

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

## October 2010



**H**as it really been two months since the last edition of this Newsletter? Where has that time gone? A few days ago someone took some delight in telling me exactly how many days to go before Christmas and it really seems that this has been a very short year! George Burns once commented that every day is a good day because he was still here to see it and I suppose that the same can be said of years as well.

I have taken a much needed break at the start of October and taken a week off from seeing clients. Having returned to normal now (as I sit here and write this), I am grateful for the opportunity to have some time off. I am also very much refreshed and this has given me a chance to review just how tired I had become. Even though I didn't actually realise it at the time, I can now see that I was beginning to suffer some level of fatigue. This has given me an understanding of how easy it is to fall into the trap of working without a break and believing that everything will be just fine. Having had a break, I feel much more motivated, much more focussed and much more able to better service the needs of clients - and this is a good thing. I would encourage everyone to be conscious of the fact that you do need time for yourself, time for your batteries to recharge and time to bring everything back into balance.

Recently, while trawling through the internet and allowing fateful 'clicks' to take me where they may, I stumbled upon a number of links to advertisements for

hypnosis encouraging people to 'enrol' or 'purchase' information on such subjects as 'conversational hypnosis' - how to get people to do what you want them to do without them knowing, 'meeting women' - how to attract and win women etc. etc. etc. The internet provides literally a plethora of links to 'courses', books, pamphlets and information, all at a price, to these types of sales material. Interestingly, they are mostly from 'notable and famous' hypnotists (that I have never heard of) who have proved these practices in real life. My initial reaction to these is disgust that individuals so readily take advantage of others with false advertising and erroneous information but that initial reaction is quickly replaced with anger. These people do nothing for our profession, make (in many instances) outrageous claims and mislead the readers with false claims, stupid 'testimonials' of successful results and overpriced products. They prey on the hopes of others and damage both the profession's and our reputations. Anyway, enough of this soap-box rant on here - there is every possibility that an article could be in the brewing so I will leave anything further to that.

I hope that everyone has had a good two months since the last edition and has an even better two months till the next. Take good care, be well, be healthy and be good!

**Michael Werts**  
Editor MM\_Newsletter



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<http://www.twitter.com/mgw1961>

### In Brief:

Next WA Monthly Training is happening on 23<sup>rd</sup> October - Subject is: **Successful Induction and Subconscious Compliance**

November's monthly training in WA is being held on 13<sup>th</sup> and the subject is Hypnosis for Addiction and Substance Abuse

Next Power Hypnosis Course - **SYDNEY**  
25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> October 2010.

**PERTH - PART III** of the last **Clinical Hypnosis Certificate** course being conducted on 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> November

**PERTH - Certificate of Clinical Hypnosis - PART I** - 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup> November and. **PART II** - 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup> November

Next PHWA Meeting - 17<sup>th</sup> October. See: [www.phwa.com.au](http://www.phwa.com.au)





healing treatment in controlling and making over the subconscious.

## Surfers in Saltburn given hypnotic boost

[http://news.bbc.co.uk/local/tees/hi/people\\_and\\_places/newsid\\_8912000/8912230.stm](http://news.bbc.co.uk/local/tees/hi/people_and_places/newsid_8912000/8912230.stm)

**A sports psychologist in Saltburn is looking for people who want to use his research skills to become super surfers.**

Saltburn has attracted surfers since 1963 when John Smith brought the sport to the Victorian town.

Due to sea conditions, many beginners come to Saltburn, as well as more experienced surfers.

Craig Watson wants to meet people who have reached a plateau and help them as part of his masters research.

## Mental block

He is based in the town and spoke to BBC Tees' Steve Mackey about the project: "I'm looking for five people who already surf, who may be struggling getting to the next level and need help with removing a mental block.

"I'm doing a masters in sports psychology and the research involves cognitive behavioural hypnotherapy techniques and is about looking at issues and blocks and dealing with them so you can improve."

Gary Rogers who runs a surf shop on the beach at Saltburn thinks the idea sounds good.

He said: "A lot of surfers do reach a mental block and can't go any further despite how physically able you are."

"I am a believer in this sort of thing and if you want to do more technical manoeuvres and can't get it, this may help to visualise what you do out on the surf and do it quicker."

[illegible]

# Cleanse your emotional junk with hypnotherapy

<http://timesofindia.indiatimes.com/city/chandigarh/Cleanse-your-emotional-junk-with-hypnotherapy/articleshow/6290093.cms>

CHANDIGARH: In today's tension-ridden world, everyone experiences some sort of stress or fear.

Whatever one thinks has direct affect on the body. Many of us struggle in life in some or the other way, it could be anything from taking a competitive examination to facing an interview, struggling to give up smoking or drug addiction.

Is there any way out? Yes, [hypnotherapy workshops](#) can be one such tools to help get rid of these problems.

"Hypnotherapy is harmless method with no side effects. I call it confluence of alternative healing," said Mumbai-based Indonesia-born hypnotherapist Dr Sajan Galani, who was here to conduct a series of workshops.

He said, "There are many ways of cleansing your emotional junk; hypnotherapy is one of the easiest way. Today's lifestyle and social structure in

the urban context does generate a lot of avoidable stress."

"As the word suggests it is nothing but a therapy, where [hypnosis](#) is used as a powerful tool. The word conjures up a lot of misconceptions, as the chief sources of information are unauthentic tracing to folklores and myths," said Galani.

Explaining the difference between hypnotherapy and hypnosis, he said, "Hypnotic state is an altered state of awareness where body is completely relaxed and mind is focused inwards and senses are in a dream-like state."

He said, "The sessions are conducted in two stages. The patient comes and describes the behaviour, which he wants to be altered. Root cause analysis is done and the problem is disassociated in the altered state. To illustrate it in a metaphor, it is like dealing with specific files in the hard disc of your personal computer."

"It can help by resolving non-communicated anger, resentment or any negative feeling against an event, individual or even self. Most important, it has the ability to resolve your conditioning from the past experience, to enable you to be free to create a new future, claims Galani. Can a hypnotist control patient's mind?

"It's a myth. Unfortunately, the TV programmes, have further exaggerated it

"The truth is that a hypnotised subject is more alert than a normal person. He is completely conscious of his surroundings."

"The subject has complete control over himself and will not reveal any secrets until he wishes to," he said.

"My tips to young professionals? Sit back, identify and prioritise your values and goals. After that it is like a guided missile locked on to the target. At the end of it, life is about choices," [Galani](#) stated.



## How hypnotherapy can heal you

<http://www.hindustantimes.com/How-hypnotherapy-can-heal-you/Article1-576600.aspx>

"There's nothing much to photograph you know," jokes Dr Vanit Nalwa, when asked if she could be photographed in the chamber where she conducts her hypnotherapy sessions. "No candles or swinging pendulums!" Dr Nalwa, well-known Delhi-based hypnotherapist and neuropsychologist, isn't far off the

mark. For many people, the word hypnosis conjures images that have more to do with magic than medicine.

But the truth is that hypnotherapy is a scientifically-acknowledged discipline that can be used by itself or in combination with other types of therapies to help patients achieve their goals, says Reema Shah, Mumbai-based psychologist and hypnotherapist. Approved by the American and British Medical Associations, hypnosis is "scientifically researched and can even be seen on a brain scan," claims Dr Dayal Mirchandani, a Mumbai-based psychiatrist.



### Using the subconscious

According to Shah, hypnotherapy is very effective with anxiety disorders, phobias and traumas. Addictions like smoking and drinking and even kleptomania can also be cured effectively through hypnotherapy, though results may vary from person to person. Dr Nalwa, who trained in the UK and has had patients ranging in ages from six to 60, says that generally people come for various phobias as well as marital and work-related problems. She encourages people to try hypnotherapy only if they have an open mind about it and says that often, people approach hypnotherapy as a last resort due to lack of awareness.

Dr Mirchandani says that hypnotherapy can work very well for pain control. "It has been used during labour and works very well," he says. He mainly uses hypnotherapy for medical conditions like asthma, painful arthritis, Irritable Bowel Syndrome, etc. "It could also be used on people who are grossly overweight to help them lose their appetite," he adds. Shah says it's also an effective therapy for insomnia.

Hypnosis is a state of relaxation. "It's the state between being fast asleep and being alert," Dr Nalwa says. Shah tries to explain it. "It's like a daydream, where you are conscious and aware, yet you are oblivious to external distractions."

A daydream-like state may sound magical but most hypnotherapists would suggest it only if required. "If clients specifically ask for hypnotherapy, the first session is spent assessing whether they really need it," says Shah. Therapists usually decide if hypnosis is required depending on the kind of problem, the extent of it and also their assessment of the client's personality.

It doesn't always work, says Dr Nalwa who restricts her sessions to six. "If it's not working with six sessions, then it is not the therapy the client needs," she believes. Shah says hypnotherapy can take anything from three sessions to 10 to be effective, particularly if it's a deep addiction.

### Working it

Hypnotherapy works with the subconscious mind. According to Shah, the brain operates on four measurable frequency cycles: Delta, Theta, Alpha and Beta. Theta is the subconscious part where all emotional experiences are recorded, while Alpha is where dreaming and daydreaming takes place. Beta is the conscious region for reasoning and daily activities. When we sleep, the brain automatically cycles down from Beta to Alpha and hypnosis takes advantage of this natural phenomenon. "It causes the brain to cycle down into Alpha without going to sleep. The subconscious mind is open to suggestive input and unlike the conscious mind, it doesn't think or reason and responds to what it is told. Suggestions are then made into real behaviour changes by the mind," Shah says.

Dr Nalwa says hypnotherapy goes into stored memories in the brain. "It's like accessing your database in the brain and making changes at that level." Dr Mirchandani thinks that most people go into a naturally occurring state of trance without realising it, while reading a book or watching an interesting movie. He teaches self-hypnosis to people with chronic painful conditions or those with anxiety disorders, an area where hypnosis is very effective. "It helps them calm down, whether before a meeting or an interview," he says.

Bangalore girl Subha Narayan would sweat before interviews and group discussions and be anxious to the extent of walking out rather than go through the ordeal. "Hypnotherapy helped me to deal with my fears and techniques I learnt from my counsellor helped me calm down before an interview session," says Narayan, who now works for a pharmaceutical company and is comfortable giving a presentation to a roomful of people, a fearsome prospect earlier.

### The mythbuster

But misconceptions still abound when it comes to hypnotherapy. One of the biggest myths is that people can be hypnotised and made to do things against their will, perpetuated largely thanks to stage hypnosis and B-grade movies. "No one can be hypnotised against their will," says Shah. "The subject must be hundred per cent cooperative." No person gets 'stuck' in a hypnotic state either.

And this is what all hypnotherapists tell you. No person can be made to do anything under hypnosis that they wouldn't normally do in a completely alert state. In other words, you wouldn't go against your normal value system even under hypnosis. "The subject can choose to accept or reject the suggestions given even when under hypnosis," asserts Shah. "You exercise your personal free will even in that state," says Dr Nalwa. "There's always a small percentage of highly susceptible people, but most people would not do anything under hypnosis they wouldn't do normally."





















## What is in a Name?....

I have recently had an enquiry from a prospective client and during the enquiry call, the client asked some very good questions. I am always happy when people ask questions as it provides me with a chance to address their concerns and provide information. In this case though, some of the questions started me to thinking.

I already know that hypnotherapy is a very powerful change facilitator and can provide substantial benefit to individuals seeking to make a positive change in their lives. This is the underlying message that I provide whenever I speak to someone about the treatment and hypnosis as a tool for achieving desired outcomes. I also know that there are different forms of hypnotherapy offered by practitioners. Though I don't practice a 'range' of hypnosis methods and favour traditional hypnosis techniques, I am open to other forms and attempt to never criticise or disparage other forms of hypnosis as practiced by others. To do so would be unreasonable as I know a number of people who have achieved very positive results from these other methods.

It is true to say that hypnosis and hypnotherapy is gaining enhanced prominence in certain areas and this is due to the good work, efforts and dedication of the majority of the profession. Practitioners should be congratulated for their contributions in raising the profile and the success rate of hypnosis.

I do have one or two issues though...and so back to the potential client enquiry...

This client enquiry was related to quitting smoking and during the telephone call the potential client, I will call her Wendy (not her real name), mentioned that she had talked to several people and the last one that she spoke to had convinced her that he was the right person to provide the treatment. Indeed, she had only called me as an after-thought because her brother had seen me to quit smoking and had very good results. At the time of her enquiry with me, she had already made an appointment and her call to me specifically addressed the reason that she made an appointment with the other person and wanted to confirm if I had the same qualifications.

The reason that the previous therapist had convinced her that he was the 'best person for the job' was due to two factors; firstly, he was a 'Licensed Quit Smoking Practitioner' and secondly, he offered a 100% guarantee. In fact, he had gone to pains to explain to her that he was one of the ONLY Licensed Quit Smoking Practitioners operating in the region and had pointed out that this meant that she could have confidence in his training and skills. Wendy was duly impressed!

In answer to her question I told her that I was not a 'Licensed Quit Smoking Practitioner' and I also told her that I offered no guarantees - in fact, I went to pains to explain to her that there were no guarantees. I then took the opportunity to ask her what she thought being a Licensed

Quit Smoking Practitioner and having a guarantee actually meant. Her answers were of no surprise to me.

Firstly, she assumed that he had been licensed by the State "medical association or something". I think that this is a reasonable assumption - if someone wants to conduct a business, they have to be licensed by the state entity to run that business. If someone wishes to drive a motor vehicle, they have to hold a valid drivers license issued by the state. If someone wants to sell alcohol they must hold a liquor licence issued by a state. If someone wants to fly an aircraft, they must hold a Pilots licence, own a firearm - a gun license, etc. So why would it be different for a 'Licensed' Quit Smoking Practitioner? It is understandable that a member of the public would draw this conclusion.

Secondly, she had assumed that the guarantee meant that she would be able to obtain a full refund if the treatment failed to achieve its promised outcome. I suggested that she confirm this with the practitioner because it had been my experience that most of these guarantees were for a second treatment at no additional cost and not a refund. At this point we went on to discuss why I do not think that any guarantee regarding treatment is appropriate and pointed out that even traditional western medicine did not offer a guarantee.

At the end of this discussion, I suggested that she contact her practitioner and confirm the license and what it meant and also clarify what the guarantee covered, thanked her for her enquiry and wished her every success with her quit smoking.

This did prompt me to consider these forms of advertising and what they actually meant to the unsuspecting members of the public. All forms of alternative or allied medical practices have an issue with public perception and it is true to say that there has been some notable examples of 'snake oil salesmen' and people lacking qualifications to render appropriate assistance through treatment. It concerns me that if one person is misled by a form of advertising, then that reflects badly on the profession.

After this phone call, I did do some research to find out more about 'Licensed Quit Smoking Practitioners'. I note that online, in just about every instance, the qualification is written with a Trade Mark sign at the end - Licensed Quit Smoking Practitioner™. I am sure that this is meant to indicate that this is a trademarked application or qualification and therefore that it is used as a business function as opposed to an authorised and approved 'license' - but I do not think that this is transparent to the individual or the public at large. If this is the case and people are misled by this statement, then I think that it is unethical to use it without providing a clarification statement. Having said all of this, I believe that most people who are offering this service and using their qualification in advertising are not doing it to mislead people. I feel confident that they are operating with the very best of intentions for their clients and with the



## Pushy parents and school exams leave children stressed

<http://www.thetherapylounge.com/hypnotherapy-news/c-7085/pushy-parents-and-school-exams-leave-children-stressed/>

Worries about school exams and pressure from parents is creating a generation of 11 year olds that are 'stressed and nervous'.

According to a study conducted by researchers at Queen's University Belfast, many children believe the years spent at primary school are spoilt by feelings of anxiety brought on by exams and the expectations of their parents.

The research commissioned by the Wellcome Trust analysed the views of more than 1,000 children on the testing system used in schools. Eleven and 12 year olds living in England and Wales

were questioned about their science assessments. The science SATs were abolished last year in England and all SATs were axed in Wales in 2004.

Those questioned for the study were among the last to sit the exams and results found that most children were in favour of being tested with many admitting it helped them learn.

However, the study also raised concerns about the effects such exams could be having on children's mental health. As reported by the *Daily Mail*, one child told researchers: "My parents put pressure on me so much that I have a headache," with another stating: "It

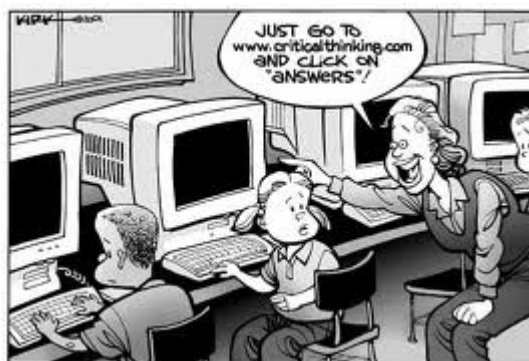
affects my home life if I get a bad mark in a test as my parents are angry."

Those parents with children who may be suffering stress and anxiety should consider hypnotherapy as a possible treatment method. [Anxiety treatment](#) would teach their child how to overcome the negative feelings of pressure and be taught relaxation techniques that they can use to become calm before exams.

Researchers concluded that teachers, parents and the Government "must acknowledge that assessment regimes can affect the personal development and confidence of children."

*Savage Chickens*

by Doug Savage







## Inclusion from Alyn Davies

*(Alan has submitted the below upon request of one of his clients. The gentleman wanted to provide his impressions of hypnosis and hypnotherapy. It is good to get a clients perspective – Ed.)*



I'd been suggested to see Alyn Davies for Hypnotherapy by a friend for my chronic headaches and panic attacks. I'd had the headaches for years, and various other treatments; medication, physiotherapy, changing my diet completely, and still nothing worked.

Stereotypically, I was sceptic of Hypnotherapy; how could talking help my anxiety and headaches? I'd already met Alyn through friends, so wasn't too uncomfortable going. I did like the fact that throughout my experience with the Hypnotherapy, he did keep saying that I was obviously intelligent, hence why it was so easy to 'put me under' as such.

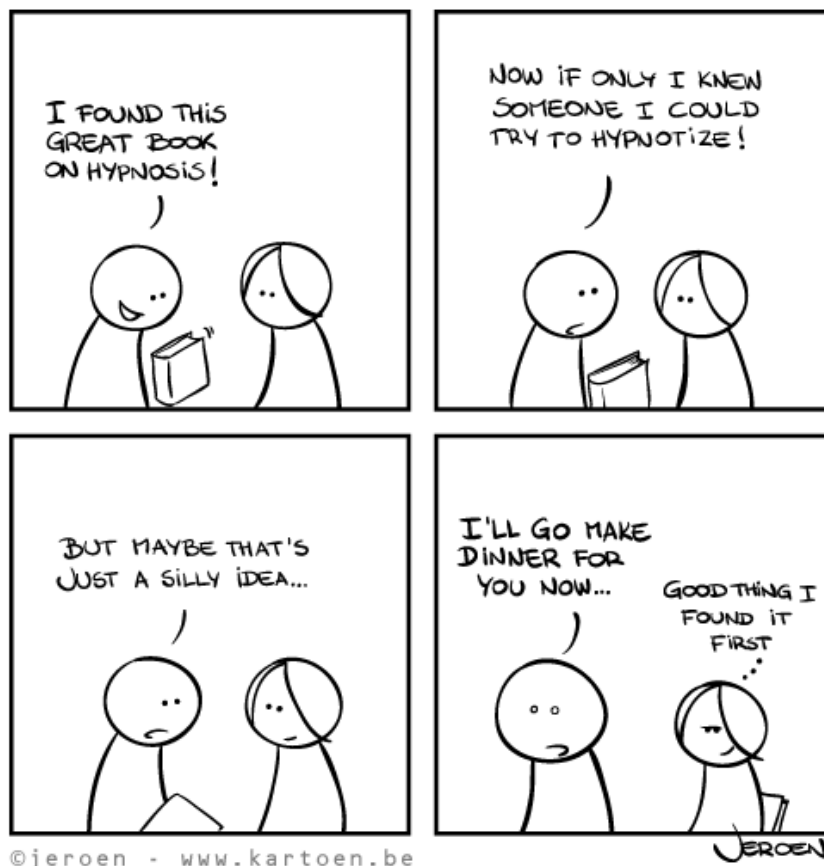
As for the actual experiences, I love them! Every time I've been its felt new and different, yet similar and comforting. I, probably like most people, was determined to see if I could keep my eyes open...but within seconds, the desire to shut them was too strong. It felt warming and nice though, and at no point did I feel that I had no control, I liked the feeling, so went along with it; visualising everything that Alyn was describing. I still remember vividly everything that I was asked to visualise.

When my first session came to an end, my eyes opened, and I could not help but smile, which is rather unusual and normally awkward for me, so I was shocked, which in turn made me laugh and smile even more. The conversation with Alyn that always follows a session is always so relaxed, calming and helps me come to, because I feel tired, but invigorated afterwards.

I can honestly say that leaving my session feels like I'm skipping down the yellow brick road. I become incredibly happy (and I'm normally in a bad mood due to the headaches), and I seem to notice things I wouldn't normally.

The main sessions have really helped me with my problems, and I've had some major relief, not only from my headaches, but also from my bad moods, which many people have noticed and commented on. I've recommended quite a few of my friends and family to see Alyn to help with their problems, as I feel that it is such a viable therapy that works. It's not chemical or expensive either, so that really adds to the charm.

I would recommend Hypnotherapy to anyone suffering with problems that have had no luck elsewhere so far. And would definitely like to thank Alyn for the help he's provided. He is most certainly talented in what he does.



# A Word from Rick....

Dear Student, welcome to October.

Thank you Michael for another great newsletter and congratulations to PHWA for conducting the first meeting under the stewardship of the newly elected committee. To their great credit and tenacity, all of the work the past committee did has begun to pay off and ensure that WA has a place in new National Peak Body that has seen all of the significant hypnosis associations and other interested and relevant parties come together in an effort to give the profession a stronger more harmonious voice and closer unity. It was great to attend the inaugural PHWA meeting with the new committee and to catch up with members and give a short demonstration of Mesmerism.



Well this year has been as eventful as what it has been fast, and now Christmas and 2011 are clearly in sight. Personally I have had some significant health challenges during the past three months which really disrupted a lot of organised training dates and threw many other plans awry; anyway as they say "What doesn't kill you just makes you stronger", and I'm happy to report I am 100% back on track. The 3 day WA September training that was cancelled because of my health issues will be rescheduled for late January 2011, whilst the scheduled upcoming November Melbourne three day AMD training has also been rescheduled for late January 2011.

The on line training and resource centre is now running on the new [mindmotivations.com](http://mindmotivations.com) website. As a student of the academy you have complimentary password access into this section where there are forums, articles DVDs, information and hypnosis scripts. Any articles for contribution are most welcome, if you have something please email it to me and I will have it put up or you can go into the Practitioner Forums and begin any topic you want. If you don't have a student password please email Ryan at [sales@resonanzrecordings.com](mailto:sales@resonanzrecordings.com) and ask him for one or contact him through the links on the contact us page of the site.

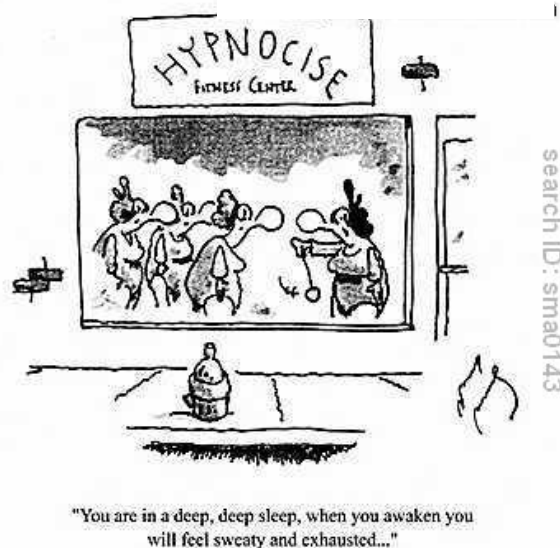
In closing I trust that you have a happy and prosperous time in the weeks leading up to the end of 2010, enjoy this edition of the newsletter.

Kind Regards

Rick Collingwood

Kind Regards

Rick Collingwood



# A Note from John....

As many of you know, I went to NZ recently and not surprisingly had a great time. Snowboarding, boat cruise around Milford Sound and plenty of countryside to remind me of Footrot Flats.

Realising that I'm no longer 20, I took it a little easier than others advised. Remaining uninjured was good justice to stick it to my advisors who all came home with limps. I got my fair share of bruises still.

We experienced all sorts of snow conditions, from blizzard through to 'blue bird' days (warm, clear, sunny day - everyone down to t-shirts), sticky snow to fluffy powder. Even got some on the ground in Queenstown. I still think snow is over rated, fun for a while, but mostly a hassle... give me the tropics, cocktails and girls in bikinis any day.

My presence in Christchurch was enough to cause an earthquake (about 12 hrs after we left) and watching the Aust v All Blacks Rugby Grand Final in a Wallabies jumper could have proved more hazardous to my health than it did (fortunately for me Aust lost).

We did some 4wding through some of the most amazing mountains and mud roads, river crossings, ghost towns and old chinese settlements. If you ever get to Arrowtown, check out the range of pies at the bakery!

The only road kill you see in NZ are Australian possums (70 million strong plague) and they make everything from hats to belly button warmers out of them. Got some gloves and socks. The scenery to drive around is amazing, many of the roads are winding with spectacular views and not stop greenery. The Alpine Rain Forest seems weird, cold yet tropical, I guess its only because it's not what I'm used to.

Having snow ball fights with my nieces and friends was one of the highlights, and being followed by a Kia (Alpine Parrot) was also pretty funny, it followed like a dog for over 600 metres to a waterfall we were looking at.

From Queenstown to Queensland I got the cocktails I was craving, but the defrost time wasn't long enough. Cairns has a different 'speed', one needs to slow down a little more than I'm used to, but I'd like to get used to it.

Again taking a 4wd into the mud, this time between cane plantations and rain forest covered rivers. They have a term there called 'taking the short cut' which means going the long way around so you don't get bogged, made sense in a round about way.

4 dogs and 5 people in one car in the tropics can be surprisingly fun and social as long as you can handle the smell. Building fires and cooking sausages, throwing sticks for the dogs (not that they returned them) and swimming in rivers was just what I needed.

Being able to lie in fresh water rapids and watch the birds fly by reminded me of Mesmer getting back to nature on a regular basis, I feel it was very refreshing to my personal magnetism and suspect sanity. Something I and others should do more often.

Back to Perth and I hit the ground running.

I was very glad for my break nevertheless.



***"Johnson here has devised a way to help you stop thinking about smoking."***

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www.quitsmoking.com



## Script of the Month

### Accepting Yourself

For a long time now you've been striving to do your very best in everything you do - always seeking perfection in every way. It's as though whatever you did was never good enough and you felt you had to do more - and more. Sometimes this caused you to feel frustrated and stressed - but now - in this wonderful state of hypnosis you can realize how nice it is to do nothing at all.

Nothing at all for you to do - except relax - and let go, and really enjoy these peaceful feelings. And you are beginning to feel more and more at peace with yourself - not just now - in hypnosis - but each and every day you notice these changes.

You are feeling much calmer than you have felt for a long, long time - calmer, more relaxed and much more at peace with yourself. Because you now accept yourself for the wonderful human being that you are. A person with high ideals - high aspirations and the potential to exceed the limitations that you set for yourself. And because you're finally beginning to realize this - you know that your best is always good enough - you really don't need to prove to anyone that you can do better - because you've always done your very best - in everything you do.

Much more than this - you accept yourself for what you are. Even your best is good enough - why keep striving for more when it only causes frustration and despair? For the most important thing in life is you - for to succeed in the way that you want to succeed means balancing work with rest - not just physical rest but deep, creative, hypnotic rest - for in this wonderful state of mind you can access all those wonderful inner resources that you naturally have - and arouse - knowing only that you're good enough - you've always been more than good enough - you love yourself - you accept yourself - for the unique human being that you are. You trust yourself.

Trust in your creative subconscious mind - know now that you're good enough - you've always been more than that - but finally you're beginning to accept this idea as one of your own.

And from now on - you feel so much calmer and more relaxed and more comfortable about yourself than you have felt - for a long, long time. Because you really do accept yourself - you really do.

Not because I say so - but because this idea is yours - it is a feeling that you now have, deep, deep inside you. You trust yourself - you really do.

You now realize that you don't have to prove anything to anyone. The most important thing in your life is you. And only by loving and accepting yourself can you finally begin to accept and to love others. And you do - you really do.

And these suggestions are now firmly embedded in your subconscious mind - and each and every day you feel better and happier about yourself. Each and every day these suggestions grow stronger and stronger - you feel better and happier and more and more at ease with yourself.

And it's such a wonderful feeling to feel this way. And in a moment I'm going to count up from one to five and at the count of five you'll be wide awake - bringing back with you these wonderful new feelings that you now have.

One, two, three, four, five.

## Up Coming Dates:

### Monthly Ongoing Trainings (WA Only)

Lesson Ten: Successful Induction and Subconscious Compliance	Saturday, 23 <sup>rd</sup> October, 2010
Lesson Eleven: Hypnosis for Addiction and Substance Abuse	Saturday, 13 <sup>th</sup> November, 2010

5 Day Power Hypnosis & Fascination Training SYDNEY	25 <sup>th</sup> , 26 <sup>th</sup> , 27 <sup>th</sup> , 28 <sup>th</sup> , 29 <sup>th</sup> October 2010
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Certificate of Clinical Hypnosis PERTH	Part 3 (Previous Trg) - 26th, 27th, 28th of November, 2010 Part 1 – 19th, 20th, 21st of November, 2010 Part 2 – 26th, 27th, 28th of November, 2010
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## Future Articles

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

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