

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

December 2009

'Tis the Season.....

And a very sincere Season's Greetings to all. As I sit here typing up this inclusion I find that my mind wanders to the last time I wrote 'Season's Greetings' in the newsletter and I am absolutely stunned that the memory of this is so crystal clear. This is either due to the fact that I have a phenomenally healthy memory...or that the year has gone so quickly that it all just seems like yesterday. I suspect that it is the latter reason.

This year has been a busy one for the Academy and I am really pleased to say that the move into both Victoria and New South Wales has gone as smoothly as it has. Thanks must go to the Victorian Training Coordinator, Jai Waugh for her help and assistance in cementing the Academy into Melbourne. Next year will see us yet again venturing East to provide Certificate, Power and Specialist courses. The feedback has been overwhelmingly positive from the attendees at these courses – thank you to all!

As you have no doubt 'heard', we are in the process of starting a new Association. One of the fundamental aims of the new Association will be to further the professionalism, understanding and application of Traditional Hypnosis. As such, membership of the Association will be restricted to practitioners of traditional hypnosis methods. It occurred to me early on, there was a number of very good

Associations providing professional development and support to practitioners of some of the hypnotherapy hybrids (NLP, EFT etc.) and for those people who wished to specialise in the traditional techniques, as taught by the Academy, there was no specific association to support this. That was the fundamental reason for taking the step to form an Association.

Personally, I am not a very patient person. I would like to have started the Association quickly but we have adopted the 'let's do it right first time' approach on this. Consequently, a Steering Committee consisting of Rick, John, Patricia Barker, Louis Colemans, Verona Gibson and myself has been formed and we are working our way through a Constitution and all of the other associated preparations. Expect to hear something very positive in early 2010 and a very big thank you to all those listed for forming the Steering Committee.

Enough drivel from me now. All that remains is to thank everyone for their support of this newsletter, wish you all the very best for the Festive Season and to sincerely hope that 2010 is a prosperous, healthy and fun year for all!

Michael Werts
Editor MM_Newsletter

In Brief:

Next Monthly Training is happening on 30th January – Subject is: **Mind Body Communications**

Certificate of Hypnosis Course – PERTH.

13, 14 & 19, 20, 21 February 2010.

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

8 day Certificate of Hypnosis Course – MELBOURNE.

19, 20, 21, 22 & 26, 27, 28, 29 February 2010.

For further information please contact Jai Waugh – contact details on last page 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.

PHWA meetings are held at 10.00am on the 3rd Sunday of every month at The Stirling Regional Business Centre, 45 Delawney Street Balcatta. Each meeting is followed by approximately a one to two hour training session on a variety of topics.

Please note:

Due to the Festive Season – there will be no January Newsletter. Next edition will be February 2010!

Some Quotable Quotes:

The talent of success is nothing more than doing what you can do, well.

Henry W. Longfellow

To climb steep hills requires a slow pace at first.

Shakespeare

Try not to become a man of success but a man of value.

Albert Einstein

Discovery of life between lives

<http://www.examiner.com/x-14138-Charlotte-Metaphysical-Examiner~y2009m9d5-The-reality-of-life-between-lives>

Michael Newton, Ph.D., pioneer of life between lives hypnotherapy, states: "If death were the end of everything about us, then life would indeed be meaningless. However, some power within us enables humans to conceive of a hereafter and to sense a connection to a higher power and even an eternal soul."

The evolution of Dr. Newton's professional counseling career began with earlier use of age-regression techniques, transitioned to uncovering clients' past life memories, and has culminated in the totally unanticipated discovery of life between lives reality. Through implementation of specialized hypnosis techniques, he found it is possible to regress an individual to the spirit world--the place where the soul resides between incarnations on earth. He explains that for his clients "finding their place in the spirit world was far more meaningful to people than recounting their former lives on earth."

Dr. Newton's theory of consciousness is a familiar parallel to those of many noted spiritualists: three levels of the mind exist, separated by degrees of



"mind-consciousness." The outer mind is critical and analytical, known as the conscious. The second level of the human psyche is the subconscious, which stores every memory from a soul's previous existences. The third level of the mind is our superconscious, known as the highest center of self, an expression of a higher power (represented as the crown chakra in Hindu tradition).

After ten years of intense research, Dr. Newton set precedence when he published his 1994 ground-breaking book, *Journey of Souls*, in which he asserts that under hypnotic trance, people do not dream nor hallucinate. Brain waves slow as the subject falls into Theta range where hypnosis is possible. The conscious mind remains alert; consequently, a receptive subject is able to receive and send messages and information is relayed as perceived.

Individuals report visual images and sounds, although language can often be woefully inept at accurately describing these mystical experiences. Conversations are reported literally as they occur. Interestingly, subjects use familiar, informal language respective to their lifestyles. Frequently emotionally affected clients ask Dr. Newton to stop his questioning to allow the soul-mind to wander without distraction, to better observe interesting scenes as they unfold or to engage in dialogue with deceased family members, friends, and spirit guides.

In true hypnosis, subjects are unable to lie, but messages are sometimes distorted, as is often the case during waking consciousness. People don't necessarily divulge information unless specifically asked, so probing methods of inquiry must be critically thorough and objective. Subjects have great difficulty relating to anything they do not believe is true, as indicated by his clients' tendency to immediately correct assumptions or clarify any misinterpretations of their statements.

Dr. Newton asserts that thoughts about the spirit world involve universal truths for those of us on earth. He acknowledges a deep appreciation for the "grand design to life and afterlife." The amazing consistency of hundreds of clients' reports from years of careful cross-examination interviews has led him to believe that the place we go to after death is "one of order and direction." Through a glimpsing of the soul's immortality during a visit to our spiritual home, a connection of past life experiences to the here-and-now is realized, which creates a far deeper understanding of one's place and purpose in this life.



What are the statistics on the effectiveness of hypnosis?

http://wiki.answers.com/Q/What_are_the_statistics_on_the_effectiveness_of_hypnosis

Hypnosis Over 30 Times as Effective for Weight Loss

Investigated the effects of hypnosis in weight loss for 60 females, at least 20% overweight. Treatment included group hypnosis with metaphors for ego-strengthening, decision making and motivation, ideomotor exploration in individual hypnosis, and group hypnosis with maintenance suggestions. Hypnosis was more effective than a control group: an average of 17 lbs lost by the hypnosis group vs. an average of 0.5 lbs lost by the control group, on follow-up.

Cochrane, Gordon; Friesen, J. (1986). Hypnotherapy in weight loss treatment. Journal of Consulting and Clinical Psychology, 54, 489-492.

Two Years Later: Hypnosis Subjects Continued To Lose Significant Weight

109 people completed a behavioral treatment for weight management either with or without the addition of hypnosis. At the end of the 9-week program, both interventions resulted in significant weight reduction. At 8-month and 2-year follow-ups, the hypnosis subjects were found to have continued to lose significant weight, while those in the behavioral-treatment-only group showed little further change.

Journal of Consulting and Clinical Psychology (1985)

Who were you in a past life?

<http://www.examiner.com/x-15700-Atlanta-Spiritism-Examiner-y2009m8d26-Who-were-you-in-a-past-life>

"You must have been rich in a past life." "He must be paying for his sins from a past life." Are these notions really true about our past life experiences? How much of an influence do our past lives truly play on our current life, and how does karma factor into this influence?

To be able to better evaluate these questions, we must first have a better understanding of what exactly is meant by "past life".

What are "past life" and "past life regression"?

Past life refers to the previous incarnate life of a person here on Earth. **Past life regression** is a technique that uses hypnosis to recover what most practitioners believe are memories of past lives or incarnations. Past life regression is typically undertaken either in pursuit of a spiritual experience, or in a psychotherapeutic setting. Most advocates loosely adhere to beliefs about reincarnation, though religious traditions that incorporate reincarnation generally do not include the idea of repressed memories of past lives.

Generally speaking, we are unable to remember our past lives and the experiences from these past lives in our current life. Question 392 of The Spirits' Book addresses this topic:

Why can't the incarnate spirit remember its past? "As human beings you cannot, and may not, know everything. God, being wise, has determined so. Without the veil that hides certain things from you, you would be dazzled, as if you had suddenly passed from darkness to light. Through the

forgetfulness of the past, you are more fully your essential selves.

While we don't have an exact memory of what we have been and done in the past, we do have, during our present incarnate life, and intuition of our previous lives. This intuition takes the form both of instinctive tendencies and conscience. In other words, the intuition of the past gives rise to an intent to avoid committing the same mistakes again. This goes hand-in-hand with the Spiritist belief in the need of reincarnations for spiritual progression. Therefore, if we are intuitively aware of our past lives and the lessons learned during these past lives, we are able to progress spiritually during our present life on earth.

Although many people are fascinated by the idea that they might once have been a famous pharaoh in Egypt or a Princess in Europe in a past life and seek out past life regression as a way to unlock the secrets of these mystical other lives, others use the technique to help to overcome certain issues in their current life that might be affecting them and are directly connected to unresolved past life "issues" or "karma". Generally speaking, Spiritism views past lives as rungs on the ladder to spiritual enlightenment.

The theory of karma harps on the Newtonian principle that every action produces an equal and opposite reaction. Every time we think or do something, we create a cause, which in time will bear its corresponding effects. **Your Karma Is Your Own Doing.** Every person is responsible for his or her acts and thoughts, so each person's

karma is entirely his or her own. Occidentals see the operation of karma as fatalistic. This is not entirely the case. It is actually in the hands of an individual to shape his own future by using the lessons learned from past lives in living out his present to the best of his ability.

Hindu philosophy, which believes in life after death, holds the doctrine that if the karma of an individual is good enough, the next birth will be rewarding, and if not, the person may actually devolve and degenerate into a lower life form. In order to achieve good karma it is important to live life according to dharma or what is right. If our past life was not "good", it might have been a trial from which we gained important spiritual insight to help us through our present life. As a result, we ultimately leave this life in a better spiritual position in which with begin our next incarnation. Therefore, we will not be subjected to the same trials in our next life to which we have already been submitted in previous ones. Spiritism believes that we are all on a path towards spiritual progression.

Past life regression is not an obscure subject matter nowadays, and has made its way into mainstream television and media. A famous psychiatrist, Dr. Brian Weiss, has conducted extensive research and written on the subject of past lives and past life regression. You can read more about him on the Oprah Winfrey site at: http://www.oprah.com/slideshow/oprahshow/20080513_tows_pastliferegression

Scientists Use Post-Hypnotic Suggestion on the Stroop Effect

http://www.naturalnews.com/027071_the_brain_America_hypnotherapy.html

(NaturalNews) The field of psychology uses various instrumental studies to examine cognitive processes. These processes are either controlled or automatic. Further, automatic processes can either be innate or learned. When a process is automatic, it is performed automatically and unintentionally by the brain. An example of an automatic process is reading. Psychological studies use hypnotic suggestion to determine the connection between the brain and automatic processes.

One such instrument is the Stroop task. When words of colors appear with a congruent color ink, it is easy for the brain to process it because reading is an automatic process. For example, when the word RED is written in red ink, both the meaning of the word and the color of the ink are automatically processed.

The Stroop task asks participants to ignore the meaning of the word and focus on the color of the ink. When presented with the word BLUE in red ink, the brain wants to automatically process what it reads instead of ignoring the color. When the word and ink color are incongruent, it is more difficult to process and is more likely to be inaccurate.

Hypnotic and post-hypnotic suggestion have been used to study the Stroop effect

PURPLE YELLOW RED
BLACK RED GREEN
RED YELLOW ORANGE
BLUE PURPLE BLACK
RED GREEN ORANGE

and automatic processes. Raz et al. (2002) studied both highly suggestible and low suggestible participants after using a post-hypnotic suggestion that told them they would have difficulty reading the words. Results showed that the low suggestible participants were not influenced by the post-hypnotic suggestion. However, the highly suggestible participants were better able to process the incongruent examples of the Stroop test. It was also concluded that the post-hypnotic suggestion does not alter vision; for example, it does not cause blurring or tell the participant to focus on a different location (MacLeod & Sheehan, 2003).

In a separate study, Raz et al. (2005) studied the Stroop effect on functional magnetic resonance imaging (fMRI) and electrical scalp recordings (ERPs). The resulting brain images showed that when participants had received a post-hypnotic suggestion, there was less conflict-related activity in the anterior cingulate cortex area of the brain.

When looking at the occipital cortex (processes visual information) in the back of the brain, the activity is drastically different depending on whether the post-hypnotic suggestion is given or not. Raz concluded that when a post-hypnotic suggestion is given before the Stroop task, the occipital cortex receives altered information and thus reduces activity in the anterior cingulate cortex. Eliminating the Stroop effect has important implications in the fields of neurology, psychology, and hypnosis.

Sources

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Raz, A., Fan, J., Posner, M. I. (2005). Hypnotic suggestion reduces conflict in the human brain. *Proceedings of the National Academy of Sciences of the United States of America*, 102, 9978-9983

Common Misconceptions Mistaken Hypnosis

http://www.naturalnews.com/027206_hypnosis_hypnotherapy_health.html

(NaturalNews) Hypnosis has long been misunderstood due to the negative portrayal of hypnosis as a form of entertainment. Hypnosis can be separated into two very different classes: Clinical hypnosis and stage hypnosis. Clinical hypnosis is used to help people improve themselves and to help make positive change a reality. Clinical hypnosis helps people overcome fears, reduce anxiety, stop smoking, and boost confidence. Stage hypnosis is more like a magic act. The stage hypnotist pre-screens participants who are highly suggestible and will perform well on a stage. Due to the publicity of stage hypnosis, the public tends to have a negative outlook on hypnosis (Mongiovi, 2008).

Many people are skeptical of their ability to be hypnotized, before they ever give hypnotherapy a try. Others are under the impression that the ability to be hypnotized lies in the hands of the hypnotist. However, this is not true. It is the individual's capacity that allows him or her to experience hypnosis. The majority of people fall into the range of moderate hypnotizability. There is a small percentage of the population that is

not suggestible at all. Likewise, there are some people who are very hypnotizable; these are usually the kind of people you will see in a stage show.

Another misconception involving hypnosis is the fear that the individual undergoing hypnosis will relinquish all control to the hypnotist. This is not the case, the individual is always in control. Hypnosis is simply a state of consciousness that allows the individual to have a heightened ability to focus and concentrate. Individuals are in control, but they are less critical and more open to suggestion. This is because under hypnosis, the subconscious mind is targeted and the conscious mind is in a sort of sleep mode.

Some people think that hypnotizability has to do with personality or intelligence. No studies have shown a correlation between the ability to be hypnotized and personality and intelligence. However, research has shown that people who have hypnotic-like experiences in their everyday life, are more likely to be hypnotized (Kihlstrom, 2000). People who are very imaginative, visual, and creative tend to be more hypnotizable.

Another misconception is the fear of not being able to get out of the hypnotic state. Hypnosis is a natural state that is easy to get in and out of because it is simply a state of heightened concentration (Byrne).

Due to the great deal of research on the topic of hypnotherapy, it is now known that it has many benefits outside the field of entertainment. Although misconceptions are common, with education people are realizing the full scope and benefits that hypnosis has to offer.

Sources

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The Truth About Hypnosis: It's an Accepted Part of Mainstream Medicine

http://www.groundreport.com/Business/The-Truth-About-Hypnosis-Its-an-Accepted-Part-of-M_1/2908290

Contrary to what you've seen in old horror movies, when you're hypnotized, you can't be forced to do anything you don't want to do. What hypnosis will do is make you more receptive to suggestion. Studies show that it can even ease some physical conditions. As a result, hypnosis has shed its hocus-pocus image and become an accepted part of mainstream medicine. In fact, hypnosis has developed into a valuable tool to treat pain and anxiety.

Three out of four adults are receptive to hypnosis to some degree; one in six is highly susceptible. You are a good candidate if you have a vivid imagination, if you like to get absorbed in a project for long stretches, or if you enjoy solitary pursuits. You're less likely to go into a trance easily if logic and rationality are your bywords.

How does hypnosis work? Hypnosis is a state of relaxed but heightened focus, similar to meditation. A hypnotherapist typically asks you to concentrate by staring at a fixed point or counting slowly to 100 or closing your eyes and visualizing a soothing place. Breathing and heart rate slow as you tune out your surroundings. Your mind becomes extremely receptive to new images and possibilities, and the hypnotherapist can give you a specific healing suggestion. Why you are suggestible in this state is unclear, but hypnotized people appear to have increased blood flow to the frontal cerebral cortex; this tends to block sensory input and create a surge of theta waves associated with concentrated attention.

What are the medical uses of hypnosis? Hypnosis is normally used in conjunction with other medical treatments. It has been shown to soothe symptoms of asthma, alleviate nausea, and relieve pain – including cancer pain, post-operative discomfort, chronic back pain, and burn and headache pain. For instance, a health professional trained in hypnosis might suggest that you are putting on a glove filled with painkillers or that you have a control knob in your mind that allows you to turn off pain. This approach is so effective that some hospitals have tried hypnosis in place of anesthesia for surgery. Hypnosis also shows promise as a treatment for irritable bowel syndrome and clenched-jaw syndrome.

Some psychiatrists employ hypnosis to lessen anxiety and irrational fears. They also find it useful for diagnosing and treating patients with multiple personality disorder. Using hypnosis to recover suppressed memories has yielded uncertain results.

A couple of reminders: Don't depend on hypnosis to help you quit smoking or lose weight; the evidence is mixed about whether the process works for either one of these problems. And staring at a pendulum or a fixed point can focus your concentration.

Hypnosis for Effective Treatment of Social Anxiety and Social Phobias

<http://www.articlemaniac.com/article/239336/hypnosis-for-effective-treatment-social-anxiety-social-phobias.html>

Social Anxiety Disorder, also known as Social Phobia is perhaps the most common form of anxiety disorder in existence.

In fact, it's so common that it is believed to affect somewhere around 10% of the entire population in one degree or another.

What's more, it can affect absolutely anyone - from housewife to movie star.

Renowned entertainers who have spent years in the public eye -- from Barbara Streisand to Kim Basinger -- have spoken publicly of their experience and recovery from social phobia and anxiety.

Indeed, the effects of social phobia can be really debilitating and often quite devastating.

Very often physical symptoms accompany this disorder. These can include blushing and sweating, trembling, increased heart rate, stammering and nausea. In acute cases, the person may feel dizzy and as if he or she is about to pass out.

All this, of course, simply serves to intensify the fear.

The real fear behind this particular disorder is often the fear of being evaluated and judged negatively by others. This fear can force the individual to become fearful and terrified of doing anything that has the potential to prove embarrassing to them in public.

Amongst the most common forms are fear of social interaction, fear of dealing with authority figures, fear of public speaking or performing, fear of exams and fear in connection with sexual performance.

Most often, this particular difficulty has its origin in childhood.



The State or Non-State of Hypnosis: Debate Continues

The State or Non-State of Hypnosis: Debate Continues

(NaturalNews) One of the many mysteries of hypnosis is where hypnosis comes from. Many researchers believe that hypnosis produces an altered state of consciousness while others believe that there is no altered state with hypnosis. Research has been conducted to try to fully understand what happens when people are hypnotized. One of the reasons why hypnosis eludes scientists is because there is still a lot to be learned about the human brain and how it functions.

The debate on whether hypnosis is a state or a non-state is known as the 'altered state debate.' People who believe that hypnosis does not involve an altered state of consciousness argue that the effects of hypnosis and suggestions can be achieved without a hypnotic induction (Whalley, 2009). One researcher (Spanos, 1986) believes that suggestions, including analgesia suggestions and amnesia suggestions, have a socio-cognitive link. Spanos believes that people who undergo hypnosis are able to convince themselves to believe a certain way and this occurs

cognitively and not due to an altered state of consciousness.

An altered state of consciousness (ASC) is defined as, "any of various states of awareness (as dreaming sleep, a drug-induced hallucinogenic state, or a trance) that deviate from and are usually clearly demarcated from ordinary waking consciousness" (Meriam-Webster). An altered state is often compared to a baseline state which is a state where "the psychological sense of the self is at the center of one's perception" (Whalley, 2009).

A scientific aspect of this debate about where hypnosis comes from involves looking at brain functioning and brain images. When studying the brain, researchers are presented with an important question: How much different from the baseline state would hypnosis have to be in order to be classified as an altered state of consciousness?

Various methods are being used to determine how to measure hypnosis. Neuro-imaging is being used including PET and fMRI scans. These tests allow one to see activity in the brain during hypnosis and

without hypnosis. Another method of measurement includes behavioral studies. Studies attempt to compare the behavior of hypnotized and non-hypnotized individuals (Whalley, 2009).

The debate on whether hypnosis is an altered state of consciousness continues to be argued. There are multiple studies that back up both sides of the argument. At this point in time, there is no clear answer. With time, as more behavioral studies are conducted and as researchers learn more about the human brain and its functioning, we will learn exactly how hypnosis occurs in the mind.

Sources

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Learn the History of Hypnosis

http://www.naturalnews.com/027172_hypnosis_hypnotherapy_medicine.html

(NaturalNews) Hypnosis has been used since ancient times, for thousands of years in Egypt and Greece. Hypnosis is even mentioned several times in the bible (Genesis 2:21, 1 Samuel 26:12, Job 4:13, 33:15, Acts 10:10). However, modern hypnosis started to make its impact in the late 1700's and has evolved since then as more research has been conducted (hypnosis.org). Advances in hypnosis continue to occur, even in modern times as we learn more about the human mind and its capacity.

Franz Mesmer (1734-1815) is considered the 'father of hypnosis' and was a doctor from Austria. He thought that disease was caused by blockages of magnetic fluid in the blood and nervous system. He used magnets, then his hands, and then the eyes to unblock the magnetic fluid and to treat his patients. This procedure was known as Mesmerism.

The Marquis de Puysegur (1751-1825) was a student of Mesmer who studied what was then called 'animal magnetism.' He was able to get subjects into a state of sleep and respond to suggestions. Later, when the subjects woke up, they did not remember anything that took place. Puysegur believed there was a psychological connection

between hypnosis and the mind.

In the 1800's the medical community became polarized on the procedure of 'animal magnetism.' One doctor lost his ability to practice medicine due to using the procedure. Another doctor, James Esdaile, successfully used mesmeric sleep as an anesthetic while performing surgery on a patient.

James Braid (1795-1860), a Scottish surgeon started using the term 'hypnotism' and 'hypnosis' in the 1840's. He believed that there was a neurophysiological connection during hypnosis. He found hypnosis to be helpful in treating headaches and skin problems. Research on the topic of hypnosis has continued to the present.

Since the 1950's, hypnosis has been recognized and supported by the British Medical Association and the American Medical Association. It is now used in dentistry, medicine, and psychology and helps treat many conditions along with traditional forms of medicine. In the past century, hypnosis has received negative press due to stage hypnotherapy (Mark, 2002).

Taking the past 300 years into account and

looking at how hypnosis evolved as a procedure leads one to realize that hypnosis has various uses. There are four main uses for hypnosis: entertainment, spiritual practice, therapeutic, and psychological (Shelp, 2003).

Research continues to be conducted because researchers and doctors do not know how or why hypnosis occurs. It may take years or centuries to fully understand the capacity of a human brain. Until then, scientific research looks for different ways in which hypnotherapy can help therapeutically, medicinally, and psychologically.

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Want a body like a celebrity?

<http://www.thesun.co.uk/sol/homepage/showbiz/film/2662533/Want-a-body-like-a-celebrity.html>

IT'S time to enter a world where chocolate is the Holy Grail and exhaustion is eternal.

Wave goodbye to your booze binges and 3am kebabs.

Welcome to bootcamp... or should that be hell?

Ditching my desk (and daily dose of calorific treats) for a week in the country is a concept as alien as Jordan wearing clothes on a night out.

Sacrificing Chinese takeaways and mouth-watering croissants was a chore all of its own - let alone the 6am to 6pm workouts I was about to embark on.

But the lure of shedding those stubborn pounds was enough to catapult me into a gruelling week even Mr Motivator would find tedious.

The journey into the unknown was a precious adventure spent scoffing as many goodies as possible.

Danish pastries, crisps and Pret sandwiches were washed down with fizzy drinks to ease the terrifying prospect of detoxing.

Facing fears ... wall climbing



Arriving at the stunning Exmoor location was a welcome change from the London grime, but I soon learned a pretty backdrop does not equate to a holiday.

But with adrenaline pumping faster than you can say 'chocolate cake', the first night from home wizzed by in a blur.

Gossiping to fellow comrades took the edge off the dreaded measurements, taken so they can be compared to the final results at the end of the week.

The friendly staff and comfy room gave the illusion of being in a cosy hotel... little did we know what was to come.

And let's just say the following morning sure was a shock to the system. Isn't working out before breakfast usually left to the Olympians?

The group soon became accustomed to huffing and puffing through early morning 'pulse raisers' so we could earn our miniscule portion of fuel.

Energy you never knew you had manifests itself in mysterious ways to leave you feeling like Supergirl after 20 cans of Red Bull.

But what goes up must come down and soon the peak of success is followed by the pain and despair of fatigue.

Muscles you can't pronounce throb with a pulse of their own and aching limbs feel heavier than five Mike Tysons.

The constant exercising feels like you have made a pact with the Devil and home seems like another galaxy away.

Miraculously though, by the second day everyone is institutionalised enough to actually start - dare I say it - enjoying the great outdoors.

The relay races, army games, abseiling and coasteering make you feel like a Girl Guide on a date with Bear Grylls.

And the frequent snacks, incredible camaraderie and variety of activities start making the week fly by.

Don't be fooled into thinking it is like summer camp though, there will be tears, tantrums and injuries and you will want to quit by the third day.

Thankfully the legendary Staff Reitze and Staff Watt - yep, you have to address the trainers by surname - keep spirits up with their winning smiles and personal encouragement.

Bootcamp is like sitting at home watching Who Wants To Be A Millionaire? and knowing all the answers, but under the studio lights your brain has a life of its own.

Similarly, seven days of hard graft doesn't seem too bad when you're lying in bed thinking about it, but when your body exerts itself beyond its limits you feel like you can't go on.

And let's face it, there is nothing dignified about perspiring copious amounts of sweat and running around with a face redder than a tomato field.

Worth it in the end ... bootcamp residents

The daily slog pauses only during the blessed hour of dinner.

Chef Darren delivered his daily treats and was the perfect aesthetic in a boy-deprived environment.

The exquisite cuisine offers something for everyone, which we soon ruined by drowning everything in chilli flakes and linseed - even porridge - as it is the only food we could control.

Unfortunately socialising in the evenings is fairly non-existent as everyone has passed out by 8pm, but one last mirror check before bed to see those love handles melting away makes it all worth it.

Whether you want to get fit, lose weight or boost your confidence, then Prestige is the perfect haven to do so.

You will never be pushed beyond your limits, but will always be challenged to never give up.

The relentless workouts are broken up with hypnosis sessions, nutritional talks and much-needed massages.

Not forgetting the music quiz, late night stroll complete with head torches and relaxation either.

And the final loss of eight pounds and ten inches made every glimmer of sweat worth it.

But it is the bond with your fellow cadettes that really get you through the week, so with special thanks to the ever-graceful Newby for proving exercise can be elegant, my partner in crime Clemmie, Oge for her positivity, Clare for making me laugh, Sian for being a confidante, birthday girl Isobel, the wonderful Kate, Solange, Elke - and Frankie for making it all happen.

Now the real challenge is keeping the weight off.



Children can 'imagine away' pain

<http://news.bbc.co.uk/2/hi/health/8299719.stm>

Children can be taught to use their imagination to tackle frequent bouts of stomach pain, research shows.

A relaxation-type CD, asking children to imagine themselves in scenarios like floating on a cloud led to dramatic improvements in abdominal pain.

The US researchers said the technique worked particularly well in children as they have such fertile imaginations.

It has been estimated that frequent stomach pain with no identifiable cause affects up to one in five children.

The research, published in the journal *Pediatrics*, follows on from studies showing hypnosis is an effective treatment for a range of conditions known as functional abdominal pain, which includes things like irritable bowel syndrome.

In this study, the children had 20 minute sessions of "guided imagery" - a technique which prompts the subject to imagine things which will reduce their discomfort.

One example is letting a special shiny object melt into their hand and then placing their hand on their belly, spreading warmth and light from the hand inside the tummy to make a protective barrier inside that prevents anything from irritating the belly

The researchers, from the University of North Carolina and Duke University Medical Center, said a lack of therapists led them to the idea of using a CD to deliver the sessions.

In all 30 children aged between six and 15 years took part in the study - half of whom used the CDs daily for eight weeks and the rest of whom got normal treatment.

Among those who had used the CDs, 73.3% reported that their abdominal pain was reduced by half or more by the end of the treatment course compared with 26.7% in the standard care group.

In two-thirds of children the improvements were still apparent six months later.

Anxiety

It is not clear exactly how the technique works but studies have shown it is partly about reducing anxiety but there is also a direct effect on the pain response.

Some researchers think hypnosis-like techniques reduce "hypersensitivity" in conditions such as irritable bowel syndrome.

Study leader Dr Miranda van Tilburg said it was especially exciting that the children were able to use the technique on their own.

"Such self-administered treatment is, of course, very inexpensive and can be used in addition to other treatments, which potentially opens the door for easily enhancing treatment outcomes for a lot of children suffering from frequent stomach aches.

"Children are very good at using their imagination - when you use this in adults you have to overcome a barrier first."

Professor David Candy, a consultant paediatric gastroenterologist at Western Sussex Hospitals, said his team had tried hypnosis in a small group of children with severe abdominal pain problems and had 100% success rate.

He added they are now keen to try the guided imagery technique to see if they can replicate the US findings.

"There is really a dearth of information on how to manage children with abdominal pain and it's a very common problem which keeps children out of school."

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Collierville Doctor Accused of Fondling Patient During Hypnosis Session

http://www.myeyewitnessnews.com/news/local/story/Collierville-Doctor-Accused-of-Fondling-Patient/ra8IE_U_ZkyaFJ3eEAS9eg.csp

MEMPHIS, TN – Shelby County Sheriff's Detectives say a co-worker in Collierville is accused of sexually assaulting a patient during a hypnosis session that was supposed to help a woman quit smoking.

According to an affidavit of complaint, detectives have charged 57-year-old John O'Connell with Sexual Battery in the case.

The 36-year-old woman told investigators that she went see to Dr. John O'Connell, who she says told her he could help her stop smoking through hypnosis. She says O'Connell took her into an exam room at Lakeside Behavioral Health System in the 2900 block of Brunswick Road, Tuesday, September 15, 2009, to conduct the session.

The victim told investigators that during the session she, "felt like I was on a cloud, the picture in my mind was very pretty."

According to the victim, she was aware of what was going on, but was not able to open her eyes or move her legs and arms. She says when the session was over, O'Connell told her not to tell anyone about it, because the hospital did not know that he was performing hypnosis.



Three days later, the woman told investigators, the doctor asked her if she was interested in trying another session. She says she told him yes, because the first session seemed to help and made cigarettes taste bad. The doctor told her he would like to perform the session at his satellite office instead of the hospital, the woman stated to investigators.

The woman says O'Connell took her to a hotel and told her it was his satellite office, because he had to stay there while on-call so that he would be close to the hospital. The woman told detectives that she trusted him like a father and believed what he said.

During the second session, the woman says she was aware of what was going on, but again she was not able to move. According to the court document, she told investigators he was saying to her, "When you wake up you will not remember this." The woman says she could feel him take off her shoes, socks and shirt and fondle her, but couldn't do anything about it. She told detectives that she was scared and did not know why it was happening to her.

When the session was over, the woman says she acted as if nothing had happened and then reported the incident to authorities. The affidavit states Dr. O'Connell called her on October 3rd and left a message on her cell phone saying he was sorry for the problems he had caused and wanted her to call him back.

On Friday, October 9th, O'Connell, along with his attorney, talked with detectives. He admitted to investigators that he did hypnotize the woman at his satellite office, which he says was at the Relax Inn on Canada Road. O'Connell told detectives he just wanted to help the woman stop smoking and relieve her tension headaches.

According to O'Connell, he rubbed lotion on her feet while telling her, "You do not need cigarettes, they will taste bad, don't remember that though."

He then told investigators that he sat behind the woman and told her he was going to lift her shirt and that she nodded as if it was okay. O'Connell says he pulled the shirt over her head and pulled her arms out of the sleeves so it was draped over her neck. He then started to massage her shoulders and back with lotion, stated O'Connell. He told investigators that he then told her, "You can take your brassiere off if you want." To which, O'Connell says she shook her head, indicating she did not. He says he then put her shirt back over her head and woke her up from the hypnotic state.

According to the affidavit, O'Connell went on to tell detectives that he had called the woman after learning that she had filed a complaint against him. He says he left a message saying, "I am sorry for the problems I have caused you. Please call me back."

If convicted, Dr. John O'Connell could face up to six years in prison and a possible fine.

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Hypnotherapist delves deep to clear minds

<http://hamptonroads.com/2009/10/hypnotherapist-delves-deep-clear-minds>

BAYSIDE

Through hypnotherapy, Lynelle Brantner helps her clients find solutions to problems within themselves.

"My job is to work with the whole person - mind, body, spirit - assisting them to see more clearly by removing barriers," explained the certified transpersonal hypnotherapist, who is also blind.

"People always have the answers," Brantner said, "they have just become blinded by limiting beliefs."

Brantner, 44, moved to Virginia Beach from Wisconsin seven years ago. She has a master's degree in social work from the University of Wisconsin at Milwaukee and a background in mental health therapy.

"Hypnotherapy simply goes more directly, more rapidly, to the source of the problem than talk therapy," she said. Fear is the biggest obstacle for most people, she said, and her blindness occasionally helps clients overcome the fear of being judged.

"Clients realize I am not sizing them up by their appearance or posture," she said. "Once they close their eyes, we start at the same place."

Dolores Kerr, a 75-year-old Virginia Beach resident, said Brantner made a breakthrough where others had not.

"I tried to give up smoking every way you can think of," the lifetime smoker said. "Patches, cold turkey, group sessions, you name it."



Kerr lost her mother to lung cancer, and she decided to give it one last try. "I went for hypnosis, even though I am strong-minded and didn't really believe it would work for me." The experience did not feel like falling asleep, Kerr said, but like she was awake and relaxed throughout. "Lynelle just talked to me very peacefully."

Brantner uses light imagery and guided imagery to draw her clients into a deeply relaxed state.

"We move past the conscious mind, with all its information and activity," she said. "Hypnosis slows things down and allows people to get to blocks, to the root of their problem."

Kerr said hypnotherapy "helped me tap into something in my mind where I was able to get control over my smoking addiction." She had signed up for four sessions but felt cured after one visit.

"I have recommended (Brantner) to friends for smoking and weight loss because she really helps you help yourself," she said. Kerr has not smoked for six months, she said, and she feels as though she has finally beaten the habit.

Brantner's practice, Hypnotherapy by Lynelle, is located in Wells Therapeutics. This month, she and hypnotherapist Suzan Iscil will hold weekly evening sessions for the general public.

"Workshops are a great way for people to learn more about how to take charge of their lives," Brantner said. "We are doing good things here."

Childbirth: push to deliver new approach

Alternative ways of giving birth are no longer just for the stars

http://www.telegraph.co.uk/health/women_shealth/6753395/Childbirth-push-to-deliver-new-approach.html

From elective caesareans to celebrity birthing gurus, childbirth in the Noughties was all about options. As the NHS slipped further into its maternity crisis, we realised that if we wanted a good birth, we were going to have to sort it out ourselves.

It helped that birthing became cool. Glamorous celebrities such as Cate Blanchett and Victoria Beckham gushed about their blissful waterbirths or their luxurious caesareans. And we wanted what they were having. This, it turned out, was a birth guru.

This expert could perform candlelit caesareans or offer ayurvedic herbs alongside your epidural. When supermodel Elle Macpherson and actress Gwyneth Paltrow endorsed holistic obstetrician Gowri Motha, women threw themselves into prenatal regimes with reiki, reflexology and self-hypnosis. Other A-listers, such as Kate Winslet and Blanchett, turned to midwife Zita West for nutritional supplements and acupuncture alongside their pelvic exams.

Hypnobirthing (self-hypnosis for labour pain) also took off. Initially, this was seen as a bit barmy. But thanks to

the birth gurus and positive magazine articles, along with actresses such as Jessica Alba, who likened giving birth to "meditation", we opened our minds. By the end of the decade "hypnatal" was hip.

Other "fringe" ideas became more widely available. At the start of the decade, if you wanted to labour in a water pool you probably had to hire one yourself – and haul it to hospital with you. Now, however, most maternity units in Britain provide birth-pool facilities. Both the Royal College of Obstetricians and the Royal College of Midwives endorse water birth, where appropriate. Clinical studies – and the popular vote – won out.

Of course, medical interventions continued to rise, too. The caesarean rate soared to over a quarter of all births, and more women than ever opted to go under the knife, even if there was no medical reason to do so. For a while it seemed that we were all in danger of becoming "too posh to push".

But, in fact, many of us were desperate to avoid the operating theatre. And with overstretched midwives unable to offer one-to-one support, we increasingly looked outside the system. There we

found the doula. A doula is a childbirth companion, trained to offer emotional and practical (but not medical) support during and after birth. Reliable studies show that doulas mean fewer medical interventions.

"Five years ago, nobody had heard of us," says doula Valerie Goodkoep. "Now everyone wants a doula." In 2004, about 700 women hired one via the umbrella body Doula UK. By 2008 this had risen to 2,500. Doulas also worked hard to become available to those who couldn't pay. It is now possible to find a doula, pro bono, via Sure Start schemes or hardship funds.

Above all, childbirth was demystified in the Noughties thanks to the internet. Pregnancy chat rooms and baby websites meant that no discussion, however gory, was out of bounds. Ten years ago, a labouring woman would probably never have witnessed a real birth. Nowadays, she'll have seen hundreds – via video clips that people post on YouTube every day. So, gurus beware: we're all experts now.

Hypnosis-Birthing – New Course
The Australian Academy of Hypnosis™

In recent times there has been much media interest and a significant increase in the use of hypnosis to assist mothers-to-be throughout the latter stages of pregnancy and during the birth. It has proved to be a very effective, safe and beneficial use of the very powerful aspect of hypnosis/hypnotherapy.

The Australian Academy of Hypnosis™ is pleased to advise that a one-day course specialising in Hypnosis-Birthing will be conducted at the Bentley Training facility WA on 6 March 2010. The course will provide strategies, information and instruction on Hypnosis-Birthing and will be supported by a specialist Manual. Graduates will receive a Hypnosis-Birthing Certificate.

Cost of the training will be \$325 (including GST).

Please see Enrolment form toward the end of this Newsletter.

Michael Werts (Ed.)

Script of the Month:

Chocolate Addiction

This is an aversion script which, whilst we don't normally recommend using aversion techniques, it can be very powerful where other methods have failed. This script can be amended to deal with other issues/problems.

And as you go deeper still now - I would like to suggest that you create the image of a beautiful day in your mind. Imagine yourself outside - in nature - walking along a country lane - and on one side of the lane is a beautiful forest - on the other side are a few more trees and then lovely open green fields - and the sun is shining and it's warm and you're feeling comfortable and happy as you walk along this path.

Nearby - is a little path leading through to the forest - and you leave the country lane and turn onto the path. It is darker now and you are surrounded by tall majestic trees. There are wild, woodland flowers growing in clumps where the sun manages to shine through - and a lovely, earthy smell. You are close to nature and it's so quiet and peaceful in here.

Stepping over broken branches and overgrowths - you notice the various shades of green of the leaves and the grass and other plants growing here. A narrow stream runs by alongside where you are walking and gurgling sound is only interrupted by the croak of an occasional frog and the songbirds overhead.

You're feeling so calm and relaxed as you amble along - it is a lovely day everything here is so calm and peaceful. Ahead of you is a felled tree turned on its length and you decide to walk over to the tree and have a rest and just enjoy the wonderful view.

And as you near the tree - you realize how tired you're beginning to feel. Tired - but in such a nice, relaxed way - as though you just can't be bothered to do anything at all right now. So you sit down on the tree, noticing the rough texture of the bark beneath your hand. A little of the bark has started breaking away and you pull it off - to reveal a lovely smooth wood underneath.

And as you sit here, gazing at the beautiful scene - the gurgling stream - those beautiful flowers, the oaks and the elms and other trees - with the sunlight dappling here and there - you find your mind wandering away to some other pleasant thoughts and feelings - and you begin to have a daydream - and in your daydream - you notice a particular oak tree which seems to be covered with acorns. You marvel at how that oak tree was once also an acorn - how it landed on the earth and grew and grew - year by year - stronger and stronger.

The colour of the acorn reminds you of your favourite chocolate - and in your daydream - you remember that you've brought a picnic with you - and packed in your lunchbox are some of your favourite chocolates in miniature size.

So you reach over to the bag - which you'd forgotten until now - that you've brought with you - and you take out the lunch box and unwrap the chocolate and put it into your mouth. And as your tongue licks the outer chocolate coating you notice it has an unusual taste - quite slimy and sickly sweet - but you bite into the chocolate and it explodes in your mouth - like flesh that is covered in gunge and taste is so putrefying that it makes you feel nauseous and want to throw up.

And you spit out the chocolate - and to your horror you see that it wasn't a chocolate at all - but a small woodland creature that somehow wandered into your lunch box - and now it's squelched all over the grass. So you decide to have another chocolate to take away that dreadful taste - and you take out your lunch box again and lift up the lid - and there inside are dozens of insects of varying sizes and shapes - with nippers or claws - and they're crawling around all over the place. But you're determined to have a chocolate - and there's only one left so you carefully fish it out and unwrap it and put it into your mouth - and it bites - it bites your tongue - it



crawls all over your mouth - and it tries to get down your throat and you can't spit it out - no matter how hard you try.

So you put your fingers into your mouth and wrestle with it to get it out - and it clings to your finger and your finger is brown from the gunge - it looks so like a chocolate - but it's alive and you hate it for what it's doing to you.

The shock from what's happened awakens you from this daydream - and you realize that's just what it was - a daydream about chocolates and creepy insects that bite your mouth and your tongue. But your mouth is quite alright now - that disgusting taste has gone - and you feel a sense of relief.

But in future - if you ever should be tempted to eat a chocolate again - you'll immediately remember that nauseous taste and the way that it tried to get down your throat - and the slime and the gunge and everything else. And that one thought will remind you that you never want to eat chocolate again - you hate them so much.

And instead - if you're really hungry - then you decide to eat something healthy - your favourite piece of fruit or a stick of carrot or your other favourite raw vegetable - and that satisfies you completely - and that satisfies you completely.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.

In a moment I'm going to count from one to five and at the count of five you'll be wide awake.

One, two, three, four, five.

[illegible]

Deepener

THE LIFT

Imagine you are now entering a lovely large lift. The doors open and you step inside. It's large and roomy and very comfortable. On one wall is a panel with buttons marked down from ten to G. G represents the ground floor, and the numbers above it represent the subsequent floors.

Inside the lift the doors close and you press a button. As you reach each floor the button will light up. You begin to descend, and feel yourself beginning to go down. The ninth button lights up, but the doors do not open. They remain closed and you continue to drop deeper down, down to the eight floor. And as you reach the eighth floor, again the doors remain closed. You're feeling very comfortable and very relaxed here, and the lift goes further down to floor seven. (Pause) Deeper down now to six, (Pause), even deeper and as you reach the fifth floor you become aware of how comfortable and relaxed you now are. Going down to the fourth floor, and again, the button lights up. Further down now to third floor and you're beginning to feel like you're going really deep inside yourself. Second floor, and now the first.

As you reach the first floor the doors open, but you remain inside, because you know that there is an even deeper level of relaxation that is known as ‘the basement of relaxation’. And the lift begins to sink deep, deep, deep down, relaxing more and more.

You go down past the ground floor and now deeper down to the basement of relaxation. As the lift touches the ground and comes to a halt, the doors open and you step outside. (Introduce a safe and comfortable place here).

Do you want a love stimulus?

<http://www.examiner.com/x-10925-Hypnotic-Love-Examiner-y2009m8d23-Do-you-want-a-love-stimulus>

Dating for too long (or not at all), feeling like you have been in the game way forever? Many singles suffer from a love recession but they are often working against themselves and remain stuck in the same old relationship rut. There is a way out – an easy way to get a stimulus in your love experience by changing your subconscious mind.

Humans are creatures of habit and what most singles do is attempt to change their single status by using the same worn out methods. The subconscious mind will automatically draw you to the same partners over and over again. Waiting for someone to come along to tell you that you are worthy of being loved only leads to giving away your power and feeling let down when rejected. No one can tell you that you are lovable except you. That's where hypnosis comes in.

By relaxing your rigid mind with a hypnotic trance, you can allow new ideas to flood the subconscious and create a new reality in your love story. Instead of looking for hand-outs from the men and women you date to stimulate your confidence; you can give yourself a love stimulus by simply listening to self-hypnosis for only fifteen minutes a day.

This may sound easy because it is. The reality of your dating life rests only in your mind and you are limited to the

quality of relationship that is dictated by your past beliefs. By changing the ideas on the subconscious level, your thinking will automatically shift (no more silly affirmations!). For some, the change is immediate and for others, it may take up to 90 days of continuous mind training to make the shift. You will find that this is the easiest, most effective way to change your dating destiny.

Imagine waking up each day thinking, "I am wonderful and today could be the day I meet my real love!" Or, being rejected by someone and thinking, "Well, I guess that person wasn't right for me, someone new is coming soon." No more obsessive thinking about your ex, just a flow of supportive thoughts lifting you up throughout your day. As you thinking shifts, you will attract healthier relationships not only in your romantic life but friendships and family relations will improve as well.

Just fifteen minutes a day can get your mind on the right track for joyful love. Use a pre-recorded self-hypnosis program or simply relax and visualize your ideal love every single day. Get into the feeling of really being honored and adored and your inner mind will start to lead you to the places, people and circumstances that match your ideal. Your true love is just one thought away

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Get Rid of Headaches Holistically

http://www.naturalnews.com/027282_headaches_migraine_migraines.html

(NaturalNews) Nothing will ruin a beautiful sunny day like a bad headache or a horrendous migraine. And with our fast paced way of life, the current credit crunch and far too little relaxation, it is not surprising that so many people are suffering from headaches and migraines. Headaches can often be traced back to diet and lifestyle issues. By looking for the underlying cause of chronic headaches and making some changes holistically, headaches can improve or even disappear.

Migraines are very painful headaches that are generally experienced on one side of the head. They are often accompanied by nausea, vomiting, and changes in vision.

Give the Body What it Needs

The first thing to do if you suffer from headaches or migraines (and frankly, even if you don't) is to cut out monosodium glutamate (MSG), hydrogenated oils, high fructose corn syrup, various preservatives, artificial sweeteners and anything that is created by man. These foods make the body work hard and overheat, which can easily bring on a headache. Aspartame has been linked to headaches and migraines, so watch out for foods that claim to be sugar free.

Processed foods are virtually dead in terms of their life energies, so they offer the body nothing but work and a headache (or various other illnesses.) Studies show that some of the best foods for headaches include radishes, onions, celery and cilantro. These foods cool the body, taking the headache with it.

Next on list is to drink more water. Chronic dehydration is perhaps the greatest cause of headaches, as well as many other diseases. Coffee, black tea and fizzy drinks are not water, and in fact dehydrate the body and cause more harm than good. Pure water helps the kidneys to function properly and detoxifies the body, which prevents and eases headaches. Everyone should drink at least two litres of water per day. Some say the body drought is in fact the greatest stress the body can endure.

Many people claim that their headache comes on when they skip a meal. Balanced blood sugar levels are important for preventing imbalances that lead to headaches. Ensure that you eat 3 meals per day and eat a proper breakfast. Nuts, seeds, pulses, fruits and veggies are

good foods for maintaining balance, while sugar, bread and processed foods throw the blood sugar out of whack.

While you can't control your environment completely, certain smells are known to trigger headaches and migraines. Perfumes, cologne, cigarette smoke and chemicals are well known culprits. Using natural, organic shampoos, conditioners and creams will help to minimize your risk of a chemical induced headache. If you wear perfumes or cologne, switch to essential oils for a lovely scent, and ask the people you live with to kindly do the same. Switch to natural cleaning products, and altogether avoid first and second hand cigarette smoke.

Relieve Stress

If you suffer from frequent headaches or migraines, you may avoid exercise for fear it will make your headache worse. However, studies show that just the opposite is true. A recent Swedish study published in *Headache: The Journal of Head and Face Pain* showed that regular activity can reduce the number of migraines, the intensity of migraines and the need for pain

medication. This may be down to the fact that the muscles are being stretched and loosened, or it may be down to stress release. Either way, it seems to make a huge difference.

And there is no doubt that one of the greatest causes of headaches is stress. All of us have experienced some type of headache when under pressure, and people who get regular headaches tend to be stress cases. Yoga, 20- 30 minutes of meditation, and deep abdominal breathing are all great ways to release stress and alleviate a headache. Even if they don't get rid of the headache completely, they allow one to be calmer and not react to the headache so strongly, which makes it worse.

Herbs

There are people who find that if they take the herb feverfew the second they feel a headache coming on, they can hold it at bay. Other herbs that seem to work wonders for some people are ginger and Ginkgo Biloba. Ginkgo biloba reduces the formation of a substance known as platelet-activating factor which may contribute to migraines. Ginger reduces inflammation and is also

excellent for the dizziness than often accompanies migraines.

Holistic Therapies

Acupuncture and acupressure points are known to be effective at relieving mild to moderate headaches and migraines. The most famous point is in the connecting valleys which are located on the webbing between the thumb and forefinger of both hands Press on this point with moderate pressure for 30-60 seconds of each hand. There are also points on the head, face, and at the base of the back of the skull which can relieve a headache.

Massage, reflexology EFT and hypnotherapy have also been known to alleviate headaches and migraines.

So remember, if you suffer from headaches, there is always an underlying reason. You aren't genetically programmed to suffer from headaches. This article gives some good starting points on how to relieve the problem. Never give up hope, with some dedication; you don't have to suffer with a throbbing head.



Quotes:

He knows the water best who has waded through it.

Danish Proverb

If you would know the road ahead, ask someone who has traveled it.

Chinese Proverb

Experience is by industry achieved
And perfected by the swift course of time.

William Shakespeare

The years teach much which the days never know.

Ralph Waldo Emerson

Up Coming Dates:

Monthly Ongoing Trainings

Lesson One: Mind Body Communications	Saturday, 30th of January, 2010
Eight Day Certificate of Hypnosis Course MELBOURNE	13, 14, 15, 16 & 26, 27, 28, 29 February 2010
Certificate of Hypnosis Course PERTH	13, 14 & 19, 20, 21 February 2010
Four Day Power Hypnosis Course MELBOURNE	30 April, 1, 2, 3 May 2010
Four Day Power Hypnosis Course SYDNEY	5, 6, 7, 8 April 2010

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Future Articles

The Mind Motivations™ Newsletter would welcome any articles or stories. Please submit any inclusions via email to the MM_Newsletter@iinet.net.au 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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PERTH – 1 Day Hypnosis-Birthing Training

Saturday 6th Mar 2010

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:	6 March 2010	Age:	
Full Name:			
Postal Address:			
		Postcode:	
Phone (H):		(W):	
		(M):	
Current Profession?		Email:	@
Any previous Hypnosis Experience?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	(If yes, please give brief details)
Why do you want to attend this training?			
Any known Mental Illnesses?	Yes <input type="checkbox"/>	No <input type="checkbox"/>	(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.

Upon receipt of your deposit or full payment a payment receipt will be posted within 24 hours. A full refund less a \$100 administration is available until 10 days before the training commencement. After this time no refunds will be made but training can be deferred until the next course. Audio and Visual recording of the training is prohibited.

**The training will be conducted at the Bentley Training Facility – Technology Park
2 Brodie-Hall Drive, Bentley WA**

Starts at 9am until 5pm: Lunch 12.30-1.30pm: 15 minute Breaks 10.30am-3pm

Please be aware that Tea and Coffee is not supplied. If have any further questions, please phone the training coordinator Michael Werts on 0401

634355. Email: aah_training@inet.net.au

<http://www.mindmotivations.com>