

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

October 2009

Greetings to one and all.

I am happy to advise that this is the twelfth newsletter that I have produced so I have been doing this, and thoroughly enjoying it, for a full year now. It is interesting to scan back over the newsletters since the first one in November 2008 and see how the newsletter has developed. Thank you to everyone who has provided feedback and suggestions for newsletter content. It is particularly pleasing to review the emails and comments that have been received about the newsletter, to know that the time and effort is appreciated and the information is valuable to the readership. No opportunity to rest on our laurels though – please keep the suggestions and inclusions coming!

This month Rick and I have once again ventured east and conducted an Advance Mind Dynamics course in Melbourne in the first half of the month. The course was particularly well received and thank you to all those who attended. Toward the end of the month, Rick will be doing a Power Hypnosis Course (4 Day) in Sydney. This will be the first course that the Academy has conducted in Sydney and we wish Rick all the best for this one.

Other than the two trainings mentioned above, things continue to be busy. John has another Certificate course coming up in Perth followed by a Power Hypnosis course. I will be doing a Certificate course in Melbourne in November and

then Rick and I will do another Power Hypnosis Course in December. Special thanks go to Jai Waugh, the Victorian Training Coordinator for all of her efforts in arranging these courses. It makes things much easier to have someone in the city!

Interestingly, I've recently read the new Dan Brown novel "The Lost Symbol". This is his follow-up to the Davinci Code (and not a bad read either). What particularly grasped my attention in this novel is a theme concentrating on the scientific study of the energy fields (and even mentioning remote viewing). In other words – magnetism! It is interesting that, for the last 12 months, Rick and the Academy have been focussing attention on this and now a very popular novel is raising it.

Please enjoy this edition of the newsletter and all take very good care!

Thank you all and please stay well.

Michael Werts
Editor MM_Newsletter

In Brief:

Next Monthly Training is happening on 14 November
- Subject is: **Hypnosis for Addiction and Substance Abuse**

Two Day Traditional Hypnosis course - PERTH 7 & 8 November 2009

Eight Day Certificate of Hypnosis Course - MELBOURNE.

22, 27, 28, 29 November 2009.

For further information please contact Jai Waugh - contact details on last page of the newsletter.

Next Perth Power Hypnosis Course - PERTH 21, 22, 28, 29 Nov 09.

Next Four Day Power Hypnosis Course - MELBOURNE 4, 5, 6, 7 December 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.

Some Quotable Quotes:

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson

Keep steadily before you the fact that all true success depends at last upon yourself.

Theodore T. Hunger

There is only one success--to be able to spend your life in your own way.

Christopher Morley

The Truth About Hypnotherapy

Have you ever considered consulting with a Hypnotherapist?

<http://www.aboutmyarea.co.uk/Lancashire/Bury/BL0/News/Reviews-and-Features/137769-The-Truth-About-Hypnotherapy>

I've written this short article to allay the fears and to dispel the myths of Hypnosis and Hypnotherapy and for those of you who could really benefit from a visit to a qualified hypnotherapist but until now have held back because you don't know what it involves.

My name is David Masters, I'm from Rossendale, and I have been in private practice as a Hypnotherapist and Personal Development Trainer since 1994. That's nearly sixteen years seeing clients from all walks of life, people who have consulted with me about practically every conceivable symptom involving the mysteries of the mind.

Phobia and irrational anxiety, Fear of Flying, Panic attack, Confidence and Self-esteem, Pre-Exam Nerves, Motivation for Slimming and Diet Control, and of course the age old request to quit the habit of Smoking and not forgetting the host of sports and athletic folk looking to enhance their sports performance.

But you know for every one of those people who have consulted me or any other hypnotherapist for that matter, there are a hundred more who could enjoy the benefits of hypnotherapy but don't come because think that hypnosis is some sort of mind trickery or stage act, they think that the therapist would soon have them in his/her power and they would be made to do something against their will.

A history of Hypnotherapy

You wouldn't think that records of Hypnosis and Hypnotherapy techniques had been around for hundreds of years, and that some of the early pioneers of modern day medicine actually used hypnosis to assist medical procedures of the day.



You wouldn't think that we can trace references to trance inductions in early writings as far back as 2600BC when the father of Chinese medicine, Wong Tai, wrote about techniques that involved incantations and passes of the hands.

And looking a little closer to home and modern day records we find that the ancient Egyptians used hypnotic sleep temples whilst another host of recorded information shows that hypnotic procedures crop up in ancient Greece. Indeed, 'hupnos' is the Greek word for sleep,

although the actual state of hypnosis is very different from that of sleep.

The modern father of hypnosis was an Austrian physician, Franz Mesmer (1734 - 1815), from whose name the word 'mesmerism' is derived.

Another forward thinker was John Elliotson (1791 - 1868), a professor at London University, who is famous for introducing the stethoscope into England.

The next real pioneer of hypnosis in Britain appeared in the mid nineteenth century with James Braid (1795 - 1860). Primarily a Scottish eye doctor.



Meanwhile, a British surgeon in India, James Esdaile (1808 - 1859), recognised the enormous benefits of hypnotism for pain relief and performed hundreds of major operations using hypnosis as his only anaesthetic.

In more recent times, the recognised leading authority on clinical hypnosis was Milton H Erickson, MD (1901 - 1980), a remarkable man, and a highly effective psychotherapist.

...Over the years hypnosis has gained ground and respectability within the medical profession. Although hypnosis and medicine are not the same, they are now acknowledged as being related, and it is only a matter of time before hypnosis becomes a mainstream practice, as acceptable to the general public as a visit to the dentist.

If you have ever considered consulting a hypnotherapist, then hesitate no longer, you have nothing to fear and everything to gain.

Frequent Questions and Answers

How will I respond to being hypnotised, I'm not sure I could be 'put under'?

Anyone of reasonable intelligence can be hypnotised and contrary to popular belief, there is no such thing as actually being 'put under'.

At no time are you out of control or under the therapists power, you are not asleep and you will be fully aware of the procedure at all times. People who resist the procedure under the heading of "my mind is too strong" are basically interfering with their own therapy and usually have a misguided understanding of this kind of assistance.

How does it feel to be hypnotised?

Good question and the short answer is, "different for everyone". There is no such thing as a specific hypnotised feeling and the way one experiences the state varies from person to person and even from session to session. The depth of a person's hypnosis is also dependent on a number of variables. Sometimes a very light state is present and sometimes very deep, some people adapt extremely well and quickly, others get better with practice. Everyone who is willing to co-operate can experience good quality hypnosis.

At all times you are fully aware of the therapist's guidance technique, no suggestion can be made that is not fully in your best interest and within the parameters of the session.

You may feel somewhat detached and yet still remain in control; consequently you could break the hypnotic state at any time. (Not recommended if you want to succeed).

Quite often the client finds that the technique is so deeply relaxing that sometimes they begin to enjoy natural sleep patterns and a calmness that stays with them long after the end of the session.

All in all most people would say that they didn't actually feel hypnotised, they were fully aware of the therapists' presence, voice and actions. Yet, all in all, they did know they felt much more relaxed and have somehow become much more focused on their goals.

Finally...

Using hypnosis/hypnotherapy is far removed from the silly and sometimes embarrassing types of suggestive techniques that are used for stage/fun hypnosis and you will not be asked to do or say anything that would cause you even the slightest embarrassment. Make no mistake, your therapy sessions although kept as light-hearted as possible are conducted in a professional manner and a confidential relaxing environment..

Hypnosis: Beyond Mumbo-Jumbo

http://www.huffingtonpost.com/bob-pargament/hypnosis-beyond-mumbo-jum_b_262330.html

Arianna Huffington, while speaking on Bill Maher's show last week, made a wonderful point about the over-medication of kids today and I couldn't agree more. In this pharma-crazed culture we are overlooking some of the most effective means of natural calming and focusing and the best of all may be hypnosis. That's what I do as my life's work and it's great for kids. Many people unfortunately are completely confused by this amazing modality.

Whenever I speak before a large corporation I begin with the same "gotcha" question. I start by asking the audience to raise their hands if they've experienced hypnosis.

Invariably, a few hands go up. Some people explain that they were hypnotized for smoking or weight loss. I then proceed to point out that in fact, everyone in the audience has been hypnotized many times in their lives, maybe tens of thousands of times in actuality. We have all experienced hypnosis.

Quizzical expressions follow, as the audience attempts to understand. And that is my perfect opportunity to start the dialogue about this most misunderstood of mental and physical health subjects. Most people don't realize that hypnosis is a naturally occurring state, and that all of us by necessity enter into a level of what I call organic trance at different times of the day. It is necessary for us because thinking tires our minds and we need to take an occasional break and conserve energy.

Every time you daydream or immerse yourself in the storyline of a good book or movie to the exclusion of everything around you, you are in light hypnosis. Or, perhaps you're driving and get to your regular exit -- but have no idea how you got there. There you were, flawlessly operating a heavy piece of machinery but unaware of your time in that vehicle. Familiar?

Mumbo-Jumbo?

Hypnosis. The very word conjures up misconceptions; the average person may believe that hypnosis lies somewhere between Vegas and Voodoo.

Nothing could be further from the truth.

First recognized by the American Medical Association in the 1950s, hypnosis is the most under-appreciated and misunderstood mental and physical health modality, yet it offers amazing hope for extremely powerful physical and emotional transformations for adults and kids alike. It's not just for weight loss and smoking. It can help your kids concentrate, remove fears, be better athletes, and improve social skills, to name a few.

The definition of hypnosis I use most often is "a state of deep relaxation coupled with intense focus and concentration." Sounds oxymoronic, right? How can one be relaxed and focused at the same time? It seems as if one must display deep concentration to do certain things well. But think of the

times you played tennis as perfectly as you ever had, or were at that party and were in that wonderful charismatic state of "being on". Everything came together. You were in the "zone", a place of simultaneous relaxation and concentration -- a light site of hypnosis.

Hypnosis results from a process that relaxes the conscious, analytical rational part of our thinking, and that allows the subconscious or the "hard drive" of the bio-computer to absorb positive suggestions that can alter our behavior and attitudes -- if those suggestions are in agreement with our belief system. The subconscious accepts all that it sees, hears, feels and experiences without any critical filtering. In other words, it simply records and never sorts through what it records to see if those recordings make sense for our happiness or health. Emotions often get intertwined with these "tapes" -- and voila! Irrational behaviors that may be antithetical to our self-interest show up. We then explain or "rationalize" them away with our rational thinking part.

How Hypnosis Can Help Kids

Hypnosis works wonderfully for kids. Because children have less subconscious clutter on their "hard drives" by virtue of being younger, they can derive major benefits that can be long-lasting. Kids are frequently in a hypnosis-like state of free association as they pretend play and have stream-of-consciousness fun. They all love the experience. Here are some examples of kid subjects I've worked with recently:

A couple who read of my work with kids came to me with their six-year-old son, Ryan (all names have been changed), who was having serious difficulties at school. Ryan was fighting and biting other kids in his kindergarten class. The teachers at his private school were so frustrated with his behavior, they were close to removing him from school. Medication was being considered.

Upon meeting Ryan, I saw a delightful child who needed some strong and positive self-imagery to alter this pattern. Ted, Ryan's dad, described the change. Simply put, Ryan's behavior turned around almost immediately. A year of other therapy didn't put a dent in his aggression. Hypnosis worked amazingly well.

How did I do it? After finding out that his favorite superheroes were the Power Rangers, I easily placed Ryan in hypnosis, and within a few minutes I had him in the fantasy of a Power Rangers conference in which they were discussing the addition of a new team member. The Rangers, I told him, wanted a new member who had to be well behaved and play nicely with all. This obviously lit Ryan up, and I had him hypnotically repeat that he would play nicely with everybody. The fantasy worked. Ryan's teachers (unaware of the hypnosis) immediately reported a dramatic change in his attitude, and he's been great ever since. He's cooperating because he knew the Rangers want him in the group.

Learn Traditional Somnambulism Certificate of Traditional Hypnosis

Due to the academies expansion into the Eastern States and various overseas commitments, after this workshop and the November 4 Day Power Hypnosis training, apart from guest assistance with John Vernes, these will be my last WA trainings.

Announcing a special Two Day Practical Training to be conducted in the training rooms at Technology Park Bentley on Saturday and Sunday the 7th and 8th of November from 9.30am until 4.30pm. Lunch Included both days – Only \$385 inc GST for two days.

These are two distinctly new methods that I have not taught before; they are not Magnetism or Hypnotic Fascination and can be used to ensure that your inductions are deep and effective. This special training is only available to the first 30 students who have already completed their Advanced Certificate of Hypnosis and want to take their induction skills to a whole new level.

This training focuses on inducing deep trance fast with or without speaking by energetic and physical manipulations. The two day workshop has its own training manual, but the in class component is completely practical; comprising of tuition, demonstrations, and supervised practice of the following topics:

Mesmer's Ethereal Fluid Wasn't a Liquid: - Enhance your hypnosis skills to a whole new level; learn exactly what Anton Mesmer's Universal Fluid is and how to transmit it into other people knowingly or covertly.

Somnambulism: - Somnambulism resulted from Puysegur adapting the Animal Magnetism techniques he learned from Mesmer. The trance depths that Puysegur could induce are legendary, and named by him Somnambulism. Somnambulist trance is tantamount to sleep. Puysegur's original method induces fast trance depth down to Coma States. Here's your chance to learn how.

Silent Hypnosis: - These techniques allow trance induction to begin before your client even knows that you have begun.

The above training awards a "**Certificate of Traditional Hypnosis**" and is only available to students who have completed the Power Hypnosis Training and the Advanced Certificate of Hypnosis training.

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4 Day Power Hypnosis Training

(First Advanced Hypnosis Certificate Component)

The next 4 Day Power Hypnosis training will be conducted on **Sat, Sun 21st, & 22nd, and Sat, Sun 28th & 29th of November**. This will also be the final Advanced Certificate of Hypnosis training that I will conduct in WA before John takes the reins 100%. This training awards a "**Certificate of Power Hypnosis**" and a "**Certificate of Hypnotic Fascination**." It is a requirement for the Certificate of Advanced Hypnosis but can be attended as a stand-alone training by any student who has completed their **Certificate of Hypnosis** training.



How to Register

To secure your place for either of these trainings; please complete the relevant application forms and send them with your cheque or money order made payable to **Mind Motivations**, to The Australian Academy of Hypnosis; PO Box 1169. Joondalup DC. WA 6919. Upon receipt of your application form and payment a receipt and acceptance letter will be posted to you.

The fee for the Traditional Hypnosis Two Day training is \$440 inc GST.

Couples (married or co habituating) Traditional Hypnosis only; \$350 each inc GST = \$700 inc GST.

The fee for the 4 Day Power Hypnosis training 1st component of the Certificate of Advanced Hypnosis is \$1320 for the 4 Day component. If you are intending to complete the entire Advanced Certificate of Hypnosis you will also need to complete the 12 on-going monthly trainings. The fees for on-going training must be paid separately to John Vernes either \$990 if pre paid in full (saves \$450) or \$120 payable on the day.

Payment scan be made via bank transfer into the following account; **Mind Motivations; Commonwealth Bank; BSB, 064 012; A/C No 10131014**

Credit Card payments can be made but do attract a \$10 surcharge. Credit Card Payments will appear on your statement as "Direct Hypnosis." To pay by credit card please complete the details below and return this form with your application form.

I (write name as it appears on the card)

.....
authorise Direct Hypnosis to charge my credit card as the details appear below the sum of

\$..... (please fill in amount) for (delete non applicable workshop)

November: Power Hypnosis Training

November: Certificate of Traditional Hypnosis

Credit Card Type. Visa Mastercard American Express (please circle)

Name on Card.

Expiry Date/.....

CCV No: The last 3 digits of the number on the back of the card

Signed Date



Certificate of Traditional Hypnosis Registration Form

Please find enclosed my application and payment, or credit card details, to enrol me for the Two Day ***Certificate of Traditional Hypnosis*** Training to be conducted at Technology Park on Saturday and Sunday the 7th and 8th of November 2009.

Name

Address

..... Post Code

If you have paid by Direct Bank Deposit, please sign here

If you want to pay with your credit card please complete and return the details on page 2

Upon processing your application, an acceptance letter and receipt will be mailed to you.

We look forward to seeing you there

Some Women Giving HypnoBirthing a Try

By DEENA CENTOFANTI

FOX 2 News



http://www.myfoxdetroit.com/dpp/health/090825_hypnobirthing

For many women, pregnancy and childbirth can be a struggle. While conventional medicine can offer hope through infertility treatments, some women are using alternative methods to get pregnant and deliver their babies.

Some local mothers are saying forget the drugs. Instead, take the pain and fear out of giving birth with hypnosis. This is what Tasha Schurgin believes helped her through 36 hours of labor.

It's called HypnoBirthing, a type of hypnosis that teaches pregnant women how to get past the pain.

"It just gave me the confidence to go through the process without using any drugs or anything. I just wanted a natural, healthy pregnancy and delivery," said Schurgin.

"When you're looking at natural childbirth, it's just so much better for mom and baby, and if you have a calm and relaxed mother throughout the entire pregnancy, you are actually growing a calm and relaxed baby," said hypnotherapist Pauline Rzepecki.

Rzepecki teaches moms to be to follow the natural instinct that comes with childbirth. Using deep relaxation, visualization and self hypnosis, she says she takes the fear out of labor.

Juanelle Degiulio tried fertility treatments for years, but believes it's hypnotherapy that helped her get pregnant.

"I went through, I think it was four, four accelerated sessions with Pauline, and then here we are with twins and we're very excited," Degiulio said.

"But switching the affirmations that they may be saying to themselves, 'I'll never get pregnant', to 'I do have a fertile body'," Rzepecki said.

There's no scientific proof that hypnotherapy treats infertility, but Beaumont fertility specialist Dr. William Keye says it can't hurt.

"Hypnosis can change body chemistry, body's hormones, the body's immune response, so it wouldn't be surprising that in some situations that hypnosis could be of some value," Keye said.

Schurgin says she looks at her baby girl and needs no other proof to know that HypnoBirthing does work. "It was definitely a long process, but it was well worth it," she said.

To learn more about HypnoBirthing, visit www.hypnobirthing.com

Quick Snippet...

Early Hypno-history

People have been entering hypnotic-type trances for thousands and thousands of years; various forms of **meditation** play an important role in many cultures' religions. But the scientific conception of hypnotism wasn't born until the **late 1700s**.

The father of modern hypnotism is **Franz Mesmer**, an Austrian physician. Mesmer believed hypnosis to be a mystical force flowing from the hypnotist into the subject (he called it "**animal magnetism**"). Although critics quickly dismissed the magical element of his theory, Mesmer's assumption, that the power behind hypnosis came from the hypnotist and was in some way inflicted upon the subject, took hold for some time. Hypnosis was originally known as **mesmerism**, after Mesmer, and we still use its derivative, "mesmerize," today.

<http://science.howstuffworks.com/hypnosis1.htm>

Quick Snippet 2....

What's in a Name?

James Braid, a 19th-century Scottish surgeon, originated the terms "hypnotism" and "hypnosis" based on the word *hypnos*, which is Greek for "to sleep." Braid and other scientists of the era, such as **Ambroise-Auguste Liebeault**, **Hippolyte Bernheim** and **J.M. Charcot**, theorized that hypnosis is not a force inflicted by the hypnotist, but a combination of psychologically mediated responses to suggestions.

In the proper nomenclature, **hypnosis** refers to the trance state itself, and **hypnotism** refers to the act of inducing this state and to the study of this state. A **hypnotist** is someone who induces the state of hypnosis, and a **hypnotherapist** is a person who induces hypnosis to treat physical or mental illnesses.

<http://science.howstuffworks.com/hypnosis1.htm>

Britannica Concise Encyclopedia: *DEFINITION:* hypnosis

State that resembles sleep but is induced by a person (the hypnotist) whose suggestions are readily accepted by the subject. The hypnotized individual seems to respond in an uncritical, automatic fashion, ignoring aspects of the environment (e.g., sights, sounds) not pointed out by the hypnotist. Even the subject's memory and awareness of self may be altered by suggestion, and the effects of the suggestions may be extended (posthypnotically) into the subject's subsequent waking activity. The history of hypnotism is as old as that of sorcery and magic. It was popularized in the 18th century by Franz Anton Mesmer (as "mesmerism") and was studied in the 19th century by the Scottish surgeon James Braid (1795 – 1860). Sigmund Freud relied on it in exploring the unconscious, and it eventually came to be recognized in medicine and psychology as useful in helping to calm or anesthetize patients, modify unwanted behaviours, and uncover repressed memories. There remains no generally acceptable explanation for hypnosis, though one prominent theory focuses on the possibility of discrete dissociative states affecting portions of consciousness.

St. John abuzz over teammates' hypnosis

<http://www.kansas.com/archived/story/974594.html>

After the St. John High School boys team had won the state basketball championship two years ago and was runner-up last year, the team went just 7-6 through last week.

So the coach tried something different: hypnotism.

Most team members underwent two 45-minute sessions last week to increase their concentration and focus. It's not clear what happened during the sessions; the therapist who led them wouldn't say, and the coach did not return phone calls.

Monday night, the school board voted to stop the sessions.

"It won't be going on any more at school," said superintendent James Kenworthy. "If parents want their child to do that, they can contact the licensed therapist on their own."

Hypnotizing students perhaps sends the wrong message to students and surrounding schools, said Kenworthy, who has requested a transcript of the sessions.

"At the high school level, it's not appropriate. We are trying to get kids to understand who they are and what they are. It may give kids a mixed message if you can't do it on your own."

Winning basketball teams are a tradition in St. John, a town of 1,200 about 90 miles northwest of Wichita.

Kenworthy said the hypnotism of the Class 1A team has been the talk of the town.

Coach Clint Kinnamon had sought the help of Carl Feril, a Church of Christ minister who is also a clinical family and marriage therapist.

Feril would not discuss what happened during the team's sessions, saying his was a privileged therapist/client relationship.

"Any client I work with, particularly a minor, would always have a written

parental consent," Feril said. "I cannot confirm or deny I work with those people."

He did say he has worked for 20 years with people suffering from anxiety disorders and depression.

Players' parents received letters last week asking them to sign permission slips for their sons to participate in the hypnosis.

School board member and parent Mitch Minnis gave his permission.

"My son says, 'Dad, it's pretty cool. It's hypnotism!' We saw it as more of helping the kids with focus and concentration," he said. "Ninety-nine percent of the boys bought into it."

Minnis said the letter said that the hypnosis wasn't mandatory, so he wasn't concerned.

"If they were blindfolding kids and making them walk off the south pier of town, I might be concerned," Minnis said. "But I think this is a novel approach and it might even help them do good in school work if they know what buttons to push to concentrate."

At least one parent had concerns.

"We just asked our son not to participate and we didn't sign the paper," said Merlin Spare, a school board member and St. John's track and cross country coach.

"I am a coach myself and I try to teach kids to be visionary and believe in what they are doing," Spare said. "I think a person who is solid on their feet doesn't have to do this. I think it is something a person could rely on and become hooked to."

The Kansas State High School Activities Association has strict rules about what players can and cannot do. But hypnosis isn't mentioned in the rules.

"We have rules . . . about performance-enhancing substances -

the clause of anabolic steroids . . . issues with drugs, alcohol and tobacco. I guess we have not encountered the question. It's just never come up," said Gary Musselman, executive director of the Kansas State High School Activities Association Musselman.

Scott Ward, a sports psychologist with the University of Kansas, said hypnosis is not believed to be that effective in sports.

"When I think of hypnotism I think of someone going into a comedy club and being hypnotized to cluck like a chicken," Ward said. "It's not used in sports with the leading athletes."

On the other hand, visualization and imagery techniques frequently are used.

"The premise of sports psychology is to give power to the athlete and have them getting more confident and motivated using the tools they have within themselves," Ward said. "But really, when was the last time you saw Kobe Bryant or Peyton Manning stick their finger to the palm of their hand to get ready for the next play? I do not believe or encourage anybody to use hypnosis."

Tuesday night, the St. John Tigers played the Western Plains Bobcats in Ransom. They won 53-43.

Before the game, Bobcats assistant coach Jerod Horchem was a bit incredulous when he heard about the hypnosis.

"Personally, I'm not concerned," Horchem said. "If we did something like that - we'd probably hypnotize our guys, they'd fall asleep and never wake up. But if that would make them shoot better and I could do that in the next 10 minutes, then get me a watch on a string."

"What it all comes down to is playing hard. You look for things that will bond the team. It doesn't matter what it is, if it helps, that's good."

I'd be interested to know what the readership thought of this – using hypnosis for school aged team based sport performance improvement. Is it ok? Is it going too far? Is it fair?

Ed.

<http://watchwithmothers.net/2009/09/17/newsgush-derren-brown-aims-to-control-the-nation/>

Several Twitter-wags have already made the amusing point that it's not actually too much of a feat, this one. After all, most people who spend Friday night watching the box on a Friday night are either half-asleep from working too hard during the day or are semi-comatose on a substance of their choice, be it hyperskunk, Lambrini or jellies. Even if they're fresh and attentive, if you're watching TV, you're already in a situation whereby staying on your bottom is far easier than actively using a complex system comprised of limbs, muscles, bone and tendons to get up on your feet. So all Brown really needs to do is remind us that we're probably in the best place we possibly could be – and that there's really no point in moving.

The success of the experiment will ultimately depend entirely on whether or not people are generally sceptical or genuinely interested to see how it goes. If they're in the latter camp – ie, willing to sit and watch without cynically questioning what's going on – he's likely to have his way and cement his status as the UK's premier warlock.

Worth a watch, whether you're into it or think it's all piff!



<http://www.thepeoplesvoice.org/TPV3/Voices.php/2009/09/01/mass-mind-control-is-upon-us-it-s-time-t>



Because of the passive, hypnosis-like viewing of television as well as its predominance in the homes of nearly all Americans, the television is one of the most powerful tools used today. As of 2009, six companies controlled all of the major media outlets in the United States. That is a very small number of people controlling all of the information that streams into millions of homes across America each day through their television sets. In recent years, a number of investigations and exposes have revealed that these giants' silence independent voices and investigations, discourage journalism that interferes with the agendas of special interests, and eliminate diversity in the information they provide. Because of the control that these companies have over the information that most Americans receive on a daily basis, these criticisms and revelations are never known by most of the American public.

These media giants work hand and glove with the federal government as well as many multinational corporations to disseminate carefully planned messages. Through the television and other forms of media, they tell you what to think about, what to worry about, what to smile about, and what to be scared of. They have sold the public on the idea of the newscaster being an extension of the family, a trusted figure who encourages the acceptance of the information being presented as true and accurate. In 2008, the pentagon spent more than \$2 billion compensating major media outlets for disseminating public relations messages. These messages are delivered to the television viewer as news produced by the television station, not as paid and produced by the pentagon. In the same year, pharmaceutical companies paid television outlets more than \$4 billion for advertising, which included Video News

And yet while all this has been happening behind the scenes, the American public has been duped into staking all their trust in select major media outlets as they express brand loyalty in television stations, newspapers, and magazines. Many people have been tricked into believing that the mainstream media reports only objective news while any information delivered from outside the mainstream is to always be questioned. Somehow the public has bought into the idea that the TV wouldn't lie to them. Many people will not pay any regard to information that is not covered by the major media; if they did not hear about it on the nightly news then they simply don't care. This is the mindset that the major media moguls want us to have, as we are willfully ignorant and obedient to their every direction. Our unanalytical and loyal viewership is in their best interest.

Major media news networks continually bombard us with the possibility of an endless amount of scenarios, which produce fear and then shape our reactions to real situations. This is predictive programming; it gets us familiar with an idea so that when it happens we expect it and do not react and question. Although most people refer to television programming as the shows that are aired on television, it can also refer to the programming of the people that occurs on a daily basis. Most people believe they are just simply being entertained, but they never realize that their way of life is being shaped for them and their thoughts are actually being given to them. They are being familiarized with ideas, concepts, and fear so they won't question certain interventions in the future. TV gives us what messages must be imprinted in our minds, gives us what button to push in what sequence, and if it's done the right way with the right production and the right propaganda then the public will react and do exactly as they've been programmed to do.

When one continually controls the information, one controls the people absorbing the information. The manufactured and controlled information on TV can be referred to as the signal and that constant signal is what shapes and guides the masses to their conclusions. In order to take back our minds, we must first learn to "Unplug the Signal." By turning off your TV you will realize the world that you're living in is suddenly very unfamiliar to you. You will see that news of no importance is constantly debated and analyzed, and as you listen to the conversations of people around you, you realize they're talking robots just repeating what they've heard on the news. This is exactly what Zbigniew Brzezinski talked about in his book "Between Two Ages". He said, "Shortly, the public will be unable to reason or think for themselves. They'll only be able to parrot the information they've been given on the previous night's news."

Script of the Month:

Worrying

You are now deeply relaxed and the suggestions that you hear will have a permanent and immediate effect on your subconscious mind - you will hear every word that I speak - even though you may find your mind wandering away at times - because right now - nothing else matters - nothing - except for this wonderful feeling of relaxation that you're experiencing.

At this moment is as though you haven't a care in the world - nobody wants anything - nobody needs anything - there is absolutely nothing at all for you to do except relax and let go - and just enjoy the feelings that are being generated within you.

You're beginning to realize that all that worrying that you've been doing over the past few years hasn't done any good at all. Life is a series of ups and downs and we have to experience the lows to really appreciate the highs and the middle ground - but when things went wrong in the past you worried until you made yourself ill - and did it do any good?

Ask yourself - does worrying change or improve anything for you? Worry creates stress - worry creates lines on the brow - nobody really likes a worrier because it can make them worry as well - because just like laughter - worry is contagious.

So you decide right now, here in hypnosis - that you're going to react more positively in future - instead of worrying your life away you'll take life's ups and downs in your stride and remain calm, collected and confident. Just remember the three C's - calm, collected and confident - that's you.

There may have been times when you tried to sleep and all life's problems went round and round in your head - that happens a lot to worriers - because their mind is still trying to sort things out - and niggles at the back of the mind tend to come forward when we're close to sleep.

If that's happened to you - don't worry - simply remember the three C's and remain calm, collected and confident. You remain calm because there's no point in worrying - that won't resolve a thing - your thoughts are collected - there in your mind - and you're confident that your subconscious mind will find a solution if there's one to be found.

And because you trust yourself - you find that it's easy to drift off somewhere nice before going to sleep. Because you know that any problems in your mind - can be resolved at night in your sleep.

So drift away now - to a special place - and leave all those worries and cares behind - you can put them in a drawer or a cupboard - ready to be dealt with at a more appropriate time - or you can send them away on a big black cloud - that cloud that's been hovering over you - send your worries up there - and bring a gust of wind to blow them away - just blow them away.

Because right now you're just enjoying these wonderful feelings of calm tranquillity - and I wonder if you can see or sense a beautiful stairway in your mind? A stairway with hundreds of steps - going down and down to a beautiful place - and you can begin to descend - gently downwards - going deeper and deeper into hypnotic rest - deeper and deeper - down and down - and as you go down you may notice - beautiful colours - rich, warm hues - or it may just be comfortably dark and reassuring - you may see paintings on the walls - or chandeliers hanging from the ceiling - or the ceiling may be a



velvety sky with millions of stars twinkling like diamonds high above.

You may notice a beautiful fragrance - that could remind you of something from your past - notice it now - perhaps a special person's perfume or a childhood smell that you loved - can you notice it now?

And as you go deeper down - you decide once and for all that worrying doesn't do any good. From now on you always remember the three Cs - calm, collected and confident - and that makes you feel good - you're in complete control of your mind - your body and your health.

Remain in hypnosis for another few minutes whilst you enjoy these wonderful feelings - as you reach the bottom of the stairway and looking around - see the beautiful scene that meets your eyes. Just enjoy being here - in your special place - and notice how this place becomes now - a part of you - a wonderful place where you can visit again whenever you wish - all with the power of your mind.

(Pause for two minutes)

Good - now when you're ready - I'm going to count from one to five and at the count of five you'll be wide awake.

One, two, three, four, five.

[illegible]

Deepener

As you become more and more at ease, it doesn't matter if, at times, you find your mind just wandering away to some pleasant thought, because your inner mind continues to listen and enjoys the growing sense of peace, harmony and tranquility that is growing and developing within you now.

And you know those wonderful feelings that you have when sleeping soundly, how you sometimes wish that you could just be left to doze and slumber. You remember how you felt, lazily laying on a lawn, or a beach in the sun, perhaps, drifting in and out of a dozing sleep, yawning, and just wanting to stay where you were.

In a moment I'm going to count slowly back from ten to zero and as I do, you find that you relax more and more with each number I count, until just as you've felt on those lazy occasions in the past, you feel just as deeply relaxed once again. Ten, feel yourself going down, nine, lazily drifting, eight, relaxing more and more, seven, going deeper down, six, deeper and deeper, five, halfway to relaxation, four, and that wonderful, comfortable feeling, three, two, almost there now, one and zero.

And as you relax even deeper now, you can imagine that it's time for you to demonstrate your skill and ability as the competent driver that you now are. - for you have a certainty deep within you that you are going to succeed.

And it is the day of your driving exam and you feel so calm and so relaxed. Visualize yourself arriving at the test centre, just a few minutes early, to find that your instructor and examiner are already there, waiting for you. You greet with a warm smile and after completing the formalities you take your seat in the car, next to your examiner.

You notice that the examiner is just an ordinary person. Nothing special, nothing extraordinary - just a person, doing a job. You fasten your seat belt and adjust your mirror, making any necessary checks and adjustments before switching the engine on.

You put the car into first gear - you signal and take off the hand-break, making sure there are no other cars coming along. And now you're pulling out and overtaking the parked car in front of you. Your hands are resting lightly on the steering wheel as you pull onto the road with the ongoing traffic. You change gear again and drive smoothly and confidently away from the test centre, onto the busy road.

And at this time you feel very calm and very relaxed. You feel calm, relaxed and confident, as you move along, effortlessly, easily. Driving comes naturally to you. You are a very skilled and competent driver, and you are certain of your abilities. Your actions and reactions are very quick and very alert and you automatically know what to do, in a calm and confident manner. Your concentration is totally focused on the road ahead, and the signs, the traffic, the environment are all registered in your awareness.

You're asked to do a three point turn - see yourself doing this calmly and competently, feel the car moving - gliding just as you want it to go, like putty in your hands, so pliable, so easy to move, so comfortable.

Next you do an emergency stop. And it's so easy for you because you're a calm and competent driver, you're very focused and alert, your actions and reactions are fast and accurate, you know exactly what to do.



You continue driving, always keeping the correct distance from the cars in front, always remained focused and fully alert, responding quickly to any requests made of you from your examiner, feeling very calm and very relaxed.

And as the exam comes to an end, you park the car back at the test centre. Remove your seat belt and your examiner is handing you a piece of paper. And you don't even need to read it to know what it says, because your driving was spot on - perfect - you showed your skills and competence as a first class driver.

Now, knowing you've passed your test, see your reaction - you're elated - you feel wonderful - you feel like jumping for joy - you feel marvelous. Really enjoy this wonderful feeling, this positive, confident feeling, hold that feeling deep within you, as a positive expectation - knowing without a doubt that you will pass your driving test.

'Hypnotic' bank robbers arrested

By MANDEEP SINGH, Posted on » Wednesday, August 19, 2009

<http://www.gulf-daily-news.com/NewsDetails.aspx?storyid=257907>

'A FAMILY of bank robbers', who allegedly hypnotise cashiers into giving them money, have been arrested, police said yesterday.

The couple, along with their infant son, operated as a family and are accused of robbing banks and finance company cashiers in Manama for the last few months.

Their latest robbery was reported by a bank cashier on Sunday, who claimed to have been "hypnotised" into parting with BD900 when given a \$100 banknote to exchange.

"The incident was reported to the police close to midnight when they set up a team to try and track down the culprits," said an Interior Ministry source.

"Acting on specific information and on the basis of some eyewitnesses' accounts, they were tracked down in about 12 hours."

The couple are being interrogated, but it was still not clear what nationality they belong to, according to the source.

"They are constantly trying to mislead the police by saying different things," he said.

They first told police they are Iranians then said they are from Turkey and later said they are from Syria.

"Public Prosecution permission is now being obtained to search their apartment and other places as well as look for their accomplices," said the source.



It is believed they have been operating in such a way for the last few months and are perhaps illegal residents in the country.

"They reportedly approach cashiers and claim they are visitors who want to exchange currency," said the source.

"They reportedly get the cashier under the influence of hypnosis who then parts with more money than he or she is supposed to give."

The source would not reveal the name of the bank where the incident took place, saying further investigation was in progress.

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Use Hypnosis to Research Conversion Disorder

http://www.naturalnews.com/027012_hypnosis_hypnotherapy_paralysis.html

(NaturalNews) Research has been conducted to learn more about the benefits of hypnosis. Hypnosis has also been used to research neurological and psychological disorders such as conversion disorder. Hypnosis is a natural method that can be used with no side effects. Hypnosis can be used as a tool to help research areas of the brain that are not understood.

According to the Mayo Clinic, conversion disorder is diagnosed when people show psychological signs of distress in physical ways. The disorder often occurs after a traumatic or stressful experience. An example of conversion disorder would include becoming paralyzed after a fall, without actually experiencing an injury. Conversion disorder usually affects one's senses or movement such as sight, hearing, and ability to walk. For most people, the disorder lasts a few weeks after a traumatic event, but for others it can be more severe.

Conversion disorder often occurs along with other underlying psychological problems. The disorder is more common among women, children, and young adults. Along with counseling and physical therapy, the Mayo Clinic lists hypnotherapy as a form of treatment for conversion disorder. Hypnosis helps people with conversion disorder resolve psychological problems.

A series of studies have been conducted that used hypnosis to learn more about conversion disorder. Participants in the studies reported experiencing blindness.

deafness, or paralysis. All had been diagnosed with conversion disorder without any apparent cause of the symptom. Researchers believe that there are similarities between conversion disorder symptoms and hypnotic phenomena (Oakley, 2006). Other studies were then conducted to research the link between hypnosis and conversion disorder.



In one of the studies, half of the participants consisted of people with leg paralysis who had been diagnosed with conversion disorder. The other participants consisted of healthy individuals who were made to believe they had leg paralysis under hypnosis. Participants then received a PET scan of their brain. The results showed that those who had hypnotically-induced paralysis showed different patterns of brain activity compared to those who were deliberately feigning (Halligan, Athwal, Oakley, & Frackowiak, 2000).

This series of studies show that hypnosis can serve as a research tool. The studies were able to determine who actually had conversion disorder and who was faking the disorder, all with the help of hypnosis. Hypnotherapy can be used as a treatment in helping people who suffer from conversion disorder and it can also help diagnose the disorder. Hypnotherapy is a powerful tool with no side effects. Its ease of use can help aid researchers in learning more about physical and psychological disorders.

Just a Thought: This Weekend's Hypnosis

<http://watchwithmothers.net/2009/09/21/just-a-thought-this-weekends-hypnosis/>

Great success this weekend for a TV show using subliminal imagery, emotional manipulation, audience-flattery and deliberately-paced editing to lull the viewer into a sticky situation, whereby they cluelessly watch the box against their own intellectual will.

Full credit to Simon Cowell for hoodwinking the nation and making the auditions-phase crap that he created pass for entertainment in the minds of UK audiences. And commiserations to Derren Brown, who tried an experiment, flagged that it *was* just an experiment, told the viewer it may well not work, then found himself derided by a viewership with cynicism-radars that might be described as confused – or, at least, pointed in utterly the wrong direction.

Casting an eye over Twitter on Friday night after the Derren Brown hypnosis experiment, you could've been forgiven for thinking the mentalist had earlier announced he was going to take over the entire world and every human mind in it. 'Control The Nation' was obviously a playful title, but people's reactions were strangely vituperative. Obviously checking Twitter for public reaction is like checking into Curmudgeonly Sarcasm Central and asking how people are finding this wonderful life, but still – I expected a few people to say it was a brave but doomed attempt.

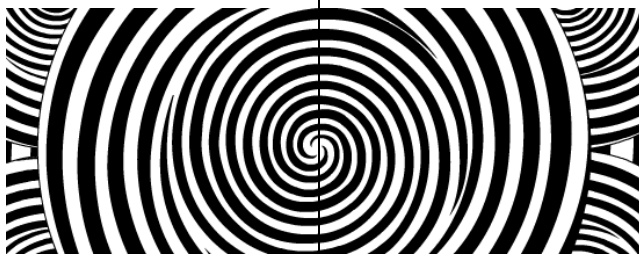
And doomed it was, because people are automatically defensive when hypnosis is mentioned. Despite the fact it aids people in quitting smoking and can, in some cases, heal the scars of trauma, the 'stage' element of it tends to worry people. There are a few stories bouncing about regarding mental illness onset by the process and nobody really wants to be made to cluck like a chicken before their peers, so it's no surprise viewers resisted the light trance the show set out to instill. I watched and was completely open to it, but still I was able to stand come the end, though I did feel far more relaxed than I had been before the show.

I think the problem really lies in the fact that the most effective hypnosis comes about through a collaborative process. If you're blindly trying to relax a nation that is dismissive of your intentions, where you have no control over the fact they're probably talking amongst themselves and where you're unable to react to their body language, then the task isn't just uphill – it's vertical. But it's impressive that Brown even tried, if you ask me, and I enjoyed the show for the oddity that it was.

Far more worrying is the trance brought about by The X Factor as the show reached the end of the auditions phase on Sunday with some of the weirdest emotion-prodding footage they've ever put out. The stuff with the autistic guy was bizarre and tasteless – not because it's wrong to allow someone with the condition to take the stage, but because it's wrong to milk audience sympathy by exploiting the man's predicament. I honestly have no idea why The X Factor believes we should offer a standing ovation for a man who can't sing, simply because his brother died recently, but implies we should all howl with laughter at an overweight girl with crossed eyes who *also* can't sing. The simple fact is – neither of them can sing. Why discriminate based on anything other than their voices?

But check Twitter during The X Factor, and there are reams and reams of sardonic, 140-character jibes. And the problem is, they're not aimed at Cowell, Cole, Walsh or Minogue. They're aimed at those auditioning. They're aimed at the factory-workers, shop assistants and catering staff who thought they'd give it a go but hadn't realised their limits.

People have fallen for The X Factor hook, line and sinker – stuck to their sofas, ignorant toward their own higher intelligence and joining in the prole-kicking because they're being dictated to by a master hypnotist. Sometimes it's hard not to feel the world's upside down.



Some Helpful Links:

Mind Motivations – Hypnosis Scripts:

<http://www.mindmotivations.com/hypnosis-forum.shtml>

(300 + Hypnosis scripts, inductionis, deepeners etc. New members will need to register (free))

Mind Motivations – Newsletters

<http://www.mindmotivations.com/hypnosis-media-news/?p=328&preview=true>

(a copy of the present and all past Mind Motivations™ and Australian Academy of Hypnosis™ newsletters)

www.hypnothoughts.com

(Free membership – discussion forums. Join for membership. In excess of 4,600 members, 1,180 videos, 3,600 discussions)

Fidelity Hypnosis

<http://www.fidelityhypnosis.com>
About Fidelity Hypnosis

Hypnosis will help you succeed when everything else fails!

If you've been looking for ways to make changes in your life that will make you feel healthier and happier, hypnotherapy is the solution. If you have made the decision that now is the time to conquer what's been holding you back from true happiness, then you have now discovered a way to easily and effortlessly make powerful, profound, and permanent changes to improve the quality of your life.

Hypnosis can help you stop smoking, lose weight, improve self-confidence, get over the fear of public speaking, improve health, manage pain and create a better life very easily. Hypnosis also offers stress and anxiety relief, and much more.

Stop Smoking in One Hour

Hypnosis has proven to be the best, most effective, easiest, safest and most natural method for people to stop smoking. While drugs may work for awhile, they have adverse effects on your body, finances and mind. So if you want to quit smoking and have smoked heavily forever or just started smoking, there is no better or easier way than with hypnosis.

After being hypnotized to stop smoking, upon opening your eyes you will feel like a non-smoker and smoking will feel like a past distant memory, like something you once did a long time ago. Will it work for you? The answer is, if you believe it will and you want it to, then absolutely.

You won't have the cravings, urges or desires to smoke, instead you'll feel happy and healthy. The smell of smoke will be unappealing and unappetizing as if you had been a nonsmoker your entire life. You will not miss the tobacco or nicotine

As a former smoker myself, I have an understanding of the smoking addiction and all the issues you will face when you make the decision to quit. Hypnosis is a proven stop smoking program that allows you to quit smoking quite easily. Most clients stop smoking and leave the harmful

effects, risks, and hazards of smoking behind after only one hypnotherapy session.

Weight Loss

Hypnosis combined with Personal Life Coaching are very powerful and effective tools for weight control and weight loss. At Fidelity Hypnosis we can help a person lose weight quickly and healthy, and most importantly, keep it off. Why? Hypnosis works at the subconscious level of our minds, the source of our self sabotaging behaviors and habits. When we can go to the source of the unwanted habits, emotions and behavioral patterns, we can eliminate or neutralize them and introduce new and positive ones so the pounds melt away.

You can change your sub-conscious mind and actually "re-program" it to help you release your weight. You can re-program it to help you change your eating patterns, help you want to exercise and to enjoy it, and to love the results. You can re-program it to do all of this without transferring your nonsupporting habits of excessive eating and too little exercising to other "negative" habits.

Hypnosis for Stress and Anxiety

What Is stress? Stress is any condition, conscious or unconscious, that impairs the body's natural efficiency. Good health is one's ability, inborn or learned, to adapt to life's changes and challenges.

Stress is one of the things millions of people share around the world today. There seems to be stress in everything we do. Stress at work, stress in family, stress in a relationship, stress in exams and a million other things.

How Well Does Hypnosis Work?

A Comparison Study by Dr. Alfred Barrios, Published by American Health Magazine Reveals the Effectiveness of Hypnotherapy:

- Psychoanalysis: 38% recovery after 600 sessions
- Behavior Therapy: 72% recovery after 22 sessions
- Hypnotherapy: 93% recovery after 6 sessions

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Failures do what is tension relieving, while winners do what is goal achieving.

Dennis Waitley

The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will.

Vince Lombardi

I cannot give you the formula for success, but I can give you the formula for failure--which is: Try to please everybody.

Herbert Bayard Swope

The Benefits of Using Hypnosis in a Pediatric Setting

http://www.naturalnews.com/026295_hypnosis_hypnotherapy_self-hypnosis.html

(NaturalNews) Hypnotherapy is a natural and safe form of relaxation. The person receiving hypnosis is always in control whether the hypnosis is being administered by a licensed hypnotherapist or through self-hypnosis. Hypnosis is particularly effective in children, because it often requires creative visualization. This imagery easily allows children to be in a relaxed state. Being in a state of hypnosis allows children to work on a various number of things such as pain and anxiety, in a productive and natural way.



O'Grady and Hoffmann (1986) evaluated the use of hypnosis in a pediatric setting. Hypnosis was found to be highly successful when children have high expectations from hypnotherapy, a good relationship with their hypnotherapist, and the ability to be hypnotized. They also found that success was more prominent when the children and parents had a positive relationship with the pediatrician.

These researchers looked at cases in which children used hypnosis. Looking at one particular pediatric hospital, they found that 5% of the children were using hypnosis to improve their symptoms. The study found three particular areas that have shown to improve symptoms in children when using hypnosis. One symptom includes pain. Hypnosis enables children to control pain, reducing the severity and reducing the frequency of painful episodes. Another symptom that hypnosis can improve is anxiety in children. Hypnosis allows children to relax and cognitively reduce anxiety and stress. The third area that hypnosis can help children with is undesirable habits. Hypnotherapy allows children to replace negative behaviors and habits with positive ones through the power of suggestibility.

Goldberg (1987) studied the benefits of psychoanalysis in changing behavior. He found that psychoanalysis was more effective when combined with hypnosis in changing behaviors. Hypnosis works by reprogramming negative behaviors using positive suggestions. These negative behaviors, in time become positive behaviors. This has many potential benefits in helping children change their negative behavior patterns into positive behavior patterns.

Another method of hypnosis that has been found to have many potential benefits in children is the use of self-hypnosis (Gardner, 1981). Self-hypnosis allows children to perform hypnosis on themselves at any time they choose. It allows them to be in control of their symptoms when and where they want. Self-hypnosis works best when both children and parents are open to the idea of learning and practicing hypnosis.

Hypnosis has many potential benefits when used with children. Whether a child is suffering from pain from cancer or they are showing hyperactivity behavior with ADHD, hypnosis can help improve their symptoms in a natural and safe way. Hypnotherapy uses the power of positive suggestions to help children reprogram their subconscious minds so that they are in control of their symptoms.



Up Coming Dates:

Monthly Ongoing Trainings

Lesson Eleven: Hypnosis for Addiction and Substance Abuse	Saturday, 14th of November, 2009
Eight Day Certificate of Hypnosis Course PERTH	17, 18 & 28, 29, 30 October 2009
Eight Day Certificate of Hypnosis Course MELBOURNE	21, 22 & 27, 28, 29 November 2009
Four Day Power Hypnosis Course PERTH	21, 22, 28, 29 November 2009
Four Day Power Hypnosis Course MELBOURNE	4, 5, 6, 7 December 2009

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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

Victorian Training Coordinator

Jai Waugh

Mobile 0412 879 850

Email: jaiwaugh@bigpond.net.au

Newsletter Email:

MM_Newsletter@iinet.net.au

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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.

hypnosis definition

hyp·no·sis (hip nō'sis)

noun *pl.* [hypnoses](#) -·ses' (-sēz')

1. a trancelike condition usually induced by another person, in which the subject is in a state of altered consciousness and responds, with certain limitations, to the suggestions of the hypnotist

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