

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

June 2011



Greetings to one and all!

I hope that this edition of the newsletter finds you all in very good health, business booming and life enjoyable. Now that a full half of 2011 is over and done with, I am sure that the news that it is once again Taxation time will just add to the joy of life to all.

I am very pleased to hear that the CCH final conference went off as well as it did. I have spoken with a number of people who attended and all have stated that they were very glad that they went. As the HCA now emerges and the CCH wraps up, I would like to take the opportunity to thank all of the Committee members of the CCH for their time, energies, efforts and actions on behalf of the hypnotherapy profession. On behalf of The Australian Academy of Hypnosis™ and Mind Motivations™ - we wish you all the very best for the future and hope that you will now take advantage of the chance of a rest.

Recently, there has been a number of 'bounces' to email addresses registered on the Australian Academy of Hypnosis™/Mind Motivations™ database. Addressees have obviously changed email addresses but failed to advise me of their new email. This is a reminder to ask one and all to keep in mind that, if you change your email address, please advise me of the new address and I will update the database.

I am very pleased to say that Rick and I will be conducting a joint presentation to the Men in Black Ball here in Perth on 18 June. The Men in Black Ball supports male depression and is a notable event on the Perth Calendar. A little more information is available at:

<http://www.watoday.com.au/entertainment/about-town/men-in-black-ball-20110421-1dpwv.html>

This is a very worthwhile cause.

So, without further delay, please enjoy this newsletter and if there is anything that you would like to see included, have any articles that you'd like to pass on to colleagues or just suggestions for the newsletter, please let me know.

Thank you and please all - stay well.

Michael Werts
Editor MM_Newsletter



Follow me on Twitter by clicking here →:
<http://www.twitter.com/mgw1961>

Advanced Hypnotherapy is an effective treatment for shyness

<http://www.online-news-today.com/6465/advanced-hypnotherapy-is-an-effective-treatment-for-shyness>

Shyness is an affliction that affects millions. It is a debilitating condition which has the power to curtail the normal lives of people to the extent that the usual frivolity of life is diminished immeasurably. For those who suffer with this condition, the online community offers an escape. However this detracts from the problem itself, which ultimately needs to be addressed. One solution which has proven to be effective, if conducted by an appropriately trained therapist, is advanced hypnotherapy. Within the London area, one particular hypnotherapist has gained an impressive reputation for offering a fast and effective solution to shyness, she is Alix Needham.

The emergence of e-mail, games and social media websites such as Facebook have in some respects masked the inherent problem of shyness. This is due to the fact that it provides the means of socialising online without the need of face-to-face interactivity. The effects of increased time spent online in cyberspace is the reduction of social skills and an increase in social anxiety, which is becoming more prevalent in the younger generation. In addition, as means of impressing other people, many will create fictional personality traits, safe in the knowledge that they will generally never meet. However, ultimately the problem remains the fact that many people are unable to face the prospect of face to face interactions, due to their social anxiety.

Alix Needham is an advanced hypnotherapist who has over 20 years experience and in depth knowledge. She has been featured in many well known publications and the media in general throughout her career. One of the main features of the advanced shyness hypnotherapy techniques employed by Alix is the fact that she is able to bring about a lasting change in as little as 3 sessions. As testified by the numerous client testimonials on her website, which is available at www.alixneedham.co.uk, she is able to successfully treat a wide and diverse array of conditions such as shyness.

For those who suffer with social anxiety, the good news is that there is now no longer a need to suffer in silence. Alix Needham, by utilising her advanced shyness London hypnotherapy techniques she is able to relieve the symptoms and bring about real change, which helps the individual to lead a more socially fulfilled and enjoyable life.

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All aboard the university money-go-round

<http://www.telegraph.co.uk/education/8439144/All-aboard-the-university-money-go-round.html>

Vince Cable may have criticised lesser institutions for charging the top rate for tuition fees, but the horse has already bolted, says Neil Tweedie



Vince Cable, Business Secretary, has accused some universities of being "economically irrational" Photo: PRESS ASSOCIATION

by Neil Tweedie 7:00AM BST 10 Apr 2011

WITH the best will in the world St Mary's University College in Twickenham hardly rates as an exceptional centre of higher education. Founded as a teacher training college, the south-west London institution, now offering degrees in

clinical hypnotherapy, inhabits the bottom third of the university league table. Not the most glittering of prizes.

Luminous or not, the education provided by St Mary's is about to get a lot more expensive. Students taking up places in the autumn of 2012 will pay £8,000 a year in tuition fees, and the less successful in terms of earnings can look forward to 10, 20 or 30 years of indebtedness to the state.

St Mary's lies in the constituency of Vince Cable, the Business Secretary, who this week put a shot across the bows of universities that have announced they will charge the maximum-allowable annual fee of £9,000 for tuition, or thereabouts, when the new funding regime for higher education begins next year. Accusing institutions of being "economically irrational", Mr Cable warned offenders that they risk having their student numbers cut if they refuse to moderate such charges. There was an air of desperation in the threat. Even as it was issued one could hear the horse bolting into the distance. The vice-chancellors have already done their sums.

According to research by the BBC, half of universities in England (Scotland and Wales operate different systems) intend to charge the maximum £9,000 for all courses, while two-thirds will charge the maximum for all or some courses. The Government has decided that it wants a market in higher education, operating through the medium of variable tuition fees and student choice. The problem is that a majority of suppliers in that market believe they are worth top dollar. Even lowly University College Falmouth is one of those charging £9,000 across the board.

All rather embarrassing, given an assurance by the Government that £9,000 would be charged only in "exceptional circumstances". Ministers expected fees to average £7,500 but that estimate has gone the way of the bolting horse. Somewhere between £8,000 and £8,500 is looking more realistic, resulting in a black hole in projected funding of half a billion pounds or more.

"We are not using the introduction of fees to make a windfall profit from our students – it's a rational decision based upon our real costs," pleads Philip Esler, principal of St Mary's. Martin Earwicker, vice-chancellor of London South Bank University, at 113th the country's lowest-ranking institution, says planned fees of more than £8,000 are needed simply to replace lost government funding. "I'm surprised that they (ministers) don't know what university education costs," he says.

Professor Michael Brown, vice-chancellor of Liverpool John Moores University, justified his £9,000 fee by explaining there was no other option. Charging £6,000 would result in a £26 million deficit. Oxford University says the £9,000 is needed to fund reductions for poorer students.

The embarrassment of all those £27,000 price tags on degrees – things that used to be free when Britain was a lot poorer than it is now – must be particularly galling for the Liberal Democrats, who ditched their manifesto promise to ditch tuition fees in order to savour the delights of government.

As with plans for reform of the NHS, the Coalition appears to be paying the price for conducting government in a rush. The campaign against tuition fees has already resulted in one of the most violent demonstrations in London in recent times, and Lib Dems in particular could face a major backlash in next month's local government elections.

Between 2012 and 2015 the grant for university teaching in England will be cut by almost a third a year as students assume the burden. In reality, 30 per cent of the money loaned to them will never be repaid because many will never earn high-enough salaries. Repayments start when a graduate's earnings reach £21,000. As one's salary rises, so does the interest. Those earning £42,000 in today's money will pay three per cent in interest above inflation.

David Willetts, the Minister for Universities, is sticking to his figures, even as they come apart in his hands. He "does not recognise" a shortfall of one billion in funding, arguing that waivers in fees for poorer students will significantly reduce the headline figures.

"I really do not think we will be that far off", says a government source, when asked about the £7,500 target.

Alex Rossiter, spokesman for the University and College Union, the biggest academics' union, says the reforms have been pushed through with indecent haste.

"They have been hoist by their own petard. The Government has set up a market and, obviously, institutions think: 'If we charge less than our next-door neighbour, students are going to think our courses are crap'.

"The funding of higher education is being transferred from the state to the student at a rate of knots. Parents will have adjust, setting up university funds from birth. And we know from research that students from poorer backgrounds are massively deterred by the prospect of debt."

Gareth Thomas, Willetts's Labour opposite number, agrees: "They didn't think this through properly. Independent researchers warned that £9,000 would become the norm and they ignored it. It's crazy that they didn't produce a White Paper before pushing the changes through to explain how they saw the future of higher education."

The vice-chancellors are hardly flavour of the month. An investigation by Channel 4's Dispatches this week uncovered a culture of self-reward in some universities that is beginning to equal big business. The average vice-chancellor earns £254,000, while enjoying such benefits as free or subsidised accommodation.

Terence Kealey, vice-chancellor of Buckingham University, a pioneering institution in private education, is unapologetic about the trend towards an Americanised system.

"Universities will become better places because they will have to start treating students, not the Government, as their customers," he says. "For two or three years there will be a drop in enrolment, after which numbers will rise. If you think higher education is expensive, as the saying goes, try the alternative. If graduates earn more and, as university education gets better, the graduate premium will grow.

“As universities get better, more people will go to them. That’s what’s happened in the United States. In 10 years participation in higher education will rise from 42 to 50 per cent.”

Others are not so sure. If the Government sticks to current funding limits, it will have to do so by cutting student numbers or slashing central grants for teaching in the sciences and engineering. Or it can create more place at colleges of further education offering their own degrees, resulting in a two-tier system based on ability to pay.

For today’s 14-year-olds the dreaming spires may remain just that – a dream.

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An hypnotic way to travel back in time

http://www.beverleyguardian.co.uk/community/an_hypnotic_way_to_travel_back_in_time_1_3272936

A BEVERLEY therapist says he has come across Queen Elizabeth I and Shakespeare through his work.

Hypnotherapist Steve Burgess specialises in Past Life Regression (PLR) and is releasing his first book on the subject.

The book, Famous Past Lives, recounts the regression sessions of some of Steve’s clients who had previous lives as well known historical characters.

PLR involves hypnotising someone to remember past lives, often to help deal with a problem they are currently encountering.

“I take the client back to the events in this life or a past one which have locked in negative emotions and release them,” he said.

PLR was practically unheard of when Steve started hypnotherapy 19 years ago.

He first came across it when he treated a patient who suffered so badly with anxiety he could not work.

“I took him into trance and he spontaneously regressed into a past life. There were soldiers coming to get him and his family and he died in that life right in front of me.

“I realised something very significant had happened because he was free of anxiety when he came out of the trance.”

Steve has since performed thousands of PLRs and has become a world leader and trainer in the field.

However, he was never convinced by the idea of people being famous in past lives.

“For 10 years as a hypnotherapist whenever I read or heard of people claiming to be famous I thought it was a load of rubbish and what an ego they must have had,” he added.

That changed when he was contacted by a woman who had an Elizabethan flashback at work.

Her regression to an aristocratic lady seemed fairly standard, until someone called her “Your Majesty”- the lady was Elizabeth I.

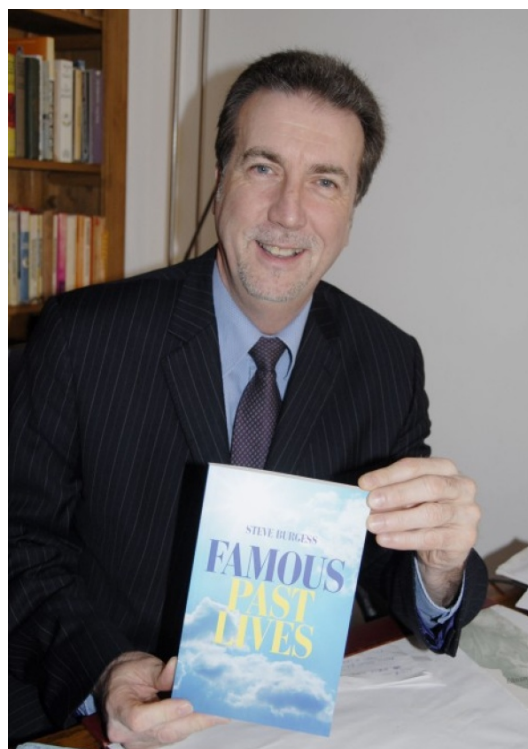
“We did a lot more sessions and in each she came up with information that could only be found in history books,” Steve said.

Within a short space of time, he came across a number of other famous regressions, including Shakespeare, Queen Mary, Titus Oates from the Scott of the Antarctic expedition and Jack the Rippers’ victim Catherine Eddowes.

Steve said: “These are ordinary people, housewives and businessmen, who had no knowledge of these parts of history.”

Steve’s book is made up of tales from the sessions with these people.

“It is written from a sceptical position, I have not written it like we all should believe in reincarnation,” he said.



The Next Hypnosis Training Dates with The Australian Academy of Hypnosis™ for 2011 are

Perth

Nine Day Certificate of Hypnosis with John Vernes

Part One: Friday, Saturday, Sunday, 24th, 25th & 26th of June, 2011

Part Two: Friday, Saturday, Sunday, 1st, 2nd & 3rd, of July, 2011

Part Three: Friday, Saturday, Sunday, 18th, 19th & 20th of November, 2011

Perth

Six Day Mesmerism & Hypnotic Fascination Training (Magnetista Emeritus) with Dr Marco Paret

Wed the 12th until Monday 17th of October 2011 inclusive.



Melbourne

Six Day Practitioner Certificate of Clinical Power Hypnosis with Rick Collingwood

Friday, Saturday, Sunday, Monday, Tuesday, Wednesday - 24th to 29th of June inclusive 2011.

Six Day Mesmerism & Hypnotic Fascination Training (Magnetista Emeritus) with Dr Marco Paret

Wed the 9th until the Mon 14th of November 2011 inclusive.

Sydney

Six Day Mesmerism & Hypnotic Fascination Training (Magnetista Emeritus) with Dr Marco Paret

Wed the 26th until Mon 31st of October 2011 inclusive

Brisbane

Six Day Practitioner Certificate of Clinical Power Hypnosis with Rick Collingwood

Friday 25th until Wednesday 30th of November inclusive 2011

For further information and to reserve your place please phone The Australian Training Coordinator; Jai Waugh on 0412 879850, email jai@hypnomelbourne.com.au

Or go to <http://www.mindmotivations.com/hypnosis-training-academy/2010-hypnosis-training-dates>
<http://www.mindmotivations.com/hypnosis-training-academy/2010-hypnosis-training-dates>

USA Training

The next USA Hypnosis Training will be a **Practitioner Certificate of Power Hypnosis** - including One Day of Mesmerism and Hypnotic Fascination Training: conducted by Rick Collingwood during Sept. It will be Five consecutive Days: Fri, Sat, Sun, Mon, Tues - 23rd to 27th of September 2011 inclusive. 9.30am until 4.30pm Daily in Los Angeles at The Marriott Hotel; Century Drive LAX.

For all enquiries email Rick Collingwood hypnot@iprimus.com.au or go to <http://www.mindmotivations.com/hypnosis-training-academy/hypnosis-training-usa>

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Hypnosis birth preparation cuts caesarean rate

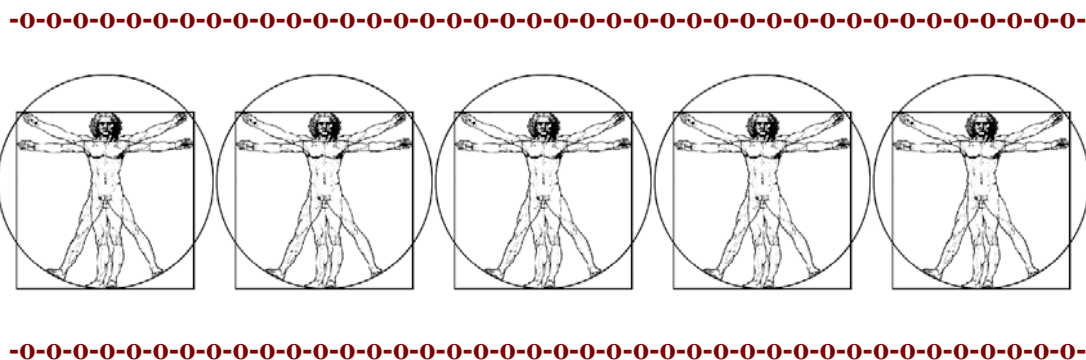
http://www.responsesource.com/releases/rel_display.php?relid=63483

As the NHS is funding research into the use of hypnosis and birth (the SHIP trial), a detailed survey of more than 1250 women who learnt self hypnosis as part of their birth preparation, indicates that these techniques will lead to a significant reduction in caesarean sections. The findings from the online survey are being presented at the 1st World Congress of Obstetrics, Gynaecology and Andrology (WCOGA 2011) to be held at the Queen Elizabeth II Conference Centre, London, during March 20-23.

The results of the survey of 1251 mothers, including 853 first time mums, who listened to the Natal Hypnotherapy CDs during their pregnancy, indicates that women using these techniques are likely to have a more positive, less painful, often less interventionist birth with a significantly lower caesarean rate with only 15% requiring a caesarean compared with the national rate of almost 25%.

A staggering 89% said using the techniques had enabled them to overcome any fears connected with giving birth; 72% reported feeling calm during the birth with 61% feeling able to manage the pain in labour. Overall, 95% of women felt they had benefited from learning self hypnosis as a way to help them have a more positive birth experience.

As the popularity of hypnosis in birth continues to grow in the UK, it is a significant move forward for the NHS to back clinical trials into the use of these techniques as a low cost, safe and practical antidote to the drug-dependent labour management culture that has developed in the UK over the last fifty years.



THE LIFESTREAM GENERATOR

Advertisement

As you know I have hypnosis CDs available for sale but generally I am not into selling products, however I had a very interesting experience in the USA in February 2011 when I was introduced to a physicist who has created and developed a rather amazing technology that directly and energetically interacts with and improves the human physical and mental condition.

I was told about this technology by Peta Wilson the Australian actress who played the lead role of the hit TV series La Fem Nikita. I was very sceptical and even made excuses not to go and experience the device because I have seen all manner of energy machines and so called frequency generators during the past fifteen years, all of which made claims that feel way short. Eventually I felt obligated and thought that if Movie Stars and Actors use this thing there must be something to it, so I went to experience the technology for myself.



It was a Sunday and I had a twenty minute experience on the device and was quite bewildered by the effects. The first thing I noticed when I left Santa Monica to drive back to Malibu was that I felt much more alert and sharper when I was driving and I thought to myself that these devices would be perfect for the V8 Super Car drivers I had worked with in the past.

At the time I had been run down from too much travelling and burning the candle at both ends and I was suffering from 3 bad cold sores on my top lip that I could not get rid of for 10 days. When I got to the Movie Stars house where I was staying I walked in and he said to me *"What happened to you, you look like a freshly printed \$100 note, your cold sores are gone?"* Well I hadn't even thought about them so I went to the mirror and they were not completely gone, but they had reduced to 3 little red dots and they were completely gone the next morning. Because of this I bought a model 100 the next day and brought it back to Australia where it has had some pretty amazing effects for me personally and for others who have experienced it. For me it also took my ever expanding 38 inch waist back to a more respectable 34 inches in less than a week.

I have witnessed an eight year Parkinson's shake settle down after only two twenty minute treatments and twenty years of neck pain gone after three twenty minute treatments. I have now secured the rights to distribute these amazing Life Stream generators in Australia. They are not Rife Machines and there is nothing else like them available anywhere else.

The technology is available in two field strengths; the **100 model** is powered by 500,000 volts that creates a five foot field, and the **200 model** is powered by 1,000,000 volts that creates a ten foot field; anybody standing within the field will experience the benefits.

The devices are activated by turning them on via an automatic timer on the front for twenty minutes and simply placing the hands flat on the top. This technology is completely safe, and through a patented process the voltage is converted into a transmitted energy field that is harmonious with the human energy field. In the USA health practitioners are charging \$50 for a twenty minute session and they are perfect to have running silently in the background during a hypnotherapy session as they create almost INSTANT relaxation.

No claims are made that this technology cures any disease; however these devices certainly do have an amazing and positive effect by energising the body's cells and enabling a perfect homeostasis. All of the technologies have a 12 month warranty and come complete with usage instructions. If you would like further information you can email me directly at hypnot@iprimus.com.au, or call me on 0420 322763. If you would like to purchase a generator you can order one by the following method.

Make a payment of \$3400 for the 100 model (500,000 volts) or \$4400 for the 200 model (1,000,000) volts to Mind Motivations, Commonwealth Bank; BSB 064 012. A/C No; 10131014 or with a credit card via PayPal to my account hypnot@iprimus.com.au, using PayPal for credit card payment please add \$100 for PayPal fees and charges. You do not have to be a PayPal member to use the secure credit card payment service.

Due to the falling of the US dollar these devices will soon rise in price. Orders will only be accepted at these prices up until the 30th of May 2011.

You must email me at hypnot@iprimus.com.au with your full name and postal address and payment verification. The generator has a 1 year warranty and will take approx 6 - 7 weeks to arrive from the USA directly to the postal address supplied by you.

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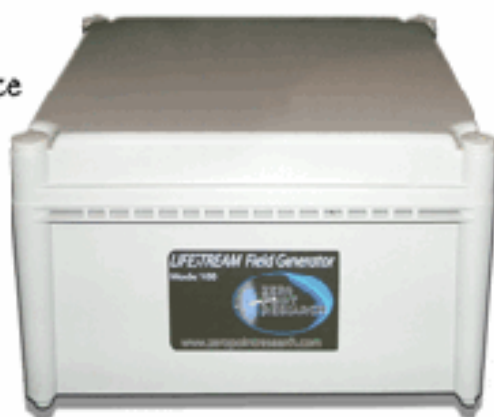
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Model 100

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The *Lifestream Generator* is a combined technological achievement basing research from Nikola Tesla, George Lakhovsky, Royal R. Rife and George W. Van Tassel. There is a combination of over 100 years of research to bring this technology to mankind.

The *Lifestream Generator* uses Radiant energy waves to send a Unified Field of Energy through the body and in the process raising the cell voltage of all parts of the body thus bringing back a balance to oneself and allowing the body and mind to bring itself back into well being. Your body and mind will detoxify on its own and will gain the youthful energy it once had. Your body will optimize and balance. This device is a Radiant Energy Device and has proven to show miraculous effects on all life on this planet. From humans to animals and plants. Radiant Energy Technology when produced causes oneself to re-connect to the planets Earth Pulse and will naturally bring you back to balance from all surrounding exposures to energies that cause imbalances (EMF, RFI, power lines, etc....) The energy emitted from the Lifestream is a noticeable energy. You will feel it! You can interact with it! You can pass it to others! The benefits are nearly instantaneous. Your body and mind will relax within minutes and will proceed to eliminate your stress centers of the imbalances that cause the body to store or hold these harmful imbalances. Own a Lifestream Generator and start living your life the way it was intended to be. In Balance!

Limited Supply!

¹ Mind Motivations[™] Newsletter – June 2011

Be happier, in just ten seconds a day?

<http://www.iol.co.za/lifestyle/be-happier-in-just-ten-seconds-a-day-1.1046842>



Photo by Michael Walker

London - A year ago, I was at my lowest ebb. A lifelong, underlying fear of pretty much everything had escalated and I was plagued with worries - both real and imaginary. Then I met Sally Stubbs, a hypnotherapist with more than 30 years of experience. I went to stay in her cottage in Keswick, in the Lake District, for a week of intensive therapy.

It was probably the most life-changing few days of my existence. We sat while I talked. She listened.

I had imagined hypnotherapy would mean a watch being swung before my eyes so I'd drift off and she would then tell my dormant brain that I wanted to live and feel differently. But this form of therapy is not like that. Instead I learned to think deeply. I drew pictures of how I felt.

Slowly, Sally and I discovered my fear of life, meeting people and having relationships had been kindled by two things. First, a very over-protective, soft and fearful mother who only wanted me to avoid getting run over and make it to adulthood alive.

And second, I was attacked by a gang of boys in the loo at primary school, a traumatic event I hadn't talked about at the time or since.

I suppose even going to see Sally for this therapy meant I was on the mend. When you're desperate you don't seek help. You think you're not worth it. But I had got to the point where I was tired of being afraid, of being so hard on myself.

A stressed, unhappy state had become my default setting. I couldn't enjoy anything: dinner with a girlfriend made me nervous and I would usually cancel.

I had always pushed myself past my fear. When I was offered the job as editor of a magazine, I turned it down at first. Then I bought a copy of *Feel The Fear And Do It Anyway* and buckets of St John's Wort to fend off the depression.

But by the time I met Sally, my fear had become crippling. I felt an immense failure: alone, childless, almost friendless.

By the time I left Keswick, I was beginning to be a bit braver: I sat in the garden watching red squirrels, whereas for the first few days I had just hidden inside the cottage next to her house. (I never feel free to inhabit anywhere I stay or claim it as my own. On holiday, while others are down by the pool or laughing in the bar, I'm always in my room, terrified someone will want to turn the bed down.)

But as the weeks passed and life got in the way, I forgot to be easier on myself. I would fly into rages if I checked into a hotel and couldn't work the TV. I stopped answering my phone and hid from the world.

Sally wanted me to return - she keeps in touch periodically with her clients long after she's stopped seeing them - for more sessions. But, to be honest, who on earth has all that time and money?

And so Sally sent me her book *If Life Gives You Lemons: How Ten Seconds A Day Can Bring You Happiness*, published next month. It's a self-help book, but unlike any I have read before.

It is made up from personal stories of the people Sally has helped over the years, as well as lots of quotes from people ranging from the Dalai Lama to William Shakespeare.

This is where the “ten seconds” bit comes in: you have to read just one or two quotes every day (this is similar to the work done by Stephanie J Hale, the co-founder of the Millionaire Bootcamp for Women, who emails subscribers daily “five-second inspiration” quotes that include this Chinese proverb: “Flowers grow out of dark moments”).

But what I liked most about Sally’s book is her five tips on how to do mental exercises. They mean I can carry on the work I began in the Lake District.

The biggest problem I want to overcome is waking up in the night worrying. I churn things over in my head and cannot get back to sleep.

Sally tells me that toxic thoughts, our negative self-beliefs, are not “hard wired”. We learnt the patterns of negative thoughts, beliefs and worries when we are young. “The trouble is they feel like they belong to us. They don’t,” she says. The first thing the book tells me to do is to write down my worries and untangle them. Just the physical act of putting them on a clean sheet of paper removes them, making it easier to look at them objectively.

It also means I can stop churning them over; it’s almost as if I’m afraid I’ll forget them. My ones read: “I can’t sell my house. If I die, who will look after my animals? Is my tax in order? What if my dog is shot? What if I fall off my horse?”

Then, as I fall asleep, I’m to ask my dreams to give me some answers. I phone Sally when I get to this bit in the book and tell her it sounds bonkers. “Your dreams are another word for your subconscious,” she says. “Your subconscious wants you to be healthy and happy.”

I tell her I don’t think mine does - and anyway how can she possibly know?

“Academics have proved after many years of research that this is true. I want you to ask your subconscious to help you to be more confident.” And so, every night, I close my eyes and ask to be brave.

To change my negative thought patterns, her second tip is very simple. If I have a worry, I’m to stand up and move around - changing my position physically can help.

Or I should go somewhere, such as a park bench or the top of a hill and sit and think about the problem.

This method is called Clean Space. It was developed in the Seventies by the late psychologist

and author David Grove, with whom Sally studied for 22 years.

It’s the same idea big corporations have latched on to with their “blue-sky thinking” away-days for staff. Even just a change of surroundings can make everything seem better, clearer.

Sally’s third tip is to “self-validate” - to praise yourself for something you are good at. I tell Sally this sounds like American nonsense; the sort of thing mothers tell their deadbeat children: “You can be anything you want to be!”

But Sally thinks I’m being too hard on myself. “Just plant a seed. Think of something you are good at - anything - and praise yourself for it.”

Reluctantly, I tell her I’m very patient with my collie puppies. “Yes!” she shouts. “I work hard, too,” I say, but add that this work ethic is driven by fear of failure.

I also tell her I hate over-confident people, the sort who are blissfully unaware of their own shortcomings. These people never want to learn or change. I tell her every writer I have ever worked with who became successful also became over-confident, difficult and lazy.

Sally tells me it’s all about balance: “Confidence isn’t about being pushy, it’s about not being walked all over.”

Tip four is to help me find ways to improve my stability and strength. I must learn to be strong, like a tree, but also flexible, like a willow.

I’m to think of a time when I was truly happy. I tell her I don’t really have one. “Not one?” No. So she tells me to stand, feet facing forward and hip-width apart. Head up, shoulders relaxed.

I’m to consider this stance to be the state of my inner balance. Then I must think about what side, or part of my body, will help me to say “no”. This will help me to go forward in the world - which will allow me to step back. And this will allow me to say “yes”, and be brave.

“Your ‘no’ should come from your masculine side, your ‘yes’ from your feminine side,” Sally tells me. Those of us who are pushovers have the feminine to the fore; I’m too like my mom, who was selfless to the point of martyrdom.

I’m to practise saying “no”, and stepping forward purposefully.

This is my second biggest problem, after my fear. People don’t take me seriously. I say to Sally that,

after my week of therapy, I tried to set new boundaries with someone.

I told this woman I wasn't happy with her behaviour, but all that did was promote a shouting match, with me doing even more work. I took on board every one of her gripes, and she changed nothing.

I tell Sally that one inspirational quote in her book, "If you want happiness for a lifetime, help someone else," has in fact been my downfall. I have always helped people and they have just taken more and more, leaving me with nothing.

Sally then told me that if the people around me will not listen - if they do not make me happy - then I should get rid of them.

In Sally's words, I should: "Find different people. They don't belong in your life." Easily said.

But what about parents with teenagers who take drugs, for instance? They can't simply divorce them, or stop returning their calls, or sack them. "They still need to set boundaries. With a child, you have to keep trying," says Sally.

Sally worked for four years as a consultant to the Juvenile Justice Team, a group that works with young people to help stop them re-offending.

"They were aged from 14 to 17. Into drugs, alcohol, stealing things. But, in my experience, deep down they are all good kids. Finding the right way to communicate is key."

With this in mind, she is producing a CD for parents with troublesome teens, which parents have to listen to for 30 minutes a day, for 40 days. Tip five is to go to your pristine space (mine is on top of a hill that has a lovely view), stand perfectly balanced and to ask yourself: "What is my purpose? What is the point in my life? What do I want?"

I tell her I want peace and to help animals. How do I achieve that?

"Having made your list of worries, you work through them, one by one. You will begin to discover solutions. As you become more peaceful, solutions will become more obvious," she says.

In Keswick, I had got into a panic trying to find a shop and had almost gone blind with stress.

But if I had kept calm, maybe pulled over, got out of the car, I would have found my way more easily. I spent a few weeks on the exercises and then

phoned Sally back to tell her they is just not working for me.

She then asks me a few questions: Have I stopped being generous with other people?

Well, yes, to a point. Every time I begin to be ludicrously generous with someone - offering them a holiday to Ibiza for a week or saying: "I'll walk your dogs/work all weekend, no problem!" - I stand, breathe deeply, and say no.

Have I banished anyone from my life? Yes, I had. I no longer speak to someone who treated me very badly last summer, when I had always helped her.

Am I happier? I tell her I have rented a flat in London, part of my project to be kinder to myself.

"Wow! That's great!" she says - but before she gets too excited I say I'm too timid to walk past the doorman and often wait till after 5pm when he has gone home.

"Timidity can be a lovely quality," she says. "It can help us to be flexible. But timidity with a doorman is not useful."

"Ask yourself: 'What am I timid about?' The answer might be: 'I don't want to be seen.' Ask yourself why. Keep answering each question and, very soon, you will pass him without thinking about it."

I still get irrationally angry, too - even with the directory enquiries people. "Anger comes from emotional hurt and pain when we were younger," she says.

"After an outburst, when you are calm, ask yourself where that anger came from. You will begin to have an insight - to connect with the 'hurt' part of you."

"By acknowledging that you have a right to feel aggrieved and that the experience was horrible, you will begin to feel healed." (Sally also sends me a CD, End Your Anger.)

And I tell her that I've started seeing a man, but that I treat him very differently to how I treated my husband, whom I mollycoddled.

I actually phone the new man sometimes, when I never called my husband as I was too scared I'd annoy him. I've been myself with this new person, when with my husband I pretended to be the strong one. I've been braver.

And I suppose that is a big step for me, the biggest change. I still rarely smile, but at least the quaking in my shoes has quietened, a little bit.

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Hypnosis should be used widely in the NHS 'to save millions of pounds'

<http://www.dailymail.co.uk/health/article-1394765/Hypnosis-used-widely-NHS-save-millions-pounds.html#ixzz1OYAylzYD>

Hypnosis treatments could be used on a range of medical conditions to save the NHS millions of pounds, say medical experts.

The Hypnosis and Psychosomatic Medicine Section of the Royal Society of Medicine (RSM) believe the therapies help relieve pain and stress.

But it warned patients need to be protected from rogue practitioners, who cause harm and end up costing the NHS more.

Treatment: Hypnosis is now recognised by the National Institute for Health and Clinical Excellence as a possible intervention for IBS

Jacky Owens, the president of the RSM's Hypnosis Section, said: 'Conditions such as depression, pain and irritable bowel syndrome affect millions of people in the UK and a great cost to the NHS.

'But hypnosis can often work where other treatments have been unsuccessful.'

Ms Owens, a qualified nurse who uses hypnosis in her work with cancer patients added: 'If doctors were able to refer patients to properly trained hypnotherapists, it would save a cash-strapped NHS a great deal of money.'

She said making hypnosis a standard part of the 'NHS toolbox' would lead to the public becoming better informed about the procedure and mean that vulnerable patients would be less likely to turn to 'hypno-cowboys'.

The group fear non-medically trained hypnotists frequently lack the understanding of the diseases their patients have, so can cause real harm.

It said many of the quack operators use damaging techniques to treat people with psychological conditions, like inducing 'false memories' as they believe current problems stem from past traumas so terrible that the memory of them has been suppressed.

Dr Peter Naish, the president-elect of the section, said: 'There's very little evidence, either from laboratory research or real life, that we can suppress traumatic memories - people suffering from post-traumatic stress disorder would love to be able to do so.'

The senior lecturer in psychology believes there is a wealth of data showing how easily pseudo-memories can be elicited.



'These so-called therapists induce a completely false memory in a vulnerable patient which is of no therapeutic use whatsoever and can cause very serious harm.

'I've treated patients whose lives - and that of their families - have been devastated by the induction of a false memory of sexual abuse.

'They've paid a lot of money and all they get in return is additional emotional trauma, while still suffering from the condition for which they first sought help.'

Hypnosis is now recognised by the National Institute for Health and Clinical Excellence (Nice) as a possible intervention for IBS where other treatments are not having an effect.

Ms Owens added: 'That's a small step but we're confident that with more research, hypnosis will be recognised as an extremely useful tool to be used alongside mainstream medicine.

'What we need are doctors, dentists, nurses, psychologists, physiotherapists, radiotherapists - the whole gamut of people who treat patients - trained in using hypnosis as another tool in their treatment programme.'

She called on the Government to review the issue.

A Department of Health spokesman said: 'We believe in patients being able to make informed choices about their treatment and in clinicians having the freedom to prescribe the treatment they feel most appropriate for that patient after discussing the risks and benefits.

'They should always consider the availability of a suitably qualified practitioner as part of this process.

'Our plans to modernise the NHS will give clinicians more freedom to commission the services that best meet their patients' needs.'

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Family Forum: Can hypnosis help?

<http://www.adelaidenow.com.au/ipad/family-forum-can-hypnosis-help/story-fn6br97j-1226024259784>

THE panel advises a reader who has lost a precious ring, and another crippled by black thoughts.

QUESTION:

Three months ago I had a successful knee replacement. Acting on friends' and family advice I left my engagement ring at home before being admitted to hospital. I hid the ring in a "safe" place.

My problem is I cannot remember where I hid it!

My adult children and I have turned the house "upside down and inside out" looking for it but to no avail.

I am feeling quite desperate. I am a 59-year-old widow and place great sentimental value on my ring.

I am wondering if hypnotherapy could help me remember?

ANSWER:

A member of the SA Society of Hypnosis says that while there is a small possibility that hypnosis might be able to assist you in locating your lost ring, there is no guarantee that it would be successful.

As with memories that occur spontaneously without hypnosis, memories retrieved in hypnosis are subject to distortions and even confabulation (being completely made up), but can actually "feel" more real.

Hypnosis is best used for dealing with existing memories or for creating positive expectations/visions for the future. While you could try hypnosis for your particular problem, it could well be a waste of time and money.

Perhaps the best way to handle this is to stop thinking about it consciously. Relax. Remember the ring is in your house, somewhere. You may find that you will get a sense about where else to look, or it may just pop into your mind when you least expect it.

QUESTION:

I am a 66-year-old woman. I have been divorced for nine years and have grown-up children and grandchildren. I retired two years ago and now lead a fairly quiet life.

However, I don't sleep well. I wake every night and experience terrible bouts of negativity and self-doubt.

Usually I get up and walk around the house rather than wrestle with anxious thoughts and fears. I try to find something to do and when I start feeling sleepy I go back to bed.

What is wrong with me? I dread the night - my thoughts are so "black". How can I stop this destructive pattern?

ANSWER:

It may be that you are suffering from stress and/or depression. Adjusting to retirement can in itself be a challenge.

If you feel this may be the case, we suggest contacting your GP as a first step. He or she may prescribe some medication which would be helpful and/or refer you to a counsellor or psychologist.

Alternatively, your sleep problem may be the main issue. It is not uncommon for people with sleep difficulties to find that their wakeful hours in the night become increasingly dominated by fears and dark thoughts that don't worry them in the daytime.

If so, sleep treatment could potentially help you. For details of sleep therapists in each state contact the Australasian Sleep Association at 114/30 Campbell Street, Blacktown, NSW, 2148; telephone 02 9920 1968 or <http://www.sleepaus.on.net>

How hypnotherapy treatment claims to help shed the pounds

http://www.brighthouseecho.co.uk/lifestyle/how_hypnotherapy_treatment_claims_to_help_shed_the_pounds_1_3242377



Julie Daroy and Rob Westall of Insight Hypnotherapy

VANESSA Feltz, Fern Britton and Anne Diamond are all known for having gastric band surgery in a bid to lose weight.

But Brighthouse hypnotherapist Julie Daroy and her colleague Rob Westall believe they can help men and women shed the pounds without having to resort to the radical and sometimes dangerous medical treatment.

They claim that their programme, offered at their practice Insight Hypnotherapy in Martin Street, offers the benefits of gastric band surgery - but without the need for invasive surgery and the expense that it entails. Hypnotherapy techniques are used to 'trick' the mind into believing that a

gastric band has been fitted - and the therapy is complemented with advice on nutrition, exercise and support.

Said Julie: "It's a much more holistic approach than surgery. It works with the mind and the body. Gastric band surgery is very expensive - anything from £7-£10,000 to have it done privately - and it is really only offered as a last resort.

"The Gastric Hypnotic Band creates a state of mind where clients will believe they have had a band fitted. It deals with the issues around weight by releasing any mental blocks that are associated with losing weight and put the client in a more confident frame of mind to progress through exercise and healthy eating."

One client likened the process to 'having a switch flicked in my head', making it easier to make the right choices about food and to eat smaller portions; another said she no longer craved chocolate, pizza and takeaways but ate healthier food, felt full more quickly and had more energy.

Julie is a qualified clinical and holistic hypnotherapist while Robert, who also works at Brighthouse pool and leisure centre, is a qualified personal trainer, nutritionist and GP-referred exercise consultant. They have worked together on developing the hypnotherapy and lifestyle packages for about three months and are about to launch a new 'tracker' device which monitors an individual's progress on the exercise and eating regime.

Julie said: "I have struggled with my weight for most of my life and have tried every diet under the sun over the years. But, using these techniques, I have lost more than a stone and feel much better for it. Rob is excellent at motivating people and increasing their self-confidence.

"Hypnotherapy has been used for many years as a method to help with phobias, anxiety and weight loss. We use a combination of hypnotherapy techniques, exercise and healthy eating, tailored to each individual's lifestyle, for lasting success."

Rob, who has worked as a fitness professional for more than seven years, said: "We believe we have spotted a niche in the market. If you're carrying extra weight it knocks your confidence but so many people try dieting and fail to keep the weight off. We help people aim for a realistic goal and work with them to achieve it. It's not a short-term fix."

Insight Hypnotherapy offers two packages. The Gastric Band package, which includes two hypnotherapy sessions and two follow-up sessions with Rob, costs £350. The Lifestyle package, which offers eight hours in total with nutrition and exercise advice, hypnotherapy and on-going support, costs £495.

For more information contact Insight Hypnotherapy on 07799 410231 or log onto www.insighthypnotherapy.co.uk

Throughout April Brighthouse Echo readers are being offered a 10 per cent discount on treatment programmes.

How to Get Help After Divorce

When we fall in love and experience the first blush of romance, it seems to us that life couldn't be better. The world seems perfect and rosy, and we cannot bear to think of ever living without our partner. Yet, the reality is that more often than not there is trouble in paradise; after a period of time spent together, the rosy hue dissipates only to be replaced by a sepia toned world. The divorce rates have gone up around the world in the last few years, and break ups are as common as the housefly!

Research says that almost 49% of the marriages end up in divorce within the first 7 years in the US; globally, one out of every three married couples is headed for Splitsville. A separation of such a kind is very difficult to handle for any person; feelings of anger, depression, nervous breakdowns and disillusionment are what people experience in general. Though such a situation is a bitter pill to swallow, we have to do it...and do it with dignity. Hypnotherapy for break-ups and divorce can help you pass over this phase with less pain and more self-respect. Here's how.

After separating with our partner, it is crucial for us to find hope, and to move on. The more you mope around the more harm you bring upon yourself. It is no mean feat to come through a divorce with your head held high; it can be a Herculean task in times like these to have positive thoughts. To some of us, a break up or divorce can seem like the end of the world. If it does, you are not to blame because it indeed is a very painful situation and one that can let loose a slew of negative emotions.

Here's where hypnotherapy for break-ups and divorce comes in. Hypnotherapy is a mode of relaxation in some ways, a means of soothing your aching heart and caressing your troubled mind. Hypnotherapy for break-ups and divorce helps you draw strength from within yourself, so you can bid goodbye to the anti-depressants and the sleeping pills. It empowers you with self-healing through positive energy and suggestions. In traumatic times such as these, it gives you the direction that you might badly need.

Hypnotherapy for break-ups and divorce helps you address the negative emotions that fester within you during such times. A session with a responsible therapist will let you identify the exact feelings and work your way around them.

You have to realize that even after a divorce life goes on; if there are children involved their future depends on you. Life can be tough, especially with the practicalities that face you after a divorce; however, it is only you who can indeed redeem yourself in such a situation.

Through techniques of relaxation, positive thoughts and auto suggestion you will learn how to cope with the anger & bitterness you are feeling. It will help you reduce your stress and help you put your life back together. Sometimes it happens with us that we can't see things clearly when we are too close to it, you can even call it blindsiding; with hypnotherapy for break-ups and divorce, you distance yourself from the painful situation and learn to look at it objectively. It could be the best remedy when you are faced with troubled times like these.

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Husband of Lily Allen's hypnotherapist bled to death after trying to amputate legs with a hacksaw

<http://www.dailymail.co.uk/news/article-1367086/Lily-Allens-hypnotherapists-husband-bled-death-trying-amputate-legs.html?ito=feeds-newsxml>

- **Pensioner was partially paralysed in shooting after row with neighbour over dog**

Tragedy: Barrie Hepburn became depressed by his 'useless' legs and wanted amputated, a coroner was told

The partially paralysed husband of a hypnotherapist to the stars bled to death trying to amputate his own legs with a hacksaw, an inquest heard.

Barrie Hepburn, 65, lost the use of his legs after his neighbour shot him three times following



them

an

argument which saw his family dog poisoned.

He survived the brutal attack at his holiday home in the south of France, but became wheelchair-bound because of the injuries to his legs.

The inquest heard that Mr Hepburn, who loved windsurfing and classic cars, had periods of depression following the shooting in 2000.

The retired property consultant tried to commit suicide twice before with an overdose and suffered severe pains with pressure sores, diabetes and general movement.

But his wife, Susan, who runs a hypnotherapy clinic in Harley Street, whose patients include singer Lily Allen, said his mental state vastly improved when he received compensation money for his attack that allowed him to buy a house and luxury Jaguar car in 2009.

The car had been partially modified for his disability, but Mrs Hepburn told the court that he was upset that his 'heavy legs' were getting in the way and did not allow him to use the car unaided.

Unknown to his wife, Mr Hepburn had discussed the issue of having what he called his 'useless' legs surgically amputated with his family GP in 2003. He inquired on the possibility of surgery again in 2010 after buying the car.

Dr Andy Goodstone said he had tried to arrange urgent appointments with plastic surgeons and psychiatrists for Mr Hepburn at several hospitals to discuss the possibility of surgery in July 2010.

He said: 'He told me that he considered buying a hacksaw and would attempt to do it himself. He later told me he was not depressed and would not attempt to self-amputate.'

Celebrities' choice: Mr Hepburn's wife Susan, who runs a hypnotherapy clinic in Harley Street, has treated a host of stars

Mrs Hepburn said she had no concerns of her husband's mental state despite knowing he had researched self-amputation. The couple had booked to go on a cruising holiday later that year.

In August last year, she decided to visit her son James in New York, and Mr Hepburn with carers at their home in St John's Wood, North London. He wife said he promised he would not try to amputate his legs.



left

On August 29, she rang him from America while he was watching the Belgian Grand Prix on television and he told her he was fine.

But Mr Hepburn had secretly planned to amputate his own legs in his kitchen.

Star client: Lily Allen was treated by Susan Hepburn

Westminster Coroner's Court heard that he rang emergency services at 2.14pm stating: 'I've severed my leg and I'm bleeding to death. I've severed them, I'm bleeding heavily.'

He was found dead by paramedics after suffering a huge loss of blood.

Pathologist Dr Peter Wilkins said: 'An external examination showed almost complete severance of the right leg, approximately 10cm below the knee. A plastic bag was used as a tourniquet.'

Mrs Hepburn tearfully told the court: 'My husband was so intelligent, but why did he think that amputating his own legs with a plastic tourniquet when he could die was a good idea.'

Mrs Hepburn's solicitor Mark Bowman said in a statement: 'My client is deeply saddened by the death of her husband to whom she had been happily married for over 25 years.

'She has lost a very special person in her life and her son James has lost his father.'



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The following is an extract from WikiAnswers:

What are the statistics on the effectiveness of hypnosis?

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

Here is a brief review of some of the research evidence on the effectiveness of hypnosis:

90.6% Success Rate for Smoking Cessation Using Hypnosis

Of 43 consecutive patients undergoing this treatment protocol, 39 reported remaining abstinent from tobacco use at follow-up (6 months to 3 years post-treatment). This represents a 90.6% success rate using hypnosis.

University of Washington School of Medicine, Depts. of Anesthesiology and Rehabilitation Medicine, Int J Clin Exp Hypn. 2001 Jul;49(3):257-66. Barber J.

oo

87% Reported Abstinence From Tobacco Use With Hypnosis

A field study of 93 male and 93 female CMHC outpatients examined the facilitation of smoking cessation by using hypnosis. At 3-month follow-up, 86% of the men and 87% of the women reported continued abstinence from the use of tobacco using hypnosis.

Performance by gender in a stop-smoking program combining hypnosis and aversion. Johnson DL, Karkut RT. Adkar Associates, Inc., Bloomington, Indiana. Psychol Rep. 1994 Oct;75(2):851-7.

PMID: 7862796 [PubMed - indexed for MEDLINE]

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81% Reported They Had Stopped Smoking After Hypnosis

Thirty smokers enrolled in an HMO were referred by their primary physician for treatment. Twenty-one patients returned after an initial consultation and received hypnosis for smoking cessation. At the end of treatment, 81% of those patients reported that they had stopped smoking, and 48% reported abstinence at 12 months post-treatment.

Texas A&M University, System Health Science Center, College of Medicine, College Station, TX USA. Int J Clin Exp Hypn. 2004 Jan;52(1):73-81. Clinical hypnosis for smoking cessation: preliminary results of a three-session intervention. Elkins GR, Rajab MH.

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Hypnosis Patients Twice As Likely To Remain Smoke-Free After Two Years

Study of 71 smokers showed that after a two-year follow up, patients that quit with hypnosis were twice as likely to remain smoke-free than those who quit on their own.

Guided health imagery for smoking cessation and long-term abstinence. Wynd, CA. Journal of Nursing Scholarship, 2005; 37:3, pages 245-250.

Hypnosis More Effective Than Drug Interventions For Smoking Cessation

Group hypnosis sessions, evaluated at a less effective success rate (22% success) than individualized hypnosis sessions. However, group hypnosis sessions were still demonstrated here as being more effective than drug interventions.

Ohio State University, College of Nursing, Columbus, OH 43210, USA Descriptive outcomes of the American Lung Association of Ohio hypnotherapy smoking cessation program. Ahijevych K, Yerardi R, Nedilsky N.

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Hypnosis Most Effective Says Largest Study Ever: 3 Times as Effective as Patch and 15 Times as Effective as Willpower.

Hypnosis is the most effective way of giving up smoking, according to the largest ever scientific comparison of ways of breaking the habit. A meta-analysis, statistically combining results of more than 600 studies of 72,000 people from America and Europe to compare various methods of quitting. On average, hypnosis was over three times as effective as nicotine replacement methods and 15 times as effective as trying to quit alone.

University of Iowa, Journal of Applied Psychology, How One in Five Give Up Smoking. October 1992.

(Also New Scientist, October 10, 1992.)

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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.

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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

Whether it's surgery or simulation, doctors and therapists agree, the band is just a tool. It usually doesn't work alone without nutrition advice and counseling.

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Panic attack-prone motorist passes test after hypnotherapy

<http://swns.com/panic-attack-prone-motorist-passes-test-after-hypnotherapy-081121.html>

A woman who suffered uncontrollable panic attacks every time she got behind the wheel of a car has finally passed her driving test – after being hypnotised.

Nikki Durrant, 35, developed such a severe phobia of driving that she would burst into tears as soon as she got behind the wheel.

She tried to pass her driving test four times but with each failure the panic attacks worsened – sometimes leaving her barely able to breath.

Nikki became so desperate that she turned to hypnosis and after just two hours of treatment she passed her fifth test with flying colours.

Full-time mum-of-two Nikki, who grew up in Hornchurch, London, revealed yesterday (Fri) that passing the driving test has "changed her life".

She said: "It got to the point where on my third driving test I just froze halfway through and started crying. I turned the car around and refused to go on it.

"But passing has changed my life.

"Hypnotherapy has worked wonders for me, I don't think I would ever have passed my driving test without it.

"I don't normally go in for that kind of thing, but now I use it whenever I am stressed."

Nikki grew up in London but moved to Rowardennan, an isolated village in Stirling, Scotland, in 2005.

The tiny village is so remote that residents have to make a 35-mile round trip just to reach the nearest supermarket.

Nikki began learning to drive after realising she would be stranded with son Archie, nine, in the event of an emergency.

But when she took her first driving test she suffered a severe panic attack, which left her in tears and gasping for air.

She tried to overcome her phobia by taking three more tests but failed each one after the panic attacks affected her ability to drive.



drive but she panicked so much that it disabled her.

Nikki explained: "I had some major errors in my test and on one test the instructor even slammed the brakes on before I had got out of the car park. It was horrible.

"I'm not one to give up on anything normally and it was humiliating being a 30-year-old woman sitting and crying like a little baby.

"I thought I was never going to pass. I wasn't even going to take that last test."

Following her fourth failure, Nikki's husband Stuart suggested she undergo sessions with Glasgow based hypnotherapist Caroline Tyler.

Hypnotherapist Caroline said: "Nikki's fear was crippling. She could

"She was anxious so I took her through her driving test in her head so when she did come to take it again she could associate it with a relaxed memory."

Caroline taught Nikki to hypnotise herself by slowing her breathing and this technique allowed her to pass her fifth test with flying colours.

And she even used hypnotherapy again when giving birth to her second son, eight-month-old Freddie, to cope with the pain without drugs.

Adrian Hearn

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Hypnosis and you

http://articles.timesofindia.indiatimes.com/2011-04-11/holistic-living/29406139_1_relaxation-mental-blocks-motivational

What exactly is hypnotherapy? The dictionary defines it simply as a state that resembles sleep but one that is induced by suggestion. Most people are a trifle afraid of putting themselves through this, but the curious might be tempted to try this for adventure. It is, however, used by serious psychotherapists as a way to help people get rid of phobias and fears and surmount mental blocks.

The uninitiated might erroneously believe it to be some form of mind control. However, once induced, it is a naturally occurring state of concentration, almost like a trance, and can be likened to a state when the mind is so intensely focused that it is like meditation. In such a state, you are often unaware of the passage of time, yet feel a deep sense of relaxation in the mind and body. The deeper you go into the mind, the more relaxed you feel, and with this relaxation, the mind becomes more alert to sounds and other outside influences.

Mind and body is one

Hypnotherapy is based on the principal that the mind and body work together, so when the therapist sends a person into a hypnotic state, she triggers the mental and physical self-healing process in the subconscious mind.

Says Gurgaon-based clinical hypnotherapist and motivational coach, Reena Sharma, "Hypnotherapy is an effective way to change lifelong habits and take control of your life to empower your future. Once people get it that they need not blame others for their predicaments, they can take charge of their lives; the transformation is magical, especially for people suffering anxiety, depression, addiction and phobias". She should know. Sharma works twice a week with convicted criminals in Tihar jail in a rehab programme for convicts to bring about positive changes in their life.

The power of the subconscious mind cannot be undermined, and you can tap into this, coupling it with positive affirmations that can improve the quality of your life. For instance, I might believe that I cannot ever excel at anything, but this might in fact be a belief system that originated at some point in my life and it is from this that my actions and reactions now stem from. This might now have made me a pessimist and unable to take action on important issues.

Talk to your subconscious

The human mind has almost unlimited potential, mental power and strength that lies dormant within most individuals, and hypnosis coupled with certain affirmations can awaken that power and trigger that unconscious motivational machinery.

The conscious mind comprises a mere 12 per cent of our total mind capacity, so a bulk of our reactions and behaviour patterns come from the massive pool of our subconscious mind which is always in automatic mode. By learning to take charge and driving it in a particular direction, we can reach our goals and destinations. Saurabh Negi, an IT professional used it to rid himself of alcohol addiction. "I would need a drink even before works just to kick start my day, but with recurrent hypno suggestions, I now drink only socially", he says. However, you must have patience and cooperate with the therapist.

Visiting your past

Many people also use hypnotherapy to go back to their past to take a peek at what could possibly have made you develop a certain phobia or fear. As a mere observer of your past, and not a participant, you are out of harm's way, and by just watching what had happened to a previous incarnation of yourself, you don't become that person, but just view that from a different time line. "My relationship with my husband has taken a turn for the better after I saw him in another lifetime. There is now greater understanding between us as I know now the real reasons for the rift between us," says Urvashi Singh.

Varuni Vij disagrees, who felt the therapy wasn't for her. "Plenty of patience was needed and my lack of control on my thoughts during hypnosis stopped me from seeing my past life." She added, "Restlessness of the mind

obstructed my experience." If you feel the inclination to try this out, remember to go to a qualified and certified

therapist

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Self-hypnosis eases the labour

<http://www.iol.co.za/lifestyle/family/birth/self-hypnosis-eases-the-labour-1.1054426>

After a traumatic Caesarean section birth three years ago Magan Hall of Rosebank in Cape Town could not imagine herself going through another childbirth.

Her disappointment at not giving birth naturally to her daughter Holly, now three, left her feeling powerless and to a certain extent like a "failure".

"I was so looking forward to having a natural birth and I went through 16 hours of labour thinking that eventually the baby would come down. When the midwife told me that I was going for an emergency C-section as the baby wasn't coming down, I felt so aggrieved. I was so disappointed with how things turned out that I constantly blamed myself for everything. The experience left me with this fear of giving birth," she said.

But after much contemplation, Hall decided to try for a second baby. This time, however, she wasn't going to let her first birthing experience get the better of her.

She started doing research on birthing options, having decided that a C-section would not be an option.

After a visit to her midwife she was advised to try hypnobirthing. It was the first time that she heard of this birthing method, but decided to give it a go.

"I remember attending my first class and thinking how will this help me give birth naturally? Because of my bad experience with my first birth I had become very sceptical of everything," she said.

Little did she know she was in it for the long haul. She attended the full antenatal course and used the techniques in

November last year when she successfully gave birth naturally to her son Huw within two hours of going into labour.

While Hall feels the second birth was probably just nature taking its course, or plain luck, she feels she was helped by the techniques she learnt through hypnobirthing.

Hypnobirthing is described as a childbirth method that uses self-hypnosis to help expectant mothers manage the tension caused by fear and anxiety during labour, through visualisation and relaxation.

It uses different breathing techniques to help the body reach a deep, relaxed state similar to "daydreaming", thereby allowing the expectant mother to manage her



Hypnobirthing is also offered to the moms' birthing partners, who are taught the techniques so that they can help when the big day comes. From left, Murray and Lauren Carlyle, Thandi Rouse, and Angi and Tom Maydon go through their exercises. Picture: Cindy Waxa

labour pains. The techniques are also taught to birthing companions, who learn to help the mother reach deeper levels of relaxation.

Still a relatively new method in South Africa, hypnobirthing was developed in the US by Marie Morgan, a hypnotherapist who said she uses self-hypnosis on pregnant women to help their body's muscles work the way they should during childbirth.

Today it is widely used in countries such as the US and UK, with available research suggesting that it can reduce the standard first labour from 12 hour to eight hours.

According to Kim Young, a hypnobirthing childbirth educator in Cape Town, the "horror stories" that pregnant women are told by friends, family, and other sources, including the media, about childbirth has resulted in many being scared of giving birth even though many are physically capable of giving birth comfortably.

Young, the only hypnobirthing instructor in the city and one of five in the country, said many women "failed to enjoy the experience of giving birth, (and) instead get so overwhelmed with fear".

"The body's response to fear is to release adrenaline. This causes the muscles to tighten, therefore diverting

openness and lifestyle. First, there is usually a half-hour phone consultation and that will determine which of my packages will be appropriate. I have four, six, eight and ten session packages. No matter what package is decided upon, I always teach about the mind, how it works and the importance of the client's open attitude. My approach is holistic, and I help my clients create and maintain a healthy lifestyle. This will include exercise, healthy foods, getting on the scale every day and Self Hypnosis. I also make customized Hypnosis CDs with appropriate weight loss and life-affirming suggestions. The approach I use is always to uncover the deep-seeded, but real cause of the weight gain.

SF: How does this hypnosis work in our brains?

Jennifer: Diets fail because they don't work in our brains. On the other hand, hypnosis accesses the subconscious mind. While in this altered state, my clients accept corrective suggestions which will - over time - change their behaviors. They'll eat less, eat slowly and desire to eat healthier foods. They'll also want to exercise and they'll be excited by the progress they'll make.

SF: What type of results are typical?

Jennifer: No results are typical because no two people are alike. Some people want to lose ten or twenty pounds. Others have bigger goals. However, weight loss through hypnosis is not a quick fix. It requires patience and dedication. The rewards are great. For example, one of my recent clients lost 80 pounds. Since then she's been on maintenance for about five months and her weight has stayed stable without any effort.

SF: When it comes to hypnosis, what has the most effective results - smoking, weight loss, etc.?

Jennifer: Smoking. For the client who truly wants to quit, two sessions are sufficient. It's rare, but if further sessions are required, they're complimentary. Hypnosis is just as effective for weight loss but obviously, more time is needed to get desired results.

SF: What do people have to know before seeking this type of treatment?

Jennifer: Anyone can be hypnotized because all hypnosis is self-hypnosis. All they need is an open mind and a willingness to change.

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Overcome your Phobia the Fast Track Way

http://www.roundtownnews.co.uk/index.php?option=com_content&task=view&id=28279&Itemid=38

AS WELL as the simple sessions such as Fast Track Stop Smoking in 30 minutes, Weight Control or the Gastroband, Fast Track Hypnosis can also help with a multitude of other problems as well including phobias.

Over the 25 years I have been in practice I have dealt with thousands of people who had a phobia. Those ranged from the straightforward phobias such as Claustrophobia to the more unusual, such as a phobia of plastic spiders, gold, putting their false teeth in the wrong way round or passing wind in church!

Whenever I first started in practice like most people I assumed the most common phobia I would treat would be either mice or spiders. However

this was not the case. The most common phobia that I would treat is Blushing (eureuthophobia) where I would see quite a few people per day with this devastating phobia.

A phobia is a totally irrational fear of people, places, objects or a potential situation.

How a phobia can affect a person can vary greatly. It may be they prefer just to ignore it, to whereby in the phobic situation their heart starts beating very fast, perhaps a feeling of sickness, dryness of the mouth, tension, becoming breathless, to even a feeling of fainting.

For whatever reason a person develops a phobia it can completely take over their life.

They are constantly thinking about it and will create scenarios in their mind on how to avoid the phobic situation. Even if they do have to face it, how are they going to react at that time, or will they make a complete fool out of themselves etc. The list is endless!

Put simply, a phobia is an outward projection of an internal anxiety. It can be created in many ways such as in severe stress, excessive anxiety caused by a recurring experience, or maybe by a past trauma. There are various methods that can be used to overcome a phobia using hypnosis.

Regression therapy (not past life regression)

analgesia, hypnoanesthesia and medical hypnotism. She has appeared on the television news program 20/20 demonstrating hypno-anesthesia as part of an actual dental procedure - joyce.hansen@gmail.com - would like to have folks comment on this blog entry and identify more and more of the members of our profession who utilize this technique. Check out the [YouTube](#) video on Ashley Goodman, one of the best known of our colleagues.....he's the true dentalmentalalist.....

From Joyce Hansen:

Professional dental training incorporates the history of Hypnodontics, an analgesia free

<http://www.flickr.com/photos/61456874@N00/2740069667>

method of treating dental pain, which was promoted by Dr. Aaron Moss and accepted by the American Dental Association over fifty years ago. There are dentists, primarily those associated with dental centers, who continue to offer hypnodontic treatment. However, the general dental practitioner will tell you that it is not cost-effective for them to prepare patients with hypnodontics when they have access to an array of new pain reducing options.

Also, the marketing of dentistry has changed its focus. Today, the emphasis is on having a beautiful smile inferring whiter and straighter teeth. Rather than fearing the loss of all your teeth, implants are now available as needed. New methods are friendlier, less painful and less intrusive. For patients with uncontrollable dental fears, anxieties or phobias there are referrals for psychological counseling or anti-anxiety medications. For more difficult patients

medical sedation is recommended. Colleagues and clients who have shared their experiences of wanting to use self hypnosis without an analgesic or anesthetic have encountered a mixed reception. Reports have included dentists in a state of disbelief or frightened by the experience. Some dentists have suggested the patient just has a high tolerance for pain, while others infer the patient is substance abusing which alters pain sensation. Other dentists have been impressed with the results and found working with such patients more comfortable and less physically exhausting.

However, the dental profession as a whole would rather rely on dental protocols within their control that are consistent, predictable, and reliable. For the hypnosis practitioner, this raises the question as to whether there is a market for your services to expand into the area of dental hypnosis. The answer is yes. But, just like the dental profession that has updated itself, so the hypnosis practitioner who wants to offer dental hypnosis needs to update with new knowledge and new marketing strategies

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Ex-model now hypnotherapist



Frances Duffy.

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| A | <p>LEEDS support centre for cancer patients changed one woman's life by leading her into a new career.</p> <p>Macmillan Cancer Support's Robert Ogden Centre helped Frances Duffy cope with her cancer diagnosis and the severe side effects she suffered from treatment.</p> <p>She found so much benefit that she retrained in hypnotherapy and now specialises in helping others with the illness.</p> |
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Mrs Duffy told her story in support of the Yorkshire Evening Post's fundraising campaign for Macmillan.

The 49-year-old from Alwoodley, Leeds, was diagnosed with breast cancer in 2005 as she was recovering from other health issues.

However the chemotherapy left her with terrible side effects.

She had been told about the Robert Ogden Centre at St James's Hospital, which offers free complementary therapies and support to anyone affected by cancer, and was recommended to try hypnotherapy.

This helped her cope with the treatment.

"I had whatever therapy they could give me," she said.

"The centre was amazing for me. I used it all the time."

Mrs Duffy, who previously had worked as a PA, legal executive and had also modelled, wanted to help at the centre and got involved with the Look Good, Feel Better workshop for women undergoing cancer treatment.

Then last year she decided to train as a hypnotherapist because she had found the therapy invaluable. She started her own business and also provides hypnotherapy and relaxation to teenage cancer patients

at Leeds General Infirmary as well as volunteering at the Robert Ogden Centre.

Mrs Duffy, who between her and husband Derek has five children, said: "I wanted to give something back.

"A lot of people who give up their time here have had some close involvement with cancer. They are a really great team."

She said Macmillan provided a fantastic service through the centre which wasn't available elsewhere.

"My main aim is to keep as well as possible in body and mind," she said.

"That's where centres like this come into their own."

The YEP is raising £35,000 for Macmillan through the Macmillan Centenary Appeal with every penny set to make a massive difference to the lives of people with cancer in Leeds.

To donate to the YEP's Macmillan Appeal or for more information, contact 01924 232442, email JStrachan@macmillan.org.uk or to give online, log on to www.justgiving.com/Yorkshire-Evening-Post.

More information about Frances's hypnotherapy practice is at www.calmandcollected.org.

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A Word from RICK:

Welcome to the June newsletter, another six months disappeared in what seems the blink of an eye. Thanks goes to Michael for bringing us all another informative and entertaining newsletter.

I returned last week from Melbourne where I gave a presentation at the final meeting of the CCH and even if the context of the final meeting was a sad affair, it was great to spend some time with so many hypnotists and especially those who put so much time effort into our profession over the last 25 years, namely Joan Goulding, Belinda Hulstrom, Don March, and, Chris Visman and Gary Johnstone.

Now that the CCH has officially ceased as an entity, their considerable national hypnotherapists register will be entrusted to the newly formed (HCA or Hypnotherapy Council of Australia), to continue on the good work. I have to say it is fantastic to see the profession finally coming to agreement under one umbrella of so many experienced and diverse individuals and organisations. It would serve us well to consider the enormous amount of work travel and expense that has been done during the past four years to bring the HCA to fruition, by Alan Henshaw ensuring that PHWA was part of it, Margaret Kelly for 100s if not 1000s of hours of dedicated time and organisation, the CCH for working in so closely and self-sacrificing the councils interests to ensure that profession moves ahead.

As you may be aware I am conducting the training at the PHWA meeting on the 19th and it will be demonstrations and information of Mesmerism and Magnetism and what was taught at the Marco Paret training in Melbourne.

Victorian student are reminded that there is a six day training at the Beau Monde International in Doncaster on - 24th to 29th of June inclusive 2011. Some places remain and there is a significant discount for former students who would like to re attend the training.

On that note I hope that the rest of June and July are perfect for you personally and professionally.

Kindest

Rick Collingwood



Hypnosis as a Health Option

<http://well.blogs.nytimes.com/2011/04/15/hypnosis-as-a-health-option/?partner=rss&emc=rss>

Dr. David Spiegel of Stanford University School of Medicine call hypnosis an “effective and inexpensive way to manage medical care.”

Today’s Patient Money column looks into the costs and potential benefits of hypnosis for dealing with anxiety, pain management and other health issues.



Some critics find the research into mind-body therapies unconvincing, but their skepticism has not deterred patients. And there are researchers who say they believe that by helping patients feel in better control of their symptoms, hypnosis can reduce the need for medication and lower costs.

“It is an effective and inexpensive way to manage medical care,” said Dr. David Spiegel, director of the Center on Stress and Health at Stanford University School of Medicine and a leading authority on hypnosis.

A study by radiologists at Harvard Medical School, published in 2000, found that patients who received hypnosis during surgery required less medication, had fewer complications and shorter procedures than patients who did not have hypnosis. In a follow-up study in 2002, the radiologists concluded that if every patient undergoing catheterization were to receive hypnosis, the cost savings would amount to \$338 per patient.

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International Seminar on Dental Hypnosis held in Gozo

<http://gozonews.com/17453/international-seminar-german-society-for-dental-hypnosis/>

The 19th International Supervision Seminar, organised by the German Society for Dental Hypnosis was held recently in Gozo. The Honorary Consul General of Malta in Bremen, Dr. Thomas Stöcker, himself a dentist by trade, who regularly lectures during this seminar, is the driving force in bringing this annual international workshop to Gozo. Dr. Stöcker has been an honorary consul for Malta since 1983. He co-operates closely with the Embassy of Malta in Berlin that supports his endeavours and activities in promoting Malta.



The seminar in Gozo comprised lectures, workshops, supervision and trance touching different fields with regards to the application of hypnosis. During this year’s seminar Dr. Stöcker held a lecture on ‘rapid induction,’ a direct hypnosis procedure, which is used in cases where phobia is involved.

Every year well-known experts gather in Gozo to discuss the latest developments in the field of hypnosis. The seminar is organised by the German Society for Dental Hypnosis (DGZH e.V.) in cooperation with the

European Society of Hypnosis and other renowned organisations. It is the aim of the DGZH e.V. to promote the dental hypnosis in theory, research, further training and practical work and to inform on modern dental hypnosis. The society has about 1600 members, most of whom are dentists, doctors or psychologist.

Commenting on the event H.E. Mr. Karl Xuereb Ambassador of Malta to the Federal Republic of Germany stated, "this is an excellent example of the kind of activities that can be organized by Malta's Consuls to promote Malta and raise awareness of the facilities and services that Malta has to offer."

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A Personal Recommendation....

Just a note based on a personal observation that I have had. Recently, on a long weekend and along with my wife, we stayed away in Scarborough as a treat for the both of us. As part of this weekend, we sought to arrange and in-room massage and after an exhaustive online search that took all of 3 minutes, I found a link to 'Masseurss On The Run'. After sending an online enquiry and then receiving a call back from Tony Fitzgerald, we arrange for the massage.

Tony and his colleague Luz arrived on-time and we each completed the forms. I have to say that the preparation to determine our particular needs for the massage was excellent but failed to compare to the standard of massage. It was nothing short of excellent. Masseurs On The Run travel to most Perth suburbs and their prices are very reasonable but more importantly, the standard of massage is about the best that I have ever experienced. I would strongly recommend this service to all and sundry. Their contact details are:

Telephone: 1300 761 788

Web: masseursontherun.com.au

Email: tony@masseursontherun

Regards,

Michael Werts

(Editor)

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Script of the Month

Child Birth Script



To be used once the client has been induced into hypnosis.

Now, you can just continue to relax and drift deeper and deeper with each breath you take, or each word that I say.

So you're going to have a baby? Your body is doing what it does, automatically, with its superior knowing. Your body is right now and indeed continually, even as I talk to you here, there, your body is finding its own way to grow and to form that perfectly healthy strong baby now growing happily inside. You know that you don't have to consciously worry about how your body is growing that baby, because the subconscious mind knows exactly what its doing, what's really necessary, and because the subconscious mind knows then the conscious mind doesn't really need to know, so it can simply continue to think about whatever else it needs to think about so that the subconscious mind can easily get on with the job at hand.

Now, as you know, there are many different aspects involved with having a baby. From the very moment of conception things begin to change, so very slowly at first as all of the correct nutrients are sent to that tiny developing foetus, so that it can simply continue to grow. Then the times comes for the mother, for all mothers I'm sure, when they develop a knowing that something is changing, or that something is indeed beginning to grow, and the only difference at that time is a feeling, a strange and deeply powerful knowing that something quite extraordinary is taking place, even without conscious awareness.

Then other things begin to happen, little signs like feeling a little different. Until soon one day comes the knowing, from a Doctor, from a test kit, it makes no difference. Quite pleasant to find out about a miracle is it not? Naturally as can sometimes happen, the conscious mind can spend some time wondering whether all will be OK, although like most things, it usually is regardless of the incorrect negative speculative fears of the conscious mind. A baby is very special to its mother, even to the point where although many years may have passed since that child was born, an 80 year old mother will still carry those mothering baby feelings for a son or a daughter who is now themselves 60 years old or so.

Then into the future while that baby continues to develop, it can be quite common to speculate about, or be told about the apparent pain of childbirth. Well you know as well as I do that speculation is usually completely incorrect, assumptions arrived at by ignorance or fear, usually both. And as for other peoples stories and opinions, they are just that, usually exaggerated half-truths. As you well know, if a body, your body, contains within itself all of the unseen forces necessary to create a healthy baby, then also it easily contains all of the mechanisms to allow that body of yours to expand and contract and also to do what ever else is positively needed for you to experience a fast, pleasant, and perfect delivery of that little baby growing within.

Your body is an incredible self-perpetuating organism, an amazing collection of different forces and energies that regulate cells and promote health. The body has an intelligence all of its own. This intelligence knows how to perform every function required within the body at any time for any reason, like an automatic functioning super intelligence. This same intelligence, walks you, talks you, sleeps you, awakens you, feeds you, dresses you, daydreams you, scares you, excites you, happies you,

makes you tired or energetic, and does indeed do so many more things, performs so many more acts than your conscious mind could or will ever be aware of.

This same part of your mind, this subconscious part, it is automatically growing this baby for you, from you, and it knows exactly what to do, just as it knows how to ensure that you constantly remember to breathe, even in your sleep. A billion things every second this amazing power, has the body to do. Turn a pain into a dull numbness it can do that easily.

Now listen very carefully with the subconscious part of your mind. I'm going to give the subconscious part of your mind some very positive and helpful instructions, and your subconscious mind can listen, hear, understand, and believe my every safe and sensible child birthing instruction, and what it means, then transfer those newer better instructions to every part of your mind and body that need to know these things to ensure that when the time is right. Well to ensure that when the time is right, then you will have a quick and pleasant, childbirth. You will feel minimal pain, and you will deliver the baby into the world and remain conscious and calm, free from excessive pain and discomfort for you during that birth time.

You are going to find that from now on, from this time on as that little baby inside you continues to grow, you are going to find that all of your focus and attention is going to be about how excited and happy you are at the prospect of bringing this new child into this old world. Therefore you will know automatically within every part of your being, that the negative opinions of others have no place in the plan of your baby's birth. There is too much positive excitement happening here to possibly ever be overshadowed by other people opinions.

More helpfully than this, you can know that as the days go by and your baby continues to grow, then eventually the day will arrive when it is time for your baby to enter into the world. Now for whatever reason, however difficult that child birth and giving birth may have seemed to you in the past,. Well on the due day, as soon as you are aware that baby is coming, you will notice to your pleasant surprise that you are rather relaxed. You will be relaxed both mentally and physically. Your primary focus will be on how happy you are to be having this baby, to be performing this miracle of life.



As you already know, and as your subconscious mind always knew, your own body can grow and accommodate a baby, so therefore it can easily and comfortably stretch to allow that baby, your baby, into this world. You are also going to find that as soon as you know that this baby is ready to arrive, as soon as it is time for you to give birth, then every muscle in your body that needs to stretch, will stretch. The muscles in your groin and pelvic area will stretch easily and comfortably. And another thing you will notice, with a little amusement to yourself, is that when the baby is ready to arrive, when you are in labour. Then every breath that you take will act like anaesthetic upon any muscles in your body that may need a little extra comfort, regardless of what muscles need that comfort or where they may be located in your body. And because you are so comfortable giving birth to that little miracle, you will also find that as you continue to relax with your breath inspired muscular anaesthetic, then your perception of time will speed up. So much so that an hour then will go by like ten comfortable minutes, and the thought of any possible pain will be so far from your mind that it won't reflect there, then.

This for you is going to be an easy and comfortable birth, no point to see or feel it any other way. Now listen very carefully with your subconscious mind and absorb every positive and helpful thing that I continue to tell you about the birth of your child.

This birth will be easy safe and comfortable for you

Your perception of time will speed up as your baby is being born

The birth will be fast and comfortable an incredible experience for you

Pain will be a far thing from your mind as your baby is being born

When you are giving birth, every breath that you take will act like a pleasant physical relaxant and anaesthetic

When you are giving birth, all of the pain sensing nerves in your pelvic area will go to sleep, and so you will feel no pain

This will be easy for you and you will do it easily, pain free and excited for the future

As well as this you can also know that your own body will recover quickly and correctly from the birth, leaving you to more effectively get on with the most important job in the world, the job of being a mother.

Now every night, or every day, I want you to spend some time, at least 10 minutes, and focus relaxation down into the muscles of your lower stomach, your womb, and into your entire pelvic region, into all those muscles. You will then know, and your body will quickly learn to completely relax. And as you focus your attention down into those muscles, I want you to breathe in relaxation and hear the words "relax now" in your mind. This you are to do every day or every night, you will, until that baby arrives. Focus your attention into your pelvic muscles, breathe in relaxation, breathe out tension and discomfort, breathe in relaxation, and breathe out discomfort. Over and over and over.

And this breathing, that rhythmical flow of air will become as an anaesthetic to you at the time of birth and also any other time you happen to feel any general discomfort



Up Coming Dates:

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| 6 Day Practitioner Certificate of Clinical Power Hypnosis BRISBANE | 25, 26, 27, 28, 29, 30 November 2011 |
| 6 Day Practitioner Certificate of Clinical Power Hypnosis MELBOURNE | 24, 25, 26, 27, 28, 29 June 2011 |
| 6 Day Practitioner Certificate of Clinical Power Hypnosis SYDNEY | TBA |

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| Certificate of Hypnosis PERTH | 2011 - Certificate of Hypnosis - Training Seminar One Part Three: Friday, Saturday, Sunday, 1st, 2nd & 3rd of July, 2011 |
| | 2011- Certificate of Hypnosis - Training Seminar Two Part One: Friday, Saturday, Sunday, 24th, 25th & 26th of June, 2011 Part Two: Friday, Saturday, Sunday, 1st, 2nd & 3rd, of July, 2011 Part Three: Friday, Saturday, Sunday, 18th, 19th & 20th of November, 2011 |
| | 2011 - Certificate of Hypnosis - Training Seminar Three Part One: Friday, Saturday, Sunday, 11th, 12th & 13th of November, 2011 Part Two: Friday, Saturday, Sunday, 18th, 19th & 20th, of November, 2011 Part Three: Friday, Saturday, Sunday, 16th, 17th & 18th of March, 2012 |
| | 2011 - Certificate of Hypnosis - Training Seminar Four Part One: Fri, Sat, 10th & 11th Of September 2011 Part Two: Fri, Sat, 17th & 18th of September 2011 |
| Four Day Power Hypnosis PERTH | |

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| Learn Mesmerism & Hypnotic Fascination with Dr Marco Paret | Perth WA: Venue to be advised Wed the 12th until Monday 17th of October 2011 inclusive The Amora Hotel in Richmond Melbourne Wed the 9th until the Mon 14th of November 2011 inclusive The Rydges Hotel North Sydney Wed the 26th until Mon 31st of October 2011 inclusive |
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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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