

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

May 2009

nother month has passed already. I am starting to wonder where the time goes – the fifth month of the year is half way through already. I was pondering that exact thought the other night and it occurred to me that time distorts when under hypnosis. Having a rather keen analytical mind I quickly deduced that I must spend most of my time in trance....

I've included Part 2 of the phobias list in this email (part 2 is smaller than part 1) and a special thank you to those who have offered their suggestions for the collective noun question. I am sure that just about any one of the suggestions would be appropriate though a verbal suggestion I received from a non-hypnotist was a 'coven' of hypnotists. I am not really certain about that one but it did lead me to imagine a 'Double, Double, Toil and Trouble' induction.

The exciting news in this Edition of the newsletter is the announcement of the **Hypnotic Field Therapy Course** – a new offering from the Australian Academy of Hypnosis™. This new course offering recognises the full range of courses and study completed and students who have done parts of the course through other study patterns may be granted Recognition of Prior Learning for these studies.

In this edition I have included Part 1 of an article on Sleep Talk by Joane Goulding. From 1980 until 2001 Joane was a Director of the Australian Academy of Hypnotic Science (AAHS), now called the Academy of Hypnotic Science (AHS). In 1982, she became an accredited hypnotherapist, lecturer and examiner for the American Council of Hypnotic Examiners. The English International Biographical Directory (1987 Edition) records that Joane was awarded a "Distinguished Achievement" award and The American Biographical Institute (1987 Edition) recognized her "Outstanding Service to the Healing Profession."

The Power Hypnosis Course was conducted in Perth in mid-April with a total of 18 students completing the training. A short article on the training is included in this newsletter. Upon request, we will be doing another Power Hypnosis Course over East – this time in Sydney at the end of June. There will be some changes to the curriculum for this course as it is moving to a four-day program to include aspects of the Fascination Training. This will allow more time for both the theory and practical components of the course and should

provide an even more comprehensive understanding and application practice for the students.

For those who have visited the Mind Motivations™ website lately, you would have seen the Empower Your Life seminars advertised on the front page. These seminars will undoubtedly prove beneficial for the attendees, but will also provide an opportunity to promote the Academy and raise it's profile to a large number of people.

You will all see an email from me in the next couple of weeks. This email will ask for some individual contact information. A number of people have changed home addresses; telephone numbers etc and this email will request this information to update our files. Two things to note: 1) Our Privacy Policy means that this information will not be shared with any other organisation and 2) you only have to provide the information you are comfortable providing.

Finally, I would like to pass a big thank you onto all of you who have responded with compliments regarding the newsletter. This is the 7th edition that I have done (and enjoyed every minute of it) and it is nice to know that it is appreciated and valued by so many. As I have said in past editions though, this is your newsletter and any inclusions, suggestions, articles or thoughts for inclusion would be greatly appreciated. It is a forum that has about 150 members on the mailing list (and growing almost daily), so it is a chance to promote activities, obtain feedback or share thoughts and ideas and I would encourage you to use it.

Thank you again and please stay safe, well and happy.

Michael Werts
Editor MM_Newsletter

In Brief:

Power Hypnosis Course - Sydney 26 - 29 Jun 09.

Power Hypnosis Course - Melbourne 10 - 13 July 09

Next Monthly Training is happening on 30 May - Subject is: **Magnetism and Energy Shifting**.

PHWA General Meeting - being held on 21 Jun. Watch PHWA website for more information.
<http://www.phwa.com.au/index.php>

Final 3 days for the Certificate of Hypnosis Training conducted in Feb 09 - 17, 18, 19 May 2009. For details please contact John Vernes (contact details on last page of Newsletter).

Next Perth Power Hypnosis Course - Perth 2,3,4 Oct 09.

There is no ongoing monthly training in June or July - next session will be **Hypnotic Transference** on 1 August 2009

PHWA meetings are held at **10.00am on the 3rd Sunday of every month** at The Stirling Regional Business Centre, 45 Delawney Street Balcatta. Each meeting is followed by approximately a one to two hour training session on a variety of topics. The Training for May is "**Past Life Regression**" presented by Peter Wertsers.

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Some Quotable Quotes:

"You can chain me, you can torture me, you can even destroy this body, but you will never imprison my mind."
[Mahatma Gandhi](#) (Indian Philosopher, internationally esteemed for his doctrine of non-violent protest, 1869-1948)

"The mere thought hadn't even begun to speculate about the merest possibility of crossing my mind."
[Douglas Adams](#) (British comic Writer, 1952-2001)

"There are three types of lies: lies...whopping lies and statistics."
[Rick Collingwood](#) (presentation quote during the Perth Power Hypnosis Course)

Hypnosis in the Media

Validity of testimony given under hypnosis to be determined

From Todays Zaman (<http://www.todayszaman.com/tz-web/detaylar.do?load=detay&link=172106&bolum=101>) 11 April 2009

A potential scandal involving the alleged use of hypnosis during the interrogation of three sergeants in Kayseri has reached the parliamentary Human Rights Commission, which now faces the task of evaluating the validity of the statements garnered from the interrogation.

Sergeants Ali Baltı, Orhan Güleç and İsmail Dağ were interrogated for 10 days following their detention, and now the Human Rights Commission is stepping in. The commission has established a sub-commission to travel to Kayseri to investigate the sergeants' claims that the statements they gave during the interrogation were made under the influence of hypnosis.

The commission's move comes after requests made by Mesut Balta -- the father of Sgt. Ali Balta, who works at the military's Kayseri 2nd Air Maintenance Command -- and attorney Mustafa Dokumaci. Commission Chairman Zafer Üskül has said the allegations made in the requests are quite serious and that light needs to be shed on them.

The petition filed by Dokumacı on Ali Balta's behalf says that the attorney and Balta's father traveled together to the air command on March 8 requesting to speak with Sgt. Balta, but were unable to do so. They were unable to visit him until seven days later -- on March 15 -- but only with considerable difficulty, it says. Dokumacı was accompanied by attorney Okan Yılmaz from the Kayseri bar, the petition says, and goes on to allege that despite the fact that Balta was being detained at a military facility, he was interrogated by civilians, awoken from his sleep to be interrogated, could not remember the statements he made and relevant events, and at times he could not recall that he had given any statements at all.

The petition also says that Balta was interrogated by Gürol Doğan, who identified himself as a retired lieutenant commander, and that the

interrogator used medication and hypnosis to drug him and psychological pressure to extract statements from him.

The petition also says that the detention of Dokumaci's client on the order of Maj. Gen. Rıdvan Ulugüler for 10 days without legal counsel violated Turkish criminal procedural law and contravened the European Convention on Human Rights.

Balta, one of three sergeants involved in the detention, had testified to a court that he was interrogated under the influence of hypnosis techniques. The sergeant said he was later interrogated again, between March 8 and 11, by judge advocate Col. Zeki Üçok and parapsychology expert Doğan. Balta does not contest the testimony he gave on March 4, but refuses to own up to 17 pages of testimony that he said he gave under the influence of hypnosis.

Jurists are now debating the admissibility of the statements given under hypnosis. Turkish law prohibits the use of hypnosis in investigations and therefore invalidates any statements extracted using this method. For this reason, if the case reaches the European Court of Human Rights, it is likely that Turkey will be punished for this. Attorney Dokumacı has already said that once all domestic legal means have been exhausted, they plan to take the case to the European court.

Meanwhile, it has emerged that some inconsistencies are present in a document sent by Üçok to the Kayseri Penal Court. Üçok had written to the court that the sergeants were taken into custody on March 7 and that the period of their detention was extended three times: on March 8, 9 and 10. However, according to the records produced by Sgt. Balta, the sergeants were taken into custody on March 4.

[illegible]

Conman steals diamonds by hypnosis

AFP Published: Apr 14, 2009

<http://www.thetimes.co.za/Entertainment/CelebZone/Article.aspx?id=980061>

MUMBAI — Indian police are hunting a conman who hypnotised a Mumbai jewellery store worker before stealing 160,000 dollars worth of diamond necklaces and bracelets.

Katrina Sunil Purswami, who works at the Seres store in the upmarket Bandra West suburb, was told by the man on Saturday that he wanted to give the gems as a present and persuaded her to bring them to a nearby hotel.

"When the employee went to the hotel, the accused acted like he was the owner," senior police inspector Prakash George was quoted as saying by the Daily News and Analysis newspaper on Monday.

"As Purswami was showing him the sets, he asked her to write the details of the sets for him. He then hypnotised her and decamped with the ornaments. Purswami was left confused and could not understand what was going on."

The officer said the jeweller's store was newly opened and the owner allowed the employee to visit the hotel with the diamonds because he thought he was in line for a large sale.

Police are studying CCTV from the hotel to try to identify the conman but cameras at the shop were not working, George said.

**"Be ashamed to die until you have won some victory for humanity."
Horace Mann, Educator**

Perth Power Hypnosis Course

Between 17 – 19 April 2009, the Australian Academy of Hypnosis conducted the Power Hypnosis Course in Perth. This was the second time that this course has been run in the Perth and was well attended. The course was facilitated by Rick Collingwood and several students were 'refreshers' from the course conducted toward the end of 2008. This was good as there has been a number of newer aspects and additional research included into the training.



**Pic 2 –
Demonstration**

A total of 18 students attended the course. Of particular interest were the in-class discussions on the application of the Power hypnosis techniques. It was also very interesting to see Rick demonstrate the application of these techniques – not only on other students by doing the now famous 'needle' demonstration, but also on himself with a needle through the cheek. After this demonstration, people were more than happy to induce trance, apply anaesthetic instruction and 'jab' their fellow students. Doubt was definitely practiced out!



**Pic 1 – Demonstration –
Needle through the**

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Feedback regarding the Power Hypnosis Course conducted in Melbourne in March 2009 from Pearl Yeo:

"I am also please to let you have some feedback on the use of hypnosis - I have client whom I have to get into the sub-conscious to help her get on with her life. She indicated after the session that she resisted going to sleep and when I loudly indicate sleep (and with a fast hand movements with fingers down) - she no longer resisted and went into a trance. She was amazed. I watched her eyes and eyelids blinking and finally command sleep and she did - so I know that it works and thanks to you and Rick. I was doing theta healing for her and I found that she is blocking her emotions and feelings - so working with her sub-conscious mind and then into the Theta healing works very well - so that's the missing link I have been looking for."

Thank you Pearl (Ed.)



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St Mary's to launch hypnosis qualification

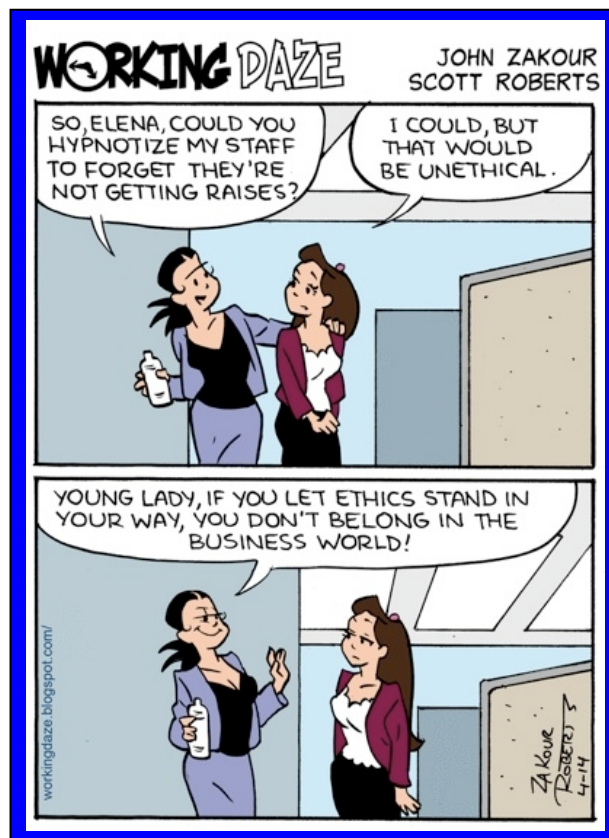
Monday 20th April 2009
By Chris Wickham »

St Mary's University College, in Twickenham, has joined forces with the Brief Strategic Therapy and Clinical Hypnosis Foundation (BST Foundation) to become the first academic institution to launch a diploma of higher education in clinical hypnosis.

The two-year part-time course combines practical, academic and vocational components to train therapists and a St Mary's spokesman said the aim was to address the growing serious concerns of the lack of regulation and recognised professional educational standards for hypnotherapists and set a gold standard for training.

Current practicing hypnotherapists that are able to demonstrate the appropriate skills and knowledge are being offered the opportunity to complete the course in one year, and graduate with a recognised university based qualification.

http://www.richmondandtwickenhamtimes.co.uk/news/4304333.St_Mary_s_to_launch_hypnosis_qualification/



The effects of auto suggestion stay with our children for life!

By Joane Goulding LMFCCH, LMFASCH. 2009

www.sleepstalkchildren.com www.thegouldinginstitute.com

Understanding the formation, acceptance and implementation of beliefs is perhaps one of the most important things to understand about the role of the subconscious mind. Some people call it the unconscious mind, but for this article which is presented in two parts, the terms are synonymous. The first part will discuss the importance and acceptance of suggestion; while the second will present a procedure which will assist our children to develop a happy, self confident and harmonious belief structure.

Part One

The subconscious is similar to a vast computer. It records all incidents which our mind, at the conscious level, becomes involved in. If we understand the mechanism of the human mind we can take charge of our lives, because the real controller or director of it is consciousness.

The subconscious mind doesn't know, of itself, what reality is and what is believed as reality. Fantasy and imagination, once totally absorbed into consciousness, can enter the subconscious mind as an actual event taking place externally. The subconscious mind does not induce information for itself so we need new, positive and correct ideas to replace the accepted old, negative ideas. Similarly the subconscious does not distinguish between what is real and what is imagined. For instance, when you watch a film in total conscious absorption, you take the information and incidents of it into the subconscious. It may be stored there as a real event though, in fact, it isn't real.

The subconscious, being deductive, can only act upon the belief of consciousness. Being sensitive, it knows what consciousness believes. Belief having arrived as auto-suggestion at the subconscious level therefore is automatically acted upon whether based on truth or not. Therefore that which is held as an idea of belief at the subconscious level will be automatically acted upon and is bound to manifest outwardly in the circumstances of your life.

From the moment the newborn baby's brain begins to operate, suggestion occurs. It has an impeccable memory, remembering whatever the conscious mind has been led

to believe and never, ever forgets! In adults, the information presented to the brain goes through a process of conscious and subconscious acceptance, however as children we do not have a conscious, critical, analytical logic.

There is no time in which to develop comparisons such as an adult may use, therefore a child accepts suggestions readily. The external stimuli of suggestions are not travelling through the barriers of logical appraisal before being finally accepted. That logic has not yet developed. The conscious mind is always accepting suggestions from its environment and if it has not developed logic, it is transforming suggestions into auto-suggestions. They enter into the storehouse of memory, becoming part of a belief system at the subconscious level.

Beliefs enter through a direct auto-suggestive process during early childhood, and form the foundation of the self-belief system at the subconscious level. The general belief system - how we see ourselves, what we are and our approach to daily life - has a foundation which was formed in a brain in an autosuggestible state and influenced by those in authority.¹

The greatest impact occurs during the first five to seven years of a person's life. During this time, a child is drawing information from those in authority and establishing a basis of self-image for itself, regardless of what the information is. It is quite reasonable to believe that if a child is in a negative environment it will gain a negative input for itself. Consequently, it will start life with negative belief systems at the subconscious level. And, conversely of course, a child in a positive environment will receive positive inputs.

In normal situations, the first person in authority over a child is the mother. The father and the older children within the family generally establish a secondary authority. The next major authorities in a child's life after it reaches the age of five are the school teacher and those within the school environment.

¹ Goulding J.J. *Woman the Carrier of Creation*, Pub: McDonald Bayne Consultants P/L Vic.1991

All parents and teachers are bound to lose their temper or control occasionally, losing sight of the fact that the words used when communicating with children can make them feel loved, respected and accepted or with the same intensity wounded, rejected or unloved. Whether the words or suggestions are positive or negative, the results are always the same, our children remember them for life! They become longlasting and in some cases serious damage may be the result to the child's self-esteem and the bond of trust between those in authority over them.

To understand how suggestions are accepted by our children, we need to discuss some of the different yet natural divisions of the mind. Throughout history there have been many different explanations and descriptions of the brain/mind and the following is just one. The conscious mind, the modern subconscious, the subconscious and the deep subconscious.

The conscious mind is aware of the environment, the self and mental activity. To a certain extent, the conscious mind determines a person's choices of action. The conscious mind is critical and analytical. The modern subconscious stores information gained or processed during one waking period. Dreams are sometimes stored in the modern subconscious and then brought to conscious awareness at the very first transition from the sleeping state to the waking state. The subconscious mind, the reservoir of permanent memory and belief is very literal and doesn't make evaluations or judgements. Finally, the deep subconscious is that part of the mind not readily available to conscious access. It is here that apparently 'forgotten' things remain faithfully and permanently stored. We actually forget *nothing*.

Beliefs and belief systems

Any information accepted into the subconscious mind and held there as memory, becomes *belief, whether true or not*. Most of us as children accepted suggestions such as "It's bad luck if you walk under a ladder." All human responses are based upon accepted beliefs held in the

deep subconscious mind. These beliefs are constantly referred to as we react to every situation with which the conscious mind is presented.

It's important to be aware that suggestions given to us while we are young bypass the critical and analytical conscious mind. Those suggestions are accepted straight into the subconscious where they immediately become *belief regardless of truth*. Beliefs and belief systems held as truth in the subconscious mind will be acted upon automatically by children, directly affecting response and behaviour. Once a suggestion is accepted in the subconscious mind it becomes part of the mind's belief system, automatically, whether true or not.

There are complex arrays of inter-related beliefs which underlie most of our responses and behaviour. We hold many beliefs about ourselves, some are true and some are not. All these beliefs coming together form a belief system about ourselves, which automatically controls our social behaviour and our ability to cope in various circumstances. The results and coping ability we experience from this behaviour are then evaluated by the conscious, critical, analytical mind. New information is constantly added to the existing belief system about ourselves. Even with re-evaluation, it can be very difficult to change a belief.

You can imagine how a child, who has not developed critical analytical faculties, can gain the wrong impression from even simple statements. For example, many of us have heard a parent say: "Why aren't you as good as your brother/sister?" That suggestion could go deeply into the subconscious mind, including all the emotions experienced! While it may not be remembered until many years later, the impression made by the remark may still be held fast in the belief system and be acted upon by the subconscious mind. Supposing that a parent doesn't give enough attention to their child, for whatever reason. One of the intuitive needs of a human being is the feeling of being wanted. When a child - or even an adult - feels unwanted, the feeling automatically becomes a negative auto-suggestion. The belief created leaves a very insecure self-image in the subconscious mind.

Children themselves can also be cruel because they often establish their own identity at the expense of other children in the family. Imagine a scene where a very young child is attempting to play with older children. The older child calls for the mother to come and take the younger one away. The older child may say: "He is no good. He can't play with us. He is too little." Because of the undeveloped perceptions of the younger child, he is not able to logically analyse that statement. The emotional belief input is that he is just not good enough. He doesn't reason at that stage that when he is older he will be as good as the older

children are. He simply believes he is not good enough.

These are the subconscious belief systems that are being formed. They cause us, as adults, to receive thought/feeling reactions from them.

Within the mechanism of the conscious and the subconscious, a simple system of cause and effect is working. Too many people complicate the human mind. The subconscious mind is born with its subconscious instincts for self-preservation and pleasure, but all the information used in its programming of belief is received from the conscious mind. The memory bank in the subconscious gathers together all the information received during a lifetime and creates from it the subconscious belief system, which can be called a silent partner to consciousness.

The subconscious mind follows any belief with equal efficiency and impersonally

Much of life's creative process happens without our conscious knowledge. There are conscious and *subconscious* forces operating in our lives. The mind does not decide which thought it should act on. Whatever the conscious mind believes, whether the belief is true or not, the subconscious mind will act upon that belief. The subconscious follows any belief with equal efficiency - impersonally.

The relationship between the conscious and subconscious mind is not fully understood, otherwise psychoanalysts would educate their clients as well as psychoanalysing. We are the owners of this instrument and are entitled to know how it works. We must learn how this mind energy is distributed between the subconscious and the conscious if we are to assist our children. Children are our future and we must realise this with a sense of urgency; if we are to care for their future, we need to care for them now.

Parents, teachers, mental health professionals and clinical hypnotherapists can do a great deal to help youngsters recover from anxiety, stress, negative self images or even trauma. Recognising when a child is stressed or anxious is a major first step in assisting them to deal with their emotions, thoughts, feelings or reactions. Typical reactions can include: separation anxiety, crying or whimpering, withdrawal or disruptive behaviour, lack of attention, irritability, fear, and sleeping disorders including nightmares/terrors, depression, stomach aches, nail biting or bedwetting.

In extreme cases academic decline, depression, anti-social behaviour, trauma, suicidal thoughts can occur, and the list goes on. Some youngsters are more vulnerable to trauma than others. It has been shown that the impact of a traumatic event is likely to be greatest in the child or adolescent who previously has been the victim of child abuse or some other form of

trauma, or who already had a mental health problem.²

Balancing a child's belief structure

A child's basic belief system is formulated from both parents; the knowledge that a child is loved gives him or her confidence to return that love. In addition, approaching each morning with a positive attitude of mind and with the expectation that the day was going to be a happy one would definitely be an advantage.

A process called the 'Top Hat' process allows the acceptance of positive suggestions directly into the subconscious mind replacing previously accepted negative suggestions and takes only about three minutes every evening with the results lasting a lifetime. It also allows the parents or primary carers to redefine and in many cases redevelop a positive relationship. This technique is most important when dealing with physically, emotionally or intellectually impaired children, as the majority have a very negative self belief and image. Many of these children do not have the capacity for the three main requirements of clinical hypnotherapy: concentration, co-operation and intelligence, and find it difficult to accept direction and psychotherapy.

The Top Hat process allows the subconscious mind to redefine its belief structure and accept alternate suggestions which upon awakening become their truth and reality. Not all children need this process but it's a given that they will all benefit from it.

Children are our future and as parents
we need to recognise this with a
sense of urgency.

If we are to take care of the children,
we need to take care of
the 'now'

Remember it's not what we leave to our
children that matters,
it's what we leave within their minds.

In Part Two of this series, we outline the Top Hat process and present a case history to enable the reader to understand the dynamic yet simple and ethical application of this technique.

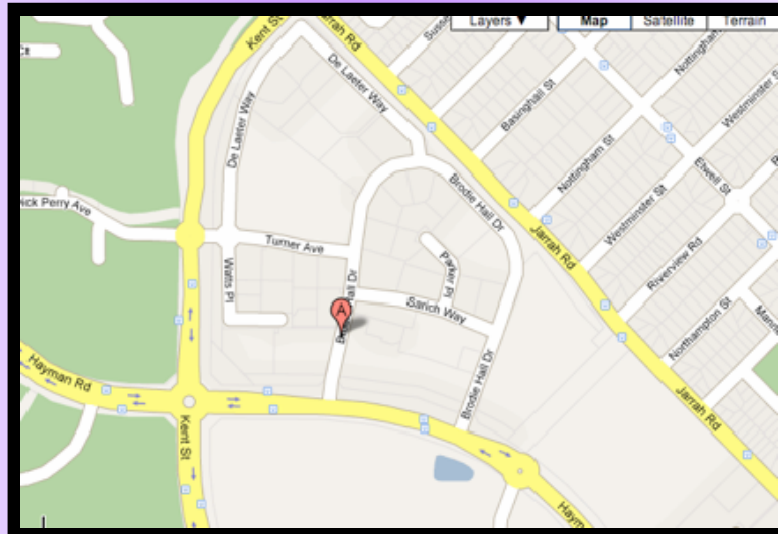
For additional information contact the author:

www.sleepstalkchildren.com
(Part 2 of this article will appear in next month's Newsletter - Ed.)

² Grbarino J, Kostelny K, Dubrow N. What children can tell us about living in danger. *American Psychologist*, 1991; 46(4): 376-83.

Perth Training Venue:

The Perth Training Venue is located at 2 Brodie Hall Drive, Bentley (Technology Park). A map is below. Please be aware that, on weekends, there is no food or beverage service (other than a vending machine) available however lunch can be purchased nearby in Victoria Park (unless lunch is provided as part of your training course).



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The structure of the Australian Academy of Hypnosis™

We (Rick, John and Michael) thought it would be of benefit to alert the readership to the changes and structure of the Academy as there has been some changes that everyone may not be aware of. With so many things happening in Rick's life including his international commitments and development of Empower Your Life seminars, these changes are necessary to continue to meet with the training demands of the Academy.

Effective from the start of 2009, John Vernes now manages the Academy interests in Western Australia. John has undertaken training with Rick for a number of years and is now responsible for all training (including the Certificate of Hypnosis, the Advanced Certificate of Hypnosis, Power Hypnosis Course™ and ongoing monthly trainings) in Western Australia. Rick and Michael are devoted in expanding the Academy's profile and training courses in the Eastern States. Rick will also continue his international commitments which will only serve to increase the Academy's reputation and profile.

This is all provided as background to the readership. Rest assured, emails sent to the MM_Newsletter or aah_training email addresses will be directed to the appropriate person for response.

Michael (for Rick and John)

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A stress-buster

By Ratnadeep Banerji

<http://www.organiser.org/dynamic/modules.php?name=Content&pa=showpage&pid=287&page=20>

Go Beyond Stress, Twelve Self-Hypnotic Stress-Buster Sessions, Gary Edward Haymes, Sterling Paperbacks, Pp 264,

Hypnosis is a state of brain that everyone experiences yet it is not harnessed for its therapeutic effect. An astounding 98 per cent of all people can entrap one's subconscious ensconced amidst the inner brain into a self-induced trance. The author is a registered certified hypnotherapist who knows inside out of psychic hypnosis and its pragmatism. With full conviction he asserts, "Behaviour and addiction modification through self-hypnosis is the same as being hypnotized by a professional hypnotherapist".

Before the invention of anesthetic in 1846, Dr James Braid in England had conducted 3000 major operations using self-hypnosis. The hidden part of the brain, the subconscious was unraveled by Sigmund Freud who enunciated psychoanalysis to let open the 'hidden dimensions of human nature'. The alpha area is crucial for self-hypnosis.

Self-hypnosis is simply a way of relaxing and setting aside the conscious mind. The author is wary enough not to topple his readers who might be dabbling the self-hypnotic sessions. So he (Sterling Paperbacks, A-59, Okhla Industrial Area, Phase II, New Delhi-110 020.)

stipulates an acclimatisation period. The author lays down a preconditioning training programme prior to entering a self-hypnosis session. This modulation becomes imperative as, "you are going to be transporting yourself into the brain war zone – the mighty imagination and memory powers of the inner brain". The preconditioning programme creates an exhilarating access to the 'inner brain's thoughts and memory banks. The subconscious brain develops its own decisions, its secret thoughts, or any disturbances'. Once the stage is set, the practitioner can move on to the real phase of self-hypnotic sessions consisting of twelve in total.

The first session hones skills to combat stress and mould mental attitude into an optimistic and powerful one. The second session prepares to tackle anxiety, panic attacks and self-obsessive worries. It also bodes well to refrain oneself from remorse rumination that is brooding over spilt milk. Clinical depression that poses to be an enervating menace is also dealt with. The third session upbraids the practitioner to restrain from alcohol and popping illegal drugs. Anti-tobacco smoking has been given due cognizance in one

of the sessions. One session introspects marital harmony including sexuality and lust. What if a person is afflicted with a permanent illness, can't he too receive any succour? A session is devoted to address the handicapped. A session has been devoted exclusively for public speaking enhancement, an imperative for a societal interaction. Aspects of problem solving and creativity have also been ascribed for practice sessions. Career dissatisfaction often creates disorientation frenzy. So motivation for a change is dealt upon in one of the sessions. The penultimate session fathoms out spiritual plumb line. The last practice session spells out the serene manifestation of the state of mind.

Stress that has reared its devious head as the world's greatest killer can be cowed down by meticulous contemplation of this book. The prescribed twelve self-hypnotic stress buster sessions invigorate and magnify the inner brain's thoughts to surmount any mental hurdle with panache. The entire procedure is innocuous and any morbid fear is far-fetched. The writer enlists a plethora of precautions to stave-off the slightest perturbation amongst his novice practitioners.

Script of the Month: Promote Healing Before Surgery

Take a nice long slow deep breath in and slowly breath out. . . We will take three of these breaths. Notice that on each one you feel more and more relaxed. Now once again take a long slow, slow deep breath in...and out...Notice how you are beginning to relax. Take another slow deep breath in...and out...Notice how much more relaxed you are. Again a long slow, slow deep breath and this time when you exhale, your eyes close naturally as you relax deeply. Notice how much more relaxed you are. Continue to breath normally and naturally. Let each and every breath you take relax you more and more... Allow yourself to begin to go into dream time...

The sound of my voice is relaxing, relaxing is a pleasure as you drift deeper and deeper into dream time. To help you go even deeper into this quiet relaxed state, we will descend a staircase of relaxation. Imagine your self standing on the top of the staircase of relaxation, wearing a loose fitting garment, made of a very fine fabric, it is your favourite colour. What colour might that be today?... As you descend you find yourself sinking deeper and deeper into the chair or bed that you are resting on, feeling more and more relaxed. With each step you double your sense of relaxation. As you go through this exercise you may have a sensation of heaviness, you may have a sensation of floating like a feather, of being light and airy or you may just know that you are deeply relaxed. Whatever you experience is just right for you, you are doing fine.

Begin to descend now. Ten—floating deeper and deeper down. Nine—deeper, Eight—letting go of all doubt, worry, anxiety. You don't need that any more. Seven—deeper and deeper relaxed. Six—the longer it takes you to relax, the deeper you go. Five—we will pause here as it is time to call upon your spiritual guide who will be with you on this journey. It may be God, an angel, a saint, or a feeling of a spiritual connection with the creative force. I will give you a time of silence to make contact with your spiritual partner...(30 seconds). You are doing fine. Step down to Four—relaxing and going deeper. Three—letting go, going deeper. Two—deeper and deeper. One—very deeply relaxed.

Now let your self travel easily and effortlessly to a lake. Imagine it is summertime, there is a warm breeze, you can hear the waves lapping at the shore as you gaze out over the lake. It is your lake of peace. The waves have a rhythm, they calm and relax you. Listen as they begin to help you relax your body so that the anaesthetic you will be receiving for your surgical procedure is taken easily. In fact you need only a very small amount of anaesthetic, because your body is co-operating so well. It is bending into the procedure.

As a result very little anaesthetic is being used the entire time of the surgical procedure. You are in control of what's happening to your body. You have set the processes into motion through your ability to relax on command, your command. The waves continue in their rhythmic pattern. Every time you hear the phrase, "You are doing fine," all of your healing systems come together to function in a normal healthy manner. They create complete recovery within and without. Relax, take a deep breath... You are doing fine.

Let yourself sink deeper and deeper into a peaceful relaxed state. Your mind begins to drift. It is like a dream. You begin rehearsing for your surgical procedure. It is safe and enjoyable to be this relaxed. Through the power of your imagination you see yourself walking into the medical facility. You say to yourself, "This is where I am going to get well....This is where my body is going to be repaired so it can get well....This is where I can go whenever I need to...to help my physician help me to wellness....I

make the decisions for my well being...I have decided that this is a surgical procedure that will bring my body to wellness... The surgeon and staff are here to help me... The word for the day is co-operation...We are a team,... we work together.” As a result of these positive thoughts you can see, feel and know just how you are entering the medical facility. You walk with confidence, you speak with confidence and you smile with confidence and pride. This is your decision. I'll give you time to rehearse this scene...(30 seconds) Good, you are doing fine. Notice how good you feel about being in control of your thoughts and feelings. Good, you are doing fine. Each and every time you practice this, you become calmer and more relaxed... and this is so.

What we picture in the theatre of our mind becomes our reality. You are now your own writer, actor, editor and producer. Medical science has found that a person with a good attitude about the outcome of their surgery has a 100% better chance of recovery than one who has a negative or pessimistic attitude. You are creating, through mind power, the positive attitude needed to help you to complete recovery. Congratulations! You are doing fine. Now let the scene change to the room where the procedure is to take place. If you don't have a definite picture, make one up. You are feeling relaxed and confident, want that to happen, let it happen. Notice how much more relaxed you are. You are doing fine. This is your decision. The physician is there to help you repair your body so that you can have wellness and peace of mind.

Co-operation is the word for the day. You relax even deeper as the anaesthetic is administered, and you only need a very small amount to get your body ready for the procedure, and this is so. You are doing fine. Once again, it is you who have made the decision to co-operate and as a result of the relaxation your body only needs a very small amount of to keep you at the perfect level for the procedure. You can hear noises around you, but you pay no attention to them.

The scene changes... back to the lake. You find yourself on a lovely safe swing. It has a nice steady rhythm and you feel calm and relaxed as you look out onto your lake of peace. Calm and relaxed... Enjoying the scene that is before you. Feeling the rhythm of the swing, smelling the aromas of nature, enjoying the sun on the water and the seagulls sailing through the air. Calm and relaxed...calm and relaxed...calm and relaxed.

Your body co-operates with the skilful hands of the surgeon. It opens up easily, it has only the exact amount of blood flow that is necessary to maintain perfect balance. In fact your body knows exactly what to do, and it does it in concert with the surgeon. All of your vital signs are in perfect order; blood pressure perfect, heart rate perfect, breathing normal.

You are enjoying your time at the lake, calm and relaxed...calm and relaxed. You are doing fine.

Interestingly enough, from the very moment that you decided to have this surgery done, your body began the healing process. Your body knows what to do in order to get you to wellness. All systems are go. The healing system is in gear, the immune system is functioning perfectly, everything about

you is co-operating with your medical team. They are your medical team, and you are the captain. They are doing the work that is theirs to do, while your healing system and immune system are doing their work. All of your blood cells are doing their job perfectly. In fact this is the easiest surgical procedure that your medical team has ever done. The reason for this is that you are giving the orders to your healing system to co-operate fully with your medical team. I will give you a few moments to let these suggestions take complete effect upon you...(1 min)

Good you are doing fine.. When it is time,... when the procedure is complete... and not before, you find: The dream is about over, soon you will come to full wakeful consciousness. Notice how relaxed and comfortable you feel. You have an appetite and can eat

small amounts of food, easily and effortlessly. You find that you are thirsty and drink water easily. You can void easily. All of your organs are functioning normally and naturally. You feel wonderful, like you have had a magical summer nap! You are doing fine.

There is an awareness that a procedure has taken place. You can feel a little pressure, but that is all. Any discomfort is minimal and you are full of energy. You are in control and healing has begun and will continue. You are well. It is now time to thank your spiritual partner for being with you on this important journey. I'll give you time.....(15 sec)

The following are positive suggestions that I would like you to mentally repeat after me:

Every day in every way I am getting better and better.

I am in control. I create my own reality.

Negative thoughts have no power over me, I am in control.

I create my own reality through the power of my mind, and this is so.

I persistently think and act in the direction of my good and my goal; to be a happy, healthy, relaxed person.

I am love. I am loving, loved and beloved.

I am healed by the Creative Force within me.

My body knows just how to keep me well and I pay close attention to its signals. I obey those signals, I relax, I let go and stay well.

My body systems are co-operating with the surgical procedure, we are all working together to create healing.

My blood pressure is normal. My blood count is perfect.

My lungs breathe easily and effortlessly.

Every day in every way I am getting better and better...

When the time is right, just open your eyes feeling wonder-full, knowing that you are in control of all that happens to you. You do create your own reality. Today, your reality is that of a relaxed healthy human being, feeling balanced in body, mind and spirit. And this is so! If you are using this during the surgical procedure continue to stay at your lake of peace until you hear that it is time to awaken. The recovery room nurse is saying your name. Notice how good you feel and will continue to feel. Your recovery happens quickly, easily and effortlessly, and this is so. You are doing fine. If you are listening to this in preparation for the procedure you may open your eyes now, knowing that you have created a new reality for yourself, and this is so.

(PART 2) - FEAR OF:

Rabies- Cynophobia, Hydrophobophobia, Hydrophobia, Kynophobia, or Lyssophobia.
 Radiation or x-rays- Radiophobia.
 Railroads or train travel- Siderodromophobia.
 Rain- Ombrophobia or Pluviophobia.
 Rape- Virginitophobia.
 Razors- Xyrophobia.
 Rat, great mole- Zemmiphobia.
 Rectum or rectal diseases- Proctophobia or Rectophobia.
 Red color or blushing- Erythrophobia, Erytrophobia or Ereuthophobia.
 Relatives- Syngenesophobia.
 Religion or gods- Theophobia.
 Religious ceremonies- Teleophobia.
 Reptiles- Herpetophobia.
 Responsibility or duty, neglecting- Paralipophobia.
 Responsibility- Hypengyophobia or Hyepgiaphobia.
 Ridiculed, being- Catagelophobia or Katagelophobia.
 Riding in a car- Amaxophobia.
 Right side, things on the right side of the body- Dextrophobia.
 Rivers- Potamphobia or Potamophobia.
 Road travel or travel- Hodophobia.
 Robbers or being robbed- Harpaxophobia.
 Rooms, empty- Cenophobia or Centophobia.
 Rooms- Koinoniphobia.
 Ruin- Atephobia.
 Running water- Potamophobia.
 Russians- Russophobia.

S

Sacred things or priests- Hierophobia.
 Satan- Satanophobia.
 Scabies- Scabiophobia.
 School, going to school- Didaskaleinophobia.
 School- Scolionophobia.
 Scientific terminology, complex- Hellenologophobia.
 Scratches or being scratched- Amychophobia.
 Sea or ocean- Thalassophobia.
 Self, seeing oneself in a mirror- Eisotrophobia.
 Self, personal odor- Bromidrosiphobia or Bromidrophobia.
 Self, being alone- Autophobia, Eremophobia, Eremiphobia or Isolophobia.
 Self, being dirty- Automysophobia.
 Self, being oneself- Autophobia.
 Self, being seen or looked at- Scopophobia or Scopophobia.
 Self, being touched- Aphenphosmophobia.
 Self, that one has a vile odor- Autodysomophobia.
 Semen- Spermatophobia or Spermophobia.
 Sermons- Homilophobia.
 Sex- Genophobia.
 Sex, opposite- Heterophobia or Sexophobia.
 Sexual abuse- Agraphobia or Contreltophobia.
 Sexual intercourse- Coitophobia.
 Sexual love or sexual questions- Erotophobia.
 Sexual perversion- Paraphobia.
 Shadows- Sciophobia or Sciaphobia.
 Sharks- Selachophobia.
 Shellfish- Ostracophobia.
 Shock- Hormephobia.
 Sin or of having committed an unpardonable sin- Enosiophobia or Enissophobia.
 Sin- Hamartophobia.
 Single: staying single- Anuptaphobia.
 Sinning- Peccatophobia.
 Sitting down- Kathisophobia.
 Sitting- Cathisophobia or Thaasophobia.
 Situations, certain- Topophobia.
 Skin disease- Dermatosiophobia.
 Skin lesions- Dermatophobia.
 Skin of animals, fur- Doraphobia.
 Sleep- Somniphobia.
 Sleep or being hypnotized- Hypnophobia.
 Slime- Blennophobia or Myxophobia.
 Slopes, steep- Bathmophobia.
 Small things- Microphobia, Mycrophobia.
 Smells or odors- Olfactophobia.
 Smothered, being or choking- Pnigophobia or Pnigerophobia.
 Snakes- Ophidiophobia or Snakephobia.
 Snow- Chionophobia.

Social (fear of being evaluated negatively in social situations)- Social Phobia.
 Society or people in general- Anthropophobia or Sociophobia.
 Solitude- Monophobia.
 Sounds- Acousticophobia.
 Sourness- Acerophobia.
 Space, closed or locked in an enclosed space- Cleithrophobia, Cleisiophobia, Clithrophobia.
 Space, outer- Spacephobia.
 Spaces, confined- Claustrophobia.
 Spaces, empty- Cenophobia, Centophobia or Kenophobia.
 Spaces, open- Agoraphobia.
 Speak, trying to- Glossophobia.
 Speaking- Laliophobia or Lalophobia.
 Speaking aloud, voices or noises, or telephones- Phonophobia.
 Speaking in public- Glossophobia.
 Specters or ghosts- Spectrophobia.
 Speed- Tachophobia.
 Spiders- Arachnephobia or Arachnophobia.
 Spirits- Pneumatiphobia.
 Stage fright- Topophobia.
 Stairs or climbing stairs- Climacophobia.
 Stairways- Bathmophobia.
 Stand, inability to- Basiphobia or Basophobia.
 Standing upright- Basistasiphobia or Basostasophobia.
 Standing up- Stasiphobia.
 Standing up and walking- Stasibasiphobia.
 Stared at, being- Ophthalmophobia.
 Stars- Siderophobia or Astrophobia.
 Statements, false or myths or stories- Mythophobia.
 Staying single- Anuptaphobia.
 Stealing- Cleptophobia or Kleptophobia.
 Step-father- Vitricophobia.
 Steep slopes- Bathmophobia.
 Step-mother- Novercaphobia.
 Stings- Cnidophobia.
 Stopping- Kyphophobia.
 Stories or myths or false statements- Mythophobia.
 Strangers or foreigners- Xenophobia.
 Streets, crossing streets- Dromophobia.
 Streets- Agryophobia.
 String- Linonophobia.
 Storm, thunder- Brontophobia.
 Stuttering- Psellismophobia.
 Suffering and disease- Panthophobia.
 Sun or sunlight- Heliophobia.
 Sunshine or daylight- Phengophobia.
 Surgeon's fear of operating: work or functioning- Ergasiophobia.
 Surgical operations- Tomophobia.
 Swallowing or eating- Phagophobia.
 Symbolism- Symbolophobia.
 Symmetry- Symmetrophobia.
 Syphilis (lues)- Luiphobia or Syphilophobia.

T

Tapeworms- Taeniophobia.
 Taste- Geumaphobia or Geumophobia.
 Technology- Technophobia.
 Teenagers- Ephebiphobia.
 Teeth- Odontophobia.
 Telephones, noises or voices, or speaking aloud- Phonophobia.
 Telephones- Telephonophobia.
 Termites- Isopterophobia.
 Tests, taking- Testophobia.
 Tetanus or lockjaw- Tetanophobia.
 Theaters- Theatrophobia.
 Theology- Theologicophobia.
 Things, many- Polyphobia.
 Things, large- Megalophobia.
 Things or places, narrow- Stenophobia.
 Things, small- Microphobia or Mycrophobia.
 Thinking- Phronemophobia.
 Thunder- Ceraunophobia.
 Thunder and lightning- Astraphobia, Astrapophobia, Brontophobia or Keraunophobia.
 Tickled by feathers or feathers- Pteronophobia.
 Tied or bound up- Merinthophobia.
 Time or clocks- Chronophobia.

Toads- Bufonophobia.
 Tombstones- Placophobia.
 Tornadoes and hurricanes- Lilapsophobia.
 Touched, being touched- Aphenphosmophobia, Haphephobia or Haptophobia or Chiraptophobia.
 Trains, railroads or train travel- Siderodromophobia.
 Travel or road travel- Hodophobia.
 Trees- Dendrophobia.
 Trembling- Ttremophobia.
 Trichinosis- Trichinophobia.
 Tuberculosis- Phthisiophobia or Tuberculophobia.
 Tyrants- Tyrannophobia.

U

Ugliness- Cacophobia.
 Undressing in front of someone- Dishabillophobia.
 Urine or urinating- Urophobia.

V

Vaccination- Vaccinophobia.
 Vegetables- Lachanophobia.
 Venereal disease or prostitutes- Cypridophobia, Cypriphobia, Cyprianophobia, or Cyprinophobia.
 Ventriiloquist's dummy- Automatonophobia.
 Vertigo or dizziness when looking down- Illyngophobia.
 Virginity, losing one's- Primeisodophobia.
 Virgins or young girls- Parthenophobia.
 Vision: double vision- Diplophobia.
 Voices or noises, speaking aloud or telephones- Phonophobia.
 Voids or empty spaces- Kenophobia.
 Vomiting secondary to airsickness- Aeronausiphobia.
 Vomiting- Emetophobia.

W

Waits, long- Macrophobia.
 Walking, standing up and- Stasibasiphobia.
 Walking- Ambulophobia, Basistasiphobia or Basostasophobia.
 Washing- Abultophobia.
 Wasps- Spheksophobia.
 Water- Hydrophobia.
 Waves or wave like motions- Cymophobia or Kymophobia.
 Wax statues- Automatonophobia.
 Weakness- Asthenophobia.
 Wealth- Plutophobia.
 Weapons, nuclear- Nucleomituphobia.
 Weight, gaining- Obesophobia or Pocreoscophobia.
 Wet dreams- Oneirogmophobia.
 Whirlpools or dizziness- Dinophobia.
 White, the color- Leukophobia.
 Wild animals- Agrizoophobia.
 Wind- Ancraophobia or Anemophobia.
 Wine- Oenophobia.
 Witches and Witchcraft- Wiccaphobia.
 Women- Gynephobia or Gynophobia.
 Women, beautiful- Caligynephobia or Venstraphobia.
 Wooden objects or forests- Xylophobia.
 Words- Logophobia or Verbophobia.
 Words, long- Hippopotomonstrosesquipedaliophobia or Sesquipedalophobia.
 Work or functioning; surgeon's fear of operating- Ergasiophobia.
 Work- Ergophobia or Ponophobia.
 Worms- Scoleciphobia.
 Worms, being infested with- Helminthophobia.
 Wrinkles, getting- Rhytiphobia.
 Writing- Graphophobia.
 Writing in public- Scriptophobia.

X

X-rays or radiation- Radiophobia.

Y

Yellow color- Xanthophobia.

Z

Collective Nouns....

You will remember from the last newsletter that the following question was posed....

Collective Noun.....

A **murmutation** Starlings.... A **troop** of apes.... A **clew** of worms....
A **clutter** of spiders A **herd** of seahorses A **???? of hypnotists!**

Your thoughts, suggestions or answers can be forwarded to mm_newsletter@iinet.net.au and will be published in following editions. **Come on - what are your suggestions for collective nouns for a group of hypnotists?**

Some very good suggestions received – thank you to all who put their thinking-caps on. Suggestions received to date are below:

From Christine Diamond:

Just to say that my daughter and I had a brainstorming over Easter to come up with a name for her artists group, and a collective noun that describes a bunch of hypnotists. My son in law says it should be "hypyestists instead of "hypnotists", but honestly we had a good go at it and had hours of hilarious laughter as we came up with some pretty wacky titles. My seven year old grand daughter came up with "murder of crows, parliament of owls and army of frogs" which amazed me and so we were looking at a murder of hypnotists, parliament of hypnotist, army of hypnotists etc. But the best one my daughter came up with was "handful of harmless hypnotists and a heaped handful of harmless hypnotists and more than a heaped handful of hypnotists"! Maybe, "a shag of hypnotists?"

We had fun going through the "H" section of the dictionary finding hilarious adjectives to describe hypnotists, but couldn't find a collective noun that suits. I can't wait to see what others come up with. It was an interesting exercise in mental gymnastics. Thanks it got the grey cells jumping.

From Jennifer Clare:

Isn't it a **TRANCE** of hypnotists?

From Pauline Howell:

A Gathering of hypnotists

A Collection of hypnotists

A Party of hypnotists

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Your Feedback Requested:

In this edition of the Newsletter, there is a few "Hypnosis in the News" stories. One in particular relates to hypnosis being used to perpetrate a robbery (See page 3).

I think it would be interesting to receive some feedback and your thoughts and comments on this. In fact, I think that it would be interesting to receive your thoughts and comments about any information, story or article within the Newsletter. These comments will be included in a "Readers Feedback" section of future newsletters.

Please rest assured that your comments will not be edited (unless they go beyond a PG rating!) and criticism of any particular article, statement or assertion will be most welcome.

So come on people, start discussing....

(Ed.)

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Hypnosis helps banish fear of spiders

ARACHNOPHOBES were invited to face their fear of eight legged beasts at a therapeutic workshop yesterday.

During the Living With Spiders course at Bristol Zoo Gardens, experts help people with extreme arachnophobia to overcome their fear of the creepy crawlies.

Mary Ison, a counsellor, hypnotherapist and phobia expert, conducts the sessions, which included hypnosis, discussion and relaxation – as well as an optional encounter with spiders.

Simon Garrett, head of learning at the Bristol Zoo, said: "Many people find spiders fascinating, but for others they are simply terrifying and can seriously affect their lives.

"Our culture does nothing to dispel the myths, with spider television programmes often accompanied by sinister music and gothic lighting.

"At Bristol Zoo Gardens we have responded to the demand for people wanting to get over their fear of spiders by offering courses to help them do so.

"On our spider phobia courses, the emphasis is on changing the balance of control, from spiders being in control of people's lives, to people being in control of themselves and their environment."

He added: "Nobody is asked to do anything that they don't want to do." (<http://www.herald.ie/lifestyle/travel/hypnosis-helps-banish-fear-of-spiders-1703937.html>)

Up Coming Dates:

Monthly Ongoing Trainings

Lesson Six: Magnetism and Energy Shifting	Saturday, 30th of May, 2009
5 Step Quit Smoking Certificate	Saturday, 6th of June, 2009
5 Step Weight Loss Certificate	Sunday, 7th of June, 2009
2 day Mind-Body Workshop and Certificate	Saturday&Sunday, 25 th /26 th of July, 2009

Power Hypnosis Course – SYDNEY

(Includes one Day Fascination Training)

Dates Friday 26th June – Monday 29th June 2009

Venue Rydges North Sydney

Power Hypnosis Course – MELBOURNE

(Includes one Day Fascination Training)

Dates Friday 10th July – Monday 13th July 2009

Venue Quest on Doncaster

These four day trainings have their own Certificate and are a requirement for the Advanced Certificate of Hypnosis. The Power Hypnosis Training may also be attended by any person with proven previous hypnosis experience. The June 2009 Power Hypnosis Training will be conducted by Rick Collingwood and Michael Werts.

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General Contact Details:

Rick Collingwood:

Mobile: 0420 322 763

Email: hypnot@iprimus.com.au

Michael Werts:

Mobile: 0401 634 355

Email: michael.werts@iinet.net.au

John Vernes:

Mobile: 0403 839 641

Email: linearhealth@iinet.net.au

Newsletter Email:

MM_Newsletter@iinet.net.au

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Future Articles

The Mind MotivationsTM 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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