

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

August 2010



Greetings to one and all. Since the last edition of the Newsletter, there has been a number of new additions to the mailing list, many of the new readership are from the USA. A very special

welcome to all of the new names added. Please keep in mind that this is your newsletter and we would welcome any stories, thoughts, comments, articles or inclusions that you may wish to submit. It would be interesting for everyone to know how hypnosis and hypnotherapy is going in your part of the world!

This month sees the announcement of the new Australian Academy of Hypnosis™ Online Student Resource Centre. There is the full announcement included later on in the newsletter. This is a resource that will continue to grow and I would encourage everyone to visit, have a look around and make yourself comfortable!

In the preceding month, I was honoured to be elected to the role of Chairperson for the PHWA and John Vernes has been elected as the Vice-Chair. Congratulations to the all of the new Committee members and an especially large Thank You to the outgoing Committee. In many instances, the work of a committee is not an easy job but from my previous experiences in a range of committees; I have to say that it is rewarding work. To know that you do something of benefit for both yourself and others and support the work of the organisation is a pleasing experience and I would strongly recommend the experience and the opportunity to everyone. Give it a go - I am sure that you will find that you are pleasantly surprised.

This month's script of the month selection is 'Fear of Thunderstorms' (Kersunophobia). As with most scripts, this one lends itself rather well to being adapted to other issues.

I would like to take a moment to explain about the emails that you receive regarding upcoming training or announcements on behalf of either Mind Motivations™ or the Australian Academy of Hypnosis™. You will have noticed that these emails are always addressed to 'Dear Xxxx' and sent only to your email address. In response to these I receive many replies that indicate that the recipient thinks the email has been sent only to them. For the most part, these emails are compiled through 'computer magic' by compiling a base text (the body of the email) and our database listing of names and email addresses. This means that, in most cases, everyone (350+) on the database will receive the email. By restricting these to individual email addresses (and personalising the email to the individual), we are protecting the privacy of the everyone's email addresses and also negating the threat of a SPAM-bot collecting these email addresses and sending unwanted or malicious intent emails. You will notice in some of the emails that I make specific request that you respond or reply to another email address (ie. Rick or John's email address). In these cases, Rick or John has asked that I send emails to the listing (or a subset of the listing). If this is included in the body text of the email, please do not just hit 'Reply' as the email will come back to me. Better to select 'forward' and enter the relevant email address in. This way, the email gets to the right person, quickly.

Ok, enough from me....

Take care and stay well!

Michael Werts
Editor MM_Newsletter

In Brief:

Next WA Monthly Training is happening on 28th August - Subject is: **Hypnosis for Children**

September's monthly training in WA is being held on 25th and the subject is Conscious/Sub Conscious Mind Interfacing

Next Power Hypnosis Course - **MELBOURNE**
10, 11, 12, 13
September 2010.

Next FIVE Day Power Hypnosis Course - **SYDNEY**
25 to 29 Oct 2010.

Next FIVE Day Power Hypnosis Course - **BRISBANE**
22 to 26 Nov 2010

PERTH - PART III of the last Clinical Hypnosis Certificate course being conducted on 20, 21, 22 AUG

PERTH - Certificate of Clinical Hypnosis -
PART I - 14, 15 Aug.
PART II - 20, 21, 22
Aug 2010-08-06

Three Day - Advanced Hypnosis Training Fri, Sat, & Sun 17th, 18th, 19th, September 2010 Technology Park Brodie Hall Drive Bentley

9am – 4.30pm Daily

Due to increasing international commitments it will be quite some time before Rick will be able to personally conduct another training session after this one in September. So by significant request this three day training will be conducted by Rick during an interim return to Australia from the USA, as an enhancement for the advertised Three Day July AMD training. These three days will focus significantly on hypnosis for physical and psycho somatic conditions and the appropriate inductions and techniques to use to work effectively in this area. This training is available for all present and previous students of the academy.

For thirty students only this is **Three Days of Practice, Technique Improvement**, and re familiarisation of **Mesmerism, Magnetism, Fascination, Rapid Inductions** and **Mind Body Connection** for therapeutic use for all students who have fully completed their Certificate of Hypnosis with the academy.

There is always something new to learn!

Rick will conduct all three days of this training for those who wish to attain greater practical skills and a better understanding of the deeper levels of hypnosis. There is always something new to learn or a new adaption to an old way of trance induction. Come along, get some re education, and brush up on your skills. A new training manual is included and a personalised Certificate of Attendance will be awarded to all attendees on the last day of the training. The fees for the entire three days are \$660 inc GST or \$600 if paid in full before the **7th of September**, or \$250 per day incl GST if you cannot complete the entire three days.

If you would like to register please pay your fees as below then complete this form and post it to: Rick Collingwood. The Australian Academy of Hypnosis™, PO Box 7798 Cloisters Square. WA 6850.

DO NOT SEND MONEY OR CHEQUES: Fees can only be made into the academies bank account by direct deposit or bank transfer.

Commonwealth Bank
A/C Name: Mind Motivations
BSB: 064 012
A/C No: 10131014

To pay by Visa or Mastercard go to www.PayPal.com and pay into the account hypnot@iprimus.com.au You do not have to be a member of PayPal to use their secure credit card payment system.

Please include your name when paying fees and immediately email Rick at hypnot@iprimus.com.au and you will get an email confirmation of your attendance.

As an added bonus, upon confirmation of your booking you will receive **Five Free pre 1900 Hypnosis - Mentalism and Mesmerism Ebooks**.

To avoid any confusion please direct all enquiries for this training ONLY to Rick by email – hypnot@iprimus.com.au

After you have paid your fees YOU MUST email Rick and an acceptance letter and training information will be sent to you via email.

Complete The Form Below and Return By Post After Your Fees Are Paid.

The Australian Academy of Hypnosis
PO Box 7798 Cloisters Square
WA 6850

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Enrol me for this Three Day Training conducted in Perth on Fri, Sat, Sun, 17th, 18th, & 19th, of September 2010.

Name:

Postal Address

..... Post Code

Phone Mobile

Email

A Note from Abroad....

A Word from Rick....

Dear Student - welcome to August.

I am writing this contribution from Los Angeles where I am conducting the first USA five dayhypnosis training and the student enrolment has been better than expected and the results even better than that. It will never cease to amaze me how many so called hypnotists or hypnotherapists have no idea of how to perform a rapid induction or how to induce Mesmerism, and now there are a few Americans who have the skill; students came from as far away as Montana and Alaska, and now the Academy can truly claim to be international.



I apologise for the date change of the 3-day training that was scheduled for the 13th, 14th, & 15th of August but there were too many other things going on at the same time to give all interested parties the opportunity to take advantage of it.

I would like to congratulate the new committee of PHWA and thank the past committee for their diligence and tenacity in keeping the association together under what were sometimes adverse circumstances and I am sure that the association will continue to forge ahead as the primary hypnosis body for Western Australia.



I would also like to remind all students that the training and resource centre is now fully functional at www.mindmotivations.com and there is a student and practitioner forum and many free downloads, online training DVDs, articles, and mentoring available, and this will soon include live Skype and on line training sessions. It is a free resource for any student of the academy and any valuable input or articles are welcome. If you have something you would like to contribute please email it to either myself, John Vernes, or Michael Werts and I will ensure that it is included as soon as possible with a notation of whom and where it came from.

It appears at this stage that I will return to Australia at the end of August and hopefully I can keep my feet in one place until the end of November before returning to the US for more training in San Diego and Los Angeles.

In finishing I would like to thank Michael for another great newsletter and for taking up the position of Chairperson for PHWA. I hope to see you all soon.

Kind Regards
Rick Collingwood

Patches, Gum and Hypnosis

Smokers looking to quit have more options than they think, but do they work?

<http://www.mtsusidelines.com/patches-gum-and-hypnosis-1.1493578>

I've been looking for ways to save money. In a rush to graduate, I've piled on classes and cut my hours at Save-A-Lot. Some money saving strategies have benefitted more than my bank account.

My roommates and I are glad to have weatherproofed our house when February's ice storms blew through, and canceling cable's got me practicing my mandolin again, to my roommates' chagrin.

Going green seems to be the thing, and thinking of all the money I was saving had me feeling good for doing my part. Then I checked my account balance. I had over drafted. Again.

I needed a cigarette. Where was all my money going? Three puffs later, I had my answer. Up in smoke.

Smoking isn't cheap, but quitting comes with a price tag, too. Packs of nicotine gum range from \$30 to \$50, and packs of nicotine patches range from \$30 to \$160.

According to the quitting calculator at smokefree.gov, I could put the \$84 I spend on cigarettes every month toward these products, but a June 2000 study by the U.S. Surgeon General found the success rate of both gum and patches to only be around 7 percent.

Cold turkey is the most cost effective way to quit, but I've never found this method successful. I tell myself I'll be able to quit if I just stop buying cigarettes only to end up bumming smokes from every smoker I see. There's got to be another way.

What about hypnosis?

Hypnosis conjures, at worst, images of the occult or, at best, whimsical stage shows where participants engage in acts of embarrassment under the supervision of a hypnotist.

Neither aspect has much to do with quitting smoking.

"What I like to do is demystify because how most people got the information in their mind about hypnosis is really comical," John Morgan tells me, chuckling across the phone line.

Morgan became a practicing hypnotherapist thirty years ago. Not long after, he started hosting a seminar that travels from town to town, promising to help people quit smoking and lose weight through hypnosis. Morgan says these seminars attract between 60 and 600 attendees depending on the size of the city and the listenership of the radio stations he advertises on.

One such seminar came through Nashville on February 3. If you missed out, Morgan explains that hypnosis is simply "accelerated learning."

"There is a part of our mind that learns without knowing how, and what it learns are patterns," Morgan explains.

To understand how hypnosis is effective, he says you have to know a little about human behavior and how it settles into comfortable patterns.

"Patterns control your life," Morgan stresses.

I guess this makes sense on a philosophical level, but I want to get down the nuts and bolts. What is hypnosis on a physiological level?

"It's a state of mind between being asleep and being awake," explains Benjamin DeFoor, Murfreesboro hypnotherapist. "Your brain operates on different frequencies when you are awake and asleep.

When you are asleep, you are in what is called a delta state with your brain operating below 3 hertz. Awake, you're between 12 and 15. When you are in hypnosis, you are in a theta state operating between 3 and 7 hertz."

Both hypnotherapists point out that the mind is more "suggestible" in a hypnotic state. Don't worry, that's not to say a hypnotist can control a hypnotized mind.

"A hypnotist is sort of like a Sherpa on a mountain tour," Morgan adds. "He basically guides you into a frame of mind where it's easier to make changes."

Smoking is just one of the changes hypnotherapy aims to bring about. Since opening Murfreesboro Hypnosis Center a year and a half ago, DeFoor regularly helps clients quit smoking, lose weight, fight depression and lessen anxiety. He also uses hypnosis to keep athletes

and businesspersons focused. In very rare cases, he has used hypnotism instead of anesthesia on patients undergoing dental surgery.

"Should I ever have to undergo surgery and depending on its severity, I would like to hypnotize myself. And, of course, film it to prove it," DeFoor says with a grin.

How effective is hypnotherapy?

"That's my number one most asked question," Morgan laughs. "I tell them my success rate is 100 percent – I don't smoke and I don't carry around excess weight."

DeFoor was a little more direct. He estimates about sixty percent of his clients quit smoking.

"My worst success rate, and every hypnotherapist's worst success rate, is smoking," DeFoor says. "And I'll tell you why – most smokers don't want to quit."

Many of DeFoor's clients have been made to sign up by their spouses. These people have been pressured into coming and are unwilling to quit.

Hypnotism is not a method of mind control. Both DeFoor and Morgan make it clear that there a certain amount of willingness required on the part of the hypnotized.

Matt McGill, MTSU Alumnus, is a prime example of this. When he was 17 years old, his parents sent him to a hypnotherapist when they found out he smoked. I asked if he had any success.

"Of course not," McGill smirked. "I knew it wouldn't anyway – my mind is a trap and I'm still smoking,"

Did it work for me?

In writing this article, I've killed a few packs of cigarettes. It's not that I am unwilling to quit or undergo hypnosis, I was just priced out.

Quitting at Murfreesboro Hypnosis Center costs \$120 per session. There is a special rate for smokers to ensure they quit: a free third session.

At \$60, John Morgan's seminars are much cheaper, but they only come through town occasionally. My job kept me from attending the recent seminar that came to Nashville.

It's like that song by Metric; "Buy this car to drive to work, drive to work to pay for this car."

I have to work to pay for hypnotherapy. Because I had to work, I didn't have time for hypnotherapy.

I really am a creature of habit in both action and thinking. Assuming hypnosis works, putting the money I would spend on future packs of cigarettes towards quitting would probably save me money. Spending so much up front is just a little too intimidating.

I'm more comfortable letting my wallet and health bleed out slowly. In John Morgan's words, I'm committing "...suicide on the installment plan."

Coast babies by hypnosis

http://www.goldcoast.com.au/article/2010/07/06/235541_gold-coast-news.html

Brandon and Alyssa Mackay are trying hypnotherapy in the hope that Alyssa will become pregnant Picture: DAVID CLARK

COUPLES using invitro fertilisation are turning to hypnosis to help them to conceive.

The treatment is already popular in the US, and Gold Coast hypnotherapist Alan Patching is pioneering it in Australia.

Mudgeeraba couple Alyssa and Brandon Mackay hope hypnotherapy will make their fifth round of IVF a success.

"He (Mr Patching) talks to you in a soothing voice and gets you to imagine things," said Mrs Mackay, 29.

"You imagine your uterus as a room, as a nursery. I think of the things I want to happen and how it would make me feel if it were to happen."

Mr Patching said it was thought to help IVF conception by reducing stress in the crucial, nerve-racking fortnight after implantation and during the first trimester.

"That stressful nightmare (in the first fortnight) is the very thing that's stopping them ... proceeding to become pregnant," he said.

Two overseas studies had found the chances of getting pregnant through IVF doubled with hypnotherapy but Mr Patching said there was

not enough scientific evidence to prove a link and hypnotherapy was not an alternative to medicine.

"We never know if we've caused the success," he said.

Fertility Gold Coast IVF clinic manager Donna Close said hypnotherapy might help couples relax but would not improve their chances of pregnancy.

"IVF is about the ability of an egg and a sperm to make a baby -- no amount of hypnotherapy is going to change that," she said.

"Common sense tells you that if you are more relaxed it should be a little bit easier for you but there is no literature to tell us that the anxious patients don't get pregnant."

Mr Patching, the regional director of the American-based Hypnofertility Foundation, said he had treated four Gold Coast women in the past 18 months and four others in the UK and the Middle East.

He said half of the women had become pregnant.



Hypnosis used to break addictions

<http://www.newsleader.com/article/20100619/NEWS01/6190315/Hypnosis-used-to-break-addictions>

STAUNTON — In the conference room at Montgomery Hall Park, hypnotherapist Wallace Lossing — a kindly, confident man in his 70s with a full head of white hair, a beard and a bright smile to match — told his client to relax.

The client, who asked not to be named because she's determined that no one find out she ever smoked, removed her ankle bracelet, leaned back in one of the high-backed leather chairs and put her feet up on another. She closed her eyes and breathed deeply.

She was the sole student to arrive for the second of a two-part Hypnotherapy: Stop Smoking class through Staunton Parks and Recreation. Lossing chalked the absences up to scheduling confusion — the dates changed after registration began — and proceeded to guide the client into a second state of hypnosis to help reinforce her smoking cessation.

Hypnosis is gaining credibility as a tool to treat various conditions in conjunction with other treatments. In 2001, the Scientific American reported 18 separate studies found patients receiving psychotherapy plus hypnosis for obesity, anxiety, depression, insomnia and other disorders showed greater improvement than 70 percent of patients receiving psychotherapy alone.

Lossing said hypnosis allows him to guide people into the recesses of their minds and uncover their — usually emotional — reasons for smoking or overeating.

"Hypnosis ... is the most wonderful tool that I've discovered in treating a human being because it helps them to heal those hidden causes," said Lossing, who said two or three visits is usually enough for a client who truly wants to quit smoking. "Weight loss is a different

ball game. Usually there is a more emotional thing with obesity than smoking."

With clients eager to lose weight, he meets with them regularly — sometimes up to a year — for hypnotherapy sessions to uncover reasons for overeating. He also encourages clients to use a daily weight-loss supplement he sells. Depending on the amount of undesired weight, private programs usually cost about \$1,500. He offers before and after photos to show his clients' success stories.

Em Yoder, a licensed professional counselor working in Staunton and Harrisonburg, is one story he brags about. After looking into Lossing's practice and referring a patient there for smoking cessation, she underwent hypnotherapy for weight loss. Yoder said it helped her look honestly at the reasons for her weight gain and the changes she needed to make in her life. Yoder dropped 38 pounds from her 195 pound frame and has kept most of it off for almost two years. She attributes the success to the hypnotherapy and the dietary supplement combined.

"When you're under hypnosis, it's like you understand exactly what's going on. You're aware of the person you're working with, you're aware of your thought process," said Yoder.

Not 'sleepy,' hypnotized

Lossing sat a few feet away from the recovering smoker in the leather chair. In a gentle, raspy, grandfatherly voice, he described a scene in which she was working in her garden, listening to music and feeling her muscles relax with each breath she took. He described her packing for a beach trip, and after

arriving, seeing turtles crawl out of the sand toward the sea. He describes a fast-approaching storm over the sea.

"Use your will power to divide the storm so it goes around you," he instructed, describing the storm passing — as, symbolically, should her addiction — leaving fresh, clean air behind. "Feel the improvement in your lungs already, because now you are a non-smoker and that storm is gone from your life."



The hypnosis lasted about 20 minutes, and after she re-emerged, she left, thanking "Wally" and smiling.

Lossing — who is certified to make body braces and to practice and teach hypnotherapy — offers hypnosis and energy healing services at the Body Easy Physical Therapy Centre in Mint Spring. He said he prefers to work with clients one-on-one because those sessions are more effective. Still, he teaches group classes as a means of reaching new clients, because group classes for smoking are cheaper at \$55 than the \$377 for two or three private sessions.

Lossing said the stage tricks many people associate with hypnosis do practitioners like himself a disservice by making the therapeutic tool appear hokey.

Weight Loss Hypnotherapy expert solves weight problems

<http://www.in2town.co.uk/Weight-Loss-Hypnotherapy-expert-solves-weight-problems>

A leading Weight Loss Hypnotherapy professional has said she has solved the problem people have with losing weight by using Virtual Gastric Band Hypnotherapy and Weight loss Hypnotherapy combined with her own special technique which guarantees that even a person with no self control when it comes dieting will lose pounds after pounds.

Weight Loss Hypnotherapy and Gastric Band surgery have become more and more common recently as people struggle with their weight. Celebrities are now turning to Weight Loss Hypnotherapy and Gastric Band operations to help them become their ideal weight more quickly and more easily than diets can offer them.

A well-known Hypnotherapist has revealed her secret in helping her clients lose weight – I've created and developed this unique technique called TranceBand where I teach clients how to increase and decrease the size of their stomach meaning they have complete control of what they eat, when they eat and when they become full, so they lose weight easily without any restrictions or having to count mouthfuls

Claire Hegarty who has clients come to her from all around the United Kingdom to lose weight uses Virtual Gastric Band Hypnotherapy, which is also known as Weight Loss hypnotherapy to help people who struggle with diets to lose weight.

When the client first meets Claire, the hypnotherapist first assists them in being in the right place both mentally and emotionally, assisting them in removing any unwanted habits, addictions, emotions, behaviors and any unhealthy relationships they may have with food. Claire looks at whether the client is eating through stress, boredom, and punishment or over indulgence, low self esteem, low confidence or perceived lack of control before taking them on the road to their goal of becoming their ideal weight.

Claire assists the person in learning how they can use hypnosis to increase and decrease the size of their stomach meaning a person eats until they are nicely full, they get full more quickly and are in control of how much food they eat rather than the food controlling them. They can still go out for meals, eat starters and enjoy their food, as a person is happy, confidence and eating the right food for them for the right reasons

This new approach has proven to be such a huge success that Claire has clients coming from all over the UK who have tried for years to lose weight with traditional diets but have failed and are worried about going through a medical procedure of having a Gastric Band fitted as well as the cost of having an operation if they went private.

Celebrities such as Sharon Osbourne and Fearne Britton have undergone potential dangerous operations to have real gastric bands fitted but although Sharon and Fearne did not receive any complications, the surgical procedure can lead to complications such as causing discomfort with patients and has unfortunately claimed the lives of Gastric band patients including the life of Bernadette Reid, Suzanne Murphy 29, and Marilyn Wardrop 54, to name a few and one life loss to an invasive procedure is one life to many.

There is a range of post-operative problems reported with gastric bands, and over 80% of patients will experience one or more of the following symptoms:

- Nausea and vomiting (50%)
- Reflux or regurgitation of food (35%)
- Slipped band (25%)
- Obstruction or blockage (15%)
- Constipation
- Diarrhoea
- Difficulty swallowing

If these complications cause you serious discomfort your band may need to be adjusted or removed. This involves further surgery, exposing you to all the associated risks once again.

By having Virtual Gastric Band fitted it allows the patient not to undergo a surgical procedure and most importantly it is 100% safe without any risk.

Claire Hegarty said: "Any operation has an element of risk with some being more risky than others but with people who wish to lose weight and who have failed with diets, Virtual Gastric band Hypnotherapy has no risk associated to it. The patient is not having to go into hospital and they are not having to have an operation which makes the procedure of Hypnotherapy to lose weight 100% safe."

It is not only the Virtual gastric Band procedure Claire provides her clients with. It is important that her clients understand about their relationship with food, there is no point in having a Virtual Gastric Band fitted or even a real Gastric Band fitted if the client does not understand about their relationship with food. Once they have had the Virtual gastric Band fitted, Claire then works with the client to understand their relationship with food and helps them lead a healthier lifestyle.

The Australian Academy of Hypnosis™

Student Resource Centre

The Academy's Training and Resource Centre is now live and active at www.mindmotivations.com.

The Training and Resource Centre is free for all students and contains the following sections.

1. **Student Forum.** The Student Forum is for communication and the sharing of ideas among students. There is also an allowance for non topic chat in the forums. Feel free to begin a new topic anytime you please.
2. **Free Hypnosis E Books.** There are many titles in this section that are completely free for all students to download at their leisure.
3. **Hypnosis Scripts.** This section contains more than 450 hypnosis scripts for free download
4. **Hypnosis Videos.** This section has training sessions recorded on Video and will continue to increase in size.
5. **On Line lectures.** This section is still under construction and will soon be filled with many pre recorded lectures and soon to come on line live training tutorial sessions. Pre-recorded lectures will be free and a small fee will apply for attendance of live training, on line, sessions
6. **Professional Mentoring and Personal One on One Training.** This section gives you direct access to arrange a personal training or mentoring session with a tutor of your choice. Fees apply and you can discuss this with your trainer.



To access the Training and Resource centre log into www.mindmotivations.com with your username and password.

All students have an allocated username and password – If you can't remember your password then request a new one using the email address you registered on the monthly newsletter student database. If your username and password do not work for any reason please email Ryan at sales@resonanzrecordings.com and he will issue you a new password.

Once you have logged in go to the front page and look below the Video at the top LH side of the page of the page. You will see a number of Red Links; the link at the bottom of the stack will say Students Only On Line Training and Resource Centre, click on the link and you are in.

If you have any Scripts or DVDs or other relevant hypnosis information that you think would help to complete or enhance any aspect of the forum please email them to Rick Collingwood at hypnot@iprimus.com.au

Enjoy the new Training and Resource Centre

Kind Regards

Rick Collingwood
Michael Werts
John Vernes

Script of the Month

Fear of Thunderstorms

The phobia of thunderstorms (klersunophobia) nearly always results from negative programming during the formative years or an unpleasant experience involving thunderstorms, therefore it is particularly helpful to use regression to go back to the source of the problem and re-evaluate it. If the problem is caused by a bad experience then it is wise to dissociate the client and have them 'watch' themselves, rather than re-experience the fear.

Begin with your favourite induction and deepener, then continue:

You're now feeling completely relaxed, from the top of the head to the tips of the toes. Every nerve, every cell, every fibre, every consciousness of your body is relaxed, and at peace. Now in your mind, in your imagination, I want you to take yourself back to a very happy memory of yours, a place where you felt comfortable and safe, a place where you felt peaceful, tranquil and happy. Nod your head when you're back there in your mind, in your favourite place.

Wait for a signal:

Good, now I want you to become totally absorbed in this memory, in a moment I'll be quiet to allow you to recreate the scene, feel the peacefulness that you felt back there, just relax and feel comfortable. Notice any colours, sounds, smells, that are appropriate to your memory. Don't worry too much if you can't actually see the place where you are, it's the feelings that I want you to concentrate on.

Pause for about two minutes to allow your client to recall totally any good feelings associated with their place. Look for a slowing down of breathing, peaceful expression or smile on the face. Then continue.

Good, now it's a well established fact a human being cannot feel two conflicting emotions at the same time. That means that you cannot feel anxious and relaxed together. You will only feel one of those emotions, and right now you are totally and completely relaxed and at peace. Nod your head if you agree with me.

Good. Now I know that you've had problems in the past with thunderstorms. That's why you're here right now, because you're fed up with feeling that way. Those old, unpleasant feelings of fear and apprehension are unwanted, outdated, you're ready now to feel more comfortable in a stormy situation.

That's why, I want you to create in your mind, the atmosphere of a storm brewing up. Remember, this is just your imagination, it's not real, and at any time that you begin to feel uncomfortable, you can just signal to me by nodding your head, and we'll immediately go back to your favourite place.

Okay, so when you're ready—you're at home now and the weather has been gradually getting worse, the sky is darkening, you know all the signs, you can tell by the atmosphere that there's going to be a storm very, very soon. But it doesn't bother you, because you're completely relaxed, and you're safe. And anytime should you begin to feel uncomfortable you need only nod your head, and I'll immediately take you back to your favourite place. But I doubt if you will feel uncomfortable, because you are still so completely relaxed and at peace.

Watch out for the breathing and the head nodding. If the breathing becomes more rapid or if your client nods, then go back to their favourite place and get them to recreate it once again.

And the sky is becoming darker and darker, it's almost black now, and the air is very still. But it doesn't bother you, it doesn't concern you, because you're still feeling so comfortably relaxed and at peace with the world.

You begin to hear the first rumble of thunder. It sounds like its traveling fast, across the sky, and you marvel at the wonders of nature. And you're still feeling comfortable, relaxed and at peace.

The thunder begins to stop now, and you know that within twenty seconds or so will be a beautiful streak of lightening across that coal black sky. And you're waiting, you're ready, prepared, actually looking forward to seeing this majestic sight. You know that you're safe, it cannot touch you, you're probably wearing rubber soles, if not you're somewhere safe and feeling so calm and so relaxed and so peaceful. Lying or sitting here in anticipation, waiting for that beautiful streak and here it comes, zigzagging across the sky.

And you are STILL feeling so comfortable and so relaxed. The electric streak lights up the sky, and for a second, the room that you're in. And then its gone. In a way you begin to feel a little disappointed that its over so soon. But you know there'll probably be another one quite soon. So you wait.

And you're still feeling very, very calm. And as the next roll of thunder arrives, you begin to feel bored. That's all it is, a roll of thunder and then its gone. Followed by a streak of lightening—then that's gone also.

It was nice whilst it lasted but it didn't last long. And you felt fine, you were okay, you enjoyed it. The storm is over. And what a refreshing feeling when the storm IS over. Suddenly the air feels so much cleaner, recharged with ions that make breathing so much more comfortable, and you begin to realize how necessary that storm was. It really makes the air feel so much fresher, and you're glad there was a storm, you enjoyed it, you really did. And you know that the next time, and the time after and every time after that, storms will not bother you, you'll begin to enjoy them, look forward to them even. And when they're over, you'll realize how important they are for the air that you breathe.

Now you're letting go of that old, outdated fear of thunderstorms. The sky is beginning to clear and its like a blanket of fear has been lifted from your mind. Or a heavy weight been lifted from your shoulders. You're free. Free of that old, outdated, unnecessary fear, forever.

From now on you begin to appreciate the importance of a good old thunderstorm. It's like an argument that's been building up. Lots of bad feeling, unspoken words, bottled up, causing uncomfortable feelings. And then the explosion of the row, as the feelings come out, and then afterwards everything is fine. The air has been cleared and everyone feels good as the problems resolve. And you realize and appreciate the importance of storms. You let go of bad feelings, you let go of your fears, they hold no place now in your mind.



You're free. And in a moment as I count up to five, you'll continue to feel free, continue to feel good, continue to enjoy the wonderful relaxation, to remember your favourite place. And relax.

Ready now. 1.2.3.4,5

Up Coming Dates:

Monthly Ongoing Trainings (WA Only)

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| Lesson Eight: Hypnosis for Children | Saturday, 28 th August, 2010 |
| Lesson Nine: Conscious/Sub-Conscious Interfacing | Saturday, 25 th September, 2010 |

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| 3 Day Power and Mind Body Connection Training PERTH (By Rick Collingwood) | Fri, Sat, Sun – 17 th , 18 th , 19 th September 2010 |
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| Four Day Power Hypnosis Course MELBOURNE | 10 th , 11 th , 12 th , 13 th September 2010 |
| 5 Day Power Hypnosis & Fascination Training SYDNEY | 25 th , 26 th , 27 th , 28 th , 29 th October 2010 |
| 5 Day Power Hypnosis & Fascination Training BRISBANE | 22 nd , 23 rd , 24 th , 25 th , 26 th November 2010 |

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| Certificate of Clinical Hypnosis PERTH | Part 3 (Previous Trg) - 20 th , 21 st , 22 nd August, of July 2010 Part 1 – 14 th , 15 th August 2010 Part 2 – 20 th , 21 st , 22 nd August |
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Future Articles

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

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