

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

## April 2010

Here we are now with the full quarter of the year already gone! It is both amazing and a little bit frightening to see the time go as quickly as it does.

Rick has been back to Australia for what turned out to be a flying visit. It really is very exciting times for him over in the USA and that translates well into exciting times for Mind Motivations™ and the Academy as well. His guest appearance on the largest syndicated radio program in the world (George Noory – Coast to Coast) was excellent and generated a lot of interest in hypnosis and traditional hypnotherapy. That has resulted in a number of new American friend additions to the E-Mail mailing list – a very big WELCOME to all those people and to the new additions as well!

In the last edition of the newsletter, I included the photo of Rick with Mel Gibson. In this edition, there is a reprint of an article that appeared in the Sunday Times (WA) with more details about Rick's stay with Mel. It is probably worth giving Rick some sympathy though – after just on 2 weeks staying in Mel's mansion, living the lifestyle of the rich and famous, enjoying the star-quality treatment, Rick flew home to Australia and arrived back in Perth on the night of the big storm that caused so much hail damage to the area. After managing to extract himself from an airport where the roof had collapsed (in sections) and navigating the storm ravaged road home, Rick arrived back to broken windows, water damage and no electricity for about 5 days! Talk about a rollercoaster ride!

In this Edition of the newsletter, there is a script print that has been developed and provided by Marie Powell. Thank you to Marie for this. I am sure that the readership

will be able to use this script. Well done Marie!

I have been editing and sending out the newsletter now for about 18 months and it really is something that I enjoy doing. It is also very personally pleasing to hear the words of appreciation, congratulations and suggestions that come back after each edition. The bad news is that, when considering work with Academy 'over east', my practice and other commitments, I am finding it very difficult to continue the rate of effort necessitated by the newsletter editions. Consequently, and with a certain amount of sadness, I use this edition to announce that from this month the newsletter will continue to be published – but bi-monthly. So the next edition will be June 2010. I do apologise for this – it would have been nice to have continued the monthly editions but alas, Lotto has not been kind and I still have to work.

We are very excited to announce a revamp and redo for the Mind Motivations™ website. There is an announcement later on in this newsletter about this and once the new website has 'gone live', I will send out an individual email to all to let everyone know about the change. There will be no change to the address though – it is still [www.mindmotivations.com](http://www.mindmotivations.com)

All the best to everyone and please, keep the articles, information and contributions coming.

**Michael Werts**  
Editor MM\_Newsletter

### In Brief:

Next WA Monthly Training is happening on 27 March - Subject is: **Hypnosis for Pain Management**

**Quit Smoking and Weight Loss Two Day Course - PERTH.**

17 & 18 April.

For further information please contact John Vernes - contact details on last page of the newsletter.

Information and Enrolment form at the end of the Newsletter

**Next Power Hypnosis Course - SYDNEY**  
5, 6, 7, 8 April 2010.

**Next Four Day Power Hypnosis Course - MELBOURNE**  
30 April & 1, 2, 3 May 2010.

**Next Four Day Power Hypnosis Course - PERTH**  
**Part One**  
**Saturday, Sunday,**  
**12th, 13th of June,**  
**2010**

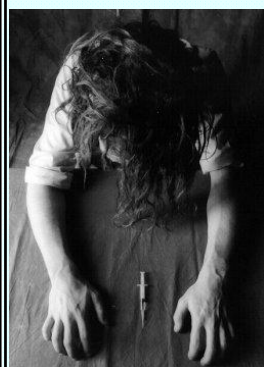
**Part Two**  
**Saturday 19th & Sunday 20th of June, 2010.**

## Smoking – the addictive aspect Just a thought.....

For most hypnotherapy practices, Quit Smoking really is the 'biggy'. The need to position the quit smoking client in the best frame of mind to be able to work with the hypnotherapy is essential. One strategy that I have found to be worthwhile is to 'attack' some of the beliefs and myths surrounding tobacco addiction.



In talking with clients (and others who smoke), I constantly hear that 'cigarettes are more addictive than heroin or cocaine' and this is probably true. I certainly have no evidence to contradict this statement but I do take issue with the mental picture that this statement evokes.



When one thinks of a heroin, cocaine or other 'hard' drug addict withdrawing from the drug, an automatic picture of a person writhing in pain, moaning and crying, being violently ill, shivering and sweating and in extreme cases clawing at the skin usually comes to mind. Certainly this is the depiction in most TV/Movies that I have seen and this is the image that leaps to mind when I think about withdrawing from a hard drug addiction.

What I have a serious issue with is the unqualified statement that cigarettes are **more addictive** than these substances. The usual development of inductive logic stemming from this statement centres on the unconscious image that, *if cigarettes are worse than these other drugs then it stands to reason that the withdrawal symptoms will also be worse.....this is just simply NOT TRUE.*

A smoker who stops smoking does not have the same level of physical reaction to the removal of nicotine that some other hard drugs cause. Typically, smokers who stop without some form of intervention do tend to become irritable, restless, grumpy etc. – but they DON'T lose self awareness or conscious control. Similarly, you don't see (well, I have not seen) smokers on long haul flights stressing out, crying, complaining and having the withdrawal symptoms that you would be associated with heroin or cocaine cessation.

So if the statement that cigarettes are more addictive than cocaine or heroin is true, then why is that statement not modified to clarify the fact that withdrawal from nicotine is not worse? I am not a conspiracy theorist, however I can see that it would in 'big tobacco's' interest to leave the smoking population with the unconscious erroneous belief that tobacco is more addictive than hard-drugs; therefore withdrawal is *more difficult*. This being the case, it gives smokers a wonderful excuse to not quit!

I tend to use this point with my clients during the pre-talk discussion and in virtually all cases, I can see the individual processing this information and then realisation dawning. It also nicely removes one of the main rationalisation topics that people can use to excuse continued smoking.

Cigarettes are probably more addictive than other hard drugs, but this only tells a small portion of the story.....

**Michael Werts**  
(Editor)



## Perth man taught Mel Gibson hypnosis

<http://www.perthnow.com.au/entertainment/perth-man-taught-mel-gibson-hypnosis/story-e6frg30c-1225846342899>

**PERTH** hypnotist Rick Collingwood is used to getting unusual requests, but even he was surprised when asked to teach his craft to movie star Mel Gibson.

Dr Collingwood has just returned from a 10-day stint training Gibson to hypnotise people at the Australian American actor-director's Malibu mansion.

After Gibson expressed an interest in learning hypnosis, his brother Chris contacted Dr Collingwood, who is the founder of the Australian Academy of Hypnosis, which is based in Perth.

"He's (Gibson) had an interest in hypnosis for many years and wanted to learn it," Mr Collingwood said.

"He (Gibson) certainly picked it (hypnosis) up really quickly - he's a very clever man.

"He's a very generous, benevolent man and helps a lot of people.

"I taught him how to induce hypnosis in other people - I think he will use it by helping people who need it, maybe those in his church."



STAR PUPIL: Perth hypnotist Rick Collingwood with Mel Gibson and Danny Glover. Source: PerthNow



STAR PUPIL: Perth hypnotist Rick Collingwood with Mel Gibson and one of the swords that was used in the movie *Braveheart*. Source: PerthNow

In 2003, Gibson built a church in Malibu that follows a strict strain of Catholicism and has poured millions of dollars into the secretive group.

Dr Collingwood said he had worked with many actors during his 16-year hypnotherapy career, but was surprised when asked to train Gibson.

While staying at the star's home, he also met Danny Glover, who was filming a documentary with Gibson, and got a few snaps with a sword from hit film *Braveheart*.

"It was a very interesting 10 days in a nice Malibu mansion," Dr Collingwood said.

He said Gibson was treated unfairly in the media and many rumours and stories in circulation were untrue.

"The rag mags like to invent interesting things," Dr Collingwood said. "When I was there they were saying he was watching the Academy Awards naked - it was all over the news but it was rubbish - I was sitting with him and his family and Oksana (Grigorieva, his girlfriend).

"The way the media carry on about him being anti-Semitic is complete rubbish - I met his friends and some of them were Jewish."

Dr Collingwood used the trip to publicise his popular hypnotherapy CDs and will be moving to the US to expand his business.

He has also treated actor Joe Mantegna from hit drama series *Criminal Minds* for back pain.

Gibson's brother Chris lectures in neuro-linguistic programming and hypnosis and has just finished a book on the topic.

# SCRIPT

## Release Canisters Containers

Marie Powell

(After several deepeners, or when the client is at sufficient depth of trance, take them down an escalator out in nature. Use your own imagery for client to find them self stepping off an escalator, somewhere out in nature. Adapt to clients needs, excluding or including issues as appropriate.)

At the end of elevator you reach a very safe viewing platform, with a Strong well formed balcony that overlooks a Deep volcanic inferno. It is perfectly safe here.

You see a ledge along the balcony and all along the ledge are large containers, canisters and jars, ... move towards them and see what they are.....

The first one there is labelled Anger

You think about all the things that have ever made you angry or any angers you may be carrying Anger towards yourself or others, Anger from the days weeks years You place your hands on this container and allow all that anger to flow from you into it, let it happen

On the count of 3 I'll click my fingers and you are going to PUSH that container over that ledge into that volcanic inferno 123 click .....good

The next container on that ledge is a large clay ceramic pot, it says Grief and Sadness. As you place your hands against this pot you recall any grief, sadness and any pain either directed at you or caused by you. Let that Grief and Pain stream from you and any emotions, into this pot,

OK now on the count of 3 Push all the grief and sadness into the inferno 123 (click) .....good

Turn your attention to the next container, a long cylinder it says Stress and Anxiety Place your hands on the cylinder as all the stress from the days weeks years flows out of you, out of your mind and body, through your arms and into this cylinder

On the count of 3, get ready to push 123 (click) .....good

The next is a canister that says Regret and Guilt, you place your hands on this canister as all the regret, remorse, 'what ifs' and guilt flows from you into it ..... (wait). On the count of 3 PUSH it over ....123.....gone forever

The next container says Unforgiveness Unforgiveness towards yourself or others. Put your hands on the container as any and all of these feelings, memories and emotions flow from you into it (wait).....ready now 1 2 3 (click) Push

The next is a small dense pot, it says Inadequacy, Not being good enough Place your hands on the top of this pot as all those impressions, old messages and negative conditionings leave you ..completely..... In a moment, on the count of three, as you push that pot over you yell out I AM ENOUGH Ready 1 2 3 (click) (wait) Good

The 2nd last jar says Frustration and Disappointment Place your hands on this jar now as any frustrations and disappointments flow from you, that's right, into the jar (wait) On the count of three ready to Push 1 2 3 (click) good gone

You turn your attention to the last container...

Your subconscious mind will help you name the last jar...

As you place your hands against it any other, unhelpful issues leave you ....(wait) Ready now 1 2 3 (click) Push..... Good all Gone

The ledge is clear and you look out to a most wonderful view

Green tree tops stretching as far as your eyes can see You have come a long way, sometimes difficult, the view was worth it, and you did it.

As you look around now you sense a feeling of relief and freedom. You Breathe deeply. (wait)  
(REPEAT THIS)

Turn around, and see 5 steps that lead to a beautiful cleansing pool, a ledge in that pool that allows you to safely enjoy its benefits. A beautiful cleansing pool, beautiful water, a soft ice blue colour. The temperature is pleasant to your body, pure clear spring water, Healing rejuvenating Follow my count down those stairs and ease yourself into the beautiful cleansing pool

1 2 3 4 5...

You feel at ease, feel the soft ice blue, cleansing....healing....you feel at ease, a sense of peace of mind....you feel good... you feel so good

(Continue in your own way)





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## A word from Rick.....

Dear Student

Welcome to April already.

I don't have too much to report for this newsletter as I am about to head back to the USA after 2 weeks at home and return back to Australia in very early May. Yes I did spend 10 days with Mel Gibson training him hypnosis. Mel is a fantastic friendly and generous man who has of course been media persecuted in the fashion of "Never let the truth get in the way of a good story." He now joins you all on the academies student register and has a Certificate of Hypnosis. This is a great accolade that will significantly help the academy to move forward on an international level and there are now more people of note and other interested parties in the US who want to learn or have treatment from me.



During March I had a 2 hour spot on George Noory's Coast to Coast radio which has more than 5 million listeners across the USA and Canada and needless to say the website melted down on many occasions over the preceding 4 days. During April I have media spots on Good Morning America and other various media in the US and articles coming out in the New Idea and the Womans Day magazines in Australia as I await the launch of the Mind Switch weight loss program across national television.

Because Good Morning America has twenty nine million viewers in the USA alone and another 50 million viewers outside of the US [www.mindmotivations.com](http://www.mindmotivations.com) has almost finished undergoing a complete rebuild that will give it new functionality, a fresh appearance, the ability to handle huge amounts of traffic without any issues. It will be much easier to navigate through, all practitioners presently listed on the site will soon be sent a user name and password via email (PLEASE SAVE THIS) as you will be able to use it to go into your listing and change any details that you want to or need to.

A lot of Certificates have been getting lost in the mail, even those sent via Express Post, so if any students are waiting for certificates from past training (conducted by **me only** not John in WA or Michael in Vic) please email me so that I can get the matter rectified. When I return I will have them re done and re issued. Non receipt of Certificates is not slackness on behalf of the academy, it is Australia Post and I can guarantee that at least 2 out of every ten certificates, especially those going to Victoria disappear into the ether, so some where there must be a secret room full of them. Anyway if you are due any certificates please contact the relevant trainer.

Many of you would have seen the 4 corners program regarding the guy doing regressions and implanting false memories about sexual abuse in his victims mind. This will probably start the usual scaremongering that soon we will all be regulated or put out of business. Bloody nonsense I say, the most significant thing that will happen from this is that therapists will have to demonstrate some formal training and become registered on a national register. According to a letter I read re the issue from Nicola Roxon the Federal Health Minister they are not really too interested, but personally I believe that some form of registration and/or self regulation can only be a good thing. Focus on building your business and not upon what may or may not happen as there are many experienced people from the CCH and AHA keeping a close eye on things and liaising with the appropriate Government departments\*.

Apart from all that have a fantastic April and I look forward to seeing you soon

(\* FYI – I am the Academy's representative on the CCH Educational Sub-Committee currently examining this very issue.....  
Michael Werts  
Ed)

# You are getting smarter

## TV show to test whether hypnosis can improve a person's IQ score by clearing the mind of distractions

<http://www.thestar.com/living/article/754095--you-are-getting-smarter>



Relax, and take a deep breath, in, out.

There, you've just hypnotized yourself – a little.

"We all use self hypnosis all the time," says Toronto hypnotist Donald Currie.

Anyone who has every taken a deep breath before speaking in public or telling someone bad news – maybe while saying to themselves, "I can do this, I can do this" – has used a mild form of self- induced hypnosis to get them through the experience, he says.

"We just don't think of it as hypnosis."

Currie, who will be hypnotizing 18 participants in Sunday's episode of *Test The Nation: IQ* on CBC, says there are a lot of misconceptions about hypnosis, fuelled by Hollywood images of people in trances being made to quack like a duck or otherwise embarrass themselves, only to forget it all later.

"Hypnosis is not an unconscious state of unawareness," he says. In fact, it's exactly the opposite.

To go into hypnosis, Currie says, subjects focus their attention on one thing or activity, pushing all other thoughts out of their mind – to the point that they seem to be in a trance. Getting lost in a book or a movie, or even focusing on the road while driving can have much the same mind-clearing qualities, he says.

"Whenever you get lost on the Internet researching something, that's a trance," he says.

On this Sunday's *Test the Nation*, which airs at 8 p.m., Currie will use his hypnosis skills to test the theory that hypnosis can improve a person's IQ score.

The idea is that hypnosis clears the mind of all distractions so the test-taker can concentrate on getting the right answers.

The subjects will not be under hypnosis while taking the test. Currie will hypnotize them, then take them out of hypnosis just before the test is given.

At that point, their minds should still be clear, and they can focus on the test.

Lawrie Weiser, proctor of the Toronto chapter of Mensa, the international society for smart people, says he has seen the benefits of self-induced hypnotic mini-trances.

"I remember one guy rushing into the test (to join Mensa). He was late, he couldn't find a parking space. I said, 'Relax, it's just a test,'" remembers Weiser, who runs the Sinister Shop, a store for left-handed people.

"He called me later to thank me. He passed the test and said it was because of me and what I said."

Relaxing the mind increases blood flow to the brain and makes it easier for us to access memories or knowledge stored deep in our subconscious, Currie says.

On Sunday, Currie expects to see an improvement in the test scores of those he hypnotizes. The show will feature celebrity guests, politicians, self-described nerds and members of Mensa taking a live, on-air IQ test. Viewers can play along at home.

The concept has been tried in other countries that have their own versions of the *Test the Nation* show, and in each of them there has been an increase in IQ scores, says Julie Bristow, executive director of factual entertainment at CBC.

"The basic theory is that if you go through hypnosis, you become, not necessarily smarter, but more relaxed and better able to answer the questions," says Bristow, who attributes the show's popularity to its "communal nature" by encouraging audience participation.

Queen's University's Kevin Parker is less sure the scores will improve.

"I wouldn't expect them to get measurable differences," says Parker, director of the psychology clinic at the school and an expert on IQ tests.

IQ tests, he says, do not measure knowledge. Instead, they measure ability.

To do this, they try to account for cultural or age differences in a population, to remove any bias toward one group or another. They often rely on logic, or measure a person's ability to put new information to work.

"Most IQ tests, you can't study for," he says.

The most likely benefit Parker expects from the show's hypnosis is its ability to relax the mind. Some people, he says, get very nervous about taking a test, so the relaxation that comes with hypnosis could help them get a better mark, but only if tests make them nervous.

Currie agrees. "Hypnosis can't give you something that isn't already there."

All truly wise thoughts have been thought already, thousands of times; but to make them truly ours, we must think them over again honestly, until they take firm root in our personal experience.

**Johann Wolfgang von Goethe**

A moment's insight is sometimes worth a life's experience.

**Oliver Wendall Holmes**





# Love And Hypnosis

[http://www.huffingtonpost.com/the-amazing-kreskin/love-and-hypnosis\\_b\\_458261.html](http://www.huffingtonpost.com/the-amazing-kreskin/love-and-hypnosis_b_458261.html)

Actually my equating hypnosis with love is not of my own origin. I have simply amplified on something that the legendary psychoanalyst Sigmund Freud espoused over a century ago. Namely that people in love, in deep love, in passionate love, have a pretty similar relationship to people who are under hypnotic influence.

In the early days of Freud, he was introduced to hypnosis by Breuer, who felt that people in this special mystical state could remember details better from past experiences, and therefore help Freud and the analyst get to the early seat of the emotional problem. But there were some unnerving experiences of the analysts, doctors, and therapists. Sometimes these patients, particularly women, would lunge forward out of their hypnotic condition and try to embrace the therapist, like they became "in love" for that moment. Or more, it was suggested that there were sexual factors involved in the relationship, and the "transference" of a special quality was building up between the therapist and the patient who was starting to feel the way that patient would with a person in their private life that they were deeply involved with. As Freud abandoned hypnosis, because he found it not necessary, the same relationships built up between the patient and the therapist.

When you fall in love, you set aside many of your barriers. You don't really stop to analyze the assignments tomorrow and what you're going to do about that chronic post-nasal problem, how you will get your homework done if you're going for your education. No, you find the person you're with is beginning to take on a mysterious and, yes, rather unscientific relationship with you. After all, would simply being touched arouse erotic feelings? Not necessarily, except look at the induction that you've gone through. Oh, you are not told to gaze into the eyes of the hypnotist. You are not told to relax and listen to slumberous words. You are not watching a rotating disc. There are other tools that are helping to bring about an extremely romantic, non-critical frame of mind and body. The quietness of eating dinner with soft lighting, the occasional touching of two glasses that may symbolize unconsciously something that's clicking between you.

Even across the table, the occasional touch, long before one has left for a private living room or bedroom, because this is beginning long before outside circumstances have been completely removed, after all people can respond to the power of suggestion on stage if the hypnotist is unusually skillful, in spite of the noise and distractions. There's something bringing you closer to your increasingly passionate companion. You may even take advantage of another way to harmonize with your partner by dancing with them, especially to romantic music, the swaying, the motion, the fact that the bodies are in synchronization. This, along with the thoughts between each other, and the words, tend to magnetically draw a person closer. What is interesting is unlike traditional hypnosis, both partners are becoming mesmerized, but I've said for many, many years, "it's a wise hypnotist who knows who is

hypnotizing whom"; and my opinion, in many cases the hypnotist is as much hypnotically influenced as the subject.

**THE KEY IS SUGGESTION.** People who are apparently hypnotized are responding to the power of suggestion. They really are not in a trance. They really are not asleep. In fact, they're not in any special altered condition, in spite of what most stage hypnotists might suggest, let alone doctors, psychologists, etc. who propose to put people in a trance and activate some psychotherapy. The trance is BS. There is no trance. It is the fact that under certain conditions we could be so convinced of a set of ideas that it can bypass our reasoning. The people who are described as hypnotized are responding to ideas without analyzing the way so that their impact disappears. Remember, when mommy kisses Billy on the forehead, Billy having just walked in crying because he hit his head, mommy simply said 'let me kiss the booboo' and it will go away. Suddenly Billy stops crying and goes out to play. He is so reassured by his remarks, trusting them, that he ignores the pain that is still there, but by ignoring it he lessens the pain.

In the same way, is it not remarkable that we can watch a horror movie or read a Stephen King novel in a warm room and get goose bumps? Do we ever stop to think how remarkable it is that the way we think can alter even the surface of our skin? If we watched the movie and kept dissecting it, thinking about the camera men behind the camera, the people off to the side, the way the movie's structured, we would not envelope ourselves in the story, and horror or fear would not touch us.

But then again, a fictional story has caused us to cry. You watch a tear-jerker motion picture. I, myself, can think of *An Affair to Remember*, and could not help but be in tears at the end of the movie. So in spite of common sense telling you that this is only a movie, it's not really happening, no one had died, no one has left their loved ones, no one has been gravely hurt or incapacitated, because thinking that out would cause no reaction to the story, but by enveloping ourselves within it, we don't even stop to analyze and we've trapped ourselves sufficiently with the dialogue, the movement of the characters, and the music, and we're responding similarly to a supposedly hypnotized person who's been told that they're watching a movie that's very sad, and within a minute the subject is crying on the stage.

Again, when you're falling in love, you have dropped many of your guards, including your critical thinking. Of course, you can consciously strengthen the bond, and not by trying to observe or interpret some body language in all this new fangled, modern psychological clap trap. Psychology and its therapists and teachers go in cycles. It's not dreams these days, it's not childhood experiences, it's body language. Leave that to the experts. Don't drive yourself crazy trying to interpret or remember what certain movements mean, because taken out of context they mean beans and BS. It will only tend to interrupt your true rapport with someone.

Know if you're going to get more deeply involved between the two of you, speak the person's language, move the way they do, use some of the key words that they like to use when they're expressing themselves. Not overly so, but from time to time, as it touches on greater meaning within them if you find that when you touch them, their expression is comfortable. And you get the feeling that they're comfortable, then that area of touching can be repeated from time to time.

And if you're really a master and fully at home with this process, you can remember the music that was played either at dinner or some particularly meaningful moment and reuse that music, play it again. After all, it tends to reawaken some of those same feelings, like a post-hypnotic suggestion. Let yourself move with the flow, and neither of you really leads the other. You guide each other simultaneously, until you really experience a true romance, where for the minutes and hours reasoning and analyzing are not important. But if you don't feel that way, or you don't feel the way your partner does, you're only conning yourself. No, you don't need any pendulums or watches or rotating discs, or a glaring eye, but sometimes you do need a hypnotic focal point. In this case, take advantage of what has a romantic symbolism, something in the shape of a heart, a box of candy, a broach, or a simple picture. Oh, yes, I

repeat there is a gigantic similarity between hypnosis, true hypnosis, and love, true love.

### **Regarding if one can determine if someone is lying when he or she says 'I Love You.'**

Because you are in an uncritical frame of mind the same way the person you are enraptured with is, you tend not to think about this in a critical way. After all, if you're going to analyze whether a person's lying to you or not when they're in love, you've got to change your framework, and you, yourself, at that point will not be any where near the same frame of mind that they are in. That's a price to pay, because love is an expensive experience. Oh, you might later on when it is all over and you are not with the person, look back and remind yourself and relive mentally some of the experience listening if you can to the sound of the voice of the person when they spoke, and note if you detect something strangely different, or something when you look back upon it gives you an uneasiness when they said they loved you. That could be a signal when all is not what it's cracked up to be. Keep in mind the next time you're hypnotizing your partner, if it's really working, that partner is also mesmerizing you....such is love.

## **Why some people easily fall into hypnotic trance**

<http://news.oneindia.in/2010/01/21/whysome-people-easily-fall-into-hypnotic-trance.html>

London, Jan 21 (ANI): Researchers have speculated that people who find it easier to fall into a trance are more likely to have an imbalance in the efficiency of their **brain's** two hemispheres.

In order to check if there are differences between the brains of susceptible and unresponsive volunteers when they were awake during **hypnosis** activity, Peter Naish of the Open University in **Milton Keynes**, UK, used a standard test of hypnotic susceptibility to identify 10 volunteers of each type, reports New Scientist.

The test combines motor and cognitive tasks.

He then gave each volunteer a pair of spectacles with an LED mounted on the left and right side of the frame. The two LEDs flashed in quick succession, and the volunteers had to say which flashed first. Naish repeated the task until the gap between the flashes was so short that the volunteers could no longer judge the correct order.

The expert found that hypnotically susceptible volunteers were better at perceiving when the right LED flashed first than when the left one did. This suggested that the left hemisphere of their brain was working more efficiently.

On the other hand, the non-susceptible people were just as likely to perceive the right LED flashing first as the one on the left.

These differences in the balance of brain efficiency persisted when Naish tried to hypnotise both groups.

During hypnosis, the brains of those in the susceptible group seemed to switch "states", becoming faster at spotting when the left LED flashed first. Meanwhile, the efficiency of the hemispheres remained relatively even in the non-susceptible people. They didn't fall into a trance, but their **performance** on the task started to deteriorate.

The study has been published in Consciousness and Cognition. (ANI)

## Script of the Month

# PAIN OR ANXIETY AS THE OBJECT

And just relaxing deeper and even deeper ... drifting way down now ... deeper and even deeper relaxed ... and recognizing and realizing how many of us experience sensations that we regard as unpleasant ... tension, stress, strain and discomfort ... and we have already learned one method of dealing with these ... and that is ... just breathing deeply and removing all parts of stress and strain ...

And using another image now ... another image that can bring us peace, comfort, contentment and deep relaxation ... and another method that is so powerful it can remove all the symptoms of stress and strain ... the symptoms of stress and strain are all very subjective feelings ... we feel them, but as we know only too well it is difficult to consciously modify our feelings ... and it is much easier to modify object ... and so we are now changing our unpleasant sensations into objects ...

If you are experiencing pain or discomfort or if you feel tense or anxious ... I want you to take that unwanted feeling, tension, stress or strained muscle and give it a shape ... just imagine a shape ... allow yourself to visualize that shape ... it can be any kind of shape ... it can be an abstract shape or a concrete shape ... and it can be an object or a geometric design or it can be soft and it can be a colour ... whatever shape or object first comes into your mind is the right shape or object for you ... don't try to force the shape ... just let it happen ... as you go deeper and even deeper relaxed ... and you are doing so very well ... you are peaceful, calm and very relaxed...

And just relaxing and going deeper and even deeper ... give that shape a colour ... and just imagine the size of the shape ... and you can give it a size just by knowing the size or by picturing it next to an object you know the size of ... and you are recognizing and realizing that the shape is the symbol of you discomfort ... and the larger the shape is ... the more severe the discomfort is ... and the smaller the shape is ... the less the discomfort is ...

And practicing now ... first making the shape larger ... and then making it smaller ... and when you make the size of the shape bigger it is easier to make the shape smaller ... and if you have difficulty making the size of the shape put a or an smaller .. then use a few tricks ... if the shape is a balloon you can needle into it, or kick it away ... throw it away ... put it on a boat airplane or tie it to the back of a truck and let it drive away ...

And realizing that as this symbol is becoming smaller, the feelings associated with it are becoming less intense and you can make it smaller ... as small and comfortable as you want to make it ... and you are making it smaller by practicing making it larger and then smaller ... and you realize that these are skills and as with any skill ... the more you practice the more powerful the skill becomes ... and you are using these skills ... and using these skills any time you desire ... the more you practice the easier it is for you to allow these skills to be totally and completely effective ... so very easy to use and so very powerful ... anytime you choose to use this skill ... and practicing making the shape smaller and the colour of the shape fade ... and every time you do this it is easier and even easier ...

I am going to let you rest for a moment but when I awaken you ... you will find that you can give the shape as size and a colour and then instantly ... effortlessly and easily make the shape smaller and the colour fade ... and every time you do this it becomes easier and even easier ... and when I awaken you the shape is fading and becoming smaller ....

## Deepener

# Deepener - Stairway to Heaven

*This is a perfect deepener for those who feel uncomfortable with the thought of going down staircases.*

In a moment I'm going to ask you to visualize certain things - and as the images begin to form in your mind - you find that you're becoming totally immersed in the wonderful sensations and feelings within you - and just allow yourself yourself to become even more relaxed and comfortable - more relaxed and comfortable than you can ever remember feeling in your life before.

And I want you to imagine a beautiful stairway - with a rich, deep red carpet - and a lovely, curved and polished ornate banister running all the way - all the way up to the top of the stairs - and you're already feeling relaxed and comfortable and so much at peace with the world - but you somehow know that ascending this stairway will lead you to experience the most heavenly feelings of calmness and serenity - and you really want to go there - to the highest possible level of conscious awareness - and as you look up at the stairs - you seem to hear soft cadent tones - as music drifting into your mind - and your spirit is lifting - going higher already - feeling drawn to this beautiful place - and you begin to ascend.

One - you've already begun your journey - upward - two - going higher - and three - feeling already more comfortable and more relaxed than you've ever felt before - four - higher and higher - five - such a wonderful feeling - six - and the bottom of the stairs already seems to be far away - seven - as you go higher still - eight - relaxing more and more - nine - and soon you may notice beautiful colours surrounding you - perhaps purples and blues - or shades of green - or there may be no colour at all - just a wonderfully dark feeling of warmth - ten - you're almost floating up the stairway now - and as you reach the eleventh step - you can feel your consciousness rising out of your body - twelve - as you become more relaxed and more comfortable and at peace with the Universe - thirteen - fourteen - going all the way up - fifteen - almost there at the top of your stairway to heaven - sixteen - just four steps to go - seventeen - higher and higher - eighteen - nineteen - and just one more - twenty - and you're standing at the top of the stairs - your feet barely touching the floor because you feel so light and floaty - so wonderfully calm and relaxed and at peace with the world - and at the top of the stairs you will see a door - leading to a very special place - where you can go and lie down - if you wish - and relax even more deeply still - as you listen to the sound of my voice - and you trust in the sound of my voice - as it gently guides you to the innermost and deepest recess of your creative subconscious mind.

This part of your mind is where solutions are made - and where the changes that you wish for in your life are conceived as the tiniest spark which evolves and grows stronger and stronger until it has a permanent effect on your life - and I'm going to be quiet for a few moments to allow you to find this place - deep within - and when you hear my voice again you won't be startled or alarmed - but will be ready to receive and absorb the suggestions that you hear.

Continue with suggestions.....

## Up Coming Dates:

### Monthly Ongoing Trainings (WA Only)

Lesson Four: <b>Hypnotic Regression (Present and Past Life)</b>	Saturday, 24 <sup>th</sup> of April, 2010	
<b>One Day Weight Loss &amp; One Day Quit Smoking Training PERTH</b>	Saturday, Sunday, 17 <sup>th</sup> , 18 <sup>th</sup> of April, 2010	
<b>Four Day Power Hypnosis Course MELBOURNE</b>	30 April, 1, 2, 3 May 2010	
<b>Four Day Power Hypnosis Course PERTH</b>	<b>Part One</b> Saturday, Sunday, 12 <sup>th</sup> , 13 <sup>th</sup> of June, 2010	<b>Part Two</b> Saturday 19 <sup>th</sup> & Sunday 20 <sup>th</sup> of June, 2010
<b>8 Day Certificate of Hypnosis Course MELBOURNE</b>	Part 1- Fri, Sat, Sun, Mon, 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> , of July 2010 Part 2 - Fri, Sat, Sun, Mon, 9 <sup>th</sup> , 10 <sup>th</sup> , 11 <sup>th</sup> , 12 <sup>th</sup> , of July 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@inet.net.au](mailto:MM_Newsletter@inet.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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**Mind Motivations™ &  
The Australian Academy of Hypnosis™**

present:

**Mind Body Healing Training in WA**

**Hypnosis for Physical Sickness,  
Disease, Cancer, Pain Control and others**

This training will be conducted over three days on

**Friday, Saturday & Sunday**

**16<sup>th</sup>, 17<sup>th</sup> & 18<sup>th</sup> July,**

At Technology Park, 2 Brodie Hall Dve, Bentley, Western Australia from 9.30am –  
4pm

**Cost: \$645 inc. GST**

**The program has its own manual with specific inductions and instructions,  
and a certificate of attendance is awarded after completion.**

To register your place, please complete and return the enclosed enrolment form with  
your payment or for more detail, call

**John Vernes**

**0403 839 641 or 9361 1564**

Excellent for practitioners with an interest in health, healing and the mind body connection.  
Dealing with both physical and psychosomatic illness and disease.

**Enrolment Application**  
**The Australian Academy of Hypnosis™**

**Mind Body Healing Three Day Training:**  
**Hypnosis for Physical Sickness, Disease,**  
**Cancer, Pain Control and others at**

**Technology Park, 2 Brodie Hall Drive, Bentley, Western Australia**

**Complete and Return by 12 July, 2010**

Name: .....

Address .....

..... Post Code .....

Email .....@..... Phone .....

I want to enrol for the three days of Mind Body Healing Training to be conducted on  
**Friday, Saturday and Sunday 16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> July, 9.30am until 4pm.**

**Cost \$645 inc. GST**

**Payment Method (please tick where applicable below)**

☐ **Bank Deposit**                      **Date of Deposit:.....**

☐ **Cheque Enclosed**                      **Cheque Number: .....**

Bank details are:    Bank:                      **ANZ**  
                              Account Name:            **John Vernes**  
                              BSB:                        **013011**  
                              Account No:              **757196519**

Places are limited, so please enrol early or speak to **John Vernes** on **0403 839 641** or **9361 1564**. If you are direct debitting the fees, please reference your payment with your full name.

(Please print your name below exactly as you would like it to appear on your certificate of attendance)

Name: .....

**Please Make Cheque Payments Payable to John Vernes and send to:**  
**68 Carnarvon Street**  
**East Victoria Park, WA 6101**

**Mind Motivations™&**  
**The Australian Academy of Hypnosis™**

present their

**5 step Stop Smoking on Saturday 17<sup>th</sup> April**

**5 step Weight Loss on Sunday 18<sup>th</sup> April**

**Training Programs in Western Australia**

Each program has its own manual, with specific inductions and instructions and a certificate of attendance is awarded after completion. All training is conducted at *Technology Park, 2 Brodie Hall Drive, Bentley, Western Australia* from 9.30am to 4.00pm

Each program costs \$395 inc. GST or you can attend both for \$595 inc. GST

Programs run from 9.30am – 4pm.

To secure your place, please complete and return the enclosed enrolment form with your payment or for more detail, call

**John Vernes**

**0403 839 641 or 9361 1564**

Excellent for any practitioners specialising in smoking or weight loss, it is simple to follow and apply to your clients.

**Enrolment Application**  
**The Australian Academy of Hypnosis™**

**5 step Stop Smoking**  
**5 step Weight Loss Programs at**

Technology Park, 2 Brodie Hall Drive, Bentley, Western Australia

**Complete and Return by 12<sup>th</sup> April, 2010**

Name: .....

Address .....

..... Post Code .....

Email.....@..... Phone.....

I want to enrol for the following training program:

- ☐ **5 Step Stop Smoking on Saturday 17<sup>th</sup> April, cost \$395 incl GST**
- ☐ **5 Step Weight Loss on Sunday 18<sup>th</sup> April, cost \$395 incl. GST**
- ☐ **Both Programs at a total cost of \$595 incl. GST**

**Programs start 9.30am – 4pm.**

**Payment Method (please tick where applicable below)**

- ☐ **Bank Deposit** *Date of Deposit:.....*
- ☐ **Cheque Enclosed**

Bank details are:	Bank:	<b>ANZ</b>
	Account Name:	<b>John Vernes</b>
	BSB:	<b>013011</b>
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