

Mind MotivationsTM Newsletter

April 2009

So there I was, sitting in the back yard, pondering life, the universe and everything and wondering what I would select as the Script of the Month for this edition when (literally) ... along came a spider.

Now this was not a particularly impressive spider. As far as spiders go, this one could be described as pretty bland. Heck, it was even coloured beige. However he, or she, (I have no particular talent at determining the gender of a spider) gave me the idea and the Fear of Spiders script was chosen. So, thank you that small, innocuous, rather bland spider – you helped me out!

Having overcome this monumental hurdle and selecting Arachnophobia as our treatment script, my mind was drawn to other phobias – and wondering what the range of phobias were. The internet is a wonderful resource when a person is in dire need of important information (and wants to get out of doing the gardening) and so I launched myself into an important research task and *had success!!!!* I managed to find a comprehensive list of phobia names. This list increased my knowledge substantially, amused me for quite some time (who would have thought that fear of the Pope was called Papaphobia) and helped me avoid the gardening for a few hours at least. Then I thought to myself that it might be prudent to pass this list onto the readership. Result – PART 1 of the list is reproduced in this

edition of the newsletter with PART 2 to follow in the May edition but if you need to avoid gardening then please feel free to look it all up for yourself!

As you will remember from the last edition of the Newsletter, Rick and I were planning to travel to Melbourne to conduct the Power Hypnosis Course for the first time in Victoria. Everything went according to plan and a total of 41 students completed the training. It was pleasing to see so many people from the CCH and AHA coming along to do the training. A short article about the course appears later in this newsletter.

If you've not yet registered for the Power Hypnosis Course being run here in Perth, time is very short! The course starts in just a few days time. Information on enrolling can be found at <http://www.naturaltherapypages.com.au/school/21450> or just give either Rick or Michael a call. Contact numbers are on the last page of the newsletter.

Michael Werts
Editor MM_Newsletter

In Brief:

Power Hypnosis Course – starts in Perth on 19 April. Register NOW by Phoning Rick or Michael (number at the back of the newsletter). An enrolment form is included in this edition of the newsletter.

Next Monthly Training is happening on 25 April – Subject is: **Hypnotic Regression, Present and Past Lives.**

PHWA General Meeting – being held on 21 Jun. Watch PHWA website for more information. <http://www.phwa.com.au/index.php>

Fascination Course being conducted by Rick Collingwood on 3rd May – places are limited. Information and application form are included in this copy of the Newsletter

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Headlines that make you wonder.....

From <http://www.thisisbristol.co.uk/homepage/Bristol-boxing-star-plans-career-hypnotherapy/article-736367-detail/article.html>

“Bristol boxing star plans career in hypnotherapy”

Sunday, March 01, 2009, 22:03

(can you just imagine the induction techniques...Ed)

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Some Quotable Quotes:

"The difference between a smart person and a wise person is that a smart person knows what to say and a wise person knows whether or not to say it." -- Quote found on the wall of a recreation center office in Berkeley, California.

"...When we long for life without...difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure." - Peter Marshall

A Native American elder once described his own inner struggles in this manner:

"Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time."

When asked which dog wins, he reflected for a moment and replied, "The one I feed the most."

"Do not impose on others what you yourself do not desire." - Confucius

Hypnosis in the Media

The Power of Hypnotherapy on Surgical Patients

Taken from <http://www.naturalnews.com/024297.html>

Wednesday, September 24, 2008 by: Steve G. Jones, M.Ed., citizen journalist

(NaturalNews) Undergoing surgery is a very common occurrence. In the United States, it is estimated that 15 million people undergo surgery each year. People have an operation to fix a medical problem or sometimes to diagnose a problem. Surgeries are performed to improve or enhance someone's way of life

One of the most common complications with surgery is pain. It can be a long road to recovery after a surgical procedure. Other risk factors associated with an operation include infection and bleeding.

In 2002, a study appeared in the journal *Anesthesia & Analgesia*. The purpose of the study was to see whether hypnotherapy played a role in the side effects of surgical patients. The article talks about how many studies in the past focusing on hypnosis and surgery have only focused on the outcome in relation to pain. This study not only wanted to look at the outcome in relation to pain, but also look at how the hypnotherapy was administered and to see if it helps with other side effects.

The researchers analyzed the results from 20 controlled studies in which hypnosis was used with surgical patients

These three key aspects were looked at:

1. Effectiveness of the hypnotherapy on post-surgical symptoms.
2. Whether hypnosis is more beneficial to certain outcomes.
3. Whether one-on-one or pre-recorded hypnosis sessions are more effective.

The study determined that hypnotherapy was highly effective with treating post-surgical symptoms. In fact, it found that out of all the 20 studies that were analyzed, those who received hypnotherapy had a better post-surgical outcome than 89% of those in the control group (who did not receive hypnotherapy).

The study also determined that there was no significant difference between certain outcomes and there was no significant difference in delivery of the hypnotherapy (personal or pre-recorded).

This meta-analysis concluded that hypnotherapy is very beneficial to post-surgical healing. The researchers "strongly support the use of hypnosis with surgical patients."

Source:

Anesthesia & Analgesia. 2002; 94:1639-1645.

About the author

Steve G. Jones, M.Ed. has been practicing hypnotherapy since the 1980s. He is the author of 22 books on Hypnotherapy. Steve is a member of the National Guild of Hypnotists, American Board of Hypnotherapy, president of the American Alliance of Hypnotists, on the board of directors of the Los Angeles chapter of the American Lung Association, and director of the Steve G. Jones School of Clinical Hypnotherapy

Steve G. Jones, M.Ed. is a board certified Clinical Hypnotherapist. He has a bachelor's degree in psychology from the University of Florida (1994), a master's degree in education from Armstrong Atlantic State University (2007), and is currently working on a doctorate in education, Ed.D., at Georgia Southern University. Learn more at: <http://www.betterlivingwithhypnosis...>

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More Moms Turning To Hypnobirthing

From: <http://www.wfsb.com/health/18918334/detail.html>

Mom Says Hypnosis Helped With Daughters' Births

POSTED: 5:13 pm EDT March 12, 2009

UPDATED: 5:16 pm EDT March 12, 2009

HARTFORD, Conn. -- More women are turning to hypnosis as a tool during childbirth, with the thought that preparing the mind can ease the pain of labor. Shelley Albini teaches Hypnosis for Childbirth and helped Holly Leone, of Wolcott, get through two births without pain medication.

"The philosophy is that birth is not a medical incident, it doesn't have to hurt," Albini said. "Women love to tell war stories ... fear is what creates pain in childbirth.

Leone said she knew she wanted to deliver her daughters Natalie and Rachel naturally. She took a class with Albini and began to listen to self-hypnosis CDs nightly during the seventh month of her pregnancy.

"I was just lying in bed, contractions were coming, I had tapes on," Leone said. "The surges come and go, state of relaxation, and then it goes."

She said after her daughters were born she was left feeling happy and relaxed.

Leone said instead of a war story, hypnosis left her with a picture-perfect birthing story to tell.

Albini said hypnosis can also be used for mothers who aren't considering natural childbirth. She said it can help ease the discomfort of labour or a c-section.

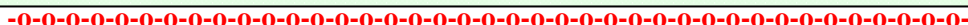
Between 27-29 March, the Australian Academy of Hypnosis conducted the Power Hypnosis Course in Melbourne. This was the first time that this course has been run in the Eastern States and the first time that the Academy conducted a course in Melbourne. The course was facilitated by Rick Collingwood and Michael Werts at The Quest in Doncaster.



course and the student list consisted of both experienced and new hypnotists. A number of members of the CCH and AHA attended the training. According to all reports from the students, they found the course content, the instruction and the practical elements to be interesting, extremely informative, fun and the new techniques taught provided enhanced skills which will be immediately beneficial in their



This will definitely not be the last time the Academy conducts a course in the Eastern States and I would like to take this opportunity to welcome all of the students on the Power Hypnosis Course to the Mind Motivations and Australian Academy of Hypnosis Newsletter mailing list.



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A Word from Rick Collingwood:

Hello everybody and welcome to April. It is good to be back in Australia and settling in again. Things are getting busier and continue to move forward on the hypnosis scene for the Academy, and we are presently in negotiations for training recognition by a large and prestigious National Hypnosis Association.

Michael and I have just completed a very well attended 3 day Power Hypnosis Training in Victoria and will conduct another one in Sydney in late June. There is an upcoming 3 day Power Training in Perth in April and a new 1 day Fascination Hypnosis training in May which I would encourage all students to attend if you want the icing on the cake for inducing deep and rapid trance.

I have now trademarked the name Hypnosis Field Therapy and will begin to train it late this year, it is a new 5 day training course that will only be available to experienced hypnosis practitioners and is a combination of the 3 day Power Hypnosis Training (which will become 4 days) and 1 day of Fascination training. All other training courses will remain the same as they have always been, and the 3 day power Hypnosis training will continue to be conducted as part of the Advanced Certificate.

There is a fantastic new DVD available from the UK titled The Living Matrix. There is a link to the website on the lower LH side of the front page at www.mindmotivations.com If you are a serious hypnotherapist YOU NEED to have this DVD as it will explain a lot of the goings on that happen in hypnosis in scientific terms and is backed up with solid research. Be sure to check out the trailer from the link on the website.

I look forward to seeing you in the very near future.

Kind Regards
Rick Collingwood

[illegible]

And A Word from John Vernes:

As 2009 flies by, I can't believe it's April already, hope all is well and prosperous for you all.

Ric has been doing some very interesting stuff over East and in the Media, did you catch him on 93.7? Let's wish him the best, as he is at the forefront of our profession's promotion in the media and the public. We each need to do our bit, so again, let's get people talking about Hypnosis, get into your local paper, down to sporting events, get promoting and have fun.

I've been on the radio (Curtinfm 100.1) a few times recently talking about the variety of uses for Hypnosis and promoting PHWA. It's on a Wednesday at around 1330, the dates till the end of the year are as follows.....April 22, May 20, June 20, July 22, August 19, Sept 23, Oct 21, Nov 18. Spread the word.

I'll be getting some specialists in to talk about more specific topics ie: Quitting Smoking, Food Addictions, Hypnotising Children, Past Life Regression and others. What I am mostly focusing on is to broaden the scope of the issues that we deal with. We know that Hypnosis can be used for many things but Joe Public doesn't. We don't want to always be the 'last port of call', I want people to think of using Hypnosis earlier rather than to have clients who see us as a last ditch effort. Migraines, Menopause, Tinnitus, Sports Enhancement (any specialists out there?), Relationship Development, Sexual Performance the list goes on...

We all want to see this Profession successful, legitimate and wide spread in WA, for that I NEED YOUR HELP. I want the Academy to be a success, so please pass on the attached application forms to an interested colleague. Soon our Certificate Course (next one in May) and Advanced will be recognised by a major Association and as such, I want to teach more professional people, those that can use the knowledge immediately in their practice. Not to exclude any lay people, but to bring our profession up a notch or two, because what we do is amazing and effective. Let's get it more widescreen and accepted.

Help me make the Academy a success. If this Profession does well, then so do we all.

John H Vernes
The Australian Academy of Hypnosis™

P.S. 5 Step Quit Smoking Certificate Sat. June 6th
 5 Step Weight Loss Certificate Sun. June 7th
 2 Day Mind-Body (Dealing with Disease) Workshop and Certificate Sat, Sun. July 25, 26

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Script of the Month: Fear of Spiders

It's because you want your life to be richer and fuller. .getting the most out of each and every day. . followed by comfortable nights of blissful sleep - that you have decided that now is the time for you to take complete control of your life. You have decided that it's time to drop the irrational behavior that stand in the way of making you feel in control . . . you have decided that there is no longer the need to be concerned about spiders . .no longer the need for sleepless nights, no longer the need to look silly and helpless whenever a spider enters your life.

Spiders and other crawling insects all have one thing in common . .they're all cold-blooded and so that means that to them, you may seem like a positive furnace. Certainly, with spiders, we make their 'hairs' stand up on end in fear. . .in truth they are very frightened of us, and not being aggressive, they run as fast as they can to get away from us. Sometimes when we chase them they are so scared that they roll themselves up into a little ball and pretend to be dead. - hoping we will move out of the now terrorized life . .if they can avoid you they will; .your world and their world exist side by side, but they want to have nothing to do with you, just to get on with their lives, keeping a clean house.

We know so little about their world . . and if we did. . .we wouldn't fear them; many insects do really useful jobs for us, like eating woodworm, always remember, that to them, we may even look like gods. . .compared to them . .we are huge. . .immense beings . .to be avoided at all costs.

There is no need to kill them – because they cannot harm you, and they wouldn't, even if they could. You now recognise the 'real' situation – instead of your 'unreal' fear. You just let spiders be, going about their simple lives, or if the situation requires it, put a glass over them and gently slide some card underneath – taking care not to harm your small, wondering friend, then you can carry him to a place outside your room, your lives are separate again, as indeed your worlds will always be.

And you now find that you feel totally calm whenever you see a spider. You become fascinated about the way they look – you watch them weaving intricate webs, to catch the flies that spread the germs.

You realize that spiders are your friends. You are their friend and they are your friend. You are kind to spiders and you are kind to yourself. You are kind to spiders and you are kind to yourself. You now recognize the 'real' situation – instead of your 'unreal' fear. You just let spiders be, going about their simple lives. They live their life and you live your life, side by side.



© Fourth Crossing Wildlife

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(PART 1) - FEAR OF:

13, number- Triskadekaphobia.
8, number- Octophobia.

A

Abuse: sexual- Contreltophobia.
Accidents- Dystychiphobia.
Air- Anemophobia.
Air swallowing- Aerophobia.
Airborne noxious substances- Aerophobia.
Airsickness- Aeronausiphobia.
Alcohol- Methyphobia or Potophobia.
Alone, being- Autophobia or Monophobia.
Alone, being or solitude- Isolophobia.
Amnesia- Amnesiphobia.
Anger- Angrophobia or Cholerophobia.
Angina- Anginophobia.
Animals- Zoophobia.
Animals, skins of or fur- Doraphobia.
Animals, wild- Agrizophobia.
Ants- Myrmecophobia.
Anything new- Neophobia.
Asymmetrical things- Asymmetriphobia
Atomic Explosions- Atomosophobia.
Automobile, being in a moving- Ochophobia.
Automobiles- Motorphobia.

B

Bacteria- Bacteriophobia.
Bald people- Peladophobia.
Bald, becoming- Phalacrophobia.
Bathing- Ablutophobia.
Beards- Pogonophobia.
Beaten by a rod or instrument of punishment, or of being severely criticized- Rhabdophobia.
Beautiful women- Caligynephobia.
Beds or going to bed- Clinophobia.
Bees- Apiphobia or Melissophobia.
Bicycles- Cyclophobia.
Birds- Ornithophobia.
Black- Melanophobia.
Blindness in a visual field- Scotomaphobia.
Blood- Hemophobia, Hemaphobia or Hematophobia.
Blushing or the color red- Erythrophobia, Erytophobia or Ereuthophobia.
Body odors- Osmophobia or Osphresiophobia.
Body, things to the left side of the body- Levophobia.
Body, things to the right side of the body- Dextrophobia.
Bogeyman or bogies- Bogyphobia.
Bolsheviks- Bolshephobia.
Books- Bibliophobia.
Bound or tied up- Merinthophobia.
Bowel movements: painful- Defecaloiesiophobia.
Brain disease- Meningitophobia.
Bridges or of crossing them- Gephyrophobia.
Buildings: being close to high buildings- Batophobia.
Bullets- Ballistophobia.
Bulls- Taurophobia.
Bums or beggars- Hobophobia.
Burglars, or being harmed by wicked persons- Sclerophobia.
Buried alive, being or cemeteries- Taphephobia or Taphophobia.

C

Cancer- Cancerophobia, Carcinophobia.
Car or vehicle, riding in- Amaxophobia.
Cats- Aclurophobia, Ailurophobia, Elurophobia, Felinophobia, Galeophobia, or Gatophobia.
Celestial spaces- Astrophobia.
Cemeteries- Coimetrophobia.
Cemeteries or being buried alive- Taphephobia or Taphophobia.
Ceremonies, religious- Teleophobia.
Changes, making; moving- Tropophobia or Metathesiophobia.
Chickens- Alektorophobia.
Child, bearing a deformed; deformed people- Teratophobia.
Childbirth- Maleusiophobia, Tocophobia, Parturiphobia, or Lockiophobia.
Children- Pedophobia.
Chinese or Chinese culture- Sinophobia.
Chins- Geniophobia.

Choking or being smothered- Pnigophobia or Pnigerophobia.
Choking- Anginophobia.
Cholera- Cholerophobia.
Church- Ecclesiophobia.
Clocks- Chronomentrophobia.
Clocks or time- Chronophobia.
Clothing- Vestiphobia.
Clouds- Nephophobia.
Clowns- Coulrophobia.
Coitus- Coitophobia.
Cold or cold things- Frigophobia.
Cold: extreme, ice or frost- Cryophobia.
Cold- Cheimaphobia, Cheimatophobia, Psychrophobia or Psychropophobia.
Color purple- Porphyrophobia.
Color red or blushing- Erythrophobia, Erytophobia or Ereuthophobia.
Color yellow- Xanthophobia.
Color white- Leukophobia.
Colors- Chromophobia or Chromatophobia.
Comets- Cometophobia.
Computers or working on computers- Cyberphobia.
Confined spaces- Claustrophobia.
Constipation- Coprastasophobia.
Contamination, dirt or infection- Molysmophobia or Molysomophobia.
Contamination with dirt or germs- Misophobia or Mysophobia.
Cooking- Mageiropophobia.
Corpses- Necrophobia.
Cosmic Phenomenon- Kosmikophobia.
Creepy, crawly things- Herpetophobia.
Criticized severely, or beaten by rod or instrument of punishment- Rhabdophobia.
Criticism- Enissophobia.
Crosses or the crucifix- Staurophobia.
Crossing streets- Agryophobia or Dromophobia.
Crowded public places like markets- Agoraphobia.
Crowds or mobs- Enochlophobia, Demophobia or Ochlophobia.
Crucifix, the or crosses- Staurophobia.
Crystals or glass- Crystallophobia.

D

Dampness, moisture or liquids- Hygrophobia.
Dancing- Chorophobia.
Dark or night- Nyctophobia.
Dark place, being in- Lygophobia.
Darkness- Achluophobia or Myctophobia, or Scotophobia.
Dawn or daylight- Eosophobia.
Daylight or sunshine- Phengophobia.
Death or dying- Thanatophobia.
Death or dead things- Necrophobia.
Decaying matter- Seplophobia.
Decisions: making decisions- Decidophobia.
Defeat- Kakorrhaphiophobia.
Deformed people or bearing a deformed child- Teratophobia.
Deformity or unattractive body image- Dysmorphophobia.
Demons- Demonophobia or Daemonophobia.
Dental surgery- Odontophobia.
Dentists- Dentophobia.
Dependence on others- Soteriophobia.
Depth- Bathophobia.
Diabetes- Diabetophobia.
Dining or dinner conversations- Deipnophobia.
Dirt, contamination or infection- Molysmophobia or Molysomophobia.
Dirt or germs, being contaminated with- Misophobia or mysophobia.
Dirt or filth- Rhyppophobia or Rupophobia.
Dirty, being dirty or personal filth- Automysohobia.
Disease- Nosophobia, Nosemaphobia or Pathophobia.
Disease and suffering- Panthophobia.
Disease, a definite- Monopathophobia.
Disease, brain- Meningitophobia.
Disease: kidney- Albuminurophobia.
Disease, rectal- Rectophobia.
Disorder or untidiness- Ataxophobia.
Dizziness or vertigo when looking down- Illyngophobia.
Dizziness or whirlpools- Dinophobia.
Doctor, going to the- Iatrophobia.
Doctrine, challenges to or radical deviation from official- Heresyphobia or Hereiophobia.
Dogs or rabies- Cynophobia.
Dolls- Pediophobia.
Double vision- Diplophobia.

Drafts- Aerophobia or Anemophobia.
Dreams, wet- Oneirogmophobia.
Dreams- Oneirophobia.
Drinking- Dipsophobia.
Drugs, new- Neopharmaphobia.
Drugs or taking medicine- Pharmacophobia.
Dryness- Xerophobia.
Dust- Amathophobia or Koniophobia.
Dust- Amathophobia.
Duty or responsibility, neglecting- Paralipophobia.
Dying or death- Thanatophobia.

E

Eating or swallowing- Phagophobia.
Eating or food- Sitophobia or Sitiophobia.
Eating or swallowing or of being eaten- Phagophobia.
Eight, the number- Octophobia.
Electricity- Electrophobia.
Englishness- Anglophobia.
Erect penis- Medorthophobia.
Erection, losing an- Medomalacuphobia.
Everything- Panophobia, Panphobia, Pamphobia, or Pantophobia.
Eyes- Ommetaphobia or Ommatophobia.
Eyes, opening one's- Optophobia..

F

Fabrics, certain- Textophobia.
Failure- Atychiphobia or Kakorrhaphiophobia.
Fainting- Asthenophobia.
Fatigue- Kopophobia.
Fearful situations: being preferred by a phobic- Counterphobia.
Feathers or being tickled by feathers- Pteronophobia.
Fecal matter, feces- Coprophobia or Scatophobia.
Female genitals- Kolpophobia.
Female genitalia- Eurotophobia.
Fever- Febriphobia, Fibriphobia, Fidriophobia or Pyrexiohobia.
Filth or dirt- Rhyppophobia.
Fire- Arsonphobia or Pyrophobia.
Firearms- Hoplophobia.
Fish- Ichthyophobia.
Flashes- Selaphobia.
Flogging or punishment- Mastigophobia.
Floods- Antlophobia.
Flowers- Anthrophobia or Anthophobia.
Flutes- Aulophobia.
Flying- Aviophobia or Aviatophobia or Pteromerhanophobia.
Fog- Homichlophobia or Nebulaphobia.
Food or eating- Sitophobia or Sitiophobia.
Food- Cibophobia.
Foreigners or strangers- Xenophobia.
Foreign languages- Xenoglossophobia.
Forests or wooden objects- Xylophobia.
Forests- Hylophobia.
Forests, dark wooded area, of at night- Nyctohylophobia
Forgetting or being forgotten- Athazagoraphobia.
France or French culture- Francophobia, Gallophobia or Galiphobia.
Freedom- Eleutherophobia.
Friday the 13th- Paraskavedekatriaphobia.
Frogs- Batrachophobia.
Frost, ice or extreme cold- Cryophobia.
Frost or ice- Pagophobia.
Functioning or work: surgeon's fear of operating- Ergasiophobia.
Fur or skins of animals- Doraphobia.

G

Gaiety- Cherophobia.
Garlic- Alliumphobia.
Genitals, particularly female- Kolpophobia.
Genitalia, female- Eurotophobia.
Germans or German culture- Germanophobia or Teutophobia.
Germs or dirt, being contaminated with- Misophobia or mysophobia.
Germs- Verminophobia.
Ghosts or specters- Spectrophobia.
Ghosts- Phasmophobia.
Girls, young or virgins- Parthenophobia.
Glass or crystals- Crystallophobia.
Glass- Hyelophobia, Hyalophobia or Nelophobia.
Gloomy place, being in- Lygophobia.

God or gods- Zeusophobia.
 Gods or religion- Theophobia.
 Gold- Aurophobia.
 Good news, hearing good news- Euphobia.
 Gravity- Barophobia.
 Greek or Greek culture- Hellophobia.
 Greek terms- Hellenologophobia.

H

Hair- Chaetophobia, Trichopathophobia, Trichophobia, or Hypertrichophobia.
 Halloween- Samhainophobia.
 Hands- Chirophobia.
 Handwriting- Graphophobia.
 Harmed by wicked persons; bad men or burglars- Scelerophobia.
 Heart- Cardiophobia.
 Heat- Thermophobia.
 Heaven- Ouranophobia or Uranophobia.
 Heights- Acrophobia, Altophobia, Batophobia, Hypsiphobia or Hyposophobia.
 Hell- Hadeophobia, Stygiophobia or Stigiophobia.
 Heredity- Patroiphobia.
 Holy things- Hagiophobia.
 Home- Ecophobia.
 Home surroundings or a house- Oikophobia.
 Home, returning- Nostophobia.
 Home surroundings- Eicophobia.
 Homosexuality or of becoming homosexual- Homophobia.
 Horses- Equinophobia or Hippophobia.
 Hospitals- Nosocomophobia.
 House or home surroundings- Oikophobia.
 Houses or being in a house- Domatophobia.
 Hurricanes and tornadoes- Lilapsophobia.
 Hypnotized, being or of sleep- Hypnophobia.

I

Ice or frost- Pagophobia.
 Ice, frost or extreme cold- Cryophobia.
 Ideas- Ideophobia.
 Ignored, being- Athazagoraphobia.
 Imperfection- Atelophobia.
 Inability to stand- Basiphobia or Basophobia.
 Infection, contamination or dirt- Molysmophobia or Molsomophobia.
 Infinity- Apeirophobia.
 Injections- Trypanophobia.
 Injury- Traumatophobia.
 Insanity, dealing with- Lyssophobia.
 Insanity- Dementophobia or Maniaphobia.
 Insects- Acarophobia or Entomophobia or Insectophobia.
 Insects that eat wood- Isoterophobia.
 Insects that cause itching- Acarophobia.
 Itching- Acarophobia.

J

Japanese or Japanese culture- Japanophobia.
 Jealousy- Zelophobia.
 Jews- Judeophobia.
 Joint immobility- Ankylophobia.
 Jumping from high and low places- Catapedaphobia.
 Justice- Dikephobia.

K

Kidney disease- Albuminurophobia.
 Kissing- Philemaphobia or Philematophobia.
 Knees- Genuphobia.
 Knowledge- Gnsiophobia or Epistemophobia.

L

Lakes- Limnophobia.
 Large things- Megalophobia.
 Laughter- Geliophobia.
 Lawsuits- Liticaphobia.
 Learning- Sophophobia.
 Left-handed; objects at the left side of the body- Sinistrophobia.
 Leprosy- Leprophobia or Lepraphobia.

Lice- Pediculophobia or Phthiriophobia.
 Light- Photophobia.
 Light flashes- Selaphobia.
 Lightning and thunder- Brontophobia or Karaunophobia.
 Lights, glaring- Photoaugliaphobia.
 Liquids, dampness or moisture- Hygrophobia.
 Locked in an enclosed place- Cleithrophobia, Cleisiophobia, or Clithrophobia.
 Lockjaw or tetanus- Tetanophobia.
 Loneliness or of being oneself- Eremophobia or Eremiphobia.
 Looking up- Anablephobia or Anablepophobia.
 Loud noises- Ligryophobia.
 Love, sexual love- Erotophobia.
 Love play- Malaxophobia or Sarmassophobia.
 Love, falling or being in- Philophobia.

M

Machines- Mechanophobia.
 Mad, becoming- Lyssophobia.
 Many things- Polyphobia.
 Marriage- Gamophobia.
 Materialism- Hylephobia.
 Matter, decaying- Seplophobia.
 Meat- Carnophobia.
 Medicine, taking; or drugs- Pharmacophobia.
 Medicines, mercurial- Hydrargyrophobia.
 Medicine, prescribing by a doctor- Opiophobia.
 Memories- Mnemophobia.
 Men, bad or burglars or being harmed by wicked persons- Scelerophobia.
 Men- Androphobia or Arrhenophobia or Hominophobia.
 Menstruation- Menophobia.
 Mercurial medicines- Hydrargyrophobia.
 Metal- Metallophobia.
 Meteors- Meteorophobia.
 Mice- Musophobia, Murophobia or Suriphobia.
 Microbes- Bacillophobia or Microbiophobia.
 Mind- Psychophobia.
 Mirrors or seeing oneself in a mirror- Eisotrophobia.
 Mirrors- Catoptrophobia.
 Missiles- Ballistophobia.
 Mobs or crowds- Demophobia, Enochlophobia or Ochlophobia.
 Moisture, dampness or liquids- Hygrophobia.
 Money- Chrometophobia or Chrematophobia.
 Moon- Selenophobia.
 Mother-in-law- Penteraphobia.
 Moths- Mottephobia.
 Motion or movement- Kinetophobia or Kinesophobia.
 Moving or making changes- Tropophobia.
 Moving automobile or vehicle, being in- Ochophobia.
 Muscular incoordination (Ataxia)- Ataxiophobia.
 Mushrooms- Mycophobia.
 Music- Melophobia.
 Myths or stories or false statements- Mythophobia.

N

Names or hearing a certain name- Onomatophobia.
 Names- Nomatophobia.
 Narrow things or places- Stenophobia.
 Narrowness- Anginophobia.
 Needles- Aichmophobia or Belonephobia.
 New, anything or novel- Kainophobia, Kainolophobia, Cenophobia, Centophobia, or Neophobia.
 Newness- Cainophobia, Cenophobia, Centophobia, or Cainotophobia.
 News: hearing good news- Euphobia.
 Night or dark- Nyctophobia.
 Night- Noctiphobia.
 Noise- Acousticophobia.
 Noises, loud- Ligryophobia.
 Noises or voices, speaking aloud, or telephones- Phonophobia.
 Northern lights- Auroraphobia.
 Nosebleeds- Epistaxiophobia.
 Novelty or anything new- Kainophobia or Kainolophobia.
 Novelty- Cainophobia or Cainotophobia.
 Nuclear weapons- Nucleomituphobia.
 Nudity- Gymnophobia or Nudophobia.
 Number 8- Octophobia.

Number 13- Triskadekaphobia.
 Numbers- Arithmophobia or Numerophobia.

O

Objects, small- Tapinophobia.
 Ocean or sea- Thalassophobia.
 Odor, personal- Bromidrosiphobia, Bromidrophobia, Osmophobia or Osphresiphobia.
 Odor, that one has a vile odor- Autodysomophobia.
 Odors or smells- Olfactophobia.
 Official doctrine, challenges to or radical deviation from- Heresyphobia or Hereiophobia.
 Old people- Gerontophobia.
 Old, growing- Gerascophobia or Gerontophobia.
 Open spaces- Agoraphobia.
 Open high places- Aeroacrophobia.
 Operation, surgical- Tomophobia.
 Opinions- Allodoxaphobia.
 Opinions, expressing- Doxophobia.
 Penis, erect: dependence on- Soteriophobia.
 Otters- Lutraphobia.
 Outer space- Spacephobia.

P

Pain- Algiophobia, Ponophobia, Odynophobia or Odynephobia.
 Paper- Papyrophobia.
 Parasites- Parasitophobia.
 Parents-in-law- Soceraphobia.
 Peanut butter sticking to the roof of the mouth- Arachibutyrophobia.
 Pellagra- Pellagrophobia.
 Penis, erect- Medorthophobia.
 Penis, esp erect- Phallophobia.
 Penis, erect: seeing, thinking about or having- Ithyphallophobia.
 Penis, losing an erection- Medomalacuphobia.
 People- Anthropophobia.
 People in general or society- Sociophobia.
 People, deformed or bearing a deformed child- Teratophobia.
 Philosophy- Philsosphobia.
 Phobias- Phobophobia.
 Phobic preferring fearful situations- Counterphobia.
 Pins and needles- Belonephobia.
 Pins- Enetophobia.
 Place: locked in an enclosed place- Cleithrophobia, Cleisiophobia, or Clithrophobia.
 Place, being in a dark or gloomy- Lygophobia.
 Places, certain- Topophobia.
 Places, crowded public- Agoraphobia.
 Places, open high- Aeroacrophobia.
 Places or things, narrow- Stenophobia.
 Plants- Botanophobia.
 Pleasure, feeling- Hedonophobia.
 Poetry- Metrophobia.
 Pointed objects- Aichmophobia.
 Poison- Iophobia.
 Poisoned, being- Toxiphobia, Toxophobia, or Toxicophobia.
 Poliomyelitis, contracting- Poliosophobia.
 Politicians- Politicophobia.
 Pope- Papaphobia.
 Poverty- Peniaphobia.
 Praise, receiving- doxophobia.
 Precipices- Crennophobia.
 Prescribing medicine for patients by a doctor- Opiophobia.
 Priests or sacred things- Hierophobia.
 Progress- Prosophobia.
 Property- Orthophobia.
 Prostitutes or venereal disease- Cypridophobia, Cypriphobia, Cyprianophobia, or Cyprinophobia.
 Punishment or flogging- Mastigophobia.
 Punishment by a rod or other instrument, or of being severely criticized- Rhabdophobia.
 Punishment- Poinophobia.
 Puppets- Pupaphobia.
 Purple, color- Porphyrophobia.

Collective Noun.....

A **murmaton** Starlings.... A **troop** of apes....

A **clew** of worms....

A **clutter** of spiders A **herd** of seahorses

A **???? of hypnotists!**

Your thoughts, suggestions or answers can be forwarded to mm_newsletter@iinet.net.au and will be published in following editions.

Come on - what are your suggestions for collective nouns for a group of hypnotists?



Perth – 3 Day Power Hypnosis Training Workshop

Friday, Saturday, Sunday, 17th, 18th and 19th April 2009

The Australian Academy of Hypnosis™

Complete this application form and post it to:
The Australian Academy of Hypnosis™, Joondalup BC, PO Box 1169 Joondalup DC WA 6919

Enrolment Application

All information remains private and confidential

Course Start Date: Age:

Full Name:

Postal Address:

Postcode:

Phone (H): (W): (M):

Current Profession? Email:

Any previous Hypnosis Experience? ☐ Yes ☐ No (If yes, please give brief details)

Why do you want to attend this training?

Any known Mental Illnesses? ☐ Yes ☐ No (If yes, please give brief details)

Declaration: I understand that upon completion of my hypnosis training I will have acquired skills which will enable me to induce the state of hypnosis in certain other people. I also understand that The Australian Academy of Hypnosis in no way approves of or condones the use of hypnosis for any purpose other than as a therapeutic skill to assist in the physical and emotional healing of others.

Please find enclosed my full payment or deposit of: \$

Name: Signed: Date: / /

Participation acceptance

Upon receipt of your deposit further training information and a receipt will be posted within 24 hours.

MIND MOTIVATIONS
HYPNOSIS TRAINING

Fascination Hypnosis Training™

"I have hitherto avoided revealing the great secret – that the strength (of the vital fluid) lies concealed in man, and that, merely through the suggestion and power of the imagination to work outwardly, and to impress this strength on others, which then continues of itself, and operates on even the remotest of objects." Furthermore, as "proof of the mutual magnetic influences influence of living creatures," Van Helmont asserted that by certain manipulations of the vital fluid during the "ecstasy" of the inner magnetic man, "men may kill animals merely by staring hard at them for quarter of an hour."

Jan Baptista Van Helmont.

"The vital force is not enclosed in man, but radiates around him like a luminous sphere, and it may be made to act at a distance. In these semi-natural rays, the imagination of man may produce healthy or morbid effects. It may poison the essence of life and cause diseases, or it may purify it after it has been made impure, and restore the health. Our thoughts are simply magnetic emanations, which, in escaping from our brains, penetrate into kindred heads and carry thither, with a reflection of life, the mirage of our secrets"

Paracelsus: 1538.

Among other things "Fascination Hypnosis Training"™ teaches a hypnotist simple and immediate techniques of how to transfer energy and to hypnotize WITHOUT WORDS. Moreover, once you learn them, these techniques are just as easy to use and give much more powerful and effective results than the conventional verbal hypnosis and hypnotherapy techniques that you have already learned.

Every student who learns these techniques and puts them in practice will experience the result of being more powerful both in their personal and professional lives. If you already practice hypnosis or hypnotherapy, you have the opportunity to take a taking a quantum leap forward into a newer much more powerful and effective realm of hypnosis.

Have you ever wondered where the "Look Into My Eyes" trance method came from, and how deep hypnosis is brought about simply by the hypnotist's stare? Have you made the mistake of thinking its all nonsense and only works on somnambulists? Do you think you could MAKE someone fall over simply by looking at them? All of these things are not magic they are real.

During the recent Power Hypnosis Training that I conducted in Melbourne with Michael Werts; which was well attended by many experienced hypnotherapists, including senior board members from some of the largest Hypnosis Associations in Australia were, in the words of one of them *"Stunned by what I have witnessed here."* What the students experienced and witnessed among other things was, within minutes and sometimes seconds, their own associates going into deep trance and falling over without a word being spoken, thick needles being pushed deep through the skin and muscles without pain, and demonstrations of the Human Plank.

How I Discovered Hypnotic Fascination?

My awareness of hypnotic fascination techniques was initially brought to light during my researching and studying of Anton Mesmer, Magnetism and Mesmerism. During my relentless searching I came upon some very old information that taught practical methods of how to transfer energy and to literally be able to affect the energy field of other people and petrify with the gaze and mental suggestion, which is probably the same information that Mesmer found during his formulation of Animal Magnetism. I practised and perfected some of these techniques during the past year, and developed them to the point where in my recent most Television and Radio appearances, I have induced deep

trances in consciously resistant subjects without uttering a single word. The techniques are not difficult to perform; they simply require the knowledge and practice to master them.

I uncovered old texts, many with practical application techniques from the Egyptians, the Hindus, and the early magnetisers. Some of the old writings that go back far beyond Mesmer's days told of feats considered as normal in times of antiquity; and trance states that most modern hypnotists are unable to achieve. Modern hypnosis gives many reasons and theories, but it is bound to the use of words and relaxation, and puts all possibility of anything considered supernatural out of the door.

Hypnotic fascination is much different from modern hypnosis and more similar to magnetism and the oriental techniques of charming and fascination. Mesmerism has its roots in fascination which also works in conjunction with animal magnetism. Even if it is very not well defined by science, animal magnetism and energetic transference are proven facts and have their own methods and reality. The energetic and non verbal technique trance induction methods have been used by magnetic healers of various tribes, dynasties, orders, monasteries and nations since pre Egyptian times. The source of Anton Mesmer's mesmerism actually finds its roots in the fascination and magnetism techniques of the Magnetists, the Hindus, and other ancient healers.

Nothing Can Or Will Give You More Resonating Non Verbal Power and Personal Self Development Than These Techniques

The techniques of fascination have remained a long kept secret. Even present day renowned powerful hypnotists such as Gil Boyne and the late Ormond McGill are only aware of aspects of these techniques. Ormond McGill learned some of the energetic and self empowerment processes from the Fakirs in India, and he did attempt to pass on some of the information, but he did it in a non demonstrative fashion. Many of today's so called great hypnotists, partially through their own ignorance and self denial or misunderstanding, put Fascination down to the imagination or even deny its existence without having real knowledge or understanding of what true Fascination is in the first place.

Modern hypnosis has sometimes tried to explain some of the feats that Mesmer and others accomplished, but by using the modern hypnosis paradigm. That paradigm is always based on words and relaxation, while in reality Mesmer, the Magnetists, and most of the other old hypnotists used non verbal communication, and it is impossible to fully explain non verbal communication in words.

These Are The Real Hypnosis Techniques Of The Past Masters and Magnetists

You Can't Learn Them Anywhere Else!!!

It took me over a year of searching and another year to learn and develop these techniques. I am going to teach them during this one day Fascination Hypnosis Training™ from 8.30am until 5pm on Sunday the 3rd of May 2009 in the training rooms at Technology Park Bentley.

The training will give the experienced hypnotist skills that can't be learned anywhere else

You Will Learn Self Empowering and Trance Inducing Methods and Techniques That Will Enable You To Induce Deep and Profound Hypnosis Even In Unwilling Subjects and Often Make Changes For Your Clients Without Even Having To Say A Word

This will be the only opportunity you will have to attend it in Western Australia in 2009, and no other person will be allowed to teach these techniques in my absence. These are the skills that will transform you from being a passive hypnotherapist into a powerful hypnotist.

The training is available

ONLY TO STUDENTS OF THE ACADEMY WHO HAVE COMPLETED THE CERTIFICATE OF HYPNOSIS TRAINING AND ARE PRACTISING HYPNOTHERAPISTS :Non students of the academy or family members will not be considered so please do not ask

Places are limited to a maximum of 50 students and all attendees will be required to sign a legally binding agreement that they will not attempt to conduct this training nor divulge these techniques on to any other person or organisation.

A methods training manual and a "Certificate of Attendance" will issued to all participants

The cost of this training is \$275 inc GST, and is available on a first come first served basis. Numbers will be limited to 50 without exception and there will not be another opportunity to learn this very powerful style for a long time. If you are too late, your application and payment will be returned to you immediately upon receipt and no rain checks or pay on the day is available. Receipts and acceptance letters will be sent upon the arrival of your application.

To enrol complete the attached application form and post it with a cheque or money order made payable to Mind Motivations, to The Australian Academy of Hypnosis to

The Australian Academy of Hypnosis

Joondalup BC

PO Box 1169

Joondalup WA 6919

Or make a direct deposit into the academy's bank account: Mind Motivations, Commonwealth Bank, BSB, 064 012, A/C No 10131014 then post in your application form with your bank deposit receipt. Credit Card payments can be made via PayPal to the account name hypnot@iprimus.com.au (a \$10 surcharge applies to all credit card payments).

Fascination Hypnosis Training Enrolment Form

Name:

Previous Training With The Academy: Certificate Advanced Certificate

Power Hypnosis Training (Please Circle)

Contact Phone: Mob:

Email:@.....

Fee Payment Method: Cheque Direct Deposit Credit Card (Please Circle)

Please complete this form, sign it at the bottom and return it to:

The Australian Academy of Hypnosis

Joondalup BC

PO Box 1169

Joondalup WA 6919

I understand that this training and all of the techniques is and are confidential and I declare that all of the techniques I am taught and learn during and from this training and the contents of the training manual supplied are confidential and that I will not divulge them to any other person or organisation.

Furthermore I understand and agree that if my application arrives after the maximum number of 50 students have registered and been accepted for this training I will receive an immediate full refund of my payment.

Print Name

Signed Date

Upon receipt and approval of your application an academy receipt and acceptance letter will be posted to you.

Up Coming Dates:

Monthly Ongoing Trainings

Lesson Four: Hypnotic Regression – Present and Past Life	Saturday, 25 th of April 2009
Lesson Five: Script Writing & Trance Deepening	Saturday, 2nd of May, 2009
Lesson Six: Magnetism and Energy Shifting	Saturday, 30th of May, 2009

Fascination Training	Sunday, 3rd of May, 2009 – 8.30am to 5.00pm
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Power Hypnosis Course

Dates
2009

Friday 17th, Saturday 18th & Sunday 19th of April,

Venue

Technology Park Bentley WA

This three day training has its own Certificate and is a requirement for the Advanced Certificate of Hypnosis. The Power Hypnosis Training may also be attended by any person with proven previous hypnosis experience. The April 2009 Power Hypnosis Training will be conducted by Rick Collingwood. See Registration and Enrolment information in this Newsletter.

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General Contact Details:

Rick Collingwood:

Mobile: 0420 322 763

Email: hypnot@iprimus.com.au

Michael Werts:

Mobile: 0401 634 355

Email: michael.werts@iinet.net.au

John Vernes:

Mobile: 0403 839 641

Email: linearhealth@iinet.net.au

Newsletter Email:

MM_Newsletter@iinet.net.au

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Future Articles

The Mind MotivationsTM 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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