

MIND MOTIVATIONSTM NEWSLETTER

December 2008

Newsletter #2

Welcome to the second edition of the Mind Motivations™ Newsletter.

I think that we are very fortunate in this issue! I have recently been exchanging emails with Dr. Gil Boyne. Everyone who has done one of Rick's courses will be well aware of Gil's accomplishments and professional abilities. In fact, I would wonder how anyone who has had anything to do with the delivery of hypnotherapy could not know of Gil. Gil has very kindly agreed to provide an article for this edition of the newsletter and I sincerely appreciate his inclusion. For over 50 years Gil has worked tirelessly to develop, improve and enhance hypnosis and hypnotherapy and his publishing company is Westwood Publishing
(<http://westwoodpublishingco.com>).

Westwood Publishing is dedicated exclusively to Books, DVDs, Videos and Audio Cassettes on Hypnotherapy, Hypnosis and Hypnotherapy Training.

There is also an update on what is happening with Rick in lands far away. Rick continues to keep in touch and maintain his interest in what everyone is doing.

John has also provided an article on the Academy from here on in – a good read.

Lastly and from Rick, John, and myself we would like to take the opportunity to wish everyone a very safe Christmas period and a happy, safe and prosperous New Year.

Michael Werts
Editor MM Newsletter

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Rick Collingwood – Latest News

I managed to catch up with Rick in early December via email. As predicted, life has been very intense for him over the few weeks since he left Australia. Rick did his first radio interview in the cab after having left the airport upon arrival in the UK.

Since then and up to the time of writing, he has done sixteen radio shows, eleven major newspapers, and done ITV and In London Tonight. All reports indicate that his is wowing them in the UK. Family is doing well.



I've included a photo of radio performance that Rick has done at Absolute Radio.

With the very hectic schedule that Rick has been on, he has had little time for contact and has even found it difficult to check and respond to emails. He will be taking a break over the Christmas period and this will provide him with the chance to catch up on these matters.

matters.

Rick sends his best regards to everyone and hopes all is well.

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AGE REGRESSION

By Gil Boyne

Transforming Therapy uses age regression in trance to revive earlier memories with vivid emotional intensity so as to uncover early programming ideas and concepts that became fixed ideas and have become the foundation for frustrating, self-sabotaging behaviors. Regression is accomplished by intensifying the underlying subconscious emotion, which has been identified by the hypnotherapist during the pre-induction interview.

Then, the subject is told to go to an earlier time in which the same emotions were experienced (affect bridge). This allows the hypnotherapist to develop an exploration to discover how traumatic experiences and wrong interpretations of experiences have created fixed ideas that underly inappropriate and counterproductive behaviors. Often there is a highly emotionalized abreaction followed by cathartic ventilation at which point the hypnotherapist can begin the process of re-education and reprogramming of the subconscious mind.



The hypnotherapist can channel the suffering of the client to generate the power to bring about the transformation of character. A human being will not change his personality pattern until he is forced to do so by his own suffering. A major factor in the transforming of character is the utilization of suffering. Advice, persuasion, requests from others can only effect temporary change in personality expression.

Rational understanding is usually inadequate for it takes more than an abstract idea that another way would be better. The human ego is a very stubborn in avoiding change. It fears the insecurity that develops in the attempt to change the lifestyle. Many individuals choose to endure the misery of their present situation rather than to risk the uncertainty that may come with change. When the suffering becomes too painful, the client may reach a point of readiness for change. It is the therapist's responsibility to recognize the clients moving toward readiness for change. When mental, physical, and emotional pain creates a state of desperation, change can begin rapidly and finally create a new perception of the falsity of counterproductive ideas and forms of behavior that have caused the suffering. Unfortunately, most people do not use this suffering creatively, yet suffering is the most potentially creative force in nature. Carl Jung said, "all creativeness in the realm of the spirit as well as every psychic advance of man, arises from a state of mental suffering ". Suffering is nature's method of indicating a mistaken attitude, belief or form of behavior. The therapist role is to redirect the suffering into creative channels. The therapist should never assume the responsibility for their clients

salvation. Effective therapy is not based on reassuring the client. In fact, continual reassurance can postpone meaningful change of deeply rooted attitudes and behaviors.

There is a great area in the transformation of personality, which cannot be understood and can only be attributed to the mysterious creativity of life. A young man comes in feeling inferior, appearing defeated before even getting started. As he begins his movement toward "seeing clearly", his despair begins to be transformed into hope. In this metamorphosis, the therapist plays only a small part, and knows that he has merely guided and directed the life-affirming, creative forces, which have effected the miracle of transformation. He realizes how miniscule his efforts in comparison the greatness of the whole. We can only understand the miracle of transformation as the Grace of God.

When clients discover something new, they can never function again in the old way; their world is permanently changed. Therapy is often a matter of the correction of one behavior, and when that first change occurs continuing change usually results. When the wrongly directed energy is liberated and channelled in a new, creative direction, the client can begin the healing process.

A bit about Gil follows.

Gil Boyne's Achievements

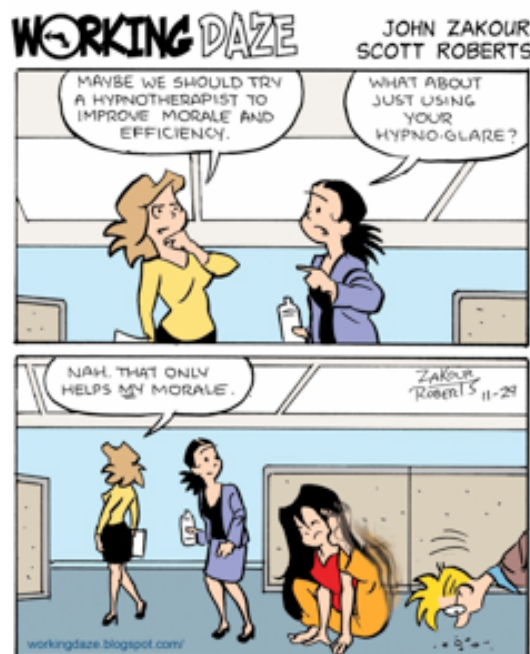
Professional Credentials

- Director, Hypnotism Training Institute of Los Angeles Founder and CEO, Westwood Publishing
- Company Founder and Director, Hypnotherapy Counseling Center Co-Founder, British Council of Hypnotist
- Examiners Executive Director, American Council of Hypnotist Examiners

Awards and Honors

- 1981: Doctor of Humane Letters - honorary degree awarded by Newport University, Newport Beach, Calif., for his lifetime achievement in Mind Sciences.
- 1982: Doctor of Humane Letters honorary degree awarded by the University for Humanistic Studies in San Diego, Calif., for his exceptional contributions to the Humanistic Sciences.
- 1990: "Lifetime Achievement Award" awarded by the American Council of Hypnotist Examiners.
- 1992: Doctor of Philosophy, in Transpersonal Psychology honorary degree awarded by Westbrook University, New Mexico.
- 1992: "American Eagle Leadership Award" given in recognition of Thirty-Five Years of Exceptional Leadership to the Profession of Hypnotherapy awarded by the American Council of Hypnotist Examiners.
- 1996: Named as One of Glendale's 100 Most Influential Citizens (Glendale News Press, Feb. 28) Honoring individuals who had the ability and the courage to effect change in education, religion, charity, sports, law enforcement, and politics.
- 1997: Honorary Life Member awarded by the New Zealand Hypnotherapists Association.
- 1997: Fellowship award for distinguished service awarded by the Australian Academy of Hypnotic Science.
- 1998: Post Graduate Diploma of Psychotherapy awarded by the Australian College of Clinical Hypnotherapy
- 2001: Fellowship Award for Exceptional Service awarded by Korean Hypnotherapy Associates.

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Evolution

By John Vernes

First of all, many thanks to Michael for the new look newsletter. I'm sure you guys like it and you are going to love the new look of the Academy. The Australian Academy of Hypnosis is boldly moving into the future. Focussing on bringing Fundamental Hypnosis into the Modern World. And getting results.

The manuals are getting a new look too. I'll let you know how to get your hands on one, once they are made. There are still some adjustments to the website to come, plenty of exams to mark and courses for the new year to organise. So I'm sure I'll be kept quite busy.

For those who want to listen, on Thursday the 18th of December I'll be on Curtin Radio, 100.1 FM, at about 1340. I'll be talking about de mystifying hypnosis, World Hypnosis Day (Jan 4th), and what hypnosis can be used for. Also there is Channel 10 news and Channel 9's A Current Affair interested.

World Hypnosis Day has kinda sprung up, but I think we should embrace the idea and use it to help bring more awareness to the benefits of Hypnotherapy. And the skills of the therapists here in WA! The scope of problems we can deal with and our success rate is fantastic, we know this, but Joe Public doesn't. Let's do a bit, our bit, for promoting OUR amazing profession.

Let's bring ourselves out of the old perceptions of hypnosis and promote understanding. The public need to be more informed, so we are not always chosen as the last resort. This powerful tool can be used for so much more. Lead our sessions, lead our professions and lead our lives. Let's all evolve and bring our profession to the table, let's get it talked about. Get the public talking about hypnosis.

I think in WA we have some great people, doing some great things. This is not a fling, hypnosis has been around for long time. Heck, if you can chop off someone's leg with a rusty bayonet, in the middle of a

battlefield, not get tetanus, stop the blood flow and start the healing (physical and emotional) process, then what can't you do with hypnosis? Let's show the world what we can do. Powerful Therapy Powerful Results. Let's back ourselves and give it a good go in THIS lifetime. Get the public talking about hypnosis.

The year ahead looks exciting so let's all start it with a bang. World Hypnosis Day January 4th. Let's promote our profession and see it grow. Get the public...

In the new year there are the specialist courses coming up on Quitting Smoking (1 day), Weight Loss(1 day), Mind Body-Cancer(2 day), Stress Management(2 day) and of course the Power Hypnosis(3 day). This year we add to the roster a 2 day Rapid Inductions Intensive(Very hands on) and a 2 day One on One Tailored Course(Very Beneficial).

In the new year the first Certificate Course is in late February as you know and it's starting to fill up. I'm looking forward to the new premises too, so it should be interesting. In the last few courses we've had people from Adelaide, Canberra, Melbourne, Darwin and even New Zealand, so the reputation is really starting to spread. Any students wanting to repeat any of their past courses can do so at a severe discount. To those waiting for your certificates, sorry, bloody printer broke so you'll have to wait a few more days.

Other plans for the new year include producing some training dvds, cds and going to Poland to learn some powerful mesmerism techniques to bring back for you guys. (And getting a new bloody printer).

Until then, let's all keep doing our best with what we've got, where we are.

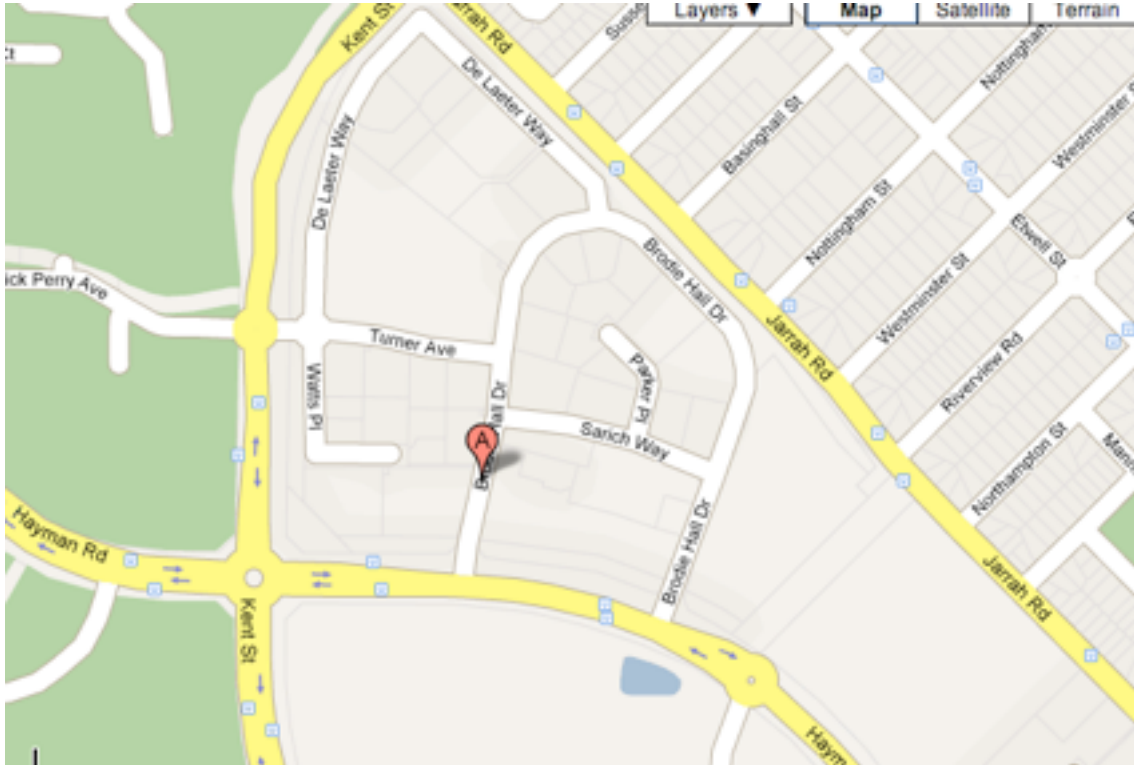
John H Vernes

The Australian Academy of Hypnosis

New Training Venue

For those who read the November Newsletter, you would have seen that the Power Hypnosis Course was conducted at a new training venue – **2 Brodie Hall Drive** in Technology Park, Bentley. This training facility was very good for the course and has it's own free parking at the site.

In future, all training will be conducted at this venue and this includes the monthly ongoing training. A map to the venue is included below.



Below are a couple of images of two of the training rooms:



Advanced Hypnosis Certificate Training

Certificate of Advanced Hypnosis W.A. On-Going Monthly Training.

These monthly training dates can be attended by any student who completes the Certificate of Hypnosis. They are a requirement for the Advanced Certificate of Hypnosis.

2009

Lesson One: Mind-Body Communication	Saturday, 17th of January, 2009
Lesson Two: Abreactions and Hypnosis	Saturday, 14th of February, 2009
Lesson Three: Pain Management and Child Birth with Hypnosis	Saturday, 7th of March, 2009
Lesson Four: Hypnotic Regression (Present and Past Life)	Saturday, 25th 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
Lesson Seven: Hypnotic Transference	Saturday, 1st of August, 2009
Lesson Eight: Hypnosis for Children	Saturday, 29th of August, 2009
Lesson Nine: Conscious - Subconscious Interfacing	Saturday, 19th of September, 2009
Lesson Ten: Successful Induction and Subconscious Compliance	Sunday, 10th of October, 2009
Lesson Eleven: Hypnosis for Addiction and Substance Abuse	Saturday, 14th of November, 2009
Lesson Twelve: Ethics and Operating a Clinical Practice	Saturday, 5th of December, 2009

Please Note that there is **NO MONTHLY TRAINING** during June & July 2009.

All Monthly On-Going Training is conducted in the training rooms at **Technology Park in Bentley**

Please note that the Mindmotivations.com website has been updated and all 2009 training is reflected on the site at: <http://www.mindmotivations.com/next-training-dates.shtml>

Hypnosis in the Media...

Hypnotist robs staff

ROME

Italian police are hunting a man suspected of hypnotising cashier staff into handing over hundreds of dollars.

In each case, the last thing staff remembered was the bearded man leaning over and saying, "Look into my eyes" before finding the register empty.

Footage, which has been issued by police, was taken in a supermarket in Jesi, northern Italy.

Police believe the man, who was dressed in a suit, is in his 40s and of Indian, Pakistani or north African origin.

They think he has a female accomplice who stands behind him and distracts other customers.

One CCTV camera caught the female talking to an elderly woman

whom she lets pass her in the queue.

It is believed the woman was hanging back to check the reaction of the cashier, who simply carried on as normal afterwards.

In all cases, the cashiers had no memory of the incidents and only realised something was wrong when their takings were down.

Checks of CCTV footage revealed what had happened.

A police spokesman in Jesi said: "The cashier recalls nothing of the incident itself. It was only at the end of the day when it was noticed that the takings didn't tally that the footage was screened and the robbery discovered."

The latest incident took place in Ancona, where the hypnotist persuaded a bank clerk to hand over 760 euros (\$1300).

Whiff of success for scientists in test for mental illnesses

Predicting the onset of mental illness could soon be as simple as smelling a scratch-and-sniff card loaded with the aroma of roses or a whiff of petrol.

Scientists at the University of Melbourne used the technology popular in children's books for a test to help diagnose brain disorders before any symptoms showed.

It can be used for Alzheimer's and Parkinson's diseases, obsessive-compulsive disorder and schizophrenia, as well as some illnesses affecting adolescents.

The researchers discovered a link between the illnesses and a poor ability to identify smells. They developed a set of 40 scratch-and-sniff cards and asked people to identify the smell from a list of four possibilities, such as coffee, roses, oranges and petrol. People who later developed a brain disorder had difficulty getting half of them right.





Up Coming Dates:

Lesson One:

Mind-Body Communication

Saturday, 17th of January, 2009

Venue

Technology Park Bentley (see map in this issue)

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** Please note – now that Rick is located in the UK, he is only available via email. The cost of calling a mobile phone in the UK from Australia is high and couple that with the time differences and it is simpler to rely on email communications.

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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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