

Happy New Year To You All

From Rick Collingwood

Just a quick inclusion in the newsletter to wish you all a happy and prosperous new year. Things are going very well in the UK and progressing along nicely, damn cold though. I have concluded a few mass hypnosis seminars with the next one to be conducted on the 17th of January. Hypnosis is very well accepted in the UK but I must say that because of the usual NLP Ericksonian training styles some of the skills are a bit average. I have also been doing a lot of radio, newspaper, magazine and TV promotion.

The academy is continuing to expand in Australia, the February Certificate of Hypnosis in Perth is filling quickly now and Michael Werts and myself will be conducting a Power Hypnosis training in Melbourne in late March, and a 1st Certificate of Hypnosis training in July 2009, so things are progressing along nicely.

I will be back in Perth for the 3-day power hypnosis training scheduled for 17th, 18th, & 19th of April at Technology Park in Bentley. If you missed the last training and want to enrol for this training please complete the enclosed application form and post it back to PO Box 7708 Cloisters Square WA 6850. If you want to learn how to induce catatonic and rapid hypnosis states this training is a must. There is an individual training manual and lots of practical training and practice.

The cost of the Power Hypnosis training is \$880 inc GST, which will increase to \$1320 after the April training, and this is the final one I will personally conduct in WA before John Vernes takes it over. A \$500 deposit is required to secure your place and the balance of \$330 is due by the 7th of April. A Certificate is awarded at the completion of this 3 day training which will replace the past 4 day



Advanced component, and Power Hypnosis has become a new pre requisite for all future Advanced Certificate of Hypnosis trainings, which will automatically awarded after the completion of the Power Hypnosis Training and the 12 monthly ongoing training sessions. Any student who has already attended the Power Hypnosis training and wishes to complete the training again can do so for \$550 inc GST. Please just write RE ATTEND on the application form.

The only way to enrol for this training is to complete and return the application form and pay via bank deposit to Mind Motivations. Bank; Commonwealth; BSB 046 012; A/C No 10131014. Credit card payments can be made via PayPal.com to hypnot@iprimus.com.au. You

MUST email me at hypnot@iprimus.com.au once you have made any deposit so you can be registered. All acceptance letters and receipts will be posted upon my return to Perth in late February.

I would also encourage students to join hypnothoughts.com on the web as it is a fantastic national and international resource that is completely free.

I trust that you are enjoying your monthly ongoing trainings with John Vernes and hope that you're personal life and your hypnosis practice is thriving along nicely. I look forward to catching up with you in 2009. For any contact with me I am always available on my email hypnot@iprimus.com.au

Kindest Regards
Rick Collingwood

Script of the Month:

INDUCTION : CONFUSION METHOD

CONFUSION METHOD

The basic message to this induction is the conscious forgetting, and the subconscious knowing. This message is drawn out and repeated. Separate directions for the conscious mind, and separate directions for the subconscious mind. Maintain the subconscious attention, while dismissing the conscious attention both by the suggestions and the pauses and mental fatigue.

Have the subject sit or lay in a relaxed position, with their eyes closed. Read the text slowly and rhythmically

SPOKEN TO THE SUBJECT

(Read only first time, do not repeat) Just close your eyelids and let your mind drift where it will. You are aware of everything, and yet you are not aware. You are listening with your subconscious mind, while your conscious mind is far away, and not listening. Your conscious mind is far away, and not listening. Your subconscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful. You can relax peacefully because your subconscious mind is taking charge, and when this happens, you close your eyes and let your subconscious do all the listening. Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and can stay asleep, and not mind while your subconscious mind stays wide awake. You have much potential in your subconscious mind which you don't have in your conscious mind. You can remember everything that has happened with you subconscious mind, but you cannot remember everything with your conscious mind. You can forget so easily, and with forgetting certain things you can remember other things. Remembering what you need to remember, and forgetting what you can forget. It does not matter if you forget, you need not remember.

Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your conscious mind sleeps and forgets. Keep your eyes closed, and listen with your subconscious mind, and when you're listening very, very carefully, your head can now "yes".

As you continue to listen to me, with your subconscious mind, your conscious mind sleeps deeper and deeper, and deeper, and deeper. Let your conscious mind stay deeply asleep, and let your subconscious mind listen to me.

(Repeat. Begin at paragraph two)

(USE A DEEPENING TECHNIQUE AND TEST SUBJECT)

Do You Want To Learn Real Hypnosis?

Then Heres Your Chance!

By frequent request Rick Collingwood and John Vernes from The Australian Academy of Hypnosis will conduct a 3 day **Power Hypnosis Training** in Perth on Friday, Saturday & Sunday 17th, 18th & 19th of April from 9am until 5pm at the Training Facility in Bentley.

*This training is not the "Close Your Eyes Visual Imagery or Endless Suggestions of Relaxing and Going Deeper Styles" usually trained to most students of hypnosis. The academies **Power Hypnosis Training** is designed and well proven to furnish students with the skills and techniques to induce deep fast and effective therapeutic hypnosis. It is suitable for any hypnotherapist who wants to improve their induction skills, any allied health practitioner who wants to learn a new and powerful skill, or for the new comer to hypnosis who wants to learn real hypnosis induction skills instead of NLP or Ericksonian techniques.*

All of The Academic and Theoretical Hypnosis Training in The World Means Nothing If You Can't Induce A Trance. If You Want To Learn Real Hypnosis Inductions **Then This Is For You!**

When you attend this 3 day Power Hypnosis training, among other invaluable hypnosis skills you will learn the techniques and acquire the ability to confidently induce at least **10** instantaneous inductions conventionally and also in combination with magnetism.

You will also learn:

- **How To Quickly Develop The Self Confidence Required for Rapid Inductions**
- **How To Overcome Subject Resistance**
- **How To Compound Rapid Inductions Until You Get A Result**
- **How To Quickly Deepen A Rapid Induction To Coma State**
- **How To Shift Patterns Using Rapid Inductions**
- **How To Use Ideo-motor Responses With Rapid Inductions**
- **How To Induce Real Hypnosis**
- **How To Combine Magnetism With Hypnosis**
- **How To Be A Hypnotist**

This training has an extensive training manual and a Certificate is awarded upon completion. The curriculum is very practically orientated with lots of instruction, demonstrations and "Hands On" supervised induction practice. The training can be used to substantially enhance other hypnosis methods. It is designed to teach all participants how to induce deep trance for clinical purposes, shorten therapy time and bring about faster more effective change for your clients.

Spaces are limited so do not delay.

Cost \$880 and \$770 for CCH PHWA or AHA members all inc GST.

For further information or to secure your place please contact the training co-coordinator: John Vernes on 0403 839 641 email linearhealth@iinet.net.au or email Rick Collingwood hypnot@iprimus.com.au or go to www.mindmotivations.com



3 Day Power Hypnosis Training Workshop

Plus 12 monthly ongoing Training Days

The Australian Academy of Hypnosis

Complete this application form and post it to:

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

Advanced Certificate of Hypnosis

All information remains private and confidential

Pre-requisite Cert. of Hypnosis

Course Start Date: Age:

Full Name:

Postal Address:

Postcode:

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

Current Profession? Email:

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

Why do you want to attend this training?

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

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

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

Name: Signed: Date: / /

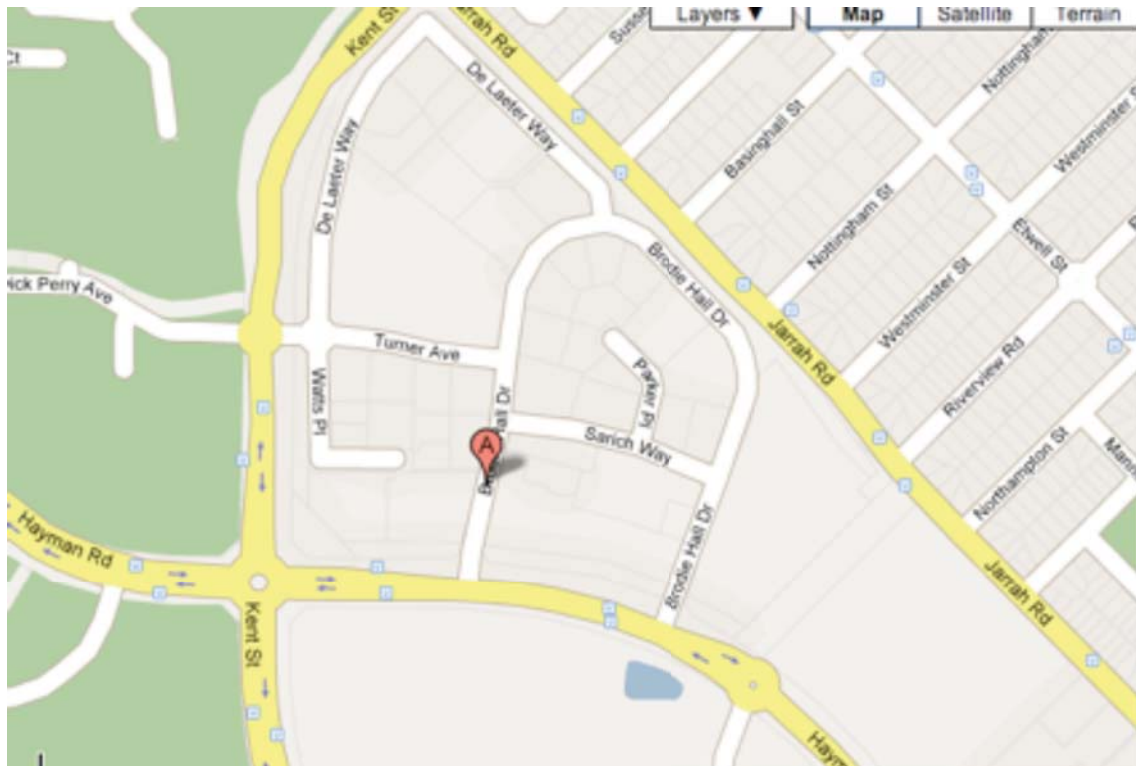
Participation acceptance

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

New Training Venue

I know that this information was included in last month's Newsletter, but I thought it worthwhile to repeat the inclusion in this edition as well. As a reminder, the new training venue is located at **2 Brodie Hall Drive** in Technology Park, Bentley WA. This training facility 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:



World Hypnosis Day

In the lead-up to the Day, David Whyte and John Vernes were interviewed on Curtin Radio and there was media coverage arranged by David. Stalls were established in Perth, at Fremantle and also at Hillary's and all reports were positive about the level of interest from passers-by.

Perth

By Lisa Webber

The fifth annual World Hypnotism Day was held on January 4th. There were 22 countries involved, but it is the first time the Professional Hypnotists of WA (PHWA) have taken an active role.

The purpose of the day is to raise awareness about the benefits of hypnosis as a therapy. Another goal was to 'debunk' the misconceptions that surround hypnosis, due partly to stage hypnosis and its portrayal on TV and in movies.

PHWA had media coverage including radio segments, newspaper articles, ads in the paper & also community announcements. Many of these occurred prior to the BIG DAY, and served to advertise the information stalls that were set up in Hillarys, Perth & Fremantle.



Before the stands were even assembled, people began appearing to find out more, having heard about it through the media. The 'West Australian' newspaper visited the Perth stand where they spent time with PHWA chairperson, Jan Duncan. She did suggestibility tests on the interviewer & the photographer & there was even a rapid induction demonstration.

Each of the areas had practitioners who volunteered to give up some of their valuable weekend to 'spread the word' about the many benefits of hypnosis and begin to eliminate peoples' fears as they saw that we are regular people with a passion to empower others, so they can live the lives they always imagined.

Each information booth had flyers with the PHWA website (www.phwa.com.au). On the website was more information about hypnosis and its benefits as well as a list of practitioners, listed by location. The information booth also had a FAQ sheet and a brief outline of clinical hypnosis. There were even balloons for the kids so they could advertise this special day.

Some PHWA members generously offered a free session to people who were seriously interested in making changes in their lives. They registered their information and were given a certificate entitling them to try hypnosis.

The day went well and we are looking forward to seeing our businesses grow due to the efforts of many supportive members. Thanks to all involved.

Hillary's

The level of interest shown at Hillary's was good despite the 'around the corner' location of the information booth. Passing traffic all took notice of the booth and a number of FAQ pages, information sheets and discussions were held.

Considering that one of the stated aims of the day was to demystify hypnosis and judging by the questions that were asked, this aim was achieved. A number of 'free' session certificates were handed out.

Thank you to all of the volunteers who donated their time to the information booth – I am sure that we all got as much out of the experience as all of the people who stopped to chat.



-0-

A NOTE FROM YOUR PRINCIPAL... (no need to take this home to your mother)

By John Vernes

Welcome to the new year. Let's take our profession forward people! We have so much potential in this field and its applications are endless. Let's all be pro-active about what we do. It's a great tool for healing, change, learning and accessing potentials. Let's all be a bit more creative about what we can use hypnosis for, and by doing so, further the profession and the public's awareness of our abilities. If anybody has any unusual cases of success I'd like to know about them so as to take that info to the media and broaden the scope of our clientele. Remember "Only those who risk going too far can possibly find out how far one can go" (T.S. Elliot). It may be a hard job being a miracle worker, but somebody's gotta try. Miracles may take time and the impossible may take longer. But if anybody can do it, then we can!

John H. Vernes

The Australian Academy of Hypnosis



Up Coming Dates:

Lesson One:

Mind-Body Communication

Saturday, 17th of January, 2009

Venue

Technology Park Bentley (see map in this issue)

Lesson Two:

Abreactions and Hypnosis

Saturday, 14th of February, 2009

Venue

Technology Park Bentley (see map in this issue)

-0-

Contact Details:

John Vernes:

Mobile: 0403 839 641

Email: linearhealth@iinet.net.au

Michael Werts:

Mobile: 0401 634 355

Email: michael.werts@iinet.net.au

Newsletter Email:

MM_Newsletter@iinet.net.au

** 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.

-0-

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.

Disclaimer

This newsletter is provided as a service only. Any opinions stated in this newsletter remain the opinions of the author only and do not reflect company or corporate opinions of either Mind Motivations™ (MM) or The Australian Academy of Hypnosis™ (AAH). Dates and information are correct at the time of publication. MM and AAH reserve the right to alter, amend or change dates to suit circumstances.

Privacy

No email addresses or contact details (including names) will be sold, given or provided to any third party. All contact details will be protected.