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IACT / IMDHA



Dear friend and colleague,

It's spring and we take great pleasure enjoying the beauty of the season. The flowers are blooming, the trees are budding, the weather is warmer, and even the sun shines more brightly in anticipation of the awakening of Mother Earth. I believe the season brings forth the promise of continued growth and brighter tomorrows.

We understand beliefs to be known truisms of the subconscious mind. Beliefs define who we think we are; what we believe we can (and cannot) accomplish – and are carried over into every area of our lives.

This holds true of the Association. We believe in employing a set of standards by which each certified practitioner is held accountable for their training, continuing education, code of ethics, scope of practice, language and so on. As you have a responsibility to your clients to give them your very best, we also believe that we, in turn have a responsibility to you, our members, to do likewise.

Our profession is ever-changing and evolving. For this reason, we have implemented several ways in which you are able to grow professionally; to enrich your skills and become better at what we do best. We offer resources that appeal to all forms of communication. The daily posts on Social media, monthly eNewsletter and Virtual Library pages are all accessed electronically. The quarterly journal is an all-time favorite to most practitioners. The journal is a great representation of the profession and often finds its way into the reception area or lounge of the practitioner's office. In addition, we encourage participation in the annual Hypno Expo conference, Galaxy of Stars symposium and online specialty courses. They all provide you with excellent support and superb training.

While there are many venues by which you can acquire continued education, before selecting I encourage you to consider the following:

Not all courses and educators are equal. There are lots of them out there, many claiming to be great, with few factors to verify the claims. The savvy practitioner following due diligence will go online, research and ask questions. Knowing your options will lead to making a wiser, more educated choice.

Understand your objective. Look for something specific that will address your area of weakness rather than skate through a repetitive class that is non-challenging in nature.

Step outside your comfort zone and seek courses that challenge or even provoke you. I know from personal experience, having sat in many classes that did not align with my own beliefs. In the words of attorney and politician Dudley Field Malone, 'I've never learned anything from someone who agreed with me.' Courses that challenge or provoke will, if nothing else be engaging in their own unique way.

Our obligation to you does not stop with training opportunities. We are here to support you at every level. In a profession that is largely unregulated, I am reminded of the popular phrase 'It takes a village...' and contemplate how most would complete this phrase as it relates to our profession. Isaac Newton once said, 'If I see further it is by standing on the shoulders of giants.' There is an undeniable truth that the global presence Hypnotism has reached in the twenty-first century is due to cumulative years of hard work and persistence of those who walked the path before us. For that reason, we strive to collaborate and communicate with leaders, legislators, counsel, advisors, board members, and like-minded professionals who have the best interest of the profession in mind.

In a world of uncertainty and ambivalence, you can feel confident belonging to an Association with a deep-rooted history and decades of experience. This Association was founded on solid principles, ethics and integrity and we aspire to live by those principles daily. We strive to work harmoniously with others and will continue to do so.

This is an excellent time to be a hypnosis practitioner. You belong to an Association that has successfully implemented some of the highest certification standards in the profession. Be proud of your affiliation. We're proud to have you.

My warmest and most sincere regards,

Robert Otto



"Coming together is a beginning. Keeping together is progress. Working together is success." – Henry Ford



INDIVIDUALIZED GROUP MENTORING

By Paul Aurand

Based in New York City, Paul Aurand travels the world conducting sessions and teaching transformational workshops and training courses. He is an award-winning Master Practitioner who has worked in the field for nearly 30 years. Paul has been honored as "Educator of the Year" "Therapist of the Year" and "Hypnotherapist of the Year." Paul has been featured in the films Flipside, On the Threshold, Dying to Know, and Discovering Regression Therapy for his ground-breaking work with NDE Regression and Life Between Lives Regression.

After years of running trainings around the world, I recognized the need for mentoring and community, for new and practicing Hypnotherapists. In answer to that need I created an online mentoring program I call Individualized Group Mentoring. I offer you the same opportunity for mentoring here through The Unlimited Human. I invite you to submit questions you have about cases or topics for this mentoring column to Paul@PaulAurand.com.

One of the questions we often get in our mentoring group is "How do you prepare a client for regression therapy?"

Preparing for Hypnotic Regression

The success of a hypnotic regression depends so much on thorough client preparation before the induction or actual regression! Here are some of the things that will help you lay the groundwork for a meaningful and therapeutic hypnotic regression.

Establish the Intention of the Regression

What is the intended outcome? It is essential that you clarify with your client what the goal of the regression is. If there are multiple issues it is important to prioritize the goals and choose which ones to start with. You will use the stated intention in directing the regression.

Pre-talk

Before you start your regression session it is important that your client knows what to expect. Prepare them in your pre-talk. Two of the most important points to stress are: "Don't try too hard" and "memories may come as visual images, body sensations, feelings and simply having a sense of what is going on."

Trying Too Hard

Many people try to remember what happened. Trying to remember creates stress, invokes the conscious mind and brings the client up from the depth necessary to a successful regression. Encourage your client to just let it happen as though they were watching a movie or play. Use suggestions during the regression like "Just let it unfold," "Easily and naturally," and "Just let it happen."

There is a big difference between allowing a memory to float to the surface and trying to remember something. This is one reason I prefer doing a progressive regression. Starting with going back to a pleasant childhood memory first, feels easy to most clients. When they can just let the memory come rather than trying to remember something, it builds trust and confidence in the regression process.

Talk to your client prior to the session about how regression therapy works. Be sure to tell them that it is very different than trying to remember, it is more a matter of relaxing and allowing the memories to surface from the subconscious mind. You might

use the example of **trying** to remember a telephone number and not being able to until you **quit** trying and then the number comes to mind.

Trusting the Memories

The most common question I hear when introducing someone to regression is "How do I know I am not just making it up?" You will have to address this common concern before you begin the regression or the client may be left with too many doubts to benefit from the regression.

The validity of the memories must be addressed in your pre-talk. There are two primary ways one can distinguish between a thought or making something up and a true memory. The experience of thinking about something feels very different than the experience of remembering something. This is especially true of remembering something that one had no conscious memory of. This is one of the reasons we go to a happy early childhood memory before going back into the womb or past life. When I was regressed back to a memory of teething on a "favorite" brick I was amazed at the vividness of the sense of taste, texture and absolute pleasure that came with the memory.

A thought or a making up an image are usually devoid of any feelings. A memory often brings with it an emotional charge. Ask your client "And how does that feel?" as various images float to the surface. Regularly checking the feelings during the remembering helps to validate the memories and the regression process itself.

Encourage your client to trust the images, feelings, impressions and memories as they come during the regression. There will be plenty of time following the regression to use the conscious mind to review the session and decide what to do with the information that comes. Analyzing the images and memories as they come invokes the conscious mind slows or stops the process of hypnotic regression.

Before beginning a regression, I like to remind my clients that all of their experiences, even from before birth, are recorded in every detail in their subconscious mind like information stored on the hard disk of a computer. All they need to do is relax and allow the memories to rise to the surface and trust what comes.

I also discuss with the client the difference between thinking about something that may have happened in the past and truly remembering something that happened. When one tries to remember or makes something up it is often devoid of any feelings. There is little or no emotional charge to a story a client makes up but there is often a huge emotional outpouring that comes with truly remembering events from a past life.

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THIS MEANS WAR!

By Mark Babineaux

Mark Babineaux is an attorney with a General Practice who is also trained in both Collaborative Resolution and Mediation. He is honored as a Life Diplomat by the IMDHA, and is on the Advisory Board of the IMDHA and the IACT. He teaches many hypnosis related curricula and his practice includes helping individuals and groups overcome destructive habits, improve beneficial habits and forensic hypnosis.

General George Patton said:” Magnificent! Compared to war all other forms of human endeavor shrink to insignificance.” War is our human history. Our governments and cultures balance life and death with war and peace. The most obvious and significant expansions and changes of what we call civilization are the result of war. War, conquest and subjugation have been the chosen means of spreading civilization from the ancient Egyptians, Greeks and Romans, Mongols and Huns, Celts and Vikings to the recent Colonial mindset of the British and other European empires and the attitude of manifest destiny of the United States. Warriors seem to be the chosen agents of change of our organized humanity, and, War, in spite of the strife and loss of life, hopefully, our chosen path toward eventual peace.

Why don’t we, the individuals in those societies, use the concept of war, so ingrained in our group make-up, for our own individual benefit and purpose? Not a destructive war, but a constructive and creative war. Not a war for peace, but a war for peace-of-mind. After all, aren’t those of us with weight issues fighting our own battle of the bulge? Aren’t we fighting tooth-and-nail to conquer and subjugate those nervous habits and conditions of tooth-grinding, hair-pulling and nail-biting and end the life-and-death struggle with tobacco and addiction? We have the weapon of hypnosis and to paraphrase General Patton: Compared to self-hypnosis, all other forms of human help and self-help shrink to insignificance.

How does the Hypnotic War work?

The first requirement is “Want.” You have to deeply *desire* what you want to achieve. I tell clients and classes alike that the particular achievement or change you want has to be the most important decision of your life at the moment. One has to want the help before you can help the want. It has to go beyond need. For instance, everyone knows that everyone needs to stop smoking yet those who are most successful at achieving that goal are the ones who want to stop the harmful habit and start the healthy one. It is okay to be greedy for that change. Obsess. Find that emotional connection to the point of laughing or crying about it. Feel the Hurt so you can better Feel the Heal. That desire manifests as Motivation. Motivation at an emotional and subconscious level.

General Patton suggests: “If you are going to win any battle, you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do...the body is never tired if the mind is not...” He also suggests: “Success demands a high level of logistical and organizational competence” ...and if

you make any plans... “Make your plans to fit the circumstances.”

So, the second requirement for a successful Hypnotic War is “Action.” Not just any action but action of “... logistical and organizational competence...” and one that meets your particular needs and situation. Whether it is Analyzing how or what you need to do in order to Alter or Alleviate what you want or Anchoring a desired new goal or Ameliorating a beneficial behavior, you need to find your “A” word. We are all familiar with these necessary and useful actions. They take the form of self-hypnosis, hypnosis, waking hypnosis, waking suggestion, direct suggestion, sleep hypnosis, metaphor, mesmerism, mental rehearsal, visualization, guided imagery, hypno-anesthesia, anchor-collapsing, triggering and any other of the thousands of definitions we use to define the natural and normal human mental process of creating and recreating reality with the power of thought. Action at a rational and conscious level.

The third requirement is “Repetition.” Repeating a desired action Results in a new and improved Reality. Your focus becomes your reality. Your reality exists in your focus. After continued, focused repetition of that effective and competent action, you notice how successful you are in resolving that troublesome struggle, replacing that old habit, reinforcing that refreshing new habit. The result is Results!

Want - Action - Repetition!
The war cry of the Hypnotic Warrior.

Are You Interested In Forming a Chapter In Your Area?

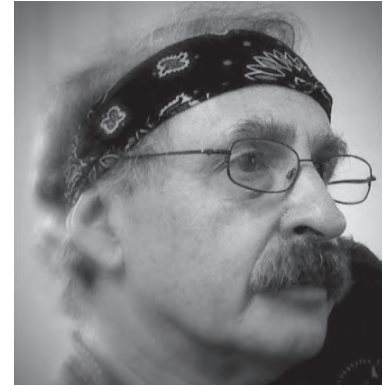
Contact Hypnosis Headquarters
In Laceyville, PA

(570) 869-1021

(Visit our website at www.iact.org
for a complete listing of chapter locations)

SIX MODELS OF HYPNOSIS

By Peter Blum



Peter Blum has had a full-time practice in hypnosis for over 25 years. A popular presenter for decades at hypnosis conferences, he is known for his humor and storytelling. Peter is a master musician who frequently incorporates sound-healing in his practice; his “Sounds for Healing” recordings have been used by many healers to augment their sessions. He considers himself fortunate to have been a student of Native American shaman Beautiful Painted Arrow, and has received mentoring from noted Native American psychiatrist and healer Dr. Lewis Mehl-Madrona.

The act of hypnotizing another person not only involves evoking an altered state of consciousness, but has to do with the making of suggestions, persuasion, and, in general, effecting a change in thinking, feeling and behavior in the subject.

Over the past 300 years (and perhaps much longer), different styles have evolved, with today’s practitioners having a choice of approaches, ranging from the most direct (i.e. an “injunctive” - giving orders), to the most indirect (allowing the subject’s unconscious to infer a veiled suggestion from a metaphor or story).

Below is an initial attempt to identify and describe the major characteristics of six basic approaches. Most practitioners will use some combination, rather than relying exclusively on any one. This is far from a complete list of categories, but may act as a good starting point for a conversation that leads to some further clarification in the minds of teachers and practitioners of the art and science of hypnosis.

As a mnemonic aid, I have deliberately chosen “titles” of the different categories that all start with the letter “s”.

Sergeant

This is a military model. There is no arguing with a superior officer who gives orders. One must, because of the negative consequences of not following orders, comply. The giver of these orders is not required to explain or justify them. Complete obedience is expected of the subject. Example: “You will feel compelled to do exactly as you are told”.

Salesperson

Here, the idea is “sold” to the subject by the hypnosis practitioner. All of the tactics used in every level of sales internationally can be utilized in this model: extolling the merit of the product or service; the benefits the “consumer” will receive from purchasing/using; reference to before and after comparisons, etc. As in actual sales, there is a wide range from “soft” to “hard” sales techniques.

Seducer

Use of guile, charm, and promises of personal gain or pleasure are all part of the arsenal of the seducer. While not (hopefully) literally leading to convincing the subject to have sex, seduction implies alluring or enticing. There are actual websites and trainings that advertise that after learning certain hypnotic techniques, one will be able to “pick up anyone” at a bar (!)

Sorcerer

There is magic and mystery in this approach. The power apparently is in the hands of the hypnotist. Spells and incantations, as well as the adjunct use of potions and talismans are often part of the ritual of the sorcerer (sorceress), or magician. Perhaps this was one of the main archetypes that Franz Anton Mesmer, either knowingly or unknowingly, drew from in creating his hypnotic persona.

Shaman

Somewhat related to the sorcerer, the shaman is more aligned with nature and earth energies, connected with an invisible thread to the spirit world. Like the sorcerer/ess, he or she may use spells and incantations, poetry, song and dance, as part of inducing trance and creating change and transformation. In utilizing that connection with spirit world, the shaman may also call upon helper spirits - animal, ancestral, etc.

Storyteller

One ancient and powerful way of both a) inducing a state of high imagination and reverie, and b) making suggestions in a way that is guaranteed to bypass conscious resistance, is through the use of story. This approach would often fall under the “covert” heading. Stories and metaphors, like all the other five hypnotic approaches for influencing thoughts, feelings and behaviors, has been used throughout history, frequently without reference to it being hypnosis.



“I would like express my deepest gratitude for the awesome support IMDHA has given me during my professional career.”

Otto Eijkman, Queensland, AUSTRALIA



THE PROJECTIVE REPRESENTATION OF THE FOUR LEVELS OF MIND: SCRIBBLES, DOODLES AND/OR DRAWINGS

By Noel Kok Hwee Chia & Yoke Foong Lui



Noel K.H. Chia, an IACT-approved instructor, is a special needs consultant-cum-trainer in private practice. He is board-certified in educational therapy and special education. The late Yoke Foong Lui, an educational psychologist, was one of the few pioneering certified dialogic-diagnostic art therapists in Singapore registered with the

IACT in the early 2000s. She founded Faithfully Love – a Christian counselling and care center for troubled families and school-age children. Both authors have been active in local and overseas training of parents, counselors and therapists. This short article is also completed in remembrance of Yoke Foong Lui, who passed away peacefully in January 2019.

According to the online Oxford Dictionaries, the word “mind” has three meanings: it can refer to “(1) the element of a person that enables them to be aware of the world and their experiences, to think, and to feel; the faculty of consciousness and thought; (2) a person’s ability to think and reason; the intellect; and (3) a person’s attention as well as his will or determination to achieve something” (Oxford University Press, 2019, para. 1-3). The first and second meanings of the mind may include terms like brain, intelligence, intellect, intellectual capabilities, mental capacity. The third meaning also includes inclination, desire, wish, urge, notion, fancy, disposition, intention, intent, will, aim, purpose, design.

However, the term “mind” should not be confused with the other term “brain.” Chia (2012) has differentiated between the two by describing the “brain” as “a tangible organ that ceases to exist once the organism dies” (p.10) ... but the “mind” is “intangible and does not die ... and can be defined as “an organized totality of psychological processes that enables us to interact our environment” (Chia, 2007, p.12). As a result, in this short article, we have chosen to examine the manifestations of the mind through its projective representation in terms of scribbles, doodles and/or drawings at five mental levels: conscious, pre-conscious, pseudo-conscious, sub-conscious and unconscious. We believe that through these markings made on paper we can actually understand an individual’s psyche better, especially his/her socio-emotional state of mind that is imbedded inside or hidden away from the outside.

Scribbles, Doodles and Drawings

In the dialogic-diagnostic art therapies, scribbles, doodles and drawings (see Table 1) are treated as three different forms of printed markings on a given surface regardless of its texture, area and/or size.

Table 1. Markings

Markings	Type	Intent
• Scribble	Graphomotor	No meaningful intent
• Doodle	Grapho-Psychomotor	Partially indicative of mood (e.g., boredom)
• Drawing	Psychomotor	Meaningful intent

According to Kellogg (1969/1970), scribbles constitute basic line formations or markings made by hand “movements showing variations of muscular tension that do not require visual guidance” (p.14). There are 20 basic scribbles (e.g., dot, single vertical line, single horizontal line, etc.) and they are the building blocks of art, and they are important because they permit a detailed and comprehensive description of the work of young children. We consider these scribbles as graphomotor markings rather than psychomotor markings. By graphomotor, we mean the action taken is “pertaining to the muscular movements in writing” (Dictionary.com, 2019, para.1), such as making a marking 0 that resembles letter O, or lines // \ that resemble a pair of parallel lines with a figure 1 sloping downward to the right. Diagram 1 is an example of scribbles done by a two-year-old child.

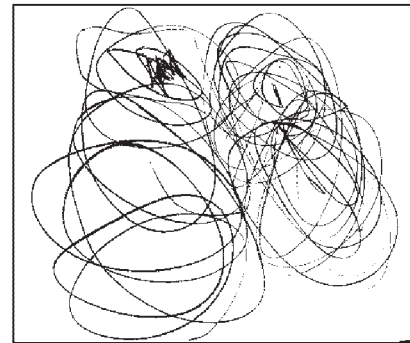


Diagram 1. Scribbles

However, such markings (as shown in Diagram 1) made may mean nothing to the young drawer as these scribbles are made randomly without any meaning in mind. As for psychomotor, we mean the action taken is “of or relating to a response involving both motor and psychological components” (Dictionary.com, 2019, para.1). In this case, some form of meaningful marking is created to represent something; for instance, two horizontal parallel lines = to represent an equal sign.

Next, there are doodles (see Diagram 2). They are markings made while the drawer’s attention is otherwise occupied. According to Wikipedia (2019), “[D]oodles are simple drawings that can have concrete representational meaning or may just be composed of random and abstract lines, generally without ever lifting the drawing device from the paper, in which case it is usually called a ‘scribble’” (para.1).

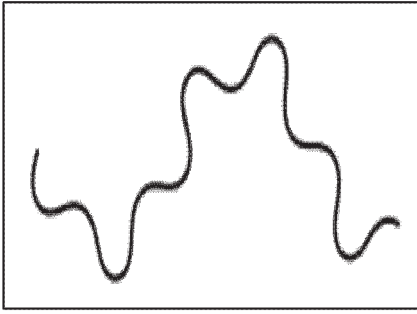


Diagram 2. An Irregular Scribble

Scribbling and doodling are early markings, which lack hand-eye coordination and are at the lower mental or cognitive development, are often associated with toddlers and young children between 2 and 4 years of age. Hence, it is not surprising to see “young children struggling to keep their coloring attempts within the line art of the subject” (Wikipedia, 2019, para.2). However, it is also not uncommon to observe such behavior with adults, who do it jovially, out of boredom, as well as those with developmental coordination disorder.

Drawings are more advanced forms of psychomotor markings that take many different forms from a wide range of meaningful schemata such as person (see Diagram 3), house, tree, animal of all kinds (see Diagram 4), and many other objects. From these drawings, several projective drawing techniques have been developed and also used as standardized assessment tools in determining drawers’ mental or cognitive maturity (Reynolds & Hickman, 2004), general intelligence (Flanagan & Motta, 2007) as well as the state of emotional disturbance (Naglieri, McNeish, & Bardos, 1991), which includes internalizing and externalizing behavioral problems (Crusco, 2013).



Diagram 3. A Single Human Figure Drawing

For example, in the single human figure drawing as shown in Diagram 3 above, it provides information about the drawer’s self-concept, which also includes his feelings, nurturance, obsessions, etc. (Chia & Ng, 2011). Notice the absence of ears, eyelashes, arms and hands (as well as elbow), legs and feet (as well as knee) suggests the drawer’s refusal to hear what others are talking about him (without ears) (Klepsch & Logie, 1982), aggressive tendencies (without eyelash) (Machover, 1949), powerless (without limbs), inadequacy and ineffective (Klepsch & Logie, 1982), lacking in support and immobile in the current situation (beyond his control) (Chia & Ng, 2011; Klepsch & Logie, 1982).

In the next example is a drawing as shown in Diagram 4 below, the drawer had chosen to draw a porcupine, which is a pre-

eminent symbol of self-protection and self-defense. The drawer felt a lack of support and being vulnerable to the outside world such that he could become disheartened and frustrated with himself. He could also become very sensitive to uncalled criticism.

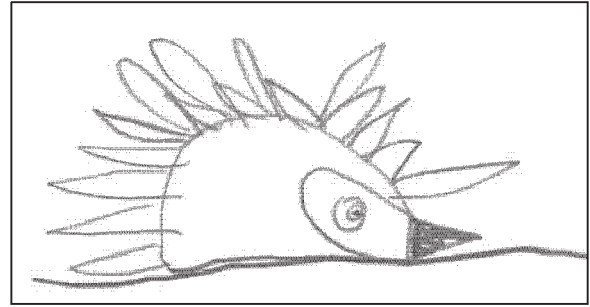


Diagram 4. Drawing of a Porcupine

From these psychomotor markings (including erasure and omitted parts of any schema, e.g., a person or an animal), drawings can tell us a lot about the drawer’s socio-emotional state of mind as well as personality in addition to his/her current level of cognitive or intellectual maturity. We have formulated a chart showing the projective representation of the mind according to its five levels of mental lucidity (see Chia & Wong, 2019, for detail) and matching them with our proposed interpretable levels of observable graphomotor and psychomotor markings, provided with some examples (see Table 2 on the next page).

Briefly, the five levels of mental lucidity are (1) Conscious mind, (2) Pre-Conscious mind, (3) Pseudo-Conscious mind, (4) Sub-Conscious mind, and (5) Un-Conscious mind. Each of these levels has been described elsewhere in another paper (see Chia & Wong, 2019, for detail) published in *Unlimited Human!* As for the interpretable levels of markings, whether they are graphomotor or psychomotor type, we have divided them into the following five levels with brief self-explanatory observable markings and some examples:

- (1) Ground level, which matches with the conscious mind and it is divided into two sublevels #C1 and #C-2;
- (2) Surface level, which matches with the preconscious mind and it is also divided into two sublevels #PC-1 and #PC-2;
- (3) Interface level, which matches with the pseudoconscious mind and it is also divided into two sublevels #PSC-1 and #PSC-2;
- (4) Deep level, which matches with the subconscious mind but unlike the other three earlier levels, it has three sublevels #SC-1, #SC-2 and #SC-3; and finally,
- (5) Abyssal level, which matches with the unconscious mind and it has only one sublevel #UC-1.

**Every cell in your body
is eavesdropping on
your thoughts.**

Deepak Chopra

Table 2. The Projective Representation of the Mind

LEVELS OF MENTAL LUCIDITY	INTERPRETABLE LEVELS OF MARKINGS	OBSERVABLE GRAPHOMOTOR & PSYCHOMOTOR MARKINGS	EXAMPLES
CONSCIOUS MIND (C)	Ground Level #C-1	Surface scribbling, doodling and/or drawing	<ul style="list-style-type: none"> • Identifiable scribbles • Recognizable doodles • Resemblant drawings
	Ground Level #C-2	Recognizable schemata from the scribbles, doodles and/or drawings	<ul style="list-style-type: none"> • Animal • House • Other Building(s) • Tree • Person • Other People • Other Object(s)
PRECONSCIOUS MIND (PC)	Surface Level #PC-1	Size of the scribbles, doodles and/or drawings	<ul style="list-style-type: none"> • Big • Medium • Small • Tiny
	Surface Level #PC-2	Compartmentalization of scribbles, doodles and/or drawings	<ul style="list-style-type: none"> • Box • Encapsulation • Semi-Enclosure
PSEUDOCONSCIOUS MIND (PSC)	Interface Level #PSC-1	Vertical placement of the scribbles, doodles and/or drawings	<ul style="list-style-type: none"> • Top • Middle • Bottom
	Interface Level #PSC-2	Horizontal placement of scribbles, doodles and/or drawings	<ul style="list-style-type: none"> • Left (Past) • Centre (Present) • Right (Future)
SUBCONSCIOUS MIND (SC)	Deep Level #SC-1	Identifiable kinetic or akinetic aspects of the scribbles, doodles and/or drawings	<ul style="list-style-type: none"> • Movement(s) or motion(s) • Identifiable tasks/deeds
	Deep Level #SC-2	Signs and Symbols	<ul style="list-style-type: none"> • Sign(s) • Symbol(s) • Totem(s)
	Deep Level #SC-3	Chromatic aspects of the scribbles, doodles and/or drawings	<ul style="list-style-type: none"> • Primary colors • Secondary colors • Tertiary colors
UNCONSCIOUS MIND (UC)	Abyssal Level #UC-1	Omitted schemata which are supposedly to be there but are absent in the scribbles, doodles and/or drawings	<ul style="list-style-type: none"> • Partial erasure • Total erasure • Omission

The purpose of this projective representation of the mind is to show the dialogic-diagnostic art therapists as well as allied therapists or counselors how they can interpret the meanings imbedded or hidden in the scribbles, doodles and drawings. It is often very difficult to delve in-depth into the subconscious mind of a client, whose desires, ideas, thoughts and wishes (or ditwis for short; also known collectively as urges) (Chia & Lee, 2017) have been deeply repressed over a long period of time. While psychotherapy and hypnotherapy may help to bring these ditwis to surface, this can only be achieved if the client is cooperative or receptive to either of or both forms of therapy. As a result, the dialogic-diagnostic art therapies may offer the client an alternative approach to seek professional help so long as it is comfortable or acceptable to him/her.

Conclusion

We have heard this many a time before: “A picture is worth a

thousand words.” This is an English language adage, which means that a complex idea can be conveyed with just a single picture. In other words, a picture can convey its essence more effectively than a wordy description does. In order to reach out to a client, say with some emotional disturbance, the projective drawing technique may be an excellent tool to touch his/her inner self without having to talk so much. To the one who has drawn the picture, it means more than just words to describe a drawer’s ditwis. The picture or drawing as a whole constitutes just a small part of the drawer’s overall psyche. There are many more artefacts to be uncovered from the same picture/drawing for they are speaking in silence to be hearkened with the eyes, not with the ears. Therefore, a dialogic-diagnostic art therapist or counselor must always be mindful or sensitive to these visual details awaiting to be heard visually!

References Continued on page 13

TO ORGANIZE ONE'S THINKING!

By Dennis K. Chong and Jennifer K. Smith Chong



Dennis K. Chong & Jennifer K. Chong, have become known as leading authorities in the art of communication, Hypnotherapy, Psychotherapy, Neuro-Semantic Programmings and Neuro-Linguistic Programming. They have co-authored several books, video and audio programs and produced seminars on various topics. Their presentations have been well-received by forums around the world including U.K, Malaysia, Spain, Australia, Germany, Italy, the USA and in their home country of Canada. Many of their papers have been published in leading journals.

In this article, the nominal pronoun will apply to the second author

Abstract

It is very rare to despise or hate ourselves. It is usual to think of how wonderful we are and above all whatever we think, feel, say and do is right. Think about it. When was the last time you were thinking, even if it was over a problematic irk, and as you were ruminating on it, you thought or said to yourself: *Dam it! I am thinking BADLY over this.* Or at the end of some trivial thinking you cursed yourself. It is our beloved Orthodoxy that is forever assuring us how good and wonderful we are and when we are irate and angry at another, our Orthodoxy will assure us that we are RIGHT.

So, it is that our Orthodoxy assures us that our thinking and the organization of our thinking is OK. It is fine.

We are sure that you are in the same boat with us on this. When was the last time that you queried yourself that your thinking was in wild chaos and that you had to do some organization of it? If any of you have had this experience, please let us know. We

may have one or two honest souls who will admit that such a thing did happen to them. It may not have been a protracted event; but it did happen that over one issue the clutch of component elements that were critical to it were oddly disordered; and it was critical to set them down and put them in an order that gave utility over it.

Recently, over an issue of critical importance and crucial significance I thought I had a handle on it. The issue was requiring us to send out communications to various Faculties of seven different universities. I found the writing swimmingly easy for some at first; but then, although structurally it was the same letter with some small but significant little tweaks here and there, the writing of the letter was like swimming through treacle.

It was then that I most reluctantly had to wonder if mentally I actually was not organized on the subject with respect to its components. Now feeling vexed that I best organize my thinking on the matter, I got down to it.

Half way through, my feelings of vex and irk calmed down; and I became pleased and happy that I was doing it. It was like a mini epiphany to see it all displayed before me. Of course you now want to know what it is? Well, for you, here it is below:

Table of Questions, Consequences and Result

By the ancient Greek pre-Socratic philosopher

Question	Consequence	Results
1. How do you <i>know-to-be</i> ?	Study of Ontology	Discovery by the Chongs of: 1. the Language of the Aristotelian system of Cause and Effect, A 2. the language of the Non-Aristotelian system of Relativity and Relatedness, Ã 3. the metalanguage of the Modified Meta Model, 3M 4. the No-Y-ian Model of language, ~YML 5. the language of Informal Logic, IL , by University Formal Logicians and Linguists
2. How do you: know-to-know-to be ?	Study of Epistemology	To express oneself to get a job, to link with others, to court a lady of one's heart, to create a new business and so forth.

By Jennifer and Dennis Chong

Question	Consequence	Results
Can one: KNOW how another knows-to-know-to be ?	Study of Epistemology™ known in the vernacular as Neuro-Semantic Programming, NSP	Discovery of Therapeutic Algorithms, TA, to cure all abnormal human thinking, a.k.a. as mental disorders.

Has what is before you any significance and value? The answer is: **YES!**

To learn and master the languages cited above: **A**, **Ã**, **3M**, **~YML** and **IL** is a huge addition to becoming a 10/10 A1 Hypnotherapist and Psychotherapist. What few people realize is that each of these languages have Virtual Philosophies, VP. And the logic of their respective VPs is carried in the language structures that we all use.

Continued on page 12

HYPNOSIS FOR TAMING FEAR TO BUILD IMMUNITY

By Bruce N. Eimer

As a Board Certified Pennsylvania and New Jersey licensed clinical psychologist, Bruce Eimer is the Director of Pain Psychology and Behavioral Health at the Comprehensive Pain Center at Crozer at the Crozer Chester Medical Center in Upland, PA. He has been using hypnosis and conducting hypnotherapy since 1987 and has authored or co-authored a number of self help books and text books on hypnosis and hypnotherapy. He maintains a private hypnotherapy practice.



Are you seeing more clients who have been derailed by their fear of getting sick with the coronavirus, also known as COVID-19? Are you in fear of contracting COVID-19? Have you been wondering how you can ethically use hypnosis to help your clients cope with this fear of a real threat? Have you been wondering what you can do to cope with your own fears of getting sick?

If you answered “yes” to any of these questions, you are reading the right article because I am going to share a few ideas to empower your use of hypnosis for taming fears of getting sick and in the process strengthen your clients’ and your own immunity.

As I write this article for the Spring 2020 edition of the International Medical and Dental Hypnotherapy Association’s (IM-DHA) *Unlimited Human!*, we are being continually bombarded by the news media with ominous messages about the spread of COVID-19. Continual daily exposure to such negative messages can overwhelm the conscious mind with anxiety and eventually create panic in the unconscious mind.

Anxiety and fear can either activate or suppress a person’s immune system. Research suggests that on a physiological level, immune system pathogenesis is associated with alterations of endocrine homeostasis. This is because the pituitary-hypothalamic axis is integral in our physiological adaptation to persistent stress and the pituitary-hypothalamic axis also directly influences immune system health.

Persistently high levels of anxiety can cause the immune system to become overreactive. When this happens, the immune system can mistake certain cellular changes as an unwelcome invasion of pathogenic micro-organisms. This type of process is believed to underly the emergence of certain auto-immune and rheumatic disorders such as lupus, rheumatoid arthritis and polymyalgia rheumatica. A posited underlying mechanism is that the body’s hormonal responses to persistent fear get mistaken by the body as an actual threat to the body system. The immune system becomes activated and attacks the body-typically joints and connective tissue.

Hans Selye developed a three-stage model for understanding the physiological effects of prolonged stress. First, the mind-body goes through a stage of *arousal* to deal with the perceived or actual threat. If the threat is persistent, the mind and body enter a stage of continued active *resistance*. However, at some point, *exhaustion* sets in and the system collapses at which point the immune system can become overwhelmed and shut down. When a person reaches this stage of exhaustion, he or she can become more vulnerable to infections and illness given a state of weakened immunity against opportunistic micro-organisms which include parasites, bacteria, and viruses.

Research on recurrent herpes simplex outbreaks has revealed

that persistent anxiety and fear seems to open a gate which allows dormant herpes viruses to activate and cause an outbreak.

There is also a phenomenon wherein many migraine sufferers experience bad migraine attacks when they are “trying” to relax on weekends and on vacation. Migraine disorders are perpetuated by autonomic dysregulation. During “downtime”, many people with migraines” are under more unconscious stress as they try harder to relax, and as they berate themselves for not relaxing well enough.

So, what does all of this have to do with the current societal anxiety and panic about the spread of COVID-19? The answer is that emotions influence the body’s systems in ways that are either renewing or depleting. As hypnotherapists, it is our job to help our clients and ourselves identify emotions and attitudes that deplete us (aka stress) and replace them with emotions and attitudes that facilitate renewal. This builds resilience and immunity.

As the CDC and other US and international public health agencies race for a vaccine and a cure, the news media bombard us continually about the growing spread of the virus and our ever-increasing risk of contracting it. We are urged to take precautions that while logical, fuel the development of obsessive-compulsive behavior. Some people are affected more than others as they are more vulnerable to anxiety and more likely to develop OCD behavior as a defense against anxiety which it is. So, what can you do for your clients and for yourself? The answer is you can adopt and teach clients to practice some new daily habits for building greater stress resilience and hardiness. Here are a few ideas:

1. Write a list of all the hygienic behaviors you are adding to your daily habits. Record when and where you do them. Use self-hypnosis to imprint these behaviors into your unconscious. You will be pleasantly surprised about how easy these new behaviors have become automatic habits. You need not think about doing these things. Once your unconscious accepts these ideas, you have got it!
2. Use common sense and become more self-aware. Teach this to your clients and your associates. For example, become more aware of what you are doing with your hands and face. Hypnosis is a marvelous tool for developing more non-judgmental self-awareness. This is also known as mindfulness.
3. Non-judgmental and non-obsessive self-awareness is a pre-requisite for self-healing. Learn to interrupt what you are doing at appropriate times to just notice what your doing, what you are feeling and what you are thinking.
4. Refuse to berate yourself for not taking enough precautions!
5. Listen to the news less. TV news stations broadcast continual coverage about COVID-19. For example, this morning local news repeatedly broadcast the message *coronavirus continues to spread . . . we just had the worst case in history . . .*

coronavirus continues to wreck havoc . . . You want to avoid listening to such repeated negative predictions and suggestions. Instead, you want to nourish your unconscious with affirmative suggestions about wellness.

6. Learn when to take charge and when to relax, let go, and surrender. People with OCD never relax. Make common-sense changes to reduce the risk of contagion, but don't go overboard.
7. Use the power of intention and intend to be hearty and resilient. Immunity comes from strength, confidence and self-reliance. Worry depletes strength and self-confidence.
8. Build suggestions for all of the above into your hypnotic sessions with clients and in your own daily self-hypnosis or meditative practice.
9. Develop a habit of noticing how you are breathing from time to time. Learn to adjust and regulate your breathing. Noticing your breathing without trying to change your breathing has health benefits. So does learning to breathe slowly and deeply as part of a practice of meditation, self-hypnosis, and self-grounding.
10. Practice "future-focused hypnosis". Ground yourself with your breathing and then visualize yourself surviving and thriving. Pick a core value that you have. See yourself living in line with that core value a year from now. Mindfully focus on that image while regulating your breath. You will be there and you will be healthy at that point in the future after the coronavirus pandemic has passed and the world has yet another new challenge to address.
11. Learn about the technology known as *HeartMath* (Childre et al. 2016). It is an elegant approach to building health and resilience by tuning into the wisdom of the heart-brain as opposed to the head-brain. HeartMath practice has been shown empirically to be effective in taming pain, depression, anger and anxiety.
12. The news media talks about "lock-down". For example, the News reported this morning that more members of Congress have self-quarantined and that all of Italy is locked down. HeartMath encourages *lock-in*. In fact, this is the name of a HeartMath technique. The idea is to lock in feelings of appreciation in your unconscious. Here is a sample meditation exercise you can begin to use in your own self-hypnosis and teach to clients. When you practice this "heart lock-in" exercise, you are building your mind-body resilience and strengthening your body's immune system as you create inner hormonal balance and safety.
13. First ground yourself with your breathing.
 - Next, imagine breathing through your heart. You can put your hand over your heart as you breathe through your heart.
 - Now imagine breathing in feelings of appreciation for someone or something you love or deeply appreciate.
 - Imagine sending that love and appreciation to that person or to the object of your appreciation.
 - Let a smile come to you from within. Smile outwardly at the world.

I shall be conducting a 2-day intensive course on *Taming Depression with Hypnosis* at the Hypno Expo Live Conference On-line this April. Participants will learn ways of incorporating HeartMath techniques in their hypnotherapy work with clients.

Depression is the end-result of unrelieved anxiety. Depression clouds the lens on the future and shuts down the immune system. As hypnotherapists, we had better intend to use hypnosis to tame exaggerated and unhealthy fears.

When you tame something, you get to know it and accept responsibility for your relationship with it. This is empowering. It is the opposite of running away. This builds resilience, disease resistance and immunity. Don't let yourself get depressed. Depression comes partly from powerlessness and it makes you more powerless. However, sometimes depression just happens. When it does, you need to tame it too.

ADDENDUM

In light of the radical day by day changes that have occurred as a result of the coronavirus pandemic, I am adding some new points to the article that I wrote on using hypnosis for building your immunity. About a week and a half has passed since I wrote this article. This is a critical update.

Firstly, in contrast to my thoughts earlier, the television news stations are now reporting useful information to heed from respectable sources such as Dr. Anthony Fauci and the CDC. In addition, it is important to listen to regular updates from news conferences which are convened for the President and his Administration and for various state governors and city mayors.

It is of central importance to be in control of the flow and direction of your attention. Keeping the television on continually in the background can result in your unconscious uncritically accepting information being disseminated as suggestions that feed anxiety and fear. It is important to consciously and logically evaluate the information you hear. In order to do this, you need to control your own dosing of the news you take in. Periodically, take time to stop whatever else you are doing to listen and critically evaluate what you are listening to. It is a bad idea to keep the constant reporting on coronavirus continually on in the background. Now, let's talk a bit about the healthy usage of your unconscious.

We are continually being warned to avoid touching our face given that the major portals for coronavirus entry are the eyes, nose, and mouth. How do we imprint this new habit of NOT touching our face into our unconscious? The key word is NOT. As hypnotherapists and language masters, we recognize that the unconscious does not hear the NOT. It hears TOUCH YOUR FACE! Therefore, we need to repeatedly give ourselves suggestions to do something else. Carefully using the language of suggestion, we can repeat to ourselves something like: *All sensations on my face are signals to pay attention to my hands. Whenever I notice any sensation on my face, I am reminded that my hands need my immediate attention. As soon as I pay attention to my hands, the signal from my face is no longer needed. By keeping my hands where they belong, I keep the virus away from me.*

These types of suggestions need to be included in your own self-hypnosis and in the direct hypnotic suggestions you give your clients. God Bless. Be smart, stay safe and stay well. See you next time.

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"Thank you for all that you do. I have always been proud to be associated with, and to be a representative of IMDHA."

-William R. Gilbreath, Denton, TX



HOW TO USE A “NEW TECHNIQUE...”

By H. Larry Elman

Colonel H. Larry Elman, Dave Elman's son, took his father's course several times before attending MIT. During careers in engineering and the Air Force, Larry had to restrict his hypnosis activities. Now CEO of the Dave Elman Hypnosis Institute, an IMDHA Approved School, Larry lectures and teaches hypnosis, both domestically and internationally, at the Certification level as well as more advanced classes. In addition, Larry produces CDs and DVDs (and books) demonstrating Dave Elman's medical hypnosis methods.

Dave Elman was having breakfast with his family. Across from Dave sat his wife, Pauline Elman. I, his son Larry, was also at the table. Dave Elman firmly believed that his breakfast was not over until he had his second cup of coffee – it was almost religious with him. He had just finished that second cup of coffee.

“Pauline, where is my second cup of coffee, please.”

“But Dave, you drank it.”

“Yeah, Dad, you already had it.”

“No, I didn't.”

My mother got up, brought over the coffee pot, and poured Dad his third cup. But as she did do, she looked over her shoulder at me and winked and gave a funny little shrug. I knew that combination – it meant, “Play along – follow my lead.” Dave Elman finished his third cup – in his mind, his second cup – and went off to the office in our home.

The next day, as Dad finished his first cup, Mom stood up. So, I also stood up. Dad said, “Where are you going?” Innocently and sincerely we both answered that we were starting the day's tasks – was he going to also get busy? He asked for his second cup, and we both assured him he had had it. All of us then went to our respective tasks.

The third day, as he finished his second cup, my mother wordlessly poured a third cup. “But, Honey, I had my second cup already.”

“No you didn't.” “Yeah, Dad, Mom is right.” He drank cup number three and we all started our work.

This went on for about a week – 3 cups, 1 cup, 3 cups, 1 cup, 3 cups....

Dave Elman was a superb practitioner of Waking Hypnosis. He learned and perfected it as a Stage Hypnotist when a teenager. He made use of it on the Hobby Lobby radio show, on the Victory Auction radio show, and possibly during his under-cover work for the Government during World War II. By the time of this incident, it was a regular part of the Dave Elman Course in Medical Hypnosis. Any knowledge or ability in this demonstrated by Pauline Elman and Larry Elman had been learned from Dave Elman in that Course. But it even worked superbly on him.

Why? And of what good is it? Most practicing hypnotists do not have time for practical jokes like this.

To use Waking Hypnosis, what any hypnotist needs are simply well-played sincerity and carefully thought out logic. If the Suggestion is too negative to the Client's desires or objectives, it will be rejected exactly the same way that a Suggestion would be rejected in Trance. If a lack of truth is detected, it will not only not work, but also the Client who feels you are telling him/her a lie will reject both that Suggestion and may be leery of other later

Suggestions. So use Waking Hypnosis with care and forethought. My best advice – use it only when either totally harmless or seriously positive to the objectives of your Hypnosis Session. In the case just given, Dave Elman's fixation that breakfast only ended with cup of coffee #2 set him up for the trick. It was harmless, logical, matched his prior conceptions, and came from someone he would trust. In your practice, you need and want Client Trust !!

When else can and should it be used? My favorite classroom example is the young parent in the playground with his/her toddler. The youngster trips, falls, and skins his/her knee. (Presume the injury is not serious.) The WISE parent says something like, “Come here – Mommy kiss the boo-boo and it will stop hurting.” The foolish parent makes a big scene over it. The child going to the WISE parent gets a kiss and a cuddle and goes off to play, feeling no pain. Was there Lidocaine on the parent's lips? Of course not – it was Waking Hypnosis. Similarly, the foolish parent, by getting upset, is simply providing a NEGATIVE Waking Hypnosis Suggestion and the child responds negatively.

Few things bother me in the Emergency Room more than the standard Pain Scale. The nurse asks, “On a scale of one to ten, how much pain are you feeling?” She has no idea that she is INDUCING pain or INCREASING it. When I and my students have been able to convince some nurses to say, “On a scale from one to ten, how comfortable are you?” they almost always get a more positive reading. They seldom continue using this – it disagrees with hospital procedures, and they have difficulty relating the answer to what they need to enter on the paperwork. But what I am suggesting works. If you have an injured friend or relative, try it on your way to the Emergency Room.

But most of the time, we hypnotists are NOT dealing with pain. How should WE use it?

A new Client makes an appointment for Academic Anxiety. Open your introduction positively. “Let's go improve your exam scores.”

A new Client arrives for Smoking Cessation. First comment should be along the lines of, “Let's get rid of that un-needed habit.”

A new Client arrives for Fear of Flying. Open with, “Let's make that next vacation trip more pleasurable.”

ALL POSITIVE AND NONE ARGUMENTATIVE NOR UNLIKELY.

I know you all received some training like this in your original Certification Course. But it is very easy to forget it in the busy and distracting work of your hypnosis practice. Why not examine your normal patter and see what individual words you can change to be more persuasive of the positive. Cheryl Elman,

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ROUND ROBIN

By Monica Geers-Dahl

Monica Geers-Dahl, a licensed Florida mental health intern, completed a doctorate in counseling psychology (Ed.D.) from Argosy / Sarasota in 2010 (thesis: Neurofeedback for PTSD Symptom Reduction). She has been exploring hypnosis and mind power techniques personally since 1970. Her present area of primary interest is post traumatic stress reduction (PTSD) and the use of neurofeedback to eliminate the hyperarousal issues in order to restore healthy sleep patterns. Monica Geers-Dahl is a member of IMDHA and IACT and is the recipient of the 2013 IMDHA Life Fellowship Award in Hypnotherapy.



Group hypnosis is a helpful way of providing hypnosis services at an affordable price. It is common to see hypnosis groups for smoking cessation and weight control. I like providing a free form hypnosis “jam session”, using a Round Robin approach for group hypnosis. We initiate the circle by asking participants to clarify what they want to achieve with this session. We go around the group and ask, “What are you here for?”, or, “If I could wave a magic wand over your head, what would you want from today’s session?”

We capture the participants exact words, and then practice editing suggestions by examining it from five ways to structure positive suggestions taught by Mark Gilboyne in 1987 (found in my training manual Hypnotherapy: Basic Hypnosis (HYP100) p.66-68):

1. Use Positive Statements.

State what you want, instead of what you don’t want. Take a moment to envision your desired outcomes, the solutions, rather than the problem itself.

2. Awareness is Crucial.

Whatever you are most aware of is what you attract. When you put mental energy into something, you tend to find it everywhere. Use your affirmations to focus on the result you desire, or the method of attaining the results, rather than the problem.

- I am in control of my appetite. (*incorrect - this sounds harmless, but it claims an appetite that needs controlling.*)

+ I eat as much as I need to sustain my body perfectly. (*correct*)

3. Use the Present Tense.

- I will diet until I lose _____ lbs. (*incorrect - this gives you the opportunity to do it later and it implies that you are losing something. You may trick yourself into letting yourself lapse today by this wording.*)

+ I am more and more slender each and every day. (*correct. The conscious mind knows that this suggestion is future based, but present improved. The subconscious can make is comfortable use of open ended life affirming ideas.*)

4. Be Specific.

Carefully state exactly what you desire, avoiding slang or wording with multiple meanings.

- I am losing 20 lbs. (*incorrect - my mind goes nuts when I lose things. I do not want to lose weight and find it, again. I must shed, reduce, discard, take off, eliminate, get rid of, throw away.*)

+ Each and every day, I am closer to my goal of _____ lbs. (or size _____). (*correct*)

5. Use “I Am”.

Identify who is doing what. Be sure to include yourself. The action, behavior, thoughts, feelings, and responsibilities are things for you to do or experience, not something you want someone else to do.

- Each and every day, more and more relaxed. (*incorrect - who is doing it? There is power in the words, “I am.” They are the same words used by the voice from the burning bush, with Moses. Write your affirmations in the first person, in the present tense.*)

+ Each and every day, in every way, I am more and more relaxed. (*correct.*)

One of the fascinating aspects of a free form group hypnosis, is that a cluster of individuals together create a body of positive suggestions of benefit to the entire group, often with interconnecting expressed needs.

After a person has agreed to a sentence to reflect what he or she wants from today’s session, with it being specific, written in the present tense, establish a keyword to anchor the affirmation. Select the word or short phrase which symbolizes the entire goal toward which you are striving. This means that instead of reading the affirmations 50 times a day, a keyword or phrase can represent the entire body of positive suggestions. This the keyword (aka anchor) is a trigger for the memory banks to review the entire selection of affirmations you have prepared.

Regarding a weight issue, one might key in with: slender, sexy, shapely, attractive, trim, slim, etc . . .

Once the person has selected a trigger word, ask that person to close their eyes and say the word. Does it feel right?

Once the person is satisfied with the way he or she feels about the key word, write it down.

(*Read your affirmations and then think,*) “Whenever I say, hear, see, or think the word or phrase _____, it automatically reinforces all of these positive affirmations.

Have your group get comfortable, use a progressive relaxation induction, then read the compilation of the suggestions built upon the participants stated desires.

I generally read each set of suggestions, plus the keyword, three times, and then move on to the next person until a keyword (anchor) has been set for each person in the group. Then I go around the room two or three times saying the keyword for each person three times each round. Then I suggest a minute of silence

for processing:

“In a moment, I will be silent for sixty seconds. During the sixty seconds of silence, allow your subconscious mind to review all the thoughts, ideas and feelings stirred up by these suggestions. Become aware of anything else that you are resolving today with these thoughts, ideas, feelings, and keyword. Allow yourself to find new solutions to those old problems. During my silence while all those thoughts, ideas and feelings resonate and settle into the deep subconscious for resolution of anything that needs resolving in order to achieve those goals, allow this or something better to emerge from your creative self deep within. And it may be that there is something else that you really came in for, but remembered to forget to mention, and I respectfully request the subconscious mind to notice that and find new solutions for those old problems, too. And then to remember to forget again, allowing all those thoughts ideas and feelings to be in perfect alignment for your good and well being. Curious about the easy, simple relaxation, becoming more and more relaxed and at ease, peaceful, calm and serene, opening to positive health, physically, mentally, emotionally and spiritually in ways that surprise and delight, and good, and excellent.”

When the sixty seconds are done, I resume:

“And Good, and Excellent. When you practice your self hypnosis, think of the word or phrase you have chosen, breathe deeply, knowing you have triggered your subconscious mind to mentally review all that stuff, just like all the affirmations you have prepared, reviewed and accepted. Think of your keyword or phrase several times a day. You may want to put 3 X 5 cards or post it stickers containing your key word on the fridge, in the bathroom, in the car, in your bedroom, in your purse, in the book you are reading, on the edge of the tv or computer monitor, on your smart phone as a background, anywhere that you will bump into it regularly. As you practice educating your mind with self hypnosis, you may select for a keyword a common phrase or word, something you can use in daily conversation. Once you have reached that desired goal, you can reuse that one word key or trigger phrase.”

Then I repeat the keywords again, 3x per person, and initiate emergence:

“When you are ready, tell me about that.”

Practice a round robin asking the members what they experienced.

Facilitating a weekly group hypnosis program is a good way to introduce quality hypnosis service to the community at an affordable price. It helps build community awareness of hypnosis, and is useful in promoting a private practice.



“I really appreciate the daily posts in the Mind Matters forum. It opens up so many avenues of knowledge I would otherwise have no way of knowing or experiencing or even have access to.”

*-Gloria Stanchak Alexander,
West Palm Beach, FL*

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To organize one's thinking!

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Currently you and everyone in humanity only have the Virtual Philosophies, VP of **A** and **IL**. Some of you who have attended our presentations are well informed how limiting and semantical-ly ill-formed they are.

With the remaining three languages of **Ã™**, **3M** and **~YML**, you will have the ability to ask **GOOD QUESTIONS**, especially **THE GOOD QUESTION!** What is **THE GOOD QUESTION?** **THE GOOD QUESTION** is that when you ask it, it peels open to reveal to you the true nature of an anomalous human problem state. Such question are known as Socratic Questions and in our forthcoming book we cite 9 case examples of how by just asking these Socratic Questions we solved the patient's problem state.

For you to be able to ask Socratic Questions means your name will bloom in your community and you will be overloaded with patients.

From your skill at Socratic questions, you have only one step. It is to apply the Therapeutic Algorithm, TA to the problem. How do you think we discovered our TA to reverse a cancer and which we have been regularly teaching at the Annual IACT and IMDHA Conferences?

And now we have discovered a new TA and we have named it **Identification Therapy**. We have not taught it . . . yet.

It seems that there is much to look forward to in 2020. For this, therefore, we wish you the best of: **HEALTH, HAPPINESS and PROSPERITY in LOVE, AMITY and perhaps \$!?**

How To Use a “New Technique...”

Continued from page 10

my wife and partner, learned from Jason Linett that you never use the word TEST just before a test of trance or depth of trance. Why not? Too many persons today have negative feelings on that word because they or their offspring are forced into too many tests in school. Try instead “Prove to yourself...” While you are at it, also examine how you greet a Client, keeping in mind the examples shown above.

And you want to improve your acceptance of this new habit? Use it every day, even in non-hypnosis situations. We all know that Advertising and Politics are based on persuasion and the same mechanisms covered in this discussion. Instead of letting Madison Avenue, TV, and the Political Discourse make this their monopoly, begin using it yourself. But remember to use it judiciously – out-and-out lies always backfire. Negative approaches do not work. Use Waking Hypnosis positively and it will assist in your practice.

Remember, three cups, one cup, three cups, one cup, three.... Easily achieved and it will build your confidence.

CONFIDENCE, SINCERITY, LOGIC, AND AN INTENDED BENEFICIAL OUTCOME !!!

Disclosures

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The Projective Representation of the Four Levels of Mind: Scribbles, Doodles and/or Drawings

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PUTTING YOUR TALENT TO WORK: BOOK EXCERPT

By Lucia Capacchione and Peggy Van Pelt
Unlimited Human: Spring 1997

Journaling: Give Your Brain a Hand: In this book, you will be developing your creativity by writing and drawing with both your dominant and nondominant hands. Dialogs written with both hands have proven to be a highly effective technique for accessing the emotional, creative Inner Child self and bringing it to the awareness of the adult self. These dialogs are also an excellent means for activating the corpus callosum and opening up communication between both hemispheres of the brain. This literally allows the nonverbal right brain to know what the left brain is thinking and feeling. For more techniques on accessing your Inner Child, see Lucia's book, *Recovery of Your Inner Child*. The chapters on the Playful Child and Creative Child are especially relevant for exploring talent.

Human beings have two hands,

One hand is called dominant, the other has no name.

One hand is defined by what it can do, the other by what it cannot do.

One hand is trained and educated, the other is ignored and unschooled.

One hand writes, the other is illiterate.

One hand is skilled, the other is awkward.

One hand is powerful, the other is weak.

No matter which hand is dominant, right or left, the same internal politics exist.

One has the "upper hand," the other is "left out."

As far as we know, individual humans have always had a dominant hand. We accept handedness unquestioningly as being

"in the nature of things." We expect it to be so and we teach it to our children. As soon as the infant feeds itself or grabs a toy, we encourage or coerce it to prefer one hand. Later, the child scribbles, draws pictures and eventually learns to write its name with the dominant hand.

With few exceptions, everyone writes and draws exclusively with one hand, including those who are ambidextrous. We call our writing hand the dominant hand. The other hand performs "unskilled labor," playing a supporting role. This is referred to as the non-dominant hand. In fact, this is how we define handedness. Whether we realize it or not, using only one hand for writing profoundly impacts the way we think and use our brains.

The brain has two symmetrical sides that look alike but don't act alike. The left side of the brain specializes in verbal and mathematical reasoning, logic, and sequential organization. The ability to read, write, do math, analyze, and schedule time are all left-brain functions. Professions that rely heavily on left-brain functioning are accounting, law, editing and engineering. By selecting and training one hand to write, we hardwire that hand to the verbal side of the brain. This is true whether we are right or left-handed.

By contrast, the right hemisphere specializes in visual! Spatial perception, enabling us to recognize familiar faces, places and things. There are centers in the right brain that allow us to navigate and orient ourselves in the environment. Having a good sense of direction is an attribute of this right brain function. Art, dance, architecture, design are highly right-brain professions. In addition

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BEAUTY AND THE INNER EYE OF THE BEHOLDER

By Alena Guest

Alena has a private practice as a certified clinical hypnotherapist on the Mendocino Coast. After completing an accelerated program at the Thunderbird Graduate School of Global Management, she went on to receive further education at the Hypnotherapy Academy of America, as well as training for neuro-linguistic-programming at Inner Mind Sourcing, in Sante Fe, New Mexico. All this study was aimed at solving the problem of crippling self-doubt, beginning with her own and then using what she'd learned to help others.



“If you told me you eat three kittens for breakfast, to look this good, I’d do it.” This remark from a twenty something gives you an idea of what it’s like to be me. When I walk into a room everyone turns to look at me, as if I have a gross disfigurement.

Shortly after the “Once upon a time,” in the fairy tales we read as children, a heroine was introduced who was the most beautiful girl in the land. We were trained to believe that beauty was an integral part of heroism. I cut my teeth on such storybook damsels and assimilated them as role models—further reinforcing the identity I chose as an actress. Yet I’ve found that being conspicuously noticeable is harrowing at times and I don’t think that’s what the Brother’s Grimm had in mind.

With apologies to Mr. Keats, being “a thing of beauty” has brought me more pain than joy. Despite all the media hype, it doesn’t provide happiness. And it’s hard to resist the impulse to play the rating game, with the onslaught of airbrushed magazine ads, TV commercials and Facebook selfies.

I imagine the attractive girls in those pics have had to find a way to cope with the ruckus their looks cause. I’d learned to effectively tune out everything around me. Blinkering myself like a racehorse enabled me to proceed without having to be aware of onlookers. And I mistakenly assumed that I could ward off predator’s advances with my formidable size. Instead my appearance attracted all manor of abusers: A famous actor grabbed me in an elevator in Spain; another did so under a restaurant table in LA; two other celebrities accosted me in dressing rooms; and an Oscar-winning director—far worse.

And in women, the way I look has inspired envy, hostility, betrayal, jealousy, even a kind of vampirism. One night at a local watering hole a gal threw her drink in my face and said, “My boyfriend can’t take his eyes off you, bitch.”

Her wisecrack made me think of how mercilessly I was bullied in high school by my jealous classmates. Still, after being so hated, exploited, victimized and assaulted, I’ve continued to invest in perpetuating my allure, the way battered women stay in abusive relationships. Heartbreaking, since it’s never granted me what I’ve yearned for most—to be known, seen, loved—for who I am on the inside.

When I was younger, I enjoyed considerable success as a professional actress. I played alongside Barbra Streisand in *Funny Girl*, starred in *The War Goddess* (an earlier version of *Wonder Woman*), *The Los Angeles Times* carried the headline, “Alena may be the most beautiful woman in the world,” and the director, Francis Coppola wanted to make a movie about “what it’s like to be this beautiful.” So, having been a cover girl, a contract player with

a movie studio and at the top of my game once, it’s been unimaginably hard to put that identity down forever.

I’ve remained slavishly devoted to preserving my looks, because of my near crippling insecurity. With such low self-esteem, having an identity of “a beauty” (however false and hollow) has felt like all I had.

To a great extent I blame our culture and the media for the stranglehold beauty has on us. According to a *Huffington Post* study, 60% of all social media users reported that it impacted their self-esteem negatively. And higher levels of depression, anxiety, loneliness, envy, narcissism and decreased social skills are linked to it’s use.

According to an article in *Macleans*, study after study shows we assume attractive people to be smarter, kinder, more generous and trustworthy. This applies whether they are a prospective head of government or a potential mate. And we’re hard wired to make ourselves as appealing as possible to the opposite sex.

I haven’t mustered the courage to remove my mask thoroughly. I’m neurotically addicted to perfection; Though I’ve never succumbed to the temptation to have plastic surgery, I’ve done everything just short of it, to accentuate the positive, and convince myself that I’m good enough. Statistically, the biggest factors that drive people to undergo cosmetic surgery are high media exposure and low self-esteem. Last year 18 million people had plastic surgery in America, which is a quarter of a million more than the previous year.

For decades I’ve put on a kilo of make-up, had Botox injections, taken bio-identical hormones and been a fashion victim. This has sometimes alienated and intimidated the very people I want acceptance from. Still I’ve continued to hedge my bets. The glamorous façade has been my insurance policy, that if all else fails I can fall back on. Yet it’s been lonely inside all of that armor. I’ve had very few real friends. And I’m dangerously close to the expiration date. I’m tango dancing with a fickle partner who knows I must follow the beat that time sets. It leads and I must follow.

In a sea of lovely folks, I’ve always seemed to bob to the surface. Yet in all that time, I wasn’t able to take a single compliment to heart. It’s as if praises fell into the Mariana Trench. I married my soul mate in 1996 and even his sweet words, “You look so pretty in the morning without make-up,” weren’t enough to convince me that I was lovable. And I thought I had everybody else fooled, with my maquillage so skillfully applied, as to confound the most discerning eye.

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HYPNO-SECRET ... BE SOMEONE ELSE FOR A CHANGE

By Karen Hand

Karen Hand is a Board-Certified Hypnotist, Trainer, International Best-Selling author, and World-Class Communicator. Her 30-year career as a Chicago radio personality was the perfect foundation for using language to help others exercise their imagination. Karen's transition to Hypnosis re-minded that skill set and since 2005 she has helped thousands of people take control of their lives and she's trained countless hypnotists and NLPers to help others change for good. Karen sees clients and conducts trainings in her Chicago office and globally via ZOOM.

*In 2018, she was honored with the IACT/IMDHA Penn and Quill Award for her book *Magic Words and Language Patterns*.*

Have you ever tried on someone else's persona? It can be quite fun and very useful.

One relatively warm evening recently my husband and I were in downtown Chicago to see a Magic/Illusion Show. Despite it being a December night, it was warm enough that I needed only a raincoat. That tends to make me happy because I have a great looking Donatella raincoat that I love to wear.

We arrived early enough to have a glass of wine before the show. And that's when I grew into Audrey Hepburn.

There we stood at a high-top table sipping our wine and people-watching. I started noticing the wide variety of clothing styles people had chosen for the night. There were people in jeans and t-shirts and people dressed in evening attire. My husband and I were dressed...let's say...business-casual.

At some point, I stopped looking around and instead observed myself...in that elegant raincoat.

It has a lovely draping collar that also serves as a hood and the black brocade material helps it look very...HOLLYWOOD.

I ran my hands along the collar and noticed my neck getting LONGER...ala Audrey Hepburn. I noticed myself standing taller...thinner! My back became very straight and suddenly I became My Fair Lady. My own persona had gone from Business-Casual to Hollywood Royalty.

I turned to my husband and facetiously asked if he'd noticed that I had just become the snootiest woman in the lobby? He did say he'd noticed I had gone into a fun little trance there for a moment...he could see it in my eyes and the smile on my face.

Elegance is not my natural style, and I doubt I'll have use for it very often, but Audrey Hepburn is my new avatar for elegance. I'll step into her whenever I need that persona the most.

And that's the Hypno-Secret. Sometimes it's helpful to be someone else for a minute or two...and notice the change in thinking and the change in posture. Notice a strength you can use or an attitude.

Discover how helpful that can be for you or your clients...to model the behavior of someone who is successful in whatever it is you want.

Eat like a thin person. Stand like a confident person. Study like a smart person. Work like a successful person. You get the idea.

You can certainly do a Deep Trance Identification Technique to really borrow benefits from an expert...or you can step into your imagination and transform into a persona you can use right now. It can happen at the speed of thought...if you let it. You can use it for you and teach it to your clients.

Realize, it was the collar on a raincoat and a little imagination that helped me make the leap to Audrey Hepburn...a fine lady!

You can anchor your thought chain to almost anything.

Do it now...imagine someone you admire who has a habit or attribute or attitude you'd like to utilize.

See that person in your mind's eye, or feel their energy, or hear their voice...in any way you can, be in touch with the attribute you'd like to take on.

Imagine that person you admire standing there in front of you. Notice what it is that you'd like to model...and observe. Once you've found a connection, bring it inside and let it grow. Feel what it feels like to have that feeling, attitude, habit, attribute inside of you.

Be aware of the changes created in you as you try on that persona for yourself.

And take that useful part of the persona into the future with you...rehearse it in your imagination practicing it where you will need it the most.

As one example, I used this modeling technique with a client who wanted to lose weight. She often ate lunch with a naturally thin friend and as she began to observe and model...she noticed something that made a big difference for her. Her friend always ate her favorite thing first. (And sometimes that was even dessert!)

My client was in the habit of eating in the opposite manner. She always saved her favorite for last. And she noticed that sometimes that meant that she ate things she didn't like to get rid of them...and sometimes was full by the time she got to the things she liked best. She said she'd always finished everything anyway cause, after all, she'd saved the best for last and always cleaned her plate.

She decided to make one small change to see if it really made a difference...she ate like her friend. She ordered exactly what she wanted (not what she thought she SHOULD eat) and she made a point of looking at her choices and taking the best bite first. Then go on to enjoy each bite until she was full.

She reported that in her very first meal, she had food left over with no desire to finish it.

That change helped her lose the desired amount of weight. Interestingly enough, going for her favorite thing first spilled over into other things in her life and she reported making better choices in many different areas of her life.

And it all started with her stepping in to be someone else for a change that lasts. She did not become her friend. She borrowed only that one benefit. But it was the one that made a difference for her.

Of course, there's no one better to be than who you are...but sometimes, you get what you need with a little help from your friends or those you admire.

It's your imagination...play with it! And see how much fun you can have for a change.

WHAT LIFE WANTS FROM ME AND WHAT I WANT FROM LIFE

By William Horton

William Horton is a licensed psychologist and the world's leading NLP trainer and is the go to expert in treating addictions using NLP and Hypnosis. Most of his clients are professionals in the self help field.



Life, it is what you want from life; you are the creator. And, really, the other part of it you can't get wrong anyway. Because, what life wants from me -- oh, such a good question -- what life wants for me is talking about this non-physical energy that is really you. In other words, who you were prior to coming into this physical body is still who that non-physical energy is. In other words: So, you came with intention. So, then as you stand in your physical form, you could accurately ask the question, "What does that part of me want from me?" And we would say, "What that non-physical part of you wants from you is new experience, new life, new contrast, new exploration and new conclusions that what life is all about. New conclusions that part of you can sink its teeth in; can vibrationally become.

So, can you see how, no matter which way you ask or answer that question, its right either way? Because this non-physical part of you is the life that is wanting from you, and this you is the projector of the life that you want. There are a lot of people who are saying, "It is inappropriate to want." And, sometimes we go there, as we visit, because we know, we hear it from many: that there are some philosophies that seem to take issue with the idea of you, egotistically, identifying anything as desire. And, sometimes, as we listen and we always love to hear the conversations no matter what they are about, because people are earnestly seeking and, after they talk about how desire is inappropriate and that they have been taught that if they can be desire less, that it will be better and we say, "And what is it that you will gain from this philosophy of letting loose of desire?" and they say, "We'll be happier!" And we say, "And is not happiness a desire?"

And so, that's the way it all wraps together. In other words: you are pure positive energy; wanting to expand and stay in alignment. Because expansion without alignment cannot be! But the way everything is established, there can only be expansion with alignment. For this reason: in your exploration which causes the expansion (we're talking about your human form, leading edge experience which causes the expansion. Even if you expand and don't keep up with it, the larger part of you has kept up with it, and will be the eternal basis from which you come forth again. So, the only risk that anyone ever has, is to come forth as they want to be, and life causes them to expand further than they can allow themselves to be in any moment, and that they have the discord of not keeping up with who they are.

But then, in the death experience, they keep up again! So, what life wants from you, now and forever is joyful expansion! And, what you want from life is joyful expansion, growth, and love. **The Universe always says YES, to who you are (inside)!**

Not only is the *Law of Attraction* one of the most powerful Laws in the Universe, but you must understand it before anything else that we offer will be of value. And you must understand it before anything you are living, or anything you observe anyone else living, will make any sense. Everything in your life and the lives of those around you is affected by the *Law of Attraction*. It is the basis of everything you see manifesting. It is the basis of everything that comes into your experience. An awareness of the *Law of Attraction* and an understanding of how it works is truly essential to living life on purpose. In fact, it is essential to living the life of joy that you came forth to live. *The Law of Attraction* says: *That which is like unto itself, is drawn.* When you say, "Birds of a feather flock together," you are actually talking about the *Law of Attraction*. You see it evidenced when you wake up feeling unhappy, and then throughout the day things get worse and worse, and at the end of the day you say, "I shouldn't have gotten out of bed." You see the *Law of Attraction* evidenced in your society when you see that the one who speaks most about illness has illness; when you see that the one who speaks most about prosperity has prosperity. *The Law of Attraction* is evident when you set your radio dial on 630AM and you *expect* to receive the broadcast from the transmitting tower of 630AM, because you understand that the radio signals between the transmitting tower and your receiver must *match*.

Another way to think of it rather than attraction is frequency, turning into the correct frequency.

As you begin to understand—or better stated, as you begin to remember—this powerful *Law of Attraction*, The Law of Frequency, the evidence of it that surrounds you will be easily apparent, for you will begin to recognize the exact correlation between what you have been thinking at your deepest levels, and what is actually coming into your experience. Nothing merely shows up in your experience. *You attract it—all of it. No exceptions. This is the hardest lesson we learn.*

Because the *Law of Attraction* is responding to the thoughts that you hold at all times, it is accurate to say that *you are creating your own reality*. Everything that you experience is attracted to you because the *Law of Attraction* is responding to the thoughts that you are offering. EVEN the thoughts at your subconscious mind. Whether you are remembering something from the past, observing something in your present, or imagining something about your future, the thought that you are focused upon in your powerful now has activated a vibration within you—and the *Law of Attraction* is responding to it now.

People often explain, in the midst of unwanted things occur-

ring in their experience, that they are certain they did not create such a thing. “I wouldn’t have done this unwanted thing to myself!” they explain. And while we know that you did not deliberately bring this unwanted thing into your experience, we must still explain that only *you* could have caused it, for no one else has the power to attract what comes to you but *you*. By focusing upon this unwanted thing, or the essence of it, you have created it by *default*. Because you did not understand the *Laws of the Universe*, or the rules of the game, so to speak, you have invited unwanted things into your experience through your attention to them.

To better understand the Law of Attraction, see yourself as a magnet attracting unto you the essence of that which you are thinking and feeling. And so, if you are feeling fat, you cannot attract thin. If you feel poor, you cannot attract prosperity, and so on. It defies Law. The more you come to understand the power of the Law of Attraction, the more interest you will have in directing your thoughts—for you get what you think about, whether you want it or not. Without exception, that which you give thought to is that which you begin to invite into your experience.

YOU ATTRACT WHAT YOU ARE NOT WHAT YOU WANT or WHY PEOPLE FAIL AT ATTRACTION
People want things and then they think they are using LOA but it does not seem to work, WHY? People fail at LOA because they never do a few basic things;

ONE is a deep inventory of who they truly are, the you underneath it all. Look at how you truly view the world reveals the deeper you. Every aspect of the world and all those in it. It is also imperative you list all the people, places and things you have resentment or anger at. Not looking as to the why of these feelings, or where they came from, just what they are. Especially write down your feeling, thoughts, and impressions of those that have what you want.

THEN YOU MUST ACCEPT YOURSELF, You can’t change anything unless you know what it is. I had a really cool session with someone who wanted more wealth (\$). When we got to this point I mentioned a post of theirs I saw where they were condemning the lavish, wealthy lifestyle of a minister, you know, mansion, planes, cars, everything they just said they wanted. I ask them how they could attract or manifest what they condemn. They had to accept their judgmental attitude and the fact they were basically saying they knew more than the universe, or GOD.

I pointed out a little known aspect of the LOA, whatever you feel, or say about a person, if they reject it, it comes back onto you. They were condemning this person, or group of people as selfish, greedy, etc, well if they do not believe this about themselves it comes back, so he projects wealth and lavish lifestyle as greedy or selfish, and they did not want to be that so....rejection of what they want.

They had to accept this hypocrisy in themselves and their feelings about wealth. (anyone else guilty of this?)

TWO see yourself from your goal, and see yourself with current flaws, but know they will fall away as they move forward. Totally immerse in having the goal then look back where are you now.

THREE do not plan how it will happen just know it will. We are trained to plan but if you micromanage or project “THIS IS THE ONLY WAY” it sets up closure too other ways. “I HAVE WAYS YEE KNOW NOT OF”. Let go of the how.....

FOUR hear a friends voice celebrating you having this goal....so the universe can make the word real...

FIVE step beyond the goal, or what’s next? Ever want a new car or house or partner, once you get it its normal you have other

goals, so set up this is normal and there will be more.

SIX ask your higher power, the universe, whatever you believe to help you with this, and always add “This or something better”.

Beauty and the Inner Eye of the Beholder

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Until recently my inner critic always won. This impulse to be a perfect fit for everyone else, caused me to shape shift away from my true self. So much focus on the superficial kept me from owning my strengths. There was an ever-widening gulf between the face I showed to the world and the real person within. Though I’d left the entertainment industry behind, I continued to play a role for my audience. This despite the fact that I wanted desperately for everyone to know that there’s more to me than meets the eye.

Finally, at the ripe old age of 58, I had a natal regression, which did the most to alter my life for the better. I discovered that the reason I’d always felt ugly and unlovable was due to my mother’s rejection, when she first saw me. During my hypnotic regression I sensed her recoiling from me as she said, “This can’t be my baby. It looks like a monkey. I don’t want it.” After that session, I knew her reaction was one of shock, due to my being two months premature and my whole body being covered with slick, dark hair. I realized then for the very first time that I wasn’t ugly at all and that there’d never been anything intrinsically wrong with me. Nothing has changed my life so profoundly, as working with the subconscious, to find and love my authentic self.

That breakthrough inspired me to offer such service to others, by becoming a certified clinical hypnotherapist. Focusing on my clients ability to love themselves and claim their worth has been the greatest gift. I’ve found it’s immensely gratifying to place one’s whole attention on someone else. Of course I couldn’t have been so good a steward for my clients, if I hadn’t had such a thorough transformation myself.

One of the ideas that took hold of me once I’d had this experience was “to tell my story.” In part, I wanted to share the truth about hypnosis with the world, but I also wanted to show it’s possible to heal completely from the abuses I’d suffered in Hollywood. For seven years I encountered one obstacle after another trying to finish writing my memoir, but steadfast in my commitment, in the Fall of 2019, *Ravishing* was published.

The Gallery Bookshop in Mendocino (on the little slice of heavenly coast I call home) held an event for the launch of my book. There’s seating for about 40 and that night nearly twice that many people showed up, spilling out into the street even to hear me read and have me sign their book. There were fellow therapists, gals from my Zumba class, my women’s group, other scribblers, artists and friends. I swear it felt better than seeing my name in lights and was right up there with my wedding day.

I looked around at the attentive crowd and fighting back tears said, “As a commodity for half of my life, with beauty as my stock and trade, this recognition by all of you as someone you know to be much more than that, is a great redemption of my life.” And after I composed myself I added, “If you come away with just one thing after reading this memoir I hope it’s that—everything essential, including real beauty, is invisible to the eye.”

Alena Guest lives with her husband, Steve in Fort Bragg, where and she has a private practice as a clinical hypnotherapist. She’s the author of, Ravishing: A Memoir. alénaguest.com

LETTER TO A FRIEND DISPELLING THE CONCERNS OR FEARS ABOUT HYPNOSIS

By Del Hunter Morrill

Del is the author of the Great Escapes volumes of therapeutic hypnosis scripts and the "New Beginnings" recordings. Her books, now being translated into Spanish, French, Chinese and Danish, are being used in over 38 countries. Del's curriculum for working with children is used in doctoral programs in the US and Canada; and her course on Hypnosis with Children is being taught in China by a former student.



I appreciate your questions about hypnosis, and your fears about its use, especially in the light of your religious background. In my work as a clinical hypnotherapist and counselor I must assist all kinds of people from all types of religious persuasions and philosophies. From my perspective, there is no reason for hypnosis and one's religion or life philosophy to come into conflict. Generally, any concern is because of misunderstanding what hypnosis is and what it is not.

When I use the term *hypnosis*, I will be referring to any methods that reach the unconscious mind, that subconscious part of us where the real urges and decisions and long-time habits lie. "*Hypnotherapy*" is the use of hypnotic techniques for therapeutic purposes. (This differentiates it from stage or entertainment hypnosis.) The word "hypnosis" is a result of a term given by a Scottish doctor who, in the middle of the 1800's, saw a shepherd boy in trance, and thought he was asleep. He named the phenomena after the Greek god of sleep, *Hypnos*.

What does hypnosis work with?

Hypnosis, and the use of it for therapeutic purposes, works at the unconscious level of the mind. The unconscious (or subconscious) mind is responsible not only for running our automatic body systems, but for containing our beliefs about life, love, people, the world, religion, etc. Also, that deeper self takes care of everything we ever first learned consciously, such as walking, talking or brushing our teeth, which now has become automatic. If we had to think through every little action required to do every little thing we have learned, we no doubt would go crazy. So the deeper mind, that subconscious self, is a most important part of who we are.

The unconscious/subconscious mind houses everything that has ever happened to us, everything that was ever said to us, everything we ever learned, and everything that was done (or not done) to us, whether real or imagined. It houses our emotions, all of the various parts of our personality, and the various roles we play depending upon the persons we meet or the actions we take. The deeper mind is like a big stew pot filled with carrots, celery, potatoes, peas, and meat. In my counseling practice, I find that using hypnotherapy methods makes it possible for me to help people more permanently, than just with "*talk therapy*." That is because these types of methods (or processes) are able to reach that "stew-pot" filled with all our memory and beliefs, and change the flavor of the stew - that is, how we perceive and do things.

Dispelling confusion

Many people are confused, some even fearful about hypnosis.

This is only because they misunderstand it. Certain churches think it means "mesmerism", that is, controlling someone's mind. However, their negative attitude about hypnosis and hypnotherapy comes from the same place as everyone else's - it is simply because it is misunderstood.

So what is *hypnosis*, anyway? At the simplest level, hypnosis might be described as any "state of being" that lies between being totally awake and alert, and that of being completely asleep. Just before you fall asleep and just before you come awake are deep hypnotic states, or trances. You might feel as if you were in a sort of "dream-time" - not quite awake and not quite asleep. At this level, you would be in what we hypnotherapists call a "hypnagogic" state. In this state of being, you are the most receptive to suggestions. So every person is "hypnotized" every day, whether aware of it or not, and whether or not it is named as such.

You can go into hypnotic states from various incidences - being caught up in a moment where you are unaware of what is around you; being so relaxed that your mind and body let go of your "to do" list; visualizing yourself in some beautiful place; letting the sun warm you when on the patio or beach; and so many other times in which your conscious awareness slows down and allows access to your deeper self.

When you try to fight from dozing off from the lights at night while driving on a straight-of-way, you are trying to fight off a "trance," or being "hypnotized."

Hypnosis is also a level of being in which you so trust a person or situation that you willingly take into yourself what they say to you. A doctor who tells you whether you will live or die is a great hypnotizer. Persons who create the advertisements that tell us we will be happier if we buy their products are highly effective hypnotizers. In choosing what one wants in life, those who tend to rely on persons of authority for what they believe are more apt to make their choices based upon that of the authority figure. Any person you put your belief in has a greater chance of affecting your life than someone of whom you are unsure. Therefore, in hypnotic work, belief in the hypnotherapist is important.

There are times in everyone's life, in which one falls into a hypnotic or trance-like state. You are driving a car and suddenly realize that you have missed your turn. Your mind was driving in "neutral" - it had "gone" somewhere else; yet you didn't get in an accident, and you were able to correct the situation. You are wrapped up in a book or caught up in a movie. Someone speaks to you, and you don't hear them, because you are in a "trance," or a hypnotic state. When you "day-dream" you are in a trance-state or "in hypnosis".

We don't generally refer to such incidences as "hypnosis". Yet they are natural and normal experiences in which one's mind has, momentarily, set aside its conscious "chatter", putting one into a deeper level of awareness. Therefore, such experiences could be considered as hypnotic, or "being" in hypnosis or a trance.

When you are in deep prayer, or meditation, this is a form of "trance." It is very similar to being in a hypnotic state. In the prayer state, you may become more aware, receive new insights and directions for your life, and be receptive to the Lord's suggestions. When in a "trance" or a "hypnotic" state, one is relaxed and receptive, therefore more open at a deeper level (the subconscious self). Most important is that, just like in prayer or meditation, you are as fully in control of how deep you wish to go, and open to only what you are willing to receive.

Mass healers, such as those on television, can captivate a whole room of people to the point that healing of individuals takes place. What happens, to a large part, is that the congregation has become open to the suggestion that healing is possible. They are reminded of past miracles of Jesus, his disciples and others. An entire group of people believing in something is powerful, in itself. The person suggesting this possibility to them is someone they trust, and upon whom they have endowed "authority". This person has the ability to send out powerful signals of confidence in healing being able to take place. The combination of focused attention, history, belief and trust creates a "curing" atmosphere.

Since most of our ills are caused from our mind, that is, what we believe or think or feel, then, it is important that our mind be changed—either by believing in the healer-evangelist, or by believing in yourself when with a hypnotherapist.

Clearing up "myths"

Now, let me clear up some frequent misconceptions:

1. The idea that a hypnotist can control you can make you do what you don't do

Stage hypnotists, movies and TV often give false impressions about hypnosis. Yes, they do remind us of the power of our own minds. However, often they give the impression that a person has some special power over others, making them do something against their will. Nothing could be further from the truth.

In a sense, hypnosis is "self"-hypnosis. The hypnotherapist is merely a "guide" into your own interior and deep resources (the greater part of one's mind). It is a 100% consent state. The therapist can only do half of the job; the other half is the responsibility of the one being hypnotized. No hypnotist can make you do anything you do not want to do, or that you feel is unethical.

Let's face it, if we hypnotists could make people do what they don't want to do, we would be running the world and have all the money we wanted. In over 25 years of working with these methods, I have never yet convinced any client to lay their savings account at my feet!

Regardless of how powerful a stage hypnotist might be in getting very receptive people to do the most ridiculous things, if he requested, "Now, take off all your clothes", they simply would not do it (unless an extreme exhibitionist). The hypnotist would have crossed the line. Each participant on the stage, regardless of the request and how much in charge the hypnotist seems to be, is able to stop at any time—to accept or reject any suggestion. This is just as true in a hypnotherapist's office.

2. The idea that your mind becomes "vacant" and therefore open to anything that comes along (including the devil)

When you are hypnotized, all that is happening is that you are becoming more focused—putting all your mental ability at work. You are shutting out some or all of the usual chatter that comes into your conscious mind. Contrary to being vacant, then, the mind is actually "filling up", bringing its full ability into the moment, in order to participate in making changes. Because you are the one who is "in charge" – not the hypnotherapist, you will accept only that which is right and helpful for you.

3. The idea that all your secrets will come tumbling out

Hypnosis is not a "truth" serum or other drug that lets Pandora's box lid fly open. You will not reveal all your secrets. When you are hypnotized, nothing more is revealed than what you need to get the particular problem resolved. More often than not, nothing spoken is required of you. Anything you wish to remain "hidden", stays hidden. When hypnotized, if I were to I ask a question that you did not wish to answer, you would be as free to not answer it as you are when you are not hypnotized.

4. The idea that hypnosis is a form of "brain-washing"

To be brain-washed, one would have to be involved in things like being confined to small spaces for long periods of time, bright lights night or day, or no lights at all, going without sleep or being pulled out of sleep irregularly, having little to no food, being drugged, and possibly physical torture. Obviously, such activity would not keep me in business very long!

I believe that each person possesses within himself or herself knowledge of what their problems are, and how to solve them. I use methods that help people go into that deeper part of themselves, finding out what causes their problems and discovering ways to use more of their mind and capabilities to solve their problems or change their habits. Sometimes I do it with just positive suggestions that can change how they perceive something. Sometimes I help them discover the original cause of their basic attitude or belief that is keeping that problem in their life. Then I help them find a way to release the holds that cause has had over them.

I feel that, in using hypnosis, especially with counseling techniques added where needed, I am helping individuals to be released from the past, and, in their life's journey, to move into an open and unknown future without fear. I hope this has been helpful in clarifying why I do what I do and why the methods I have chosen to do that work continue to be effective for my clients and for myself.



WHAT IS CLIENT CENTERED HYPNOSIS?

By C. Roy Hunter

C. Roy Hunter, is an IMDHA member and practices hypnotherapy near Seattle, in the Pacific Northwest region of the USA. His experience includes providing hypnotherapy part-time for terminal patients of the Franciscan Hospice from 2001 thru 2008, and 21 years teaching a 9-month professional hypnotherapy training course based on the teaching of Charles Tebbetts. Roy is the recipient of numerous awards, including awards from three different organizations for lifetime achievement in the hypnosis profession. His workshops are in demand worldwide.



My original mentor and instructor, Charles Tebbetts, is best known for pioneering parts therapy. However, in my opinion, he also deserves to be considered as a pioneer of client centered hypnosis, which he taught and emphasized in his classroom.

When I studied under his guidance in Edmonds, Washington, many hypnotists and hypnotherapists engaged in a professional habit that is still common today – they relied on scripts. While there is a place for scripts, many clients required more than just listening to a good hypnosis script in order to enjoy lasting success.

There Is a Place for Scripts

I do not oppose the use of scripts; but I have concerns about the exclusive use of scripts.

Over my many years of teaching professional hypnosis and hypnotherapy, I have frequently made the statement: *scripts are like training wheels*. They should serve you, but not vice versa. Each script should be adapted to the individual client and his or her particular presenting problem.

Scripts are valuable for the new student who is learning the art of hypnosis. This is true for inductions, deepening techniques, and basic suggestion structure for common problems such as stress management and habit control, etc. My hypnosis texts include some sample scripts to help the facilitator. However, when you master the art of appropriate suggestion structure, it becomes easy to give suggestions that apply to each individual client. In other words, *expand beyond* the sample script.

A common problem is that some hypnosis professionals rely almost exclusively on scripts. We can call this *scripto-therapy* according to my friend and colleague, Bruce Eimer (Hunter & Eimer, 2012).

Scripts Often Are Not Enough

Charlie (as my mentor wished to be called) often said that scripts and suggestions help some of the people some of the time, but not all the people all the time. If a client is strongly motivated and has minimal subconscious resistance, suggestion and imagery are often enough to help him or her enjoy successful results from hypnosis. However, when subconscious resistance exists, it is important to follow what Tebbetts called “the four hypnotherapeutic steps to facilitating change.”

I refer to them as the four hypnotherapy objectives, because when suggestion and imagery are insufficient for lasting success, it is important to accomplish all four steps in order to enable the client to achieve lasting success. I also call them the four cornerstones of successful hypnotherapy.

The Four Cornerstones of Successful Hypnotherapy

When Charles Tebbetts taught these four hypnotherapy objectives, he gave us the foundation of client centered hypnosis – which is why I include a diagram shaped like a foundation in my text books that discuss them. They are:

1. Suggestion and imagery

First impressions are lasting, so most clients experience suggestion and imagery during the intake session. However, hypnotists who promote single-session programs may lose clients who need additional sessions. I lost count years ago of the number of clients who saw me for a presenting problem after seeing another hypnosis professional for the same problem.

2. Discover the cause(s)

Notice I did NOT use the word *diagnose* – because I am not qualified to diagnose. Even if you are qualified and licensed to diagnose a subconscious cause, what if your opinion is incorrect? It is better to use client centered techniques to *discover* the cause. According to Gordon Emmerson, a world renown psychologist, when EITHER the client OR the therapist has a pre-conceived opinion regarding the cause, there is a 50/50 chance of that opinion being wrong (Emmerson, 2003). Note. If using regression therapy, know the risk of false memories (Churchill, 2002).

If the hypnotherapist is competently trained in client centered hypnotherapy, he or she will use whatever technique(s) are appropriate to enable the subconscious to discover the cause(s). Common techniques for discovering the cause(s) include – but are not limited to – hypnotic regression therapy, parts therapy or its variations, spiritual hypnosis, ideomotor responding, etc.

3. Release

Once the subconscious discovers the cause or causes of a problem, we must help the client to release any or all of those causes. Years ago I saw a man who had a fear of flying; but he saw another hypnotist before seeing me. A couple weeks later he got on an overseas flight and thought he would die of heart failure while experiencing “high anxiety” six miles above the ocean.

The other hypnotist used a technique that was designed to release the problem without discovering the cause. The client told me that it involved tapping himself in several places. Whether or not it was EFT is still an unanswered question. While regression therapy is not for everyone, he needed hypnotic regression therapy to discover and release the core cause of his fear of flying.

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I AM A WORK IN PROGRESS, LEARNING FROM POST SEPSIS SYNDROME

By Debbie Lane

2007 International Hypnotist of the Year, Debbie Lane has experience with high-profile and complex cases. Debbie was certified by the Naturalife Institute in Basic Hypnosis and Integrative Hypnosis in 2002 and Medical Hypnosis in 2009. She has been the keynote speaker for Anheuser Busch, Working Women Of Tampa Bay, WIN and Pinellas County Schools. She has appeared on numerous radio and television programs including Siren Media's Strange Sex. She is a contributing author to Real World Hypnosis and Natural Born Hypnotist,

consulted for The Muse Unlocked, Writing Down Your Soul and One Breath Away: The Hiccup Girl. Debbie was previously a vice president of a national chain of child care centers, The Learning Center, Inc. She has combined her business, teaching and care giving experiences into a successful practice in Palm Harbor, FL.

A client from about a dozen years ago recently reached out to me for help with her Post Sepsis Syndrome (PSS). PSS has many symptoms and none of them are very pleasant. The symptoms include both the physical (lethargy, loss of balance, swelling related water retention and chest pains are just a sample) and psychological (to include agoraphobia, depression, anxiety, insomnia and more). She had been suffering for a little more than a year and one half and felt as though she was doomed to live with it for the remainder of her life. This woman had been seeing a doctor, a psychiatrist and participated in an online support group with no improvements. Her psychiatrist encouraged her to see me.

Apparently, she had retired from nursing only days before she went to the hospital and developed Sepsis and so she never had an opportunity to enjoy life without working. This added to her discouragement. She had so many unfulfilled plans and felt like a prisoner in her home because she was terrified of leaving it. Additionally, she had been taunted by a nurse in the ICU and that created more issues.

When we began our session, I asked her to list three things that would make her smile. She couldn't come up with one! Not a thing and I tried to assist her with suggestions, but no. She did mention that she was watching the news all day long. I suggested she cut that down to a minimum. As I spoke, I realized that I too watched more news than I should. (Hmm, maybe I ought to follow my own advice.) She agreed to this change.

By the end of that first session, not only did she smile, she laughed during the trance and again after! This was the first time since her hospital visit, a year and a half ago, with no reason to smile now changed! She laughed as she left my office and later wrote me to say that she found more reasons to laugh at home.

Her mind created a "monster" that would attack her at any time, sucking her breath away while causing great pain. One such attack left her in a fetal position on the sidewalk a few blocks from home. Fortunately, a friendly neighbor found her and got her home. The monster made his appearance in her first session. I had to take him away and flush him down the toilet. We used a psycho-sensory technique to neutralize impact he had made and she instantly calmed down enough to continue with the hypnosis. During that process we flipped switches in the control room related to her physical pain and constipation.

With her second session we covered the anger she was feeling over her circumstances. She had apparently been repeatedly

asking herself "Why me?" and "Why did this happen to me?" So, we discussed the questions she asked herself during the day. Explaining that her subconscious was busy looking for evidence for those questions to validate them. We flipped her questions around a bit and utilized those new questions in her trance work. "What is the lesson in this experience?", was one question she now asked also, "How will this experience help me grow?" This reminded me to review what questions I might be asking myself that could use an update.

She also had tremendous anger at the nasty nurse she had in the hospital. While she may have been justified, we know that wasn't helping her heal. Therefore, forgiveness needed to be a part of her work. She was able to forgive the nurse and from there the list grew. She felt the need to forgive the medical profession, her husband, a few friends and a laundry list of offenders. We worked through the list and she felt so much lighter by the time we finished. Once again, I made a note to review who I might be holding a grudge against.

At the time of this writing, she has further appointments scheduled. She has thus far written a wonderful review for me and told everyone in her support group about the miracles she feels she is experiencing. It is an online group, so don't be surprised when you get a call from someone with PSS. Upon hearing this I encouraged her to let her support group know they could contact IACT and IMDHA to find a helpful hypnotist nearby. Being a part of the journey of release and newfound freedom is humbling, and oh so exhilarating.

I focus on my clients as we work, giving them the opportunity to reach the goals they have. Just as many of you also do. Still, because *I am a work in progress*, I will note that these clients are sent to me as a reflection of the work I want to do on me! For example:

As I spoke, I realized that I too watched more news than I should. (Hmm, maybe I ought to follow my own advice.)

The news cycles at warp speed these days. Ironically, despite my desire to remain current, it often begins to feel more like I am riding a ruminating roller coaster spurred by hate and fear. That is not the diet I want to live on.

Her mind created a "monster"

Boy is my mind an expert at this! Whether it is the unfinished

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THE NEGATIVE IMPACT OF A SEDENTARY LIFESTYLE ON STRESS MANAGEMENT

By Norma Lent Auerbach

Norma Lent Auerbach has a Ph.D. in Psychology. She is the President and founder of the Bodymind Learning Institute of Boynton Beach, Florida. As a former school administrator and college professor, she is listed in Who's Who in American Education and Who's Who Among America's Teachers. She is a popular speaker and taught a popular program at the Learning Annex in New York for many years entitled "Get Anyone to Do What You Want With NLP." In addition to a popular CD on Stress Management and other recordings, she also has numerous publications including articles about stress management, past life regression, the Akashic Record, and a popular handbook "Empower Yourself: Design Your Own Personal Stress Management Program from A to Z." Norma is a member the International Association of Counselors and Therapists.



"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear." ~ Buddha

The human body, which is comprised of more than 600 muscles, 206 bones, 3.7 trillion cells, 5.5 liters of blood, 10 liters of interstitial fluids, etc. , needs to move as much as possible to keep things lubricated, agile, flexible, and strong. It was not designed to sit behind a desk, in front of a television, playing video games, texting friends, etc.

You may not realize it but your body is experiencing a lot of stress from your sedentary lifestyle. While you may think you're managing your stress through such inactive relaxing ways as watching television, surfing the internet, or playing video games, over the long term these activities may well increase your stress.

Exercise is a proven method to help relieve stress. While it doesn't need to be formal exercise in a gym, any activity that gets your body moving for at least 20 minutes or so as often as possible (but ideally 3-5 times weekly) can help to combat stress. The powerful benefits of movement include: lower blood pressure, better regulation of blood sugar, lower resting heart rate, better control of body fat, improved immune function, increased muscular strength and endurance, improved cardiorespiratory functioning, increased flexibility, better joint health, improved mental functioning, higher quality of sleep, decreasing depression, and increasing self-esteem.

Recent research has documented that leading a sedentary lifestyle is linked to a range of chronic physical and mental health conditions resulting in \$117 billion in annual health care costs in the USA and 10 percent of all premature death. (*Medical News Today Newsletter, August 29, 2018.*) Or to put another way, health care spending is **17.8% of the GDP** (Gross Domestic Product or economic productivity within USA geographic borders).

According to the World Health Organization, globally 1 in 4 adults aren't moving enough and an estimated 3.2 million deaths can be attributed to lack of physical activity. "In less than two generations, physical activity has dropped by 20% in the U.K. and 32% in the U.S. In China, the drop is 45% **in less than one generation. Vehicles, machines and technology now do our moving for us. What we do in our leisure time doesn't come close to making up for what we've lost**" - designedtomove.org Actually, according to researchers, even people who exercise regularly are

probably not getting enough movement to counteract the deleterious effects of sitting too much.

The first exercise guidelines issued by the federal government (2008) claimed that exercise helped reduce the incidence of breast and colon cancer. Ten years later (November 12, 2018) their new guidelines announced that exercise is now known to help against six other cancers, including stomach and esophageal cancer. It also helps reduce anxiety, depression, blood pressure and Alzheimer's disease and improve brain function and learning.

Further proof that the human body was designed to move, are the consequences of not moving. Physical inactivity leads to deterioration, such as: loss of bone density, stiffening of joints, weakening of muscles, weakening of the heart and lungs, degeneration of the cellular energy system.

As soon as one sits down, electrical activity shuts off in the leg muscles. Calorie burning is significantly reduced (potentially to as little as one calorie or less, depending on one's height, weight, gender, etc.) and lipase, an enzyme in the legs that assists with the breakdown of fat, dramatically and rapidly drops. After two hours of sitting, HDL (the so-called good cholesterol) levels drop by 20 percent. After 24 hours of sitting, insulin effectiveness drops 24 percent and the risk for diabetes rises. (*Wellness Magazine, 2019.*)

The issue is how can we change our sedentary lifestyle and start improving our health by increasing physical movement. Since there is no "one size or age fits all" answer, the decision is a strictly personal one depending upon your age and health and your health care provider's recommendation. Whatever your situation may be, it is still very important to make sure you **move your body frequently throughout the day.** Even the act of **standing up from a seating position** has been found to be useful in counteracting the deleterious health effects of constant sitting. The key is to start moving your body....**NOW.**

Just as an aside, those who suffer from the "**fidgiting factor,**" may be strengthening their heart health by keeping their blood flow to their arteries even though they are sitting, according to researchers (July 2016 *American Journal of Physiology*). However, the rest of us who are not "fidgeters" can still start to become more active by introducing some of the following easy-to-do strategies that introduce daily movement into your sedentary lifestyle and help reduce the stress your body experiences from

lack of movement.

The **activities suggested below** are not the “be-all and end-all.” They are merely suggestions to get you started so you can start improving your overall health.

Stretch your neck: Sit up tall and drop your right ear down towards your right shoulder (you don’t have to touch it!) and hold for a few seconds and repeat for the left side. Repeat gently at least five times.

Rotate your shoulders: “inhale” and move your shoulders up towards your ears; “exhale” and let your shoulders go down; gently rotate your shoulders to the front and then to the back as you breathe “in” and “out.”

Hands over head: Interlace your fingers and reach up towards the sky, as high as you can ... keeping your palms facing up towards the ceiling. Hold to the count of five. Gently repeat at least five times in each cycle.

Move your head: gently turn your head to the left and try and look over your shoulder and hold for a few seconds; move your head forward; gently turn your head to the right and try to look over your shoulder and hold for a few seconds. Repeat at least five times.

Hug your knees: With a bent knee, lift your right leg up and grab it with your arms and pull it in as close to your chest as you can. Hold for 5–10 seconds. Repeat on the left side.

Stretch and bend: Extend your right arm over your head and reach out as far as you can to the left and gently bend over; hold for a few seconds; reverse and extend your left arm over your head to the right; hold for a few seconds.

Stretch your legs: stand up and hold on to the back of your chair; bend your right leg up behind you (if you’re wearing pants, grab the hem with your hand and lift your leg up as high as possible); hold that position to the count of 5; do the same with your left leg.

Enhance your balance and flexibility: hold on to the wall or chair; kick your feet gently front and back; move your feet sideways; stand on your toes, up and down.

Change your position: rhythmically slap the length of your body with the palm of your hands as if playing the bongo drums, as you do your deep breathing exercises; move around; take a walk; wiggle in your chair.

Scrunch your facial muscles: take a deep breath “in” and scrunch all of your facial muscles toward the center; let go as you “exhale”; “inhale” and open your mouth wide and take a deep, relaxing yawn; breathe “out” release tension and relax

Roll your head: drop your chin down towards your chest and gently roll your head from side to side.

Shrug your shoulders: raise both shoulders up towards your ears and hold for a few seconds and release. Repeat at least five times.

Squeeze your glutes: Squeeze your glutes as hard as you can and hold for 10 to 30 seconds.

Stand more, sit less: Research documents that this lowers your stress, improves your mood, boosts your metabolism, tones your muscles, and even reduces common aches and pains.

Move every 30 minutes: Interrupt your sedentary time by getting up and moving around every half hour to reduce the effects of inactivity. If you need to, set a timer as a reminder. If you’re watching television, use the commercial interruptions as an opportunity to signal yourself to get up and move around the room.

Walk More: Commit yourself to just a little regular exercise like walking at least 2.5 hours per week. Increase it as you get more comfortable.

Park your car further away from the entrance: This is an excellent way to start moving yourself more and more each day.

Take the stairs: Stairs give you an opportunity to increase your heart rate and tone up your legs. For example if you work on the 10th floor, take the elevator to the 9th floor and walk up the remaining floor. Then next week, start walking from the 8th floor.

Stretch your brain: Think of your brain as a muscle that needs to be used so pick activities that can challenge your brain, such as: play games and cards; do puzzles (Sudoku, Crosswords, jumble); memorize new words, poems, etc.; take a class at the library; join a discussion group; volunteer; join a book club; travel to new places; etc.

Choose an exercise you enjoy: It’s simpler to maintain moving your body if you like what you’re doing. Perhaps you might want to add music or even emulate an exercise video.

The bottom line is that you are in charge of your own health. It’s important for you to keep your body in motion. Or as Jim Rohn, the American motivational speaker said, **“Take care of your body. It’s the only place you have to live.”**

I Am A Work In Progress, Learning From Post Sepsis Syndrome

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task monster that creeps in during the quiet of the night when I want to sleep or the generalized stress/anxiety monster. Giving him a place to live in my mind is giving up tremendous real estate that could be put to better use. I realize my mind can be creative with these monsters, so what else can I create that brings me joy?

This reminded me to review what questions I might be asking myself that could use an update.

What if the very thing I fear never happens? As we know, it usually does not. Meanwhile all the energy put into rehearsing for disaster could have been redirected into something powerful or meaningful.

Once again, I made a note to review who I might be holding a grudge against.

This was probably the most powerful observation for me recently. I like to think I am forgiving. Truth be told I usually am, until I am not. I am very aware that life is ever changing and so are the players in one’s life. It seems a better plan to release negative people to their own devices than to keep them around and resent them. Let me emphasize, the release is more than just physical. Holding on to resentment after they are gone is just plain folly.

So, if like me, you are a work in progress, know you are not alone. The more tools we learn to help our clients, the more we can practice on ourselves. Just like anything worth achieving in life, it takes plenty of practice.

“I love this organization, can’t be beaten for quality of material, timely and relevant alerts and updates for our field and an outstanding staff always ready to lend a hand. Thank you.”

-Bonnie Howell, Ithaca, NY

USING WHOLENESS

By Donald Pelles

Donald Pelles is a hypnotherapist in Kensington, MD. He works with his clients to resolve their difficult issues and thus transform their lives, utilizing hypnosis and Neurolinguistics (NLP).

Hypnotherapy is his third successful career; he was previously a mathematics professor, making significant contributions to the field, and then a software developer.

Donald is very happily married to Rosalyn Pelles; they have three grown sons, five grandchildren, and three great-grandchildren.



[**The Wholeness Work**, developed by Connirae Andreas and announced to the world in 2011, is a new “path to awakening” and way of resolving life problems. This new method offers a simple, gentle, step-by-step way of doing what spiritual teachers talk about. It offers a way to dissolve the “everyday sense of the ego” in a way that also resolves many life problems. This method has helped people with insomnia, relationship issues, pre-migraine auras, difficult emotions, and much more. People report “it’s easy, and feels gentle and kind.”

You can see Connirae discussing Wholeness in the video of the September, 2019 IACT/IMDHA Virtual Chapter meeting, <https://www.youtube.com/watch?v=d-UxxzRbEhU>. I will be giving a presentation, “Introduction to Wholeness,” at the IAPH *HypnoExpo 2020* Conference in Orlando, FL on Saturday, April 25, at 3 PM.

I started Wholeness work eight years ago. Leaning initially from Connirae’s 2-Day Online Training (<https://andreasnlp.com/trainings/video/2-day-wholeness/>) and then assisting her presentation at the Psychotherapy Networker Symposium (<https://www.psychnetworker.org/2020/>), I began working with clients and with myself. Here are a few of my experiences.]

Julie

I worked with Julie on a number of issues: anxiety related to her work, to her marriage, her parents, and in particular, stuttering. It seemed like the harder she tried to control it, the worse it got.

Wholeness was new to me, but I decided to see how it would work with her. I first had her think of something mild, not too consequential, something someone she knew did repeatedly that annoyed her. I guided her through the process – she was able to do it fairly easily – and when I asked her “Now, imagine the person doing that,” she shrugged and said, “I really don’t care about it.”

We then turned to the stuttering. I asked her to recall the feeling she got when she was trying to get out a word or phrase. “It’s in my throat,” she said, showing me with her hands. The sensation was about the size of an apple; it felt “tight.” I continued with the process, finding a chain of Is, then inviting Julie to integrate each of them with Awareness and finally integrating what remained of the original sensation.

Julie came back for her session a week later, saying “Well, I’m still stuttering, but I don’t care about it anymore.” Actually, she was stuttering *less*. What had happened was that she was no longer monitoring her verbal output the way she had been (“Am I going to be able to say this? Is this going to come out right?”), which in large part had been driving the stuttering. Over the next few weeks, the stuttering continued to diminish.

Mark

Mark had developed a habit that he found himself unable to stop: he was constantly checking his scalp. His arm would just go up, before he was even aware of it. He could bring it down, but had not been able to stop it from repeatedly going to his head.

It turned out that two years before, Mark’s daughter had had a case of head lice. They were able to treat the daughter, and Mark himself never got head lice, but in the meantime he had developed the habit of constantly checking, and he couldn’t stop.

I asked Mark to “get the feeling you have when the arm starts to go up” It was a sensation in his upper arm, and we started the *Wholeness Process* with that, “How big is it? What’s the shape? and “What is the sensation quality?” I guided Mark through process. Afterwards, he reported, “Now the arm starts to go up, but then it comes down.”

Donald (That is – me)

Maybe six years ago, I was looking forward to *HypnoExpo*, then being held in Daytona Beach. That year I was excited about my wife coming with me. We had planned for several months; we would meet another couple in Orlando, rent a car and drive to Daytona. The women would hang out on the beach while I and the other guy participated in the conference. Roz and I had our plane tickets, our room (beach front) – all set.

A week before were we supposed to leave, I was talking by phone with Rosalyn, who was in North Carolina where she was working at the time. She started telling me about everything she had on her plate, all the things she needed to do. And I began to get this hollow, sinking feeling in my gut. “You’re not coming to Daytona,” I interrupted her. “No, sorry – I’ve got too much to do.”

The sinking feeling turned into a cavity, a dark hole. I felt awful, let down, disappointed. And then, I went into Wholeness, which by that time was becoming automatic. First taking note of the size and shape and the *quality* of that feeling, I asked myself, *Where is the perceiving of this happening from? – Where is the ‘I’ that is aware of this?* And continued the process from there. When I was through, with everything integrated with Awareness, all that remained was a feeling of “It’s no big deal.” “There will be other trips; we can use her ticket another time.” As it happened, the other man’s lady friend also cancelled. He and I met in Orlando, rented a car, drove to Daytona, shared a room at the Conference, and had a great time. And that was that!

“Thank you so much for all you do to support us with continuous learnings and valuable resources.”

–Cheryl Radu, Traverse City, MI



WHAT IS SPIRITUAL SUCCESS AND HOW TO MEASURE IT

By Bernie Siegel

Bernie Siegel, who prefers to be called Bernie, not Dr. Siegel, was born in Brooklyn, NY. He attended Colgate University and Cornell University Medical College. He holds membership in two scholastic honor societies, Phi Beta Kappa and Alpha Omega Alpha and graduated with honors. His surgical training took place at Yale New Haven Hospital, West Haven Veteran's Hospital and the Children's Hospital of Pittsburgh. He retired from practice as an assistant clinical professor of surgery at Yale of general and pediatric surgery in 1989 to speak to patients and their caregivers. In 1978 he originated Exceptional Cancer Patients, a specific form of individual and group therapy utilizing patients' drawings, dreams, images and feelings. The physical, spiritual and psychological benefits which followed led to his desire to make everyone aware of his or her healing potential. He realized exceptional behavior is what we are all capable of.

When asked to write an article about how to measure success in your spiritual life the answer seemed obvious. If you have been asked to be an outside consultant to the Board of Directors of Heaven, as I have, then you have made it. Let me share with you some of what I have learned at various board meetings in this article and help you on your path to success in the spiritual world.

I meet many young men and women from well to do families who's lives are spiritual wrecks because their family defines success as accumulating more and more material things. When a young man walked into my office and said, "My father ruined my life."

I asked him what he did to ruin it and he answered, "He gave me a million dollars when I was twenty one." I told him there were many people in the waiting room who would love his problem. I asked, "How did it ruin your life?" "I had to be a success."

He came to understand that being a success does not make you happy and he needed to learn that being happy makes you a success. When you seek security, while fearing challenges, you will not find peace on a mental or spiritual level because you will never find your authentic life or way of serving your love to the world. The entire reason for life is so that we can experience love. That is my opinion. And when you experience love you are a spiritual success.

The imperfect world is what makes our love necessary and meaningful. To quote God, "A perfect world is a magic trick and not creation. You are here to live and learn. Just as there is no darkness or cold there is no true evil. Darkness is simply an absence of light while cold is an absence of heat and evil is the failure to express my love through your actions. Just as a graduation is a commencement, and not a termination, and the Bible ends in a revelation and not a conclusion your life is about beginnings. When you experience change, be it loss or gain, you must begin to use the change to redirect your life and create something new that will benefit the world and its inhabitants, all of whom are the same color inside and so of one family, and continue the process of creation."

Now compare the young man's problem spiritual problem, I mentioned earlier, with mine. One of our sons called me and asked for money to pay his college tuition bill. I reminded him that when my father died he received \$60,000 from my father's estate for him to use towards education. He responded, "I gave

it to a friend I met in Nepal so he could come to this country for an education and then go home and help his people." Now which son would you prefer? The one who turns a million into many millions or the son who gave away \$60,000 and is asking you for money?

At the time of the phone call I wasn't so enlightened but I have learned from this son about how to be a spiritual success. He used what he had to help others to survive and thrive. The message is that we are here to offer our bodies and our property to benefit others. Only then do we become a spiritual success and immortal in the only way one can become immortal, through love, which is the only thing of permanence.

Think what would have happened if the young man had started a new charity with his million dollars. Would his father have said to him that he was a dumbbell throwing his money away or praised him? My father's father died when he was twelve and he said the family's problems taught him that money was to make life easier for people and not something to simply accumulate and he spent his life living the message.

Remember dear old Joseph Campbell's words, "You climb the ladder of success and when you get to the top you find it's leaning against the wrong wall." Well when you climb the true spiritual ladder of success you can call yourself successful if when you get to the top you find you're in Heaven.

Remember the age old message. The son of man comes not to be served but to serve and to ransom his life for the good of the many. How you serve is your choice and not to be imposed by others because he who seeks to save his life will lose it doing what others want but he who is willing to lose his life and let the untrue self die will save his life. How do you know how to do it? By doing what feels right and makes you happy and not what you think is the right thing to do. If you do not bring forth what is within you it will destroy you while if you bring forth what is within you it will save you.

Now live the message. Become a spiritual success and get on the board.



FANTASY REGRESSION

By Lincoln Stoller
Part 1



Lincoln Stoller is a NASA astronomer from Berkeley, CA (1978); with a PhD in Quantum Physics from the University of Texas at Austin (1985). His education also includes Neurofeedback Training (2006-2009). LENS at Stone Mountain Center, Tilson, New York; 2006 and EEG Institute, Woodland Hills, California; 2007: The Enhancement Institute, Houston, Texas (2009). His hypnosis education includes successful completion of the hypnosis courses taught at HPTI and ICBCH

“I resolved upon the decisive step... I let myself drop. Suddenly it was as though the ground literally gave way beneath my feet, and I plunged into the dark depths.”

– Carl G. Jung

A Brief Future—Hypnosis

Hypnotherapy has more roots than most therapeutic approaches combining medicine, science, memory, consciousness, language, human behavior, spectacle, spirituality, and religion. In spite of this, or because of it, hypnosis remains marginal, though it has periodic revivals and, among experts in these fields, it’s always been respected. It just can’t seem to make it into the mainstream and, perhaps, we shouldn’t want it to.

This crisscrossing of pathways and pedigrees are hypnosis’s richest veins, and those of us who practice it should mine them. Among these is the connection to spirit, religion, and mysticism that’s offered by Past-Life Regression, here referred to as PLR.

This article presents PLR in an accessible form that fits gently into current practice and past forms, such as Active Imagination and emotional intelligence. I hope readers will learn about it and explore the pioneers of the field.

A Quick History—Past-Life Regression

We read various descriptions of the origin of Past-Life Regression therapy. Many of us who have followed clients recount experiences while in trance have heard stories that don’t correlate with any events in the client’s life. Many proponents of PLR, who were not previously advocates for it, first encountered it this way. That is, they encountered past-life stories without prompting or expecting them to occur.

Past-Life Regression comes from a non-academic lineage and does not have a goal that a traditional therapist would identify as therapeutic. PLR does not require or even make use of diagnosis; so, in traditional terms, nothing is being cured. That’s partly because there is no official dysfunction that could be correlated with it, but, more important, it’s because PLR is a transcendent approach that aims to take clients beyond their normal state.

PLR does not remediate—it elevates. In that sense, it’s not disease-oriented—it’s growth-oriented. One of the reasons PLR lingers outside the mainstream is that clients in the West come to therapy to return to what they know as comfortable, rather than explore what might be uncomfortable. The remedial approach is supported and its costs are reimbursed by the medical-insurance establishment. The anti-PLR, medical-diagnostic approach is not only encouraged, but licensed health-care providers who deviate from the medical-diagnostic approach risk losing their licenses.

No Small Thing—Past Lives

PLR is not a thing that has a small effect; it does not have clear boundaries, and it does not reduce to mechanics. In fact, the previous description of its being non-remedial is not strictly true. It often does relieve current symptoms by, presumably, healing past-life diseases.

This unscientific bridge across unverifiable territory is reductionist. It can give an etiology for the presenting symptom, except the causes are closer to spiritual than medical and, if any effect is to be had, the symptoms are psychosomatic. David Quigley has developed PLR in this direction, as a means to address specific current-life diseases and dysfunctions. In *The Art of Hypnotic Regression Therapy* (listed below), Roy Hunter and Bruce Eimer consider different explanations for the past-life recollection experience. In *Becoming Lucid, Self-awareness in Sleeping & Waking Life*, I discuss how new awareness emerges from, and takes one out of existing awareness.

PLR proponents are psychologists, hypnotherapists, and counselors who offer their own techniques and explanations. Brian Weiss and Michael Newton are the most well known, as are the two schools they founded. Others came before them who, in my opinion, were more objective in their descriptions and developments: Roger Woolger, Delores Cannon, Edith Fiore, and Helen Wambach are authors whose work I value.

And then there is the other side of PLR, which has roots in spiritist, spiritual, psychic, and religious practice. In these areas it’s sometimes a therapy, but just as often part of a cosmology. The spiritist tradition, founded by Alan Kardec in the 19th Century, reports much success in treating mental illnesses. Western science considers incurable using techniques of transcendence and exorcism. See Emma Bragdon’s work for references to work in the spiritist tradition, and books by William Baldwin and Raymond Moody for spiritual perspectives.

It’s ironic that the West’s scientific advocates are content with their failures in this regard and indifferent to the demonstrable success of the non-scientific spiritists. So much for being “evidence-based.” As a physicist, I consider psychology’s love affair with evidence-based methodologies to be an abuse of the scientific method. It’s certainly better than the subjective, deluded, and sometimes concocted anecdotal reports, but cherry-picking evidence does not a science make.

I don’t think PLR will be accepted by mainstream psychotherapy. Most likely the advancement of PLR in the West will come from hypnotherapy, which is to say, through the efforts of readers like you.

The Aggressive Approach

Let me simplify the approaches to Past-Life Regression by putting them into two camps. There is an aggressive approach, which is what most PLR practitioners apply, and there is a fantasy approach, that I apply and which I think is easier for other therapists to apply, as well.

What I'm calling the aggressive approach makes the creation, or re-creation, of a past-life experience its first priority. In this approach, the client and practitioner work together to evoke a past-life story. Both client and practitioner agree on making this a goal. Past-life-oriented language and methodology are combined with a hypnotic state, so it should be no surprise that past-life stories emerge.

I have no objection to this in principle, and this was the approach I took to gain experience. This approach is necessary if you want to explore past-life territory. That's because when you relax these constraints and don't set PLR as the goal, then you often don't get past-life stories. If you're a staunch believer in reincarnation, then this should give you pause. If reincarnation is fundamental, then what is this non-reincarnation story? If you don't limit yourself to the past-life narrative, then you'll often get something else, or something more.

My objection to the aggressive approach is financial. I find most people interested in past-life regression do not take it seriously enough. They are interested in exploring it, maybe for an hour or so, and maybe at the cost of one hundred dollars, but not deeply and therapeutically. I feel that's a problem because PLR is a serious affair with great therapeutic potential. It shouldn't be toyed with.

This objection is handled in the spiritist schools of Brazil by making spiritist therapy free, which is to say, subsidized by other means. But here in the West, there are no other means. I find that unless a person is willing to pay a trained practitioner for committed support, they'll get an untrained practitioner without support.

Part of the problem is a lack of public understanding, but given the prejudice of Western medicine, this ignorance will be slow to dispel. Without a higher level of education and information one can't blame clients for hesitating in making a larger investment. For the most part, they wouldn't know how to distinguish a trained from an untrained practitioner.

The public's education comes mostly from PLR presented as hobby and spectacle, the responsibility for which I lay at the feet of many who have capitalized on it, but, at present, there are few alternatives. You won't hear about it from your doctor or therapist, but you might hear about it in the tabloids.

The Fantasy Approach

I have taken PLR into my practice with a light touch. I invite people into a conversational trance and encourage them to create a story that traverses the emotionally charged landscape of their current life. I encourage them to fictionalize, invent characters and landscapes, and evoke energies and feelings in whatever way emerges from their entranced mind.

Close to Jung's "Active Imagination," this fantasy approach is undertaken with greater suggestion and, of course, with hypnosis. Jung, on the other hand, viewed active imagination as a non-hypnotic act combining intuition, reason, reflection, art, music, and movement. In short, Jung's approach is a conscious bridge to the unconscious. Under hypnosis, one feels more to be the puppet

and less of the puppet-master. In Fantasy Regression, like PLR, one is largely in the subconscious.

"You yourself must enter into the process with your personal reactions: ... as if the drama being enacted before your eyes were real."—C.G.Jung

The Shallow End of the Subconscious

As I mentioned, if you don't constrain a story to a past-life framework, then you will often get a story that doesn't look like a past-life. I may not look like the present life, either, and sometimes it doesn't look human or even earth-based.

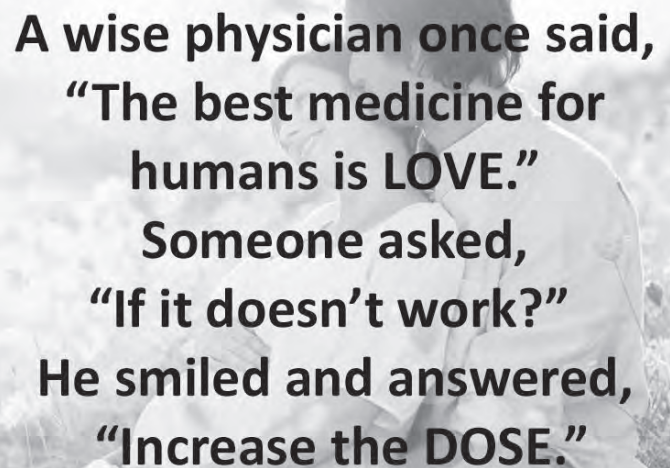
Die-hard reincarnation advocates have encountered stories such as these in spite of their attempts to remain in the PLR framework. Those in the Michael Newton school offer other-worldly explanations asserting that these other worlds are real. I find this is unnecessary. Actually, I find it ridiculous.

As far as I'm concerned, these stories are whatever the client wants them to be, and I don't apply my own metaphysics. I simply encourage them to explore the landscape of feelings and to search for personal release and deeper understanding.

I recently worked with an analytical client for whom the notion of past-life regression would have been uncomfortable. This client provided a complicated life-story, and the hypnosis that we did, such as it was, was entirely conversational.

In a subsequent session, we dispensed with the story and I led them into a narrative that contained only the emotionally charged aspects of their history. I invited them to slip into an alternate world and conjure or create the places and characters that expressed their fears, hopes, needs, loves, and sorrows. Then, I invited their characters to act independently. I didn't say anything about past lives, and I didn't care to.

They had no trouble with this exercise, and it presented no challenge to their identity. This new story did not threaten their elaborate historical story which, while it was based on selected facts, was still an elaboration of memory, fabricated for the purpose of protection from guilt and sorrow. They needed that protection and, in order not to minimize it, we just set it aside temporarily. They will rewrite the story that they believe to be true when they're ready to do so.



**A wise physician once said,
"The best medicine for
humans is LOVE."
Someone asked,
"If it doesn't work?"
He smiled and answered,
"Increase the DOSE."**



CRITICAL PRE-TALK AS A CRUCIAL CONVERSATION: PREPAR- ING THE CLIENT'S MIND FOR CHANGE

By Kweethai Neill & Steve Stork
Part 7



Kweethai Neill, is Founder & President of iHealth Center for Integrated Wellness in Keller, Texas. Her iChange Therapy produces health and happiness, inside and out. Steve Stork, is Director of Technical Support at iHealth Center. Both are former university professors with extensive experience in health promotion. Kweethai is an IMDHA Board Member and Life Fellow. She also holds the 2012 IMDHA Pen & Quill award. iHealth Hypnotherapy School provides hypnotherapy master classes in Texas, Hong Kong and Malaysia.

In my marketing materials, I describe my approach to hypnotherapy – iChange Therapy – as transformative. I inform potential clients they will experience change inside and out. *Transformation and change* must make for good ad copy because people respond to it and call me. Yet, no one has ever asked, *So, what does it mean to 'change inside...and out'?*

Outward change is readily observable as new behaviors or habits, a reduction in pain, more effective communication skills, etc. The sort of things a colleague might stop you at the water cooler to ask, *What has happened to you? There is something very different about you.* (In a good way.)

A client engages my services for an outward change, not realizing the possibility or necessity of changing herself inside. For example, the transformation from liar to truth-teller (described in Part 6). Rising above excuses and alibis to take responsibility (described in Part 5). Or, most relevant to this series, recognizing that she or someone else is migrating into a Crucial Conversation; but now having the skills and understanding to deal with it appropriately.

Sideways logic

Now, I believe in the utility of *confrontiveness* in my work; but if I were to directly address every one of the client's fears as they arise and attempt to teach her a specific, correct response, therapy would turn into a long series of Crucial Conversations. The client would feel assailed. Deeper fears would lead to defensiveness or shutting down. If she agreed to anything, it would be under a feeling of duress and compliance, as opposed to making a personal choice.

Bottom line, there is a big difference between confrontiveness and imposing your will. I use confrontiveness strategically, only as necessary and appropriate. And, yes, I use my authority (see Parts 2 & 4) to make a strong argument; but I seek for the client to willingly accept a concept, not to mindlessly comply as if my argument is a directive. In other words, I strive to make a case, in collaborative conversation with the client, in which she changes her own mind; I cannot change it for her. Facilitating her power to choose is a more compelling outcome, as she then takes ownership of her options.

So, why go to all that trouble? The most powerful solutions to a client's issues arise when you urge her to come up with them herself. But that means overcoming habits of mind in which she fears 1) she has no control, 2) her issue has no solution, 3) faith

and hope will lead to a solution if she is deserving, 4) she is not deserving because she is unlovable. (See Part 6 for a description of Hope as a fear.)

So, if it is a bad idea to address internal change directly, how do you go about it indirectly? The simplest answer is to take advantage of what hypnotherapy does best, engage the imagination. There is an art to helping the client discover options within herself, but when she does the solution is hers.

Speak directly to the client's subconscious

Much of my work is conducted in open-eye trance. I listen intently. I constantly engage the client, asking her to interpret a concept I have just described, to agree or disagree, to get in touch with a current emotion, to put a concept in context with her own life or circumstance, etc. For many clients it feels like I spend the day in light conversation, sharing my wisdom and telling stories. It usually takes a good night's sleep for the brain to reboot and, in the process, adapt to meta-messages within the analogies, metaphors and stories.

To the client, the conversation seems only loosely oriented around her issue. I ask her to talk about some aspect of her issue, then interrupt with a metaphor or story. It seems random and inconsequential, but it really is a deliberate action that serves two important purposes. One, the client is the *expert* on her issue; which is actually a bad thing because at every opportunity she launches into a well-rehearsed *script* supported by her talking points. I want to break that pattern and subtly; or not so subtly; introduce contrasting perspectives or concepts. Two, I want to continuously address the immutables (see Part 5). But simply repeating that *all clients lie* and admonishing her to *abandon hope* may lead to a Crucial Conversation. Instead, I use a metaphor or story she can identify with, therefore without the guilt or shame associated with weaknesses and failings in her own story.

I am not perfect

For example, after talking about my third option to the cup half full or half empty [i.e., It's the wrong size cup] I use that as a metaphor for life. For a long time, I looked at the cup but did not see the contents. I did not think I had anything in the cup. Then one day I learned there is something in the cup, but all I saw was the half empty space. Then, like other enlightened people, I was able to see that it was half full. Same amount of liquid in the same container; yet suddenly, it is half full. Then one day I realized; and said to myself with amazing insight, It is the wrong size cup. And

now, today, I have a fourth solution. I do not need a cup.

If I consider it the wrong size cup, every day I can choose what size it is and my cup runs over. But if I do not have a cup within which I am measured – then I am free!

This is a personal story, not a private story. You can be personal without being private. Ethically, some things should remain private. But it can be helpful to share personal stories if they help the client connect with you and enhance trust.

To continue the metaphor...*People assume I must have great children. No. I have not led a perfect life. I was not born like this. My children are not perfect, they have tattoos.* This always gets a smile or laugh of acknowledgement. A client needs to know you are human and have challenges as well. You also set an example of having learned through your life and triumphed over obstacles.

I talk about my experiences of having walked on fire. The metaphor is that I have suffered tragedies. It is part of being human. I walked thru the fire and emerged unscathed, but positively changed.

Of course, a huge tragedy to me may not be a tragedy to you. Perfectionist clients relate to the story of my first failing grade. In abbreviated form...*I was studying at the University of London. I prepared comprehensively for an important exam. However, the professor threw us all a curve. It was a single question about a topic he had only briefly addressed. My notes contained only a single paragraph, but I elaborated what I could remember of it into what I hoped would be an acceptable answer.*

As the exam papers were returned during the next class I was alarmed to see I had earned 29 out of 100 points. I burned with shame. I had never in my life received such a low score. But I was not just ashamed for myself. I was a Malaysian female attending London University. I shamed my countrymen. I shamed my Chinese race. I was ashamed as a woman.

As everyone moaned over their marks, the Professor called my name. He congratulated me on having achieved the highest mark. He acknowledged the invalidity of the exam, scrapped it, and scheduled a new one.

The point is that the level of tragedy is not a contest. Each of us has the potential to suffer in unique ways. As I tell the full story to a client I fill in details that provide context so she can understand I have suffered my own path, just as she is currently suffering hers.

My example shows that she as well can learn and figure out how to get to the other side unscathed. *I have a few scrapes and dents, but I am still here. And I can teach you how. More importantly, I can teach you how to create your own solutions.*

So now when I finish the metaphor of the cup half empty or half full; or the wrong size cup; I see the client's nod of acknowledgement, *Wow, I never thought of that.* But my intent is for it to permeate to the subconscious with the message, *Maybe there is a third or fourth option to my issue I have not thought of yet.* That is an internal change; the ability to reflect on and create new options. Once you understand and accept that No is rarely final, your life takes on a new sense of purpose; and it will never be the same again.

"Thank you for having a group I am PROUD to call "home"! I look forward to getting even more involved with IACT/IMDHA in every way possible!"

-Karen Hand, Chicago, IL

To summarize, the purpose of the pre-talk is to prepare the client for change. It may be the change she is seeking or a change she needs but is as yet unaware. If she displays an unwillingness to change – keeping in mind all hypnosis is self-hypnosis – you might serve her best by releasing her to the universe. But if she makes the commitment to convert to (paid) client, the pre-talk pre-prepares her to accept whatever change emerges, both inside and outside. Fears residing in the subconscious mind will continuously throw up roadblocks in the form of Crucial Conversations. But as you now understand that source you can more adequately prepare both yourself and the client; leading the client to beneficial changes and proving yourself to be a master communicator.

What Is CLIENT Centered Hypnosis?

Continued from page 21

4. Subconscious relearning (or reprogramming)

Once we discover and release the cause(s), the subconscious is now open for reprogramming through suggestion and imagery, and/or any other appropriate techniques that the therapist chooses to use. If desired, EFT could be included in Step 4.

The client must *believe*, both consciously and subconsciously, that he or she can now enjoy a lasting success!

My first year in the profession I learned the importance of the fourth objective. A smoker who backslid after the first session wanted to know why he was rejecting the positive suggestions. Ideomotor responding indicated the cause was an authority imprint, so I used age regression. He stopped me during his teens. His father caught him smoking behind the barn with two school buddies; and he chewed him out before sending his friends home. During gestalt role play with Dad, he said, "Dad, you're a hypocrite. You don't have the right to tell me not to smoke while you are blowing smoke in my face!"

Cause discovered and released – so I emerged him from hypnosis since my next client was already waiting. The problem was that I failed to end with suggestion and imagery. He saw me several days later after backsliding. He said that he saw someone else smoking and said, "I always backslide, so I decided I might as well get it over with now...and went and bought a pack of cigarettes."

I failed to use suggestion and imagery to help him *believe* that his success was permanent; so he backslid because he *believed* that he would. Just as I share my successes with others, I also share my "learning experiences" so that you do can avoid making the same unwise choice.

In Conclusion

Client centered hypnosis involves the combination of using the four hypnotherapy objectives as the foundation of client success. Numerous techniques are available that may be appropriate for one or more of each hypnotherapy objective. Unfortunately, a number of people in our profession either use one or more techniques with most clients, or create a "program" with a marketing name and try to fit most or all clients into that particular program. There is NO technique that is good enough to work for all the people all the time.

Charles Tebbetts summarized it by saying, "Fit the technique to your client rather than trying to fit the client to the technique."



BEING APART AND A PART OF THE SOLUTION

By Melissa Tiers

Melissa Tiers is the founder of The Center for Integrative Hypnosis with a private practice in New York City. She is an international lecturer and trainer in clinical hypnosis, NLP and mental health coaching and an adjunct faculty member of The New York Open Center and the Tri-State College of Acupuncture. Melissa is an award winning author of the books "Integrative Hypnosis: A Comprehensive Course in Change", "The Anti-Anxiety Toolkit: Rapid Techniques to Rewire your Brain" and her new book, "Keeping the Brain in Mind:

Practical neuroscience for coaches, therapists and hypnosis practitioners" co-written with Shawn Carson, is now available at amazon.com

A quick note from the epicenter of the moment. Here in New York City we've been hoping for the best but bracing for the worst. In these crazy daze of social distancing we are discovering how fortunate we are, in this field, to be able to do what we do virtually. There's something inwardly healing in helping the anti-viral spread of calm and strength that allows us to be apart and a part of the solution.

One of the things I shared with my online supervision groups was to search for the bright spots. In the Heath brothers excellent book *"Switch: How to Change When Change is Hard"* you can read how finding the bright spots and focusing in can have massive impact. When working with clients to have little bullet metaphors in mind to add contrast and brevity. Things like the environmental impact of allowing the planet to breathe a little easier without the usual traffic. Mentioning in passing the translucent waters in Venice or the changing air maps over China.

We can ask questions that directionalize the mind towards gratitude and compassion. As you guide your client into trance, asking questions like "what can I learn from this?" "What resources do I now have that I didn't know I did?" "What is the most important thing for me to remember now?" "How has this brought us together even more?" "What's the next smallest step I can take towards my goal?"

Questions like that can open up the session in so many ways. It reminds us of all we have to be grateful for. Sometimes going for comparatives like, "you have a house, with running water, hundreds of movies, heat and food..." or even sharing a funny meme you read of social media like "Our grandparents were called to war and slept in trenches. We are asked to stay at home and watch movies. I think we can handle this." Can get a chuckle and perceptual shift.

Start collecting bright spots. It's good for you and your clients. I've instructed my clients to do the same. The teens I work with have been given a mission to share five things a day with their freaked out parents. It's been working. One of my young clients told me they gave that homework to their whole family and over dinner they all share the things that made them laugh or feel grateful. Remember, what we look for we find.

Helping people to help others is another fantastic way of causing ripples through the net. When I'm teaching my clients affect regulation techniques and self hypnosis, I include a "and this

is how you share this" piece so the people they love get the benefits as well. The other day, I had one woman invite her kids over to the computer to learn some mind tricks. Keep it playful. Remember we are countering a constant news cycle of fear. Sometimes just teaching people to go to a place of comfort or fun can offer an easy way out of quarantine and into a vivid full sensory vacation.

If you have yet to make the transition to online work, now is the time. Find a friend or colleague and practice. You will discover there is a level of focus and intimacy that allows us to move through earphones more directly into our client's mind. Our skills are portable. How cool is that? If you are a trainer or workshop presenter you will find that the "break out room" feature on zoom allows you to pair up your students for practice and even jump in and supervise. Our colleague Michael Watson has a fantastic class on learning all about the platform.

Which brings me to another way of expanding out of the confines of our quarters. Learn, learn, learn! Expand your skills by reading, listening and taking classes. Many amazing courses are available for free, including Yale's "The science of happiness" as well as our colleagues offerings.

And if binge watching some silly Netflix series is what you feel like, then do it! I decided to eat cake and watch comedies for two days last week. And it was just what the doctor ordered. Be easy about it all. Know that the more relaxed you are the better you can help others. My daughter and I have dance offs every day to stay active and laugh. I think it's the best approach to keeping sane. Remember that these days will become our future stories and as Nora Ephron's mother would say "It's all copy. Write it funny."

Be safe my friends. Now go wash your hands!

"It's always exciting to look forward to every issue of the Unlimited Human! as there is always so much to learn from other contributors to the periodical of IACT and IMDHA. Thank you for the fantastic editorial work that is put into producing each issue of Unlimited Human!"

-Noel KH Chia, SINGAPORE

How the Memories Come

Talk to your client about how the memories come. Most people expect to see vivid visual images during a past life regression but not all do. Tell your client that past life memories can come through any of the senses. Some people will experience body memories. They may feel their past life experiences in their body.

Following a group regression, one of the attendees reported that she had not been able to go back to her past life because when as soon as the regression began her hip started to hurt and it had “distracted” her. Her hip did not hurt before the regression and it did not hurt after it either. This “distraction” was a body memory and the doorway to her past life.

When I had her focus on the feelings in her hip rather than trying to ignore them, she instantly regressed to a past life where she had been wounded in the hip and died on a battlefield. What had seemed a distraction was actually a past life memory that led to a full past life regression.

Some people will simply have a sense of what is going on during the regression. Although visual images may be vague they will just know what is happening and can describe it to the regression therapist in great detail.

Although the majority of the population is visual in their imagery, many clients are not and you must prepare before the regression to recognize the way they get their memories. Doing so will help ensure a successful past life regression.

Being Your Own Advocate

Encourage your client to let you know if they need more or less assistance. Some clients will move smoothly from scene to scene with little direction from the therapist. Others, will float or have and require more directive suggestions to help them move along. Tell your client that you want them to let you know if they need more quiet time to process or more direction to facilitate movement.

I like to tell clients that I know they are only sharing with me the tip of the iceberg. In deep hypnosis many clients find it bothersome to have to verbalize many details and answer probing questions. Know that your client is experiencing much more than they are sharing with you. Ask appropriate and probing questions to help glean the most from the session for the client and know that you will find out even more during the debriefing.

Preparing for the Unexpected

Whatever our intentions may be and whatever the clients desires may be, sessions have a life of their own. During a regression various unresolved issues or situations may arise that substantially change the stated agenda. Two things are important here. If the direction of the session needs to change, get the clients permission, before changing directions. The other important point is to tell the client in the pre talk that sometimes other issues arise that need to be addressed before conducting a regression.

Even if a regression is unsuccessful no one should be left feeling that the therapy failed. Identify with the client what it is that needs to be worked on and do what is necessary to prepare the client for a successful regression experience.

When conducting past life regressions explain to the client that there are a number of different kinds of regressions that may be experienced. Talk about the single lifetime regression and multiple life time regressions as well as between life regression so they will recognize and be prepared for any one of these should they occur.

Talk about the multiple lifetime regression. Let the client know that a multiple life time regression can be a little confusing at first as you may jump from time period to time period in a seemingly random fashion. It can be difficult to follow this kind of regression but if you will stay with it, you will notice a pattern develop. You may witness different times and events, but you will notice a theme, a recurring experience through each lifetime. This is the important lesson that the regression is revealing.

On occasion someone regresses to a time when they are in between bodies. Describing life in the spiritual world can be quite difficult as most of our words and images are of the material world. However, this kind of regression can be fascinating. Ethereal worlds of thoughts, feelings and energies seem to swirl and move. Your client may have hard time describing what he is experiencing but the regression can have deep impact on his life.

Putting Your Talent to Work:

Book Excerpt

Continued from page 14

the right-brain is also associated with emotional expressiveness, intuitive abilities and spiritual experiences (such as meditation) that have the quality of timelessness. Imagination, visualization and metaphoric thought are all made possible by the right brain. The non-rational right hemisphere allows for breakthrough thinking, inventions, or innovations in any field of activity. Lucia’s research shows that writing and drawing with the non-dominant is a direct route for accessing the capabilities of the right brain.

Connecting the two hemispheres of the brain is a bundle of nerve fibers known as the corpus callosum. Metaphorically speaking, the corpus callosum is a bridge between two worlds, between the rational and intuitive, the logical and emotional, the functional and esthetic. True creativity relies on the use of both sides of the brain. Right-brain flights of imagination need left brain structure to ground them and make them a physical reality. The activities in this book will help you develop the brain’s little-used right hemisphere. In this way you can balance both sides of the brain equally, letting the left side of your brain know what the right side is thinking.

Tips for Journaling: We recommend activities to be done in a Talent Journal. The following are some tips for journaling:

Time: When doing journal work, it is important to block out some uninterrupted time. Some activities in this book take 15 minutes; others take more. We have divided some into parts so that you can do each one at a different setting.

Frequency: You do not have to do these activities every day. When and how long you spend working in your journal is up to you. The more journal work you do, the greater the benefits you will receive. However, frequency and duration of journal sessions are your choice.

Setting: The best setting for journal work is a place that is conducive to concentration and self-reflection. We recommend a quiet, comfortable place where you can be alone and undistracted. Some people like to start the day off doing these activities. Others prefer to sit in bed before going to sleep at night and do some journaling. Many people tell us they have a favorite spot in nature

Continued on page 35

A GUIDE TO EVERYTHING

By Michael Watson
Part One



An international trainer and consultant, Michael has been practicing hypnotherapy for over 25 years. He is a former president of the Hypnosis Education Association and a certified trainer of hypnosis and NLP. Known for his lighthearted and caring style, his trainings are as enjoyable as they are practical. Michael's developmental work in Generative Hypnosis is "cutting edge" and offers a new skill set to hypnotists in contemporary practice. He is on the training staff of NLP Comprehensive, Salad Ltd., UPHypnosis Institute and several other organizations and was honored as the IACT "Educator of the Year" for 2009.

When it comes to accomplishing the things that are important to you, success is rarely accidental. In fact, it's deliberate. In order for something to be a "success" or an "achievement", it can't just happen to you. When good fortune falls upon you for no apparent reason you might call it a blessing or a boon ... but it's hardly an accomplishment.

To be successful you have to succeed AT something. You have to actualize some particular goal or intention that has been satisfied. In other words, you've got to have an outcome. Something you went after and completed. On purpose.

For every goal or desired outcome that a person may have, there is a strategic pathway to its achievement. A sequence of events in the world and in the mind that need to occur in a particular order to get the intended result. The step by step instructions. The HOW TO of success.

I'd like to think that there is a kind of Rosetta Stone ... or a magic guidebook that could just tell us what to do. A one-size fits all formula that would work for everything.

I've got some good news and I've got some bad news.

Of course, depending on the task, there is a different way to do everything. That's the bad news. For instance, you don't achieve business success the same way you quit smoking, overcome a phobia, or make the world's best pot of soup. After all, there are different skills involved, different criteria to be satisfied, personal "style" needs to be considered. And our individual uniqueness requires unique adaptations based upon what we've learned about representational systems and meta-programs, etc. There are physical capabilities and limitations that may need to be considered as well as environmental and circumstantial issues to take into account. What kind of obstacles are likely to arise? Each situation is unique.

But there is some good news. It seems that certain generalizations CAN be made to give us a basic strategy. A Guide of Everything. A Reader's Digest version of how to get the job. It's a pretty simple three-step plan, and I can't think of anything that it doesn't apply to.

It goes like this:

The Guide to Everything

Step One – Start

Step Two – Keep going until you're done.

Step Three – Stop

That's it. I've got to warn you, it's deceptively simple structure should not blind the reader to just how much richness can be found in each step. Big things come in small packages. So let's break it down. In this article, as we start the discussion, we'll

focus on Step One. We'll come back in the next issue to cover the rest.

STEP ONE – START

Start by starting. It's the best way to begin anything.

Don't we all know people (or even ourselves) who have aspirations to greatness, yet never manage to get things going? I know a fellow who was going to pursue his career in hypnosis as soon as he got his business cards printed. It took him over 7 months to finally have the cards ... But then he needed a brochure (do people use brochures anymore?) ... And 6 more months passed. Then it was a website ... And the work is not yet complete.

Sometimes starting can be the hardest part of all.

It has a prerequisite, of course. You can't start until you have an outcome. Start WHAT? And so you begin in your imagination with a dream. You entertain possibilities. Perhaps you have a vision.

NLP provides some useful distinctions to help you make sure your outcome is well formed. While we can't cover those distinctions in any detail here, there are a couple that you might want to consider. The goal needs to be something that is actually achievable, and something that can be initiated and maintained by YOU. If it's dependent on some other person (I want my boss to give me a raise, or my girlfriends/boyfriend/husband/wife/mother to love me) it's not within your control and that could make it difficult for you. It needs to be specific enough that you'll know when you've got it, rather than something unspecified like "happier" or "more successful" or even "being a better trainer". Get a good description so that you'll be able to stop when you get there. (If you're not up to speed on the NLP well formedness conditions, give it a google. I'm sure you'll find something useful.)

When you're starting, you're going to need a little bit of motivation ... to get your feet out of the blocks and onto the track. A sort of energetic capacitor to build up enough juice to turn the engine over.

It's at the starting line that you need the most energy and there are two ways to get it.

One way to get that needed boost is to make sure that the goal you're pursuing is something that you really want. If it's your dream it should be something that reflects your values. Something that makes a difference. Something that is bigger than you. Something that matters. These goals are pretty easy to get excited about and give you the boost you need to get things going.

George Bernard Shaw tells us:

"This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one." *Continued on page 35*

MAP FOR ASKING QUESTIONS DURING A SESSION

By William Wood
Part 2



William Wood is a Certified Master Practitioner and Trainer of Neuro Linguistic Programming. He has advanced trainings in the medical and dental applications of hypnosis, and contextual hypnotherapy. Since being introduced to powerful personal development concepts derived from the life work of Master Hypnotist Milton Erickson in 2005, his work has had huge impact on his personal life and professional career.

Now I have a map of the logical levels of the present state, I have a limiting belief, a specific context, a reality strategy and an internal representation of the present state. I have the DEEP STRUCTURE of the present state and am ready to move on to the desired state.

Some questions to get the conversation going. Notice the assumptions of each question asked here:

1. What do you want to put on the agenda today?
2. What do you want from today's session?
3. What do you want to accomplish as a result of having done our session today?
4. What do you want to work through today?
5. What would you like to change now?

Key Elements of Defining the Desired State:

- Whether or not you start with the present state or desired state does not matter. As I stated above, I follow the client's lead based on how they respond to my question: What do you want to put on the agenda today?
- When defining the desired state, you will want to notice the following:
 - Which logical level does the client use to describe the desired state: Environment, behavior, capabilities, values, beliefs, identity, or beyond the identity.
 - Until very recently, I used to believe that it was NECESSARY to START THE SESSION by defining a clear and defined behavioral outcome that could be measured and time bound and described in sensory terms. AND that can be useful and there is a time and place for helping a client develop a WELL FORMED OUTCOME depending on type of coaching you are doing and where you are in the coaching process.
 - HOWEVER, especially when the client is really BLOCKED and is FACING OBSTACLES and ALMOST ALWAYS when the client leads by responding with the PRESENT STATE and there are BIG, HAIRY STATES built around the present state, I have found it to be much more effective to help the client connect clearly to the STATES related to the values, beliefs, identity and beyond identity states in their desired states FIRST and then defining behavior outcomes after the values, beliefs and identity, etc, have been changed... because their outcome will change more often than not.
 - So by sorting for STATES during the desired state exercise, I can create the client's desired change much faster and typically more ecologically.

- AND after the change has been made it is much easier to bring the client back down the logical levels and find an appropriate NEXT SMALLEST STEP or to a small forward moving TEST that nudges the client in the direction of a larger outcome.
- To summarize: "Sort by states when helping the client define the Desired State." To say it another way: who the client impacts what they do.
- As I am sorting for states that are connected to the client's desired values, beliefs, identity and beyond their identity, I want to find the HOT WORDS and gestures and internal representations (what the client sees, says, hears, tastes, feels, body sensations, etc.) that move the client into a ROBUST state connected with the values, beliefs, identity and beyond identity connected to the desired state.
- When defining behavioral or outcome related objectives (in the right time and place) here are some thoughts to consider. These come from NLP and are often referred to as "Well Formed Outcome Conditions" I have another handout that will help you organize your thinking around well formed outcomes.

Question: "What do you want?"

- Is the outcome stated in the positive (what the client wants)?
- Can the outcome be initiated and controlled by the client?
- Has the client defined the context of the outcome: Who, what when, where?
- What are the positive and negative consequences of getting the outcome?
- What resources does the client need to get the outcome?
- What is the client already doing to achieve the outcome?
- Is the first step to achieving the outcome specific, measurable and achievable?
- Has the client fully considered the motivation that is driving the outcome: what will having/doing/getting the outcome will do for her? Often I will ask these questions to clarify the WHY:
 - Why do you want _____?
 - What's driving your motivation to change _____?
 - What will having/doing/being _____ get for you?
 - What higher/deeper purpose does _____ serve?
 - What does that allow you to have or do or be?
 - Tell me more about that.
 - I want to continue probing the why until a really power-

ful state emerges. When it does, the voice tone usually softens, the voice gets quieter and breathier. It sounds like the client has connected to her heart.

- Is there more than one way to get the outcome?
- What are the timeframes involved in getting the outcome?
- **If you have not defined the PRESENT STATE, a good question to bridge with is this: “What is stopping you from already achieving the outcome now?”**
- Have the client imagine stepping into the future to a moment when the client has already achieved the outcome. Fully orient the client to the future. What are the steps the client had to take to achieve the outcome. As the client describes this experience, notice if their nonverbal and verbal responses are congruent, meaning that they match what the client claims she wants as an outcome. Sorting for congruity is a constant process throughout the entire session.
- Question: “How will you know when you’ve got _____ (restate the outcome in the client’s words) _____”
 - A variation on this question that is useful is this: How will you know you had a good session today?
 - This question is sorting for the client’s reality strategy for the evidence procedure they will use to know that the goal has been completed. It causes the client to sort for their internal evidence for completing their outcome. This is a useful question to ask and I will ask some variation of the question often (almost always).
 - Clients will often respond with a timeframe, a specific event, or a “number of times” they have done a certain behavior or achieved a certain milestone. Often a client will need help clearly defining this step.
 - Notice if the client has defined the evidence for success in sensory-based terms.

Putting Your Talent to Work: Book Excerpt

Continued from page 32

or a special place at home where they go to journal. Wherever you are, be sure that you feel safe and that no one will interrupt you.

Confidentiality: Your journal work should be private. Keep your Talent Journal in a safe, private place. If you share your journal entries with others, do it selectively. Share only what you feel comfortable sharing and only with people who are genuinely supportive. Never show journal work to people who are critical or pessimistic about your talent. Avoid those who judge the whole idea of developing talent as the basis for a career. Don’t let anyone rain on your parade.

Preparation: When you are ready to begin, sit quietly for a moment and breathe deeply. Relax and let go of any tension or anxiety you are carrying in your body and mind. If fear or doubt come up, just be aware of it. If your feelings are strong, you can write about them in your journal before going on to do the activity in the book. It is common for people to feel a bit nervous before embarking on the journey to find talent. Doubt and fear may arise. What if I don’t find talent? What if I do find a lot of talent; then what? Is it going to mean a lot of responsibility? Will others accept my talent? How will this change my life, my relationships, and my job? If these thoughts come up, just write about them. Then go on with the suggested activity. Begin the first page of each Talent Journal entry with the day’s date.

When you start writing or drawing with your non-dominant hand, the printing may seem very awkward and slow. The perfectionist in you might come jumping out and criticize you for writing so badly. “This is horrible handwriting,” it might say. “Yuckkk, look at those mistakes in spelling and grammar; what is wrong with you?” Your dominant hand may try to grab the pen because it can write so much faster and better. Just remember, you’re not engaging in any race here; nor are you being tested or given grades. Rather, you are opening up the right side of your brain. So enjoy the experience and let the journaling begin!

A Guide to Everything

Continued from page 32

Now I realize that some of our goals may not seem earth shattering. Perhaps you want something small and personal like taking cello lessons. If you look at it at the highest logical level, you just might realize that it’s a part of something larger. It’s about bringing art to the world, or about expanding your ability to communicate or about something else that is greater than the current state of things. If you want to stop smoking, it just might be that underneath that you’re becoming an agent of health and well being. When you’re connected with your purpose, it’s easy to get started. It’s much easier to do the work when you know what it’s about. Having a good “why” can be a very powerful thing.

The other way to get that starting surge of energy is to see the goal as a way out of pain or discomfort or some other unwanted experience. When you do this, starting is the getaway car and you can really take off like a bat out of hell.

Lots of great achievers have used negative motivation to inspire them as they got underway. It’s probably the most used method. So many of our therapy clients come to see us because they are wanting to get “away from” something. Create enough

discomfort and anyone would be moved to take action.

It can be a powerful way to get started, but it has a couple of drawbacks. One problem is that it places energy and attention on something that we DON’T want rather than something that inspires us. Another disadvantage of this kind of motivation is that the pain level decreases as you make progress, and eventually there won’t be enough of it to keep you going in the long term. It might be great to get you started but you’re probably going to need something more to keep you going.

So now that you’ve got a vision ... got it organized so that it’s a good outcome ... got enough energy to get you moving. It’s time to START. Determine your first move and DO SOMETHING. You’re on your way.

And that gets us through the first step – START

Now that we have started, we can talk further about the next two steps in the next issue of Unlimited Human. Until then, get your goals in order and start your engines.



MEMBERS ON THE MOVE

SPRING 2020

IMDHA member **Skye Winslow** launched a company in February that she hopes will bring more awareness to hypnosis (and guided meditation). www.OvernightLearning.com is a new audio book publishing company. When you get a minute - check it out! There are 60 audio books live right now with another 70 being added by the end of the month. In Feb, at launch, the site had 225 evidence-based audio books. She'd love to know what you all think of the site and the concept! In the New Year she'll be looking to partner with other hypnotherapists! Congratulations on your accomplishment Skye!

IMDHA member and educator **Kweethai Neill** visited Kuala Lumpur, MALAYSIA in January for the grand opening of IMDHA member **Yeen Leng Koh's** Hypnotherapy Center. Kweethai shared her excitement to have completed her first full session with a client entirely in Cantonese. Way to go Kweethai! Hypnosis works well in any language!

Alena Guest just published *Ravishing: A Memior*, a book about her experience as a pre-#MeToo Hollywood actress and the accompanying abuses she encountered by predators of the entertainment industry. The lion's share of the book however, is about how hypnotherapy finally healed her and inspired her to become a hypnotherapist, to pay that healing forward. It proves the Sartre quote, "freedom is what you do with what's been done to you." Kudos Alena! We look forward to reading your new book.

IACT member and president of Ultra Depth International, **Ralph Allocco** has made a move! A long time native of New York, Ralph has taken the giant leap to follow his instinct (and the sun) to relocate to the sunshine state of Florida. Plans are in the works to be ready to open his classroom doors some time in April or May. Best of luck on following the sun Ralph!

There's a new book on the market authored by IACT member **Bryn Blankinship**. *The Limitless Soul* entails hypno-regression case studies into past, present and future lives. Bryn, a second generation hypnotherapist explains how revisiting certain times in your soul's history can bring resolution to long-standing issues and shift energies that are affecting your current life incarnation. The book carries universal messages and offers hands-on exercises, meditations, and practices for awakening your soul's guidance. Congratulations Bryn! The book sells on Amazon for \$11.99 US

IACT is proud to welcome into the fold **Felicia Klein** of Brooklyn, NY, **David Dean Ellis** of Ontario, CANADA and

Petra Brzovic of CROATIA as IACT approved instructors. Training under the IACT banner sets a benchmark in higher standards; acquiring skills, knowledge and confidence, and preparing practitioners to work confidently in their craft.

Robert Otto had the unique honor of writing the foreword to **Sheila Granger's** second book *How to Build a Hypnotherapy Business*. Sheila has spent the past decade equipping hypnotherapy practitioners with the tools they need to succeed and this book gathers together all of that inspiration, learning and experience, from treating clients and training practitioners, in one place. Packed with practical hints, tips and exercises around the business development skills every self-employed person needs to master. The book sells on Amazon in both kindle and paperback.

What a fabulous idea! In the wake of the COVID-19 outbreak, IMDHA member **Sean Michael Andrews** has created and posted a video on YouTube to help the adaptation of good habits. It's called 'Hypnotic Conditioning to NOT Touch Your Face'. Sean shares how Hypnosis is an outstanding way to break bad habits and install new ones. You can view the video by typing the title in the YouTube search box. Way to go Sean, we think you may be on to something!

This May, IACT member **Fredric Mau** will present MIPH Resident Seminars on Psychiatry and Spirituality and on Hypnosis for Prisma Upstate's Department of Psychiatry & Behavioral Medicine. What a great way to spread the word of hypnosis Fred. Keep up the fabulous work!

There's a free teleconference being offered. Each month, the American Society of Dowsers president and IACT member **Roxanne Louise** (assisted by 1-2 other dowsers) selects a topic related to dowsing, followed by a Q&A. It happens every Tuesday at 8:00 ET. Additional information can be found at dowsers.org.

Congratulations are in order for IMDHA members **Abhishek Joshi** of Inner Journeys, INDIA, and **Fernando Arias**, Wellness Room Miami as they teach a certification course under the IMDHA banner. **Eva Clark** has been granted approval to teach a specialty certification in Medical Hypnosis. We look forward to watching many great things from this group of fine educators.

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YOUR TRAINER—MICHAEL WATSON

Michael is a creative and innovative trainer of hypnosis, hypnotherapy, and NLP with over 40 years of experience. An IACT Educator of the Year and a Diplomate of IMDHA., he is a frequent presenter at conferences and workshops at home and abroad. And he is COMMITTED



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