seems a man did just that. He got his teeth pulled with little to no pain.

Ok, now I'm more interested... teeth pulled with no pain (and no Novocain)? As a dentist, I find that a little hard to believe (hey, I know it hurts). So I kept looking. A little more looking around brought me to

the International Medical and Dental Hypnotherapy Association (3). Wow, that's really official sounding. It seems like they are definitely behind the hypnotherapy in regard to medicine. Their mission statement includes the following (4):

To provide and encourage education programs to further, the knowledge, understanding, and application of hypnosis in complimentary health care; to encourage research and scientific publication in the field of hypnosis; to promote the further recognition and acceptance of hypnosis as an important tool in health care and focus for scientific research; to cooperate with other professional organizations that share mutual goals, ethics and interests; and to provide a professional community for those complimentary health care professionals, therapists and researchers who use hypnosis in their work.

I put all of that there because it sounds to me like they are looking to gain acceptance, and I think that's important to the discussion. Because, and here's the skepticism, there is little to no regulation regarding hypnosis. In just about every state, anyone can say they are a hypnotist (the laws are ever-changing, but suffice to say, I could not find any hard regulation that is consistent on a state-by-state basis. Indiana used to be one that was fairly restrictive, but they repealed that last year (5)).

So the above makes me a little skeptical about the entire thing. Unless you are accredited, you can't say you're a dentist ANYWHERE in the US. No state will let you hang a DDS shingle unless you have the proper credentials. Same with a physician, a lawyer, etc. But hypnotist? Not so much.

Now let me be clear -- I am not trying to belittle hypnosis or the like -- there seems to be enough evidence that there IS something to it. To give an example, the American Psychological Association (APA) -- 154,000 members strong, and is the largest professional organization of its type -- gives hypnosis credit. They admit it has been controversial, but "most clinicians now agree it can be a powerful, effective therapeutic technique for a wide range of





conditions, including pain, anxiety and mood disorders." (6)

You know what? That's a pretty strong endorsement. It's like anything else -- where there's smoke, there's usually fire, and in cases like this, it's been around long enough (and has enough people swearing by the effects) that there is "something" to it. So I find myself on both sides -- the natural skeptic in me says "no state license is telling," but I'm also logical and practical -- there's enough information out there that makes me say "okay, maybe there's something to this hypnosis thing." So my advice to you is to do some research and make your own decision.

One last thing I'll mention -- I also uncovered that the USC School of Dentistry (technically the Herman Ostrow School of Dentistry of the University of Southern California) is teaching hypnosis as an

alternative to needles and Novocain (7). So yes, there definitely could be something there.

All in all, I found this an interesting topic. There's a lot of information out there, both bad and good (and fair warning -- there's a lot of associations that claim to certify someone, but the certification is generally meaningless). I hope you enjoyed it.

Until next time, keep smiling.

1. <http://www.mayoclinic.com/health/hypnosis/MY01020>
2. <http://www.dailymail.co.uk/health/article-1023917/Man-uses-hypnosis-dull-pain-dentists-pulls-teeth-WITHOUT-anaesthetic.html>
3. <http://imdha.com/index.php>
4. <http://imdha.com/mission.php>
5. <http://www.in.gov/pla/hypnotist.htm>
6. <http://www.apa.org/topics/hypnosis/index.aspx>
7. <http://www.medicalnewstoday.com/releases/123764.php>



Antony Cotton's I'm A Celeb hypnotherapy

Antony Cotton had hypnotherapy and saw a therapist to get over his fears prior to taking part in 'I'm A Celebrity ... Get Me Out Of Here!'.

<http://entertainment.stv.tv/tv/278403-antony-cottons-im-a-celeb-hypnotherapy/>



Antony Cotton underwent therapy to conquer his fears before taking part in 'I'm A Celebrity ... Get Me Out Of Here!'.

The 36-year-old actor - who is best known for playing Sean Tully in 'Coronation Street' - also had hypnotherapy to get over his phobias of heights, flying and small spaces and is hoping his stint in the Australian jungle will make him well and truly overcome his worries.

He said: "I have a morbid fear of flying. I don't like heights and I am claustrophobic. I have had hypnotherapy and I have also

been to therapy to face my fears.

"The therapy was amazing even though in the days leading up to going in the jungle, I did have moments where I wondered why on earth I had said yes! But life is to live and so I think 'Why not do it?'

"Doing this show is a once in a lifetime opportunity and I am hoping it will make me face up to my fears."

Antony believes he will be a good campmate as he has many useful skills for surviving in a group in the great outdoors, but admits he can't stand confrontation.

He said: "I am a good cook. I'd also like to think I am a good shoulder to cry on. I am really looking forward to meeting new people and making some nice friends. I am practical too. I am a leader and I like to make sure things are done in the right way.

"I don't like it when people argue. I don't like stupid arguments. My worst-case scenario is being with someone who is a bigot. That would really upset me."



Woman conquers her fear of stairs

Fear ... Louise Wilson had a phobia of stairs since she took a tumble as a child BPM MEDIA

<http://www.thesun.co.uk/sol/homepage/news/3924266/Woman-conquers-her-fear-of-stairs.html>

A WOMAN has conquered her fears literally one step at a time after suffering a life-long phobia — of STAIRS.

Louise Wilson, 43, has battled a crippling fear of stairways and steps after she took a tumble as a child.

Until recently she had not walked up any stairs, including those at her home, since 1973 — instead shuffling up or down on her bottom if there was no lift or escalator.

Louise turned down countless jobs in offices without lifts due to the phobia and teachers would have to meet her on the ground floor at her son's parents' evenings.

The fear was so bad she was not even able to walk upstairs at the school to look at her son's work.

But mum-of-one Louise has overcome her fear after a hypnotherapist discovered it was triggered by a childhood experience of falling face-first on to concrete.

Louise, from Coundon, Coventry, said: "I truly don't remember a time when I wasn't scared of stairs and heights — it's just always been there.

"I would get panicky and full of adrenaline, I didn't know what it was like not to be frightened.

"My earliest memories of my fear is walking up open-slatted stairs in a castle, gripping on to the wall and crying. My mother really didn't know what to do with me.

"But the phobia didn't really start until I was an adult. It's open slatted and open-sided stairs I can't cope with.

"I would get all dizzy and feel sick and want to grip the floor."

Louise's most embarrassing experience was at Marks & Spencer when she took the escalator up — but discovered she would have to take the stairs back down to the ground floor.

She said: "I ended up having to go down the stairs on my bottom while hanging on to the rail.

"It was very busy at the time — they must have all thought I was drunk."

Professional

Louise finally decided to get professional help in August after a family holiday to Dorset.

She and her family had stopped for a burger at a service station but discovered the restaurant was on the other side of the motorway.

The only way to get there was across a glass-enclosed bridge — via two flights of stairs.

She started attending sessions with hypnotherapist Russell Hemmings who discovered her phobia was sparked from a childhood accident.

Russell, who runs the Bridge Hypnotherapy Clinic in Coventry, said: "Louise's fear of stairs is a combination of phobias - a fear of heights and a fear of falling.

"She didn't know where her fear came from and in hypnotherapy we were able to discover what had triggered it.

"Louise had forgotten it but her subconscious memory revealed she fell when she was a child and knocked her head on concrete.

"She checked with her mum and she could remember it happening so I was able to work with that area."

I finally feel as though I can begin to live my life properly now.

"It's so nice to know that I am able to go out with my family and not have to fret about where we're going and how I'll be able to avoid the stairs.

"I still don't feel 100 per cent comfortable around them, but I know it's a fear I can control now — and in time, I hope I won't be bothered by them at all."



QUICK THOUGHT:

- Know your limits, but never accept them.

Artistic inspiration through hypnotherapy

<http://www.asianage.com/life-and-style/artistic-inspiration-through-hypnotherapy-959>



Not many of us seek help or guidance from our inner or higher self, to tap into a creative reservoir. Recently, English rock band Coldplay are believed to have experimented with hypnotherapy to unleash their creative powers in the process of creating their next album. An interesting method employed by the frontman Chris Martin and his bandmates to let loose during writing sessions for their latest release.

It's not uncommon for creative people to seek inspiration, ideas from their subconscious mind. We checked with hypnotherapists to understand this phenomenon.

According to psychotherapist and hypnotherapist Mallika Bhatia, more and more people, especially those in the creative field have come forward to explore their life

purpose through hypnotherapy. She shares, "An artist had come to me some time ago to seek help for relationship issues. During regression session with her, she saw herself as an artist in one of her previous lives nearly 100 years ago. We didn't look deeper into it as it wasn't her core issue. But a few weeks later, she asked if she could pick up painting techniques from her life in that era as an artist. So, she went into regression and learnt few techniques. She said later, it had helped her immensely in her career."

For those who believe or fear that hypnosis is life threatening, Dr Bhatia clears the air. "Hypnosis is a guided meditation, where a therapist gives suggestions to the client and helps him/her achieve a relaxed (hypnotic) state and access the subconscious mind. We all know meditation increases one's productivity and it's a safe technique but must be done under strict supervision," she says.

Spiritual healer and practicing hypnotherapist Sharmee Bhuta-Divan reveals she discovered her life purpose while she was learning to be a hypnotherapist in 2009. She says, "It may seem strange, but during a practise session, I went into my past life where I was a healer in Greece and due to growing fear among the church, I chose to kill myself with crystals. This clearly explains my love for crystals in this life."

Sharmee recalls being visited by a young girl who wanted to change her current profession and pursue art. "I did her past life regression and removed few blocks, and during one session, I saw her father in the astral plane who not only apologised for blocking her path but also encouraged her to take up art as a profession. Not only did she take up painting lessons but has now discovered the artist inside and is an established artist today," she says.

However, it's not necessary to opt for hypnosis to seek wisdom. Like Dr Anjali Chawla, hypnotherapist, points out. "One of my clients saw herself as a painter during past life regression and took to painting. She suddenly developed interest in painting, she wasn't seeking it."

Somehow, we all seem to forget that it's all in our minds. Whether it's a mental block, fear, lack of confidence, putting our thoughts together and releasing negative energies helps us view life from a different angle.



Quick Thought:

- The brain is a wonderful organ; it starts working the moment you get up in the morning, and does not stop until you get into the office

Healthy pregnancies: From hypnotherapy to meditation

Sasha Gusain, Health Me Up | Oct 27, 2011, 11.36AM IST

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Healthy-pregnancies-From-hypnotherapy-to-meditation/articleshow/10506275.cms>

Pregnancy is a tricky time for women when it comes to their health and the health of their unborn child. Worries run deep and solving most of these anxious moments weighs heavily on the soon-to-be mother's mind.

Enter - Hypnotherapy and meditation. Today Dr. Snehal Shah, a clinical hypnotherapist, tells us about her philosophy that says - healthy mothers give birth to healthy and happy babies. Through her clinic - Viha - Dr. Shah helps mothers through labour, child birth and early parenthood, all while integrating different therapies that involve hypnosis, meditative techniques, and breathing. Here are some excerpts from an interview with the doctor...

Hypnotherapy is a relatively lesser known method of treatment in India. Could you tell us a little about how this is relevant to pregnancy, and how it helps in healthy deliveries?

Pregnancy is a physiological condition where women undergo a lot of physical, emotional and mental changes. With it comes anxieties and fears and pains like backache and morning sickness, labour anxiety etc. Through hypnotherapy we program the mind and make the whole journey of pregnancy and child birthing a comfortable and a pleasurable experience. We make the would-be mothers connect with their babies through visualization and verbal facilitation. Similarly, we teach the mother hypno-birthing techniques, which are very effective to deal with labour. During the prenatal programme the mother is made to visualize the entire labour process and under hypnosis, positive auto suggestions are fed into her mind. Certain breath techniques are taught, and once this entire experience is re-enforced multiple times, the mind is programmed to undergo the process smoothly. Happy and healthy mothers give birth to happy and healthy babies

*Healthy pregnancies: From hypnotherapy to meditation
(Thinkstock photos/Getty Images)*



Your programme, Viha, stresses on breathing techniques and meditation. With respect to this, could you explain 'Rechaka' to us?

Meditation and Breath techniques significantly improves the overall fitness of the mother and hence the baby growing within her. One such technique known to deal with labour is the Rechaka breath technique or the prolonged exhalation technique. Throwing breath out and maximum exhalation is the secret to relaxation while in labor. The mother has to breathe in for a count of 4 secs or as convenient, and slowly breathe out for double the count. This is to be repeated whenever contraction is felt in the first stage of labour, while the mouth of cervix is opening i.e. dilating. An alternative to the same is to breathe in air and while exhaling, hum "AUM" or any pleasing sound. It helps the mind to relax and feel peaceful.

While prenatal yoga is helpful in alleviating ill-health during (or even after) pregnancy, can a person with a sedentary lifestyle try it for the first time in pregnancy?

Yoga is not just about certain asanas or exercising. It's a way of life, or a way of living. Yoga can be practised by anyone. Prenatal yoga focuses on toning up the pelvic floor muscles and joints so that it strengthens it and makes it more flexible and hence

facilitating towards normal delivery. A holistic integrated approach empowers not only the mother, but also the child for a better health and hence a better life. Be it working women, or home makers with a sedentary lifestyle, or even mothers who suffer from morbid illnesses like high blood pressure, diabetes or other illnesses, this integrated approach will definitely help them live a healthier life.

How often in a day, week or month do you recommend that a pregnant woman practise prenatal yoga?

Different trimesters require different asanas, and yoga should be done under strict supervision and expertise. Once the mother learns the asanas, it should be done for few minutes daily. Asanas can be done under supervision. However the meditative and breath techniques are advised to be done daily. They

are very simple techniques, yet very effective and powerful to develop a close bond between the mother and the baby.

Once someone signs up for Viha, do they need to follow a strict dietary plan as well?

Viha prenatal programme educates the would-be mothers about the different stages of pregnancy, and what should be done, and what not. It counsels the mother on diet and nutrition related to pregnancy and post partum. Like which foods are rich in what nutrient content, emphasis on calcium, iron and protein intake, its different sources and what food combinations best meet the daily requirement of nutrients. They need not follow a specific diet if they sign up for Viha, however incorporate how much ever they can in their day to day lives, so that their body and baby gets the best, yet correct nourishment from their diet.

Travis Barker considers hypnotherapy so he can fly again after plane crash

<http://blog.seattlepi.com/people/2011/10/03/travis-barker-considers-hypnotherapy-so-he-can-fly-again-after-plane-crash/>



Blink-182 star Travis Barker is considering hypnotherapy in a desperate bid to overcome his fear of flying following a 2008 plane crash, which claimed the lives of two friends.

The drummer suffered severe burns as he stumbled out of a blazing jet, which burst into flames after failing to take-off in

South Carolina, and he spent months in recovery.

Three years later, he still refuses to fly anywhere and admits his phobia has become a big problem in his professional life.

He says, "Unfortunately I can't do as much touring as I would like because I don't fly. It's an obstacle. I'm working on it though."

"I'm trying to get hypnotized, trying to talk to a doctor who retrains your brain. Maybe he'll help me fly again one day."

But there have been a lot of positives for Barker since he escaped death – he has become more health conscious after promising himself he would take more care of his body as he recovered from his injuries in hospital.

He tells Rolling Stone magazine, "I run every day now. I never ran before. In the hospital, I promised myself that if I ever walked again, that I would eat well and swim every day."

Barker has also cut meat and dairy products out of his diet and he steers clear of prescription drugs.

He adds, "I've been vegan since I got out of the hospital... and before the plane crash, I was battling a painkiller addiction. For years."

"I can proudly say I didn't even take any pain medication after I got out of the hospital. They told me I'd be on some of the medicine for the rest of my life, but I got off all of them. They made me a completely different person."



HYPNOSIS

Ah crap ... last time he gave me that look I came to three hours later, dressed as a French maid ... with half a banana shoved ... Uhm, nevermind.

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Dental hypnotherapy – a fascinating introduction

<http://www.dentistry.co.uk/news/4488-Dental-hypnotherapy-qhyphen-a-fascinating-introduction>



Like many dentists, I have been interested in the potential for hypnotherapy to benefit my patients, my practice and myself, but never found the right kind of course, designed for using hypnosis in general dental practice.

This is where the Institute of Hypnotherapy for Medical and Dental Practice (IHMDP) comes in, offering practical courses specifically designed for us GDPs, imparting knowledge and skills that can be taken back into practice and used literally the next day.

I was lucky enough to attend the course in October held in London over two days, joining another 18 delegates for a really fascinating introduction and insight into a whole new world of possibilities.

Sharon Waxkirsh, one of the founders of IHMDP, understands dentistry and our needs because she offers hypnotherapy services for patients within the dental practice setting. Sharon introduced the other founder of IHMDP, our main lecturer and instructor for the two days, Dr John Butler.

John has been using hypnotherapy in his medical practice for some 30 years now, with notable successes and many famous clients to his

name, including having fairly major surgery carried out on himself, and filmed, using self-administered hypnoanalgesia as his only form of pain relief during the operation – if you're not too squeamish the video is available to watch on YouTube.

John's approach when training practitioners is to make the course as hands-on as possible and within a hour or so we were already working in small groups carrying out hypnotic inductions on each other, with varying levels of success. He doesn't believe in using rigid scripts, but in teaching the principles of the various techniques and allowing the operator's own imagination and creativity to develop their own personal style, whilst also being a flexible enough approach to able to react to the subject's individual needs.

It's rare to find dental courses where something genuinely new and useful is taught; so many seem to be revision of existing knowledge, or a glorified advert for some product or service. This course though was quite definitely in the 'new and useful' category; it's a very long time since I felt my mind, preconceptions and ways of working so completely stretched, challenged and altered. It has taken me a few days to return to reality, but that might have had something to do with having been hypnotised at least half a dozen times over the two days!

My colleagues on the course were a really interesting group, from a wide range of practices and backgrounds, including an endodontist, a special needs dental specialist, a therapist and

many general practitioners, including some from as far afield as Germany and France.

The claimed benefits and uses of hypnosis in dentistry cover a very wide spectrum, but include management of nervous patients; treating dental phobia and needle phobia; analgesia and anaesthesia; suppression of gag reflex; better cooperation; faster healing; control of bruxism and clenching; compliance with oral hygiene instructions; attending for regular recalls; recommendations to other potential patients; dentists' own personal development; team building and training, etc.

Most of these subjects were covered during the course, and we have all returned to our practices ready to put them into effect, but knowing we will have to practice the skills learned many times in order to become fully proficient.

Nervous

On my first day back at work I managed to put two very nervous patients into a deep level of relaxation within a just a few minutes, making the procedures much more pleasant for all concerned. This included one lady who insisted that she was resistant to hypnosis and it had never worked before for her – she had come in feeling very stressed and left feeling fully relaxed and refreshed; quite a result for day one! Mind you, I did still use local, so I wasn't quite as adventurous as one of the delegates from the previous course who had managed to complete an extraction on a patient with no anaesthetic,

other than hypnoanalgesia, the very next day!

I'd thoroughly recommend all dentists, therapists and hygienists to consider becoming

trained in clinical hypnosis as a fantastic way of connecting with patients to make the whole experience of dentistry much more pleasant and rewarding for everyone. There's nothing to

fear, even if you hate the sound of your own voice and think it could never relax anyone – you'd be amazed what you're capable of doing with just a little guidance.

Author Andy Lane

Andrew qualified from the University of Bristol with a Bachelor of Dental Surgery in 1978, followed by the Diploma in General Dental Practice, Royal College of Surgeons, UK in 1993 and a Master of Philosophy in 1999 for research into dental materials at the University of Manchester. He won the SmithKline Beecham Dental Practice Innovation award in 1995 and the Manchester Postgraduate Dental Society Award for research in 1999. He prepared the General Dental Council's written submission to the House of Lords Scientific Select Committee investigation into Complementary Medicine. Andrew is now the principal of Stockport Dental Seminars, organising and teaching advanced occlusion courses around the UK, combined with a partnership in a private general dental practice in Saddleworth. Andrew was a founder of the British Society of Occlusal Studies in 1986 and was the society's secretary for 10 years. During that time organised over 50 postgraduate training courses, including teaching fixed appliance orthodontics to GDPs, along with a variety of courses on occlusion, TMD, aesthetics and alternatives to amalgam. Other positions held include Dental Vocational Training Advisor in General Dental Practice, UK Chairman of the American Equilibration Society, Chairman of Dental Relief for Romania Appeal, leader writer for Dentistry Monthly magazine and editor of Biological Dentistry newsletter. Andy has recently launched Private VT Ltd, an alternative vocational training scheme specifically designed to introduce new graduates into private general dental practices. Visit www.privatevt.com for more details



Pregnancy hypnotherapy

<http://www.mindfulmum.co.uk/2011/safe-pregnancy/safe-labour-birth/pregnancy-hypnotherapy-cd/>

Many women are using hypnotherapy techniques to help them relax during pregnancy and prepare for a natural birth. Midwife and complementary therapist, Amanda Gwynne looks at what pregnancy hypnotherapy is and the key benefits of using a hypnosis CD during pregnancy below.



What is pregnancy hypnotherapy?

"Your imagination is your preview of life's coming attractions." Albert Einstein

Hypnotherapy has been used as a healing technique for centuries, and was coined from 'Hypnos' the Greek god of sleep. Hypnosis is a naturally occurring state similar to daydreaming, neither awake nor

asleep. During hypnosis breathing slows, and muscles relax deeply whilst the mind remains alert to positive suggestions. Research has suggested that hypnotherapy may reduce pain, ease anxiety and significantly reduce the length of labour.

Hypnotherapy during pregnancy helps you to prepare physically, mentally and emotionally for a natural, calm, pain free labour and birth. Pregnancy hypnotherapy CDs use a combination of techniques such as deep breathing, profound physical relaxation, visualizations and glove anaesthesia techniques.

Six reasons to use a pregnancy hypnosis CD

1. Relaxation. Achieving deep physical and mental relaxation promotes the release of your own natural analgesia, (endorphins) and oxytocin the 'love hormone' during labour and birthing
2. Eases morning sickness. Listening to positive suggestions and visualizations, hypnotherapy may help to reduce anxiety, sooth the digestive tract and promote feelings of physical and emotional wellbeing.
3. Bond with baby. Simple visualization techniques help you to bond with your baby during pregnancy.
4. Helps you sleep. Many women find listening to a CD at night hugely beneficial as it

encourages deep relaxation, physical comfort and promotes restful sleep, which may be more difficult as your bump gets bigger as pregnancy progresses.

5. Preparation for natural childbirth and parenting. Practicing techniques such as deep breathing, deep relaxation, visualizations and glove anaesthesia provide a wonderful toolbox for supporting labour, birth and early parenting.
6. Home comforts. Although a session with a hypnotherapist or attending a HypnoBirthing

class brings the greatest benefits, many women cannot attend structured classes due to work commitments or other children. A pregnancy CD brings a hypnotherapy session to you in the comfort of your own home whenever you want.

Hypnotherapy during pregnancy can help you during pregnancy, birth and beyond. To find out more about pregnancy hypnotherapy CD's.

Photography: M Sundstrom @Flickr

Frances Bondad scores maiden win, credits hypnotherapy for turnaround

<http://www.heraldsun.com.au/sport/golf/frances-bondad-scores-maiden-win-credits-hypnotherapy-for-turnaround/story-e6frfgax-1226174938527>

AUSTRALIAN Frances Bondad came from two strokes behind overnight leader Pan Yan Hong to lift her maiden trophy as a professional at the Sanya Ladies Open in Hainan, China.

The 23-year-old birdied the final hole at Yalong Bay Golf Club to edge one stroke clear of Scotland's Vikki Laing, who closed with a bogey after getting caught in the bunker.

Bondad fired rounds of 68, 70 and a bogey-free final round of 67 to earn a one-stroke victory at 205, 11 under par for the tournament, securing a first prize cheque for 30,000 euros (\$A40,500) and a three-year exemption to the Ladies European Tour.

"It feels unreal ... it hasn't hit me yet," Bondad said.

Bondad picked up momentum when she holed a 35-foot putt for an eagle three on the ninth green before holing a 15 footer for birdie at the par-four 12th.

She then struck an arrow-straight three wood to the front of the 13th green from 180 metres and two putted for birdie to tie for the lead with Laing on 10-under par.

Laing moved a stroke ahead when she sank a long birdie putt at the 14th and held a one-stroke lead standing on the 18th tee, before dropping a stroke after finding the bunker.

Bondad sealed the victory with an eight-foot putt.

"I was hitting it close and I just wasn't making any putts and when that eagle putt went in at the ninth, that kept me going, and made me think, 'I can get up there'," she said.

Bondad, whose previous-best finish in four seasons on the Ladies European Tour was a tie for second at the 2010 Open de Espana Femenino, said that a course of hypnotherapy had been instrumental to her victory.

Ranked 65th on the LETs Henderson Money List, she felt she was struggling and recently went in search of something different to turn her game around.

"I got hypnotised two weeks ago and he spoke to my subconscious mind and got rid of my bad past," Bondad said.



Frances Bondad with her trophy after winning the Sanya Ladies Open in Hainan, China

"I've just been taking this herbal medicine and found out a few things about myself. I've sorted that out and its unbelievable the way its changed me."

South African Ashleigh Simon fired a 69 and ended in a share of third with the long-hitting overnight leader Pan, who shot 72.

Her countrywoman Lin Xiyu improved on her share of ninth place in 2010 to end in a tie for fifth at six under with Finland's Minea Blomqvist, Australian Stacey Keating and Thailand's Patcharajutar Kongkraphan.

China will be watching Lin as the 15-year-old professional improves in the lead-up to the 2016 Olympic Games and she looks an exciting prospect for women's golf.

She and the other players will now head to mainland China for the

Suzhou Taihu Ladies Open near Shanghai, where world No.1 Yani Tseng will form part of another strong field.



Mother drank seven pints of Diet Coke every day for seven years

A mum has finally overcome her addiction to Diet Coke after downing a staggering seven pints every day for ten years.

<http://www.telegraph.co.uk/news/newstopics/howaboutthat/8819666/Mother-drank-seven-pints-of-Diet-Coke-every-day-for-seven-years.html>



Claire Ayton drank seven pints of Diet Coke a day Photo: BPM MEDIA

Claire Ayton, 36, has knocked back a stomach-churning 14,600 litres (25,692 pints) of the fizzy drink since she was 26.

The mum-of-two forked out £25 every week on 14 two-litre bottles - around £1,300-a-year.

She also ballooned in weight, piling on three stone to 13-and-a-half stone.

But she finally beat her addiction in August after she visited a hypnotherapist who persuaded her to cut coke out of her diet.

Claire, from Pailton, Rugby, Warks., said: "I didn't think of it as an addiction.

"It was an everyday thing. I'd have one coffee in the morning and nothing else to drink but diet cola for the rest of the day.

"I was always thirsty.

"People used to comment how many bottles of diet pop we bought at the supermarket or kept in the house. I just thought, 'Well I drink it all'."

Claire, a teaching assistant at a school for pupils with special needs, initially went to her GP after suffering tiredness but never mentioned her diet coke intake.

She said: "I was feeling tired all the time. I had blood tests and they came back normal.

"I never thought diet coke could be the cause of my problems because it was a diet drink.

"Over the last 12 years I put on three stone in weight and found I couldn't lose any.

"I'd tried Weight Watchers, Slimming World and slimming pills. I went to hypnotherapy for weight loss as a last resort."

Claire visited hypnotherapist Russell Hemming in Coventry in August who told her she was a "fizzy drink addict".

Russell said her body craved sweeteners, particularly Aspartame - which is a staggering 200 times sweeter than sugar.

Claire said: "When I told Russell how much diet pop I was drinking he was quite surprised and said I needed to cut it out of my diet to improve my health and drink more water.

"I looked at the side effects of the artificial sweeteners on the internet when I went home.

"Allegedly aspartame is the worst. It's in lots of diet drinks. I think I was definitely suffering side-effects.

"Now I just drink water with a chunk of orange."

After giving up diet coke Claire suffered 'cold turkey' as her body went through withdrawal symptoms for the sweeteners.

She said: "I had headaches at first and on the third day I felt as though I had been beaten up.

"But then I started to feel much better. My head is clearer, not so fuzzy, and I have much more energy.

"I do boxercise and Zumba twice a week.

"I've lost five pounds so far. I'd like to lose two-and-a-half stone.

"I used to have diet cola as my mixer in my alcoholic drink, now I have lemonade.

"I have even changed my artificial sweetener."

Claire, who has two sons, Conor, 14, and Ellis, 12, with husband Des, 37, who runs his own car parts business, reckons she will save around £1,300 a year on her shopping bill.

She said: "Our monthly shop is cheaper. We could go on holiday somewhere nice and sunny for the money I was spending on diet coke."

Clinical hypnotherapist Russell Hemming said Claire's addiction was the "worst case" he had ever seen.

He said: "This is the worst case of fizzy drink addiction I have ever treated. I'm so glad she's kicked the habit.

"When Claire first came to see me she was very lethargic, had no motivation and was sitting on the settee eating junk food.

"Now she is drinking two litres of water a day, doing exercise classes and her diet has improved.

"I have noticed over the last year how a lot of my overweight clients come in with diet drinks in their hands because they see it as a 'no-calorie' sweet treat; whereas slim clients tend to drink water.

"Some experts are now saying that diet soda could make you gain weight.

"New research has found that diet drinks increase your cravings for sugary foods because of the insulin generated in the body.

"Using a combination of cognitive behavioural therapy and clinical hypnotherapy I have created a session which looks at changing the way people focus on food and drink."

Gaining more control with hypnotherapy

By Lesley Alderman / *New York Times News Service*

<http://www.bendbulletin.com/article/20110922/NEWS0107/109220316/>

Kirsten Ritchie, 44, is no stranger to surgery — nearly 20 years ago, doctors removed four tumors from her brain. She remembers the operation and its aftermath as "horrific."

So the news that she needed brain surgery again was hardly welcome. Determined to make her second operation a better — or at least less traumatic — experience, Ritchie, an insurance marketing representative in Cleveland, turned to an unusual treatment.

At the Cleveland Clinic's Center for Integrative Medicine, she had four hypnosis sessions in the month before her procedure, during which she addressed her fear of the coming surgery. She also practiced self-hypnosis every day.

Eventually, she said, "I got to a place where I felt a sense of trust instead of fear."

In February, doctors removed a plum-sized tumor from her brain. But there the similarity to her previous experience ended. Ritchie woke up from the procedure, she said, feeling "alert and awesome." She ate a full dinner that night and went home in two days.

"My neurosurgeon was stunned at how little medication I required before and after surgery, and how quickly I bounced back," she said.

Ritchie attributes her speedy recovery and calm state to her hypnosis sessions. Used for more than two centuries to treat a host of medical problems, particularly pain management

and anxiety, hypnosis is now available to patients at some of the most respected medical institutions in the country, including Stanford Hospital in California, the Cleveland Clinic and Mount Sinai Medical Center and Beth Israel Medical Center in New York.

Some critics find the research into mind-body therapies unconvincing, but their skepticism has not deterred patients like Ritchie. And there are researchers who say they believe that by helping patients feel in better control of their symptoms, hypnosis can reduce the need for medication and lower costs.

"It is an effective and inexpensive way to manage medical care," said Dr. David

Spiegel, director of the Center on Stress and Health at Stanford University School of Medicine and a leading authority on hypnosis.

A study by radiologists at Harvard Medical School, published in 2000, found that patients who received hypnosis during surgery required less medication, had fewer complications and shorter procedures than patients who did not have hypnosis. In a follow-up study in 2002, the radiologists concluded that if every patient undergoing catheterization were to receive hypnosis, the cost savings would amount to \$338 per patient.

"When patients are groggy from anesthesia drugs, it costs more to recover them," said Dr. Elvira Lang, an associate professor of radiology at Harvard Medical School and a lead author of both studies. "Hypnosis calms patients."

If you have a medical condition for which conventional medicine is not working, or you'd like to try a gentle mind-body alternative, hypnosis may be worth considering.

Here are some things to keep in mind:

- *The therapist*

There is no uniformly accepted definition of hypnosis, but most experts generally agree that it is an altered mental state in which a patient becomes highly focused and more receptive to social cues.

During a session, the practitioner guides the subject into a relaxed state and then makes specific suggestions to help change a behavior, a perception or a physiological condition. Someone who is trying to quit smoking, for instance, might be told under hypnosis that cigarettes are poisons and that it's important to care for and respect his body.

Some patients find that hypnosis is a helpful adjunct to traditional psychotherapy.

"Talk therapy engages the conscious mind, which is overwhelmingly facile at creating blocks to avoid hurtful problems," said Dr. Tanya Edwards, director of the Center for Integrative Medicine at the Cleveland Clinic. "In hypnosis, the therapist is dealing with the subconscious mind and can get at core problems more quickly."

Whatever the approach, it's important to find a highly skilled practitioner.

"Hypnosis is like a surgeon's knife," said Edward Frischholz, a clinical psychologist in Chicago who has written more than 50 papers on clinical and experimental hypnosis. "In the right hands it can be life-saving, but in the wrong it could cause harm."

There is no universal licensing process for practitioners who do hypnosis, so look for a licensed health professional — for instance, a psychologist, medical doctor or social worker — who has been trained in hypnosis. Ask your doctors and therapists for recommendations, or go to the Societies of Hypnosis website, which allows you to search by ZIP code and specialty.

- *The session*

At your first session, the practitioner will discuss your condition and may administer a short test to assess how hypnotizable you are.

Most people are susceptible to hypnosis. But if someone is clearly not, then the therapist or doctor may try another technique or suggest a different approach to the patient's problem. Most sessions last about 50 minutes.

Specific conditions — like smoking, a fear of dogs or flying or temporary insomnia — may require just one session.

In 2008, the personal health columnist Jane E. Brody recalled in this newspaper that her husband was able to stop smoking after just one session of hypnosis.

"For very circumscribed disorders, hypnosis works very quickly or not at all," said Frischholz.

If your problem is more complex, like post-traumatic stress disorder or depression, it may require multiple sessions. "I might spend the first two sessions taking a history and learning about someone's background," said Carol Ginandes, an assistant clinical professor of psychology at Harvard Medical School who uses hypnosis in her private practice. "Then I would work with the patient in a very individualized way."

A session costs between \$75 and \$200, depending on where you live and the credentials of the practitioner. If the therapist or doctor is in your insurance network, then you may pay only a standard co-payment. Insurers do not cover hypnosis itself, however; it will have to be billed as a part of your counseling, or as an office visit.

- *The D-I-Y approach*

If the thought of someone putting you in a trancelike state makes you uncomfortable, hypnosis with tape or CD at home may be a practical alternative.

CDs made for a general audience, available at websites like HypnosisNetwork.com or HealthJourneys.com, may not be able to help you with a particular or complicated condition, like a lifelong struggle with depression, but they may help train you to calm down before a big test or surgical procedure.

Some practitioners may send you home with a custom-made CD or tape that you can use on your own.

Your therapist or doctor may also teach you self-hypnosis, as Ritchie's therapist did. You learn how to put yourself in a deeply relaxed, receptive state in which

you repeat statements such as "My body is strong and can handle this surgery," or "I feel calm and relaxed."

"People think hypnosis is about giving up control," said Spiegel. "But it's actually giving control back to the patients."

Lifestyle: Healing by Hypnotherapy

<http://www.defimedia.info/articles/13078/1/Lifestyle-Healing-by-Hypnotherapy/Page1.html>



For Micheline Cameron, a Spiritual Counselor, Counselor in Kinesiology, Hypnotherapist and Reiki Master

who has her own Holistic Wellness Centre in Grand Baie, "hypnotherapy is a way through which we can choose to be a better person and to bypass the stress and pain of everyday life. As a trained hypnotherapist, I attempt to guide the person into a place of healing and positivity."

All our learned behaviour and habits, either good or bad, reside in the subconscious mind. Hypnosis speeds up the process of positive change since the hypnotherapist is working directly with the subconscious mind. Old unwanted negative associations and patterns of behaviour can easily be removed and replaced with positive beneficial ones.

Hypnotherapy is a sort of "reframing", where the belief systems are changed and consequently, the whole life of the person metamorphoses into a more positive one. Micheline exemplifies, "you suffer from anorexia. Your problem is basically in your attitude. Through hypnotherapy, we reframe your negative attitudes towards yourself so that you can feel more at peace with yourself".

We always wonder how it feels to be hypnotised. Micheline feeds our curiosity: "Being hypnotised feels being as close to God and love as you can. You become a child again. There are suddenly no limitations, only a whole set of possibilities." Hypnotherapy can help us make changes in practically any area of our life. Any bad habits or unwanted demeanours can easily be changed into more positive ones. There are diverse areas where hypnotherapy has proven to be tremendously helpful like memory enhancement, improving concentration, relieving insomnia, rid stuttering, losing weight, quitting smoking, pain and stress management, elimination of fears and phobias, improvement of study habits, and strengthening self-esteem confidence amongst others.

Different purposes

The patients of Micheline come to her for different purposes and are from diverse walks of life, age and creed and she strongly argues that "hypnotherapy cuts across the barriers of religions". Her success stories are highly commendable, ranging from healing a cancer afflicted 16 year old Hindu girl and a former bedridden Catholic girl of 9. Most of her patients are people who want to be better and see her for stress management.

Most people feel wary of the hypnosis act fearing that the hypnotist may make them do anything against their will, morality or ethics. Micheline admonishes claiming that "These fears and misconceptions are rooted in movies and are completely unfounded. Hypnotherapy works only how and when the person wants it to work." The individual is always in control, and in fact, is more aware of what is happening while in the hypnotic state." During hypnosis, we are actually awake and aware of our surroundings and hear everything because our senses are magnified 8 times. In fact, we are actually more alert while in hypnosis than we are in our normal waking state. As the hypnotist, "I am merely the guide who directs and leads the person into the hypnotic state. The hypnotist cannot make you do or say anything you ordinarily would not do, unless you want to", claims Micheline.

One usual argument is that hypnotherapy 'comes from the devil'. "Why would something which brings so much of positivity in a person's life be from the devil? The only thing that hypnotherapy does is replace the bad with the good", maintains Micheline. She further explains that the mind has natural defenses built in which it will automatically reject any suggestions it deems harmful. "When we sleep, only our consciousness sleeps while our sub consciousness remains alert and never sleeps, such that, if your house catches fire, you'll instantly be on guard. Likewise, if during hypnosis session, if something goes wrong, your sub consciousness will just signal you out of it. Your body will react and take control."

The success of the hypnotherapy session is entirely dependent on the person as Micheline articulates:

"hypnotherapy is not something the hypnotherapist can make you do. If you are serious and really want to work on the issue and improve your life, then hypnotherapy will work wonders. Hypnotherapy cannot work on somebody who does not believe. Everything is in your mind. Like when you are wearing heels. If you believe you will trip and fall, you most probably will." Basically the choice is ours, because healing is possible only when our body, mind and soul accept it.

It should be noted that hypnotherapy is only an adjunct to traditional medical or psychological treatments, but is not meant to be a replacement. It is used often in the medical and dental fields as well. Hypnotherapy can be used as a substitute to anesthesia during medical operations, child delivery or even tooth extraction and to assist doctors in terms of re operation and post operation pain management.

According to the hypnotherapist, "anesthesia makes the patient feel drugged and it remains in your body for more than a year while hypnotherapy allows the patient to come out of healing quicker. Moreover, because there is lesser bleeding and more blood control, the surgeon can work quicker. The healing is quicker with no pain. With its many benefits, hypnotherapy is now becoming very Western."

We are mostly fascinated by the act of hypnosis and trance. For most people, it represents something almost mystical. However, we are not aware that trances are very much part and parcel of our lives. As Micheline suggests, consider this: "you are in the bus, on your own, looking at the window. You start thinking, and drive subconsciously and mechanically and then you suddenly realise that your exit was 3

miles back. This is because hypnosis is a natural and normal state of the mind in which the body experiences a state of deep physical relaxation while the mind remains clear, alert and focused. In this altered state of awareness, the subconscious mind becomes open and suggestible.

Trances

A person naturally enters this state many times during a normal day. It is only that most of us are not aware that it is happening." Trances allow for the proper channelling of positivity and creativity which were hitherto pushed down by stress and depression.

With her permanent dose of positivism, Micheline serenely advises our readers. "If you have any chance to cure a disease as in disease or a discomfort, in any form, seize the chance. If you can get rid of it, why not take that opportunity? Hypnotherapy has proven to be an asset, use this tool."

We need to understand that just as our sickness come from within ourselves, we need to seek the remedy within ourselves. We all have the abilities to deal to get rid of the "disease", only that the stress of everyday life made us forget how to heal ourselves. For Micheline, who is a hypnotherapist just because she "loves showing people how great they can be and how much power they have in themselves", hypnotherapy is the tapping of this knowledge and prompts our bodies to accept self healing, which is why it is strongly on the recommendation list.

By Mumtaz Soogund

Quick Thought:

- Best friends are like diamonds, precious and rare. False friends are like leaves, found everywhere. ~Unknown~
- Remember that happiness is a way of travel -- not a destination
- There's always something to be thankful for. If you can't pay your bills, you can be thankful you're not one of your creditors.
- Every problem is just an opportunity waiting to be made use of.

Training with Rick Collingwood

The Ten Minute Vincenzo Campanelli Quit Smoking Method The most Powerful and Effective Quit Smoking & Addiction Method Ever!

Two Day Training only available to academy students and members of PHWA
This training is not available to trainers from any other hypnosis institutions

Perth: Saturday & Sunday 28th & 29th of January at Technology Park Function Centre, 2 Brodie Hall Drive, Bentley, WA.

Melbourne: Saturday & Sunday 18th & 19th of February at The Beau Monde Hotel 930 Doncaster Road, Doncaster, Victoria.

The 10 Minute Quit Smoking Method of Vincenzo Campenelli

This incredible technique is easy to learn and it revolutionizes the concept of healing most addictions including cigarette smoking by its use of a rapid and stupefying induction method which has an almost instantaneous effect from usually just one session.

Two Minutes to quit smoking forever! **Is it possible to quit smoking forever in less than two minutes?**

Smoking and addictions are indeed amenable to being cured by magnetism in the shortest possible time. This is what Campanelli's methodology proves. The originator of this method was Vincenzo Campanelli, who passed away recently. He derived it from Herman Michel, a Swiss who used to work in Antwerp, in Seon, and in Lugano's canton.

Campanelli's fame, punctuated by astounding results and corroborated by unimpeachable testimonies, appears to be truly unassailable. His is an unbelievable, amazing, unparalleled case, which has been studied by worldwide famous scientific celebrities, who have analyzed the phenomenon of his person and sealed their reports by stating the following: The relevant facts are true, and yet they are devoid of any plausible explanations in terms of ordinary therapeutic techniques.

Formerly practicing from his study in central Rome and himself an incessant smoker, Campanelli, following a meeting with Hermann Michel, was so impressed by the fact he had succeeded in quitting smoking that he wanted to learn Michel's magnetic and hypnotic techniques. He eventually became a healer in his own right who specialized in removing the bad habit of smoking from fellow humans.

The list of his patients, both Italians and foreigners, include the following: The winner of the Nobel Prize for peace Shimon Peres, King Hussein of Jordan, Margareth von Trotta, Maurizio Costanzo, Mariangela Melato, Bruno Zevi, Margherita Boniver, and Maurizio Ferrara.

Vincenzo Campanelli, once a brilliant civil law lawyer, put his gown aside and became a kind of guru, almost magician like and capable of removing the habit even from the most tenacious smokers. The success rate of his method was extremely high and he gradually evolved it into such an effective technique that eventually it needed no more than two minutes and a single session for it to be fully effective. Princes, ministers, heads of state such as

King Hussein of Jordan, as well as the recipient of the Nobel Prize for peace Shimon Peres, approached him to get rid of their smoking problem.

After he retired from law, during the 25 years of his second profession, which he viewed as a humanitarian mission, he freed more than fifteen thousand erstwhile smokers from the bondage of their habit. The positive score of his remedial intervention is set at approximately 70% of the subjects he treated, and considering the treatment sessions often lasted less than two minutes, in reality the success rate was even higher, about 95% or more, but Campanelli preferred to say 70%.

Campanelli's subjects were comprised of international politicians, such as both King Hussein of Jordan and Shimon Peres, a famous Israeli politician, winner of the Nobel Prize for peace, who recounted his story in that regard even on Israeli TV, and who kept on sending Campanelli greetings and letters of thanks, as he never smoked a cigarette since then.

Apart from King Hussein and Shimon Peres, his other successful clients included famous movie directors, among them Margareth von Trotta, politicians, ministers, senators, high-level prosecutors, top military cadres, industrialists, solicitors, scientists, university professors, actors, journalists and, more than any other category, doctors: General practitioners, surgeons and internists of worldwide repute, head physicians at large clinics, university lecturers and renowned psychiatrists. Fellini knew the advocate personally and lavished heartfelt greetings on his person.

Professor Enrico Malizia, a Scientist and Toxicologist of worldwide renown, studied Campanelli in 1986, when he held the post of Director of the Anti-poison Centre at Rome's "La Sapienza" University. In the report he drew up after the conclusion of his research, he said among other things the following: "It is indisputable that Campanelli manages to "cure" the habit of smoking successfully. I am an orthodox doctor, and as such I do not accept methods and practices which are not scientific in a traditional sense. In spite of that, I have to admit that the results achieved by Advocate Campanelli are exceptional. I do not however believe that we can possibly offer a scientific explanation of his interventions, as they elude the ordinary criteria of medical evaluation".

Prof. Dr. Michele Piccione, a neurology and psychiatry specialist, and the professor in chair at the Psychiatric Clinic attached to the Faculty of Medicine at Rome's "La Sapienza" University, wrote as follows: "The itineraries followed by the mind are sometimes known and in other cases unknown. The phenomenon of Vincenzo Campanelli belongs to the latter category".

The fees for this intensive practical two day training are only \$550 and will give participants a proven and unequalled hypnosis method to eliminate cigarette smoking and other addictions in a very short time. Participants will receive a "Certificate of Attendance" and the training is conducted by Rick Collingwood who has spent a considerable time learning and practising the Campanelli Method.

✂-----

Registration

The Campanelli Method for Braking Addictions

Name

Address

..... Post Code

Phone Mobile

Email@.....

I am registering for the Western Australia or Victorian training (please circle)

After you have paid your training fees please complete this form and in Western Australia post it to; Rick Collingwood, Mind Motivations, PO Box 7798 Cloisters Square WA 6850 and in Victoria please Phone Jai Waugh for FAX on Postal instructions on 0412 879850.

Hypnotherapy could be just the cure for what ails you

http://thechronicleonline.com/news/article_02f6f400-000c-11e1-81fd-001cc4c002e0.html

Chelsea Bowen Great Height Hypnotherapy

Chelsea Bowen



ST. HELENS - If you are looking to improve your overall well-being and to find more balance in your life, hypnotherapy may be the answer for you.

Great Heights Hypnotherapy at 440 Columbia Blvd. (inside the Holistic Wellness Center) opened its doors in March of this year.

Great Heights owner Naomi Cutshall, graduated from the Apositiva Institute in Portland in March and earned a certificate in hypnotherapy and neurolinguistic programming. Cutshall originally majored in biology, with the ambition to become a dietician, before she discovered her great interest in hypnotherapy.

"Originally I was drawn to it thinking it would augment my practice as a dietician," she said. "The more I studied hypnotherapy, I realized this was my passion."

Cutshall, who is a resident of St. Helens, decided to open her practice inside the Holistic Wellness Center because the center's other practitioners have similar views on health and wellness to her own.

"We believe in a holistic approach to health," she said.

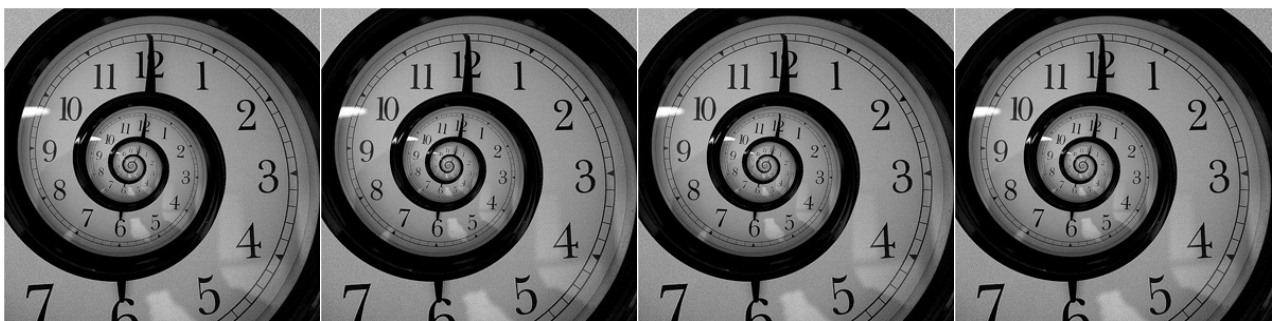
Cutshall describes her practice as being geared towards people being able to create lasting change and to gain a sense of responsibility for the choices they make.

"This type of therapy gives them the confidence and their sense of personal authority," she said. "It's about allowing your pattern to change."

Cutshall said hypnotherapy works by giving a person suggestions when they are in a receptive state of consciousness. She says the suggestion is more likely to be accepted when a person is in that state.

Some common uses of hypnotherapy are for phobias or fears, weight reduction, grief, confidence, anxiety, memory, sports performance, relaxation, and for quitting smoking, for example.

"There are very few things that you can't use hypnosis for," she said.



'I lost 5st on the hypnotism diet'

In a desperate attempt to lose weight without dieting or surgery, Emma Eveleigh went to see a hypnotist and shrank from a UK size 18 to a size 6

<http://gulfnews.com/life-style/health/i-lost-5st-on-the-hypnotism-diet-1.925869>

Growing up, I was always fit and healthy. I played hockey and tennis at county level and was one of those sporty girls who could eat what I wanted and still stay slim.

I was a natural UK size 10 and my weight never wavered. When I wasn't at the gym or playing a match, I'd make sure I looked my best. I'd take care with my make-up and show off my figure in designer clothes.

All that changed when I married Darren, 42, and fell into bad eating habits. We'd stay in and order take-away Chinese, pizza and curries.

My clothes began to feel tighter, and I'd have to go up a size every few months, but I was in denial about how big I was getting. Darren would tell me I looked gorgeous and, because I still did my hair and hid my 89kg growing bulk under bigger clothes, I could kid myself that my size was acceptable.

But when I started my own events business and became pregnant I started living out of the freezer. Chicken Kievs, jacket potatoes with cheese, cakes and biscuits, became my staple diet. I would squint as the dial on the bathroom scales spun further to the right, but I blamed it on the pregnancy. When I returned to work just ten days after having my baby, Antonia, I had gained 9.5 kilograms (1st.7lb). It was a stressful time; I had childcare, but I had to run my business and bond with my newborn, and losing weight was the last thing on my mind.

So when I became pregnant again just a couple of months later, I ate everything I wanted, when I wanted. For breakfast I'd devour biscuits, crumpets, cereal and toast with chocolate spread. Lunch would be a pizza, then I'd snack on cakes and crisps. Most nights I'd eat potato waffles - my craving - and curry with naan bread. My size 18 maternity clothes became tight and I lived in them even after I'd had my second daughter, Alice. I felt massive, but there was always an excuse not to diet: I was too busy, and I couldn't make different meals for all the family. But, in reality, I just didn't have the willpower to give up my stodgy food and treats.

And then we all went on holiday to Kefalonia in Greece. I wore the biggest tankini I could find and covered myself in a towel so no one would look at me. But I couldn't stop Darren taking photos of us out

at night having a meal. Back home he had them developed and I wanted to cry. I looked awful.



Emma now at UK size 6

The turning point

I'd realised I was bigger than ever before but I still thought I looked like me, just a fatter version. But staring at a picture of me in a black dress, I gasped.

The woman in it was huge, with a moon face, dimpled arms and an extra chin. It took a while for it to sink in it was me. I was horrified. I didn't just look fat, I looked old. That was the trigger for me to do something about my weight. I didn't want to be that 89-kilogram (14 stone) woman, whose eating was out of control, any more.

I was embarrassed and ashamed to have let myself go like that. So I vowed to eat less and went for lymphatic drainage, which is a specialist massage to get rid of water retention. But it wasn't enough.

I could have gone on a diet, but I'd tried a few before and none of them had worked long-term. I'd stick to my calories or food groups for a week, and then lose the will to carry on. I wasn't lazy. I just didn't have the extra energy needed to focus properly on dieting. I was too busy running my business and looking after my girls.

Then I heard about virtual gastric band therapy from a friend I bumped into. I'd complimented her for looking well as she'd lost a lot of weight.

At first I misunderstood and thought she'd had a gastric band fitted. But then she explained that she had seen a hypnotherapist who had made her believe she'd had one fitted.

I'd never heard of that but it had definitely worked. She looked amazing so I asked for the hypnotherapist's number and, towards the end of 2009, I called up and booked an appointment.

Russell Hemmings saw me a few days later at his clinic in Coventry, in the UK, and explained that the hypnoband was a non-surgical procedure and could make a drastic difference.

I didn't want to have real surgery as I knew the risks involved were quite severe. I'd read about people dying after having a gastric band fitted. This was a safe option. It would cost £1,000 (Dh5,900) for four sessions, but my business was doing well and I figured I deserved spending that money on myself to look like the real me again. After keeping a food diary, Russell asked me if there was anything that triggered my eating. I realised I used food as a reward for getting through a tough day. Then he checked how susceptible I was to suggestion and how easy I was to hypnotise. He simply talked to me, and I felt incredibly relaxed at the sound of his voice. Russell gave me a tape of him talking to listen to every day for the next week to prepare me and then booked me in for my virtual operation.

Virtual surgery

I wasn't nervous, but it was like having real surgery. I had to lie in a dimly lit room, and once I heard Russell talking, I closed my eyes and lay back on a comfortable chair and felt myself relax totally, as if I was somewhere else.

I could hear theatre noises and even smell that special scent that only hospitals have. Russell had thought of everything to trick my mind into believing I was having an operation to fit the gastric band. The only difference is that I wasn't wearing a hospital gown and the only risk was that it might not work.

The hypnoband operation took just 45 minutes and afterwards, unlike real surgery, I was ready to get up and go home.

I didn't know if it would work but straight away my stomach felt tighter, and I wasn't hungry. I cooked a family meal that night and didn't feel tempted to eat more than a small portion. I wasn't in any pain but mentally I was convinced I'd had a gastric band fitted and I was terrified to eat more than a little bit in case it burst. It sounds silly but it felt that real.

I lost 3 kilograms (7 lbs) in the first week, and 1.3 kilograms (3 lbs) every week after that. I had two follow up sessions with Russell, which were just to reinforce that I'd had the virtual surgery.

My weight loss was drastic - it just fell off me. I had to buy smaller clothes every couple of weeks. I wasn't even trying to lose weight but I had hardly any

appetite thanks to the virtual band. I lost 35 kilograms (5 st 5 lbs) over the next six months and am now a size 6. I now weigh 54 kilograms (8 st 5 lbs) and love being this thin. The funniest thing is when I went back to see Russell for a follow-up appointment I'd lost so much weight he didn't recognise me.

But I do look like a different woman and I feel like the old, younger me. I'm full of energy, and now do sports again. I've just done a half marathon and triathlon - before, I couldn't even walk up a flight of stairs. I'm determined to stay thin now and know that if I ever feel like binge-eating I could just go for another top-up hypnotherapy session.

It's not cheating. I could have had real gastric band surgery, but this is safer. I didn't need a general anaesthetic or any recovery time and yet I've lost as much weight as someone who's had the operation, without any of the risks. It's the best thing I've ever done.

How does hypnoband work?

Patients are hypnotised into thinking they are having a real gastric band fitted, but unlike, the real thing, this treatment doesn't involve any surgery, discomfort or recovery time.

A real gastric band works by reducing the patient's stomach and so they eat smaller portions and feel fuller quicker.

It costs anywhere between £4,000 and £6,000.

A virtual gastric band operation works by convincing the patient they have had the surgery and that their stomach has been reduced to the size of a golf ball. It costs a fraction of the price - £245 per each two-hour session. Usually it takes four sessions to complete the procedure, so a total of around £1,000.

It works using cognitive behavioural and clinical hypnotherapy - literally tricking the brain into believing the surgery has been carried out.

Hypnotherapist Russell Hemmings said: ""Emma's results speak for themselves. I honestly didn't recognise her when she walked back in the clinic.

"This is relatively new ground-breaking approach, but the feedback from my clients has been amazing."

Hypnotherapy (from: <http://medical-dictionary.thefreedictionary.com/hypnotherapy>)

Definition

Hypnotherapy is the treatment of a variety of health conditions by hypnotism or by inducing prolonged sleep.

Pioneers in this field, such as James Braid and James Esdaile discovered that hypnosis could be used to successfully anesthetize patients for surgeries. James Braid accidentally discovered that one of his patients began to enter a hypnotic state while staring at a fixed light as he waited for his eye examination to begin. Since mesmerism had fallen out of favor, Braid coined the term hypnotism, which is derived from the Greek word for sleep. Braid also used the techniques of monotony, rhythm, and imitation to assist in inducing a hypnotic state. As of 2000, these techniques are still in use.

Western Australia: Mind Motivations COURSE DATES for 2012 & 2013

9 Day Cert Courses:

March 9, 10 & 11th – 16, 17 & 18th + June 29, 30th & July 1st, 2012
June 22, 23 & 24th – 29, 30th & July 1st + October 26, 27 & 28th, 2012
October 19, 20 & 21st – 26, 27 & 28th, 2012 + March 15, 16 & 17th, 2013
March 8, 9 & 10th – 15, 16 & 17th + June 28, 29 & 30th, 2013

One day specialty courses:

Anxiety February 25th, 2012
Depression February 26th, 2012

AMD – Advanced Mind Dynamics (Mind & Body)

May 25, 26 & 27th, 2012
May 17th, 18th & 19th, 2013

4 Day Power Course

August 11, 12 + 18 & 19th, 2012

12 Monthly Ongoing Trainings in 2012

January 21st 2012
February 18th, 2012
March 31st 2012
April 28th, 2012
May 19th 2012
June 16th 2012
July 28th 2012
August 25th, 2012
September 22nd, 2012
October 13th, 2012
November 24th, 2012
December 15th, 2012

12 Ongoing Trainings for 2013

Jan. 19th, 2013
Feb. 23rd, 2013
Mar. 23rd, 2013
Apr. 13th, 2013
May 25th, 2013
June 15th, 2013

You are getting sleepy

http://www.nzherald.co.nz/lifestyle/news/article.cfm?c_id=6&objectid=10769293

Hypnotherapy can be used to help you sleep better.



Hypnotherapy aims to bring about changes in the subconscious mind - working at a deeper level than the conscious mind. Photo / Thinkstock

As I drive to my appointment with hypnotherapist Dave Gilbert, I pass a huge billboard announcing a hypnotist show: "Comedy at its best!", it shouts at me.

I ask Dave about the distinction between what he does and this type of hypnosis when I arrive at his tastefully appointed Mt Eden bungalow for a 50-minute session.

"There have actually been some stage-show hypnotists who have gone on to be very influential and well-regarded hypnotherapists," he explains. "Hypnotism as entertainment shows just how powerful hypnosis is, but hypnotherapy uses this power for therapeutic purposes."

Today, there is no pocket watch and I'm pretty sure I didn't walk around pretending to be a chicken while I was under his power. I am, though, put into a deep meditative state in an effort to bring about changes in my subconscious mind - which works at a deeper level than the conscious mind, so is more effective in therapy.

I'm here because, like many other parents looking after young children during the day and working late nights, I find it hard to switch off and go to sleep. Although exhausted, my mind is still running through the day's events or what I need to remember to pack in my son's school bag in the morning.

"It's a common problem," reassures Dave, who has treated many people with sleep issues like mine;

people who don't have time to wind down before bed, but who need some help with the transition.

Dave started practising part-time in 1988 while he was a consultant on environmental law and policy, moving to fulltime in 1996. He has seen people from all walks of life with any number of problems, even one who was suffering from anxiety caused by living through the Christchurch earthquake.

"People are beginning to realise how powerful the mind is and there are more and more referrals from mainstream doctors," says Dave, who is eloquent, thoughtful and wise: everything you would hope for in a therapist.

Before the hypnosis, I'm taken through a number of sleep solutions, with the suggestion I pick the ones I like and keep trying different options until one has the desired effect. It's all so annoyingly common sense really, as most good remedies are, and there are obvious ones, such as: writing your To Do list for the next day no later than 6pm, and building up a selection of nice daydreams ("natural hypnosis") to think about in bed - things like being beside a fireplace in a bach by the beach, running through a forest, or anything that provides you with some inner peace, essential for a good night's rest.

My favourite is going outside and looking at the stars for a few minutes after my work is finished and before heading to bed - it seems an inspiring way to end the day and sure to put any worries into perspective until the morning.

After our discussion, Dave moves into the hypnosis part of the session easily: one minute you're doing a relaxation exercise; the next minute you have the sensation of being alert, but unwilling to move, and your eyelids go very dark.

He takes me through a self-hypnosis session, recording it for me to play back whenever I want to relax into a sleep-state, ie, "not while driving" as the CD states on its cover.

This is where more than one problem can be addressed, as he's talking directly to the subconscious mind. If you can't sleep, and would also like more resolve on other issues in your life, it's here that positive messages can be planted.

"Some people live in the past and in the future, and visit the now.

"But to be in a relaxed state it's essential to live in the now, and just visit the past and future from time to time, that's something many of us struggle with," says Dave, sagely, and he can help remind you of this on the recording.

As he brings me out of the hypnosis, it feels similar to the end of meditation in a yoga session and never feels forced.

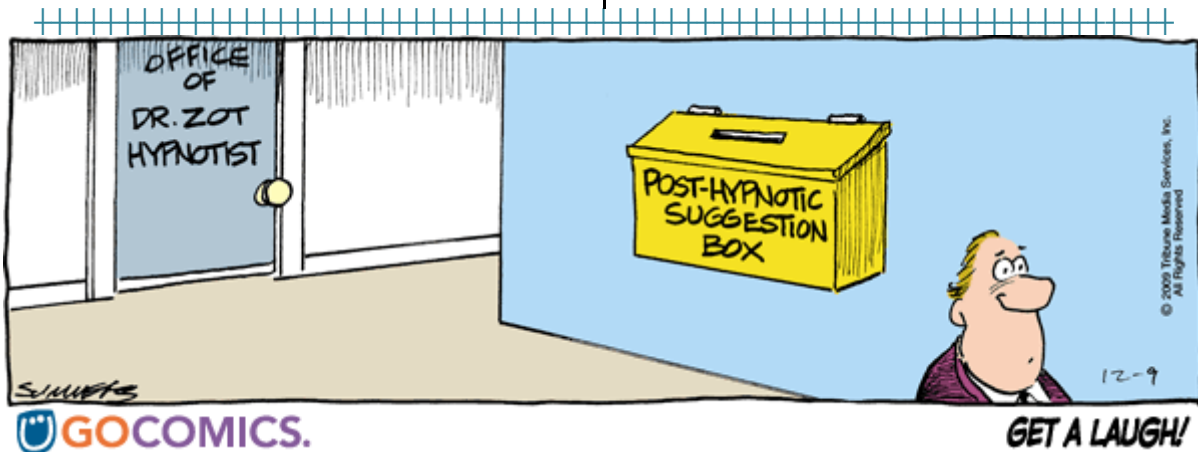
Throughout, there's never a feeling of vulnerability, as Dave says, "anyone can come out of hypnosis whenever they choose".

I'm given a CD of the hypnosis part of the session and listen to it before bed. For the first few days, I feel a bit agitated, but that's normal when your subconscious is coming to terms with changes. After that, I experience a deeper level of sleep and more energy during the day.

Do I go to sleep quicker? I've noticed a definite improvement and most nights I'm now asleep before the end of the 15-minute CD and, according to my husband, there's not so much "wriggling".

Insomnia remedies

- * Deep breathing and relaxation techniques
- * Do a few yoga positions or stretches before bed
- * Don't drink tea after 4pm
- * Regular exercise during the day
- * Don't eat and drink too late
- * Be comfortable with fresh air in the room
- * Listen to relaxing music.





HYPNO DOG FOR THE WIN!

it will consume your soul.
then your cupcakes.

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Script of the Month

Life Script

When we come into this life we bring with us our life script which we act out (ad-libbing) like actors on the stage of life - if only we could change the script.....

I want you to concentrate on the tiny muscles around the eyes and just let them relax. Just let go. And now the nose, the mouth, the chin, relax all those tiny muscles in your face, just let all of those facial muscles relax. And look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

Now relax those neck and shoulder muscles - let the neck and shoulder muscles relax completely. And the back - those muscles on either side of the spine, the back muscles. Let them relax. And the chest muscles, the heart, the ribs, the stomach, the pelvis, just let them relax.

And again look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

Now relax the arms. From the top of the shoulders all the way down to the fingertips. Feel that relaxation flowing down the arms, through the upper arms, the elbows, the lower arms, the wrists, the hands, the fingers and thumbs. Just relax.

And again look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

Now take your awareness back to the pelvic area and feel that relaxing feeling flowing down the legs. Down through the thighs, the upper legs, the knees, the shins, the ankles and feet and toes. And just relax the legs completely, from the thighs, all the way down to the tips of the toes.

And again look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

And now you're completely relaxed, from the top of the head all the way down to the tips of the toes, every nerve, every cell, every fiber, every consciousness of your being is relaxed.

And again look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

Imagine now that you're stepping inside a beautiful lift (elevator) - its roomy and airy and very comfortable. On one wall is a panel with buttons from 10 down to 0.

Ten represents where you are now, at the top of the lift. One is the ground floor and zero the basement. And we're going down into the basement of relaxation.

There is a comfortable chair here in this lift and you sit down on the chair and as you sit down you sink deep into the chair. You sink deep down into comfortable relaxation. And again you



look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

The lift begins to descend, deeper and deeper down. From the tenth floor down to the ninth. And as you descend, you drift a little deeper, into calmness and relaxation.

You go down now to the eight floor and when the lift touches the eighth floor, you sink a little deeper down.

Going further down now to the seventh floor. The seventh floor. Relaxing more and more.

And again look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

Going further still now, down to the sixth floor. And many of the sounds around you are just fading, fading, fading - into the background. They're not important.

And as you reach the fifth floor you realize that you're halfway down now. Halfway down to that level of comfort and relaxation that you've achieved so far.

And again you look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

Going down to the fourth floor you sink really deep inside yourself. Really deep. Deeper and deeper relaxed.

And again look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation.

Going down to the third floor now. Relaxing more and more.

As you go down to the second floor nothing else matters to you, except this wonderful state of relaxation.

Going down now to the first floor and you are so - -oh so, relaxed. So - - deeply relaxed.

And yet there is a deeper level of relaxation available to you. It is the basement of relaxation. And again look up onto the screen of the mind and see there, the word RELAX. And as you see the word RELAX - you drift a little deeper into relaxation. And you drift really deep now., Down into the basement of relaxation.

You're now in the basement of relaxation and everything that I say to you sinks deep down into your subconscious mind. And I'm saying to you now the word CHILDBIRTH. And you're thinking of CHILDBIRTH but you don't really know what I mean. You may see a baby being born of a mother in pain. Or you may see the mother giving birth to the baby. A baby (BOY/GIRL) - depending on sex of client - a beautiful new born baby with tiny fingers and tiny toes. With soft skin and that special smell. A baby so beautiful - so perfectly formed. Beginning a new life.

And as you go further back I wonder if you can allow yourself to be curious about how your life is flowing. Your life script was written for you, by you - you decided at the beginning of this time -

the lessons that needed to be learned - the goals that you needed to reach - the people you needed to help - the places you needed to go . . .

If you knew now what you knew then, how would you rewrite your life script? Are there certain lessons carried forward? Lessons that need to be learned? If so - let yourself be aware of these lessons now. Read an outline of the script.

And as you read the outline of your life script you become aware of the lessons that were carried forward from that previous life. Loose ends not tied up, unfinished business - places to go - things to see - and you realize now how much you lost out in those younger years.

So go back into that past life. The other type of existence. Know where you are. Know who you are - what you are.

And as this previous life begins to unfold. You can see it all now. Everything. Know how you are, what you are, who you are. Know everything. Now.

See your life unfolding, becoming clearer and clearer. Taking form. Going about its everyday tasks. You can think of a particular year or period of life, just think of it - that's all you need to do - for as you think about it, your thoughts begin to materialize and you realize that YOU are the master of your destiny. YOU wrote the script. YOU made the plot. YOU decided what to do, no-one else but YOU.

So I'll be quiet for a few moments now whilst your unconscious mind reveals the memories.

PAUSE FOR FIVE MINUTES.

Now in just a few minutes from now, I'm going to count from one to five. You'll be able to remember everything that you have experienced. You'll remember who you were and what you did - where you went and why - you'll remember everything and anything that you need to remember.



1.2.3.4.5.

Remember it now. (PAUSE).

At this point you can ask questions if you wish or just pause for five or ten minutes to allow the memories to flow up into the awareness.

Okay - now in a moment I will count you up and out of trance. You will remember everything that you've seen, heard or done in the hypnotic state. You'll remember everything that you want to remember in great detail. And when I count to five you'll be wide, wide awake. Feeling marvelous.

1.2.3.4.5. Eyes open, wide awake.

Up Coming Dates:

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|---|---|
| 6 Day Practitioner Certificate of Clinical Power Hypnosis BRISBANE | <i>Wednesday 8th until Monday 13th of February 2012 inclusive</i> |
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| 9 Day Certificate of Hypnosis PERTH | March 9, 10 & 11th – 16, 17 & 18th + June 29, 30th & July 1st, 2012 |
| AMD – Advanced Mind Dynamics (Mind & Body) PERTH | May 25, 26 & 27th, 2012 May 17th, 18th & 19th, 2013 |
| Four Day Power Hypnosis PERTH | August 11, 12 + 18 & 19th, 2012 |

USA TRAINING

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|---|--|
| 5 Days Cert of Power Hypnosis by Rick Collingwood & 3 Days Mesmerism & Hypnotic Fascination Training by Dr Marco Paret | Los Angeles <i>Tues to Tues 6th to 13th of March 2012 inclusive</i> |
| 5 Days Cert of Power Hypnosis by Rick Collingwood & 3 Days Mesmerism & Hypnotic Fascination Training by Dr Marco Paret | Denver Colorado <i>Fri to Fri 18th to 25th of May 2012 inclusive</i> |

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Future Articles

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