



# INTERNATIONAL HYPNOSIS FEDERATION

## HYP-NEWS of the DAY

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### TREAT YOURSELF TO SUTPHEN At the MARCH 2017 RETREAT



Photo: Alan Weisman

DICK SUTPHEN  
author of  
YOU WERE BORN AGAIN TO BE TOGETHER  
Pocket Books/630 Fifth Ave., N.Y., N.Y. 10020/212 245-6400

I started offering my metaphysical seminars in Sedona in the late sixties. I introduced Sedona's Psychic-Energy Vortexes to the world in my book, "Past Lives, Future Loves" and unwittingly creating a major tourist attraction. I based my early operations in Scottsdale, AZ and launched my Valley of the Sun Publishing and the Scottsdale Hypnosis Center there. A student took me the Airport Mesa vortex. I opened the book I was reading "The Romeo Error" by biologist Lyall Watson and read "Navigation is bedeviled by the earth's magnetic field... One of these lies off the Bahamas Islands (the Bermuda Triangle), another in the English

county of Sussex, and a third near Prescott in Arizona... Later I experienced a healing there. "Indian legend tells us that there are four places in the world designated as 'power spots' and that these are broken into two plus two-two positive and two negative or two 'light' and two 'dark.' It is believed that the two positive in the world are Kauai, Hawaii . . . and Sedona, both red rock countries. Sedona and Kauai, the Indians say, are vortexes of energy in which the Great Spirit gives birth to rainbows. They tell us that the towering crimson peaks stimulate sensitivity to help you realize your true dreams and ambitions and come face to face yourself and your potentials. The mountains are like a great magnet because it is the home of the Great Spirit. In 1976, I appeared on ABC's "Good Morning American," and conducted the first nationally televised past-life regression. The Tom Snyder's NBC "Tomorrow Show," and "The David Susskind Show" developed a two-hour reincarnation programs featuring me. My research into psychic phenomena and hypnosis led me to write about my experiences and my book, "You Were Born Again to Be Together," became a million-copy best seller. My wife Roberta and met in Sedona in 1999 and today, they call Sedona home. I am writing a new book and Roberta runs Valley of the Sun Publishing. We're both artists and she designs new covers for books, CDs and MP3. We are thrilled that Dick and Roberta will be at the 2017 IHF It's All About you Re-Treat. You may even be lucky enough to have a private session with him. For more go to [www.dicksutphen.com](http://www.dicksutphen.com)



### FROM YOUR PREZ

Dearest Friend,  
The DALAI LAMA said it well; "...the purpose of life is to be happy. From the very core of your being, you desire contentment... Cultivating a close, warmhearted feeling automatically puts the mind at ease. It helps remove fears or insecurity and gives you strength to cope with obstacles. Happiness is the principal source of success in life..."



This issue of the Hyp News is jam-packed with happy articles that motivate the greatest gift you possess: pro-active and kindly self-talk. The more you in-joy the more you out-joy. It is Nature's way. Remember our Post Holiday Party Sundry Jan 22, 2017 3-9pm at our house.

One direct road to happiness is to follow your dreams. Hypnotist Tellman says it this way: "This is your Dream. You created me, years ago... I am your hopes and desires about what you want to do, and be... I am waiting for you, right here and now. I love you and will never abandon you, yet I wonder... When will you make me REAL so the rest of the world can know me too? I was thinking... Now would be the right time to let me come to life... I am ready!"

### KEEP IN TOUCH

We love hearing from you so send us news of your latest endeavors and consider writing an article for upcoming Hyp News issues Ken Guzzo is putting up last years "hyp-talks" on YOU TUBE. You can see them at "hyp-talks." Thank you Ken! All hyp-talks will soon be up and you must see them!

### BIG NEWS MARK YOUR CALENDAR

It's final! The IHF "It's All About YOU Re-Treat" will be held the first weekend in March, 2017... You'll enjoy a true vacation beginning Friday afternoon, March 3 in beautiful Rancho Palos Verdes, California. The retreat includes all meals and they are GOOD!

Call or text me at your earliest convenience 310.541-4844 to register ,on site rooms are limited.

We will all be together to enjoy each other in an amazing weekend of learning laughing and enhancing our lives in every way.

Also, let me know if you want to give a short "Hyp-Talk" to share a fine technique that can go on you tube. So far, speakers are: myself, Shelley, Sutphen, Wanless, Mehl-Madrona, Mainguy, Humm, Guzzo, Carroll, Feldman, Kannard, Warhank, Brucker, Barwich, Prudden... plus plus many more and, of course, YOU!

The members rate for the weekend Friday to Sunday eve includes all meals, the event and the use of the venue.

Commuter fee only: \$297, Share a room: \$397, Single room: \$497

**CALL TODAY (310) 541-4844**

IHF@cox.net or register on [www.ihfretreat.com](http://www.ihfretreat.com)

### Post-conference courses:

**TWO DAYS: MARCH 6-7 ADVANCED PARTS THERAPY**

**\$450 Jaime Feldman (732) 446-5995**

**TWO DAYS: MARCH 6-7 SOULKEY PROTOCOL TRAINING**

**\$825 Martin Castor Peterson, e-mail [mp@dha.dk](mailto:mp@dha.dk)**

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### CHEER UP TIPS

**Shelley Stockwell-Nicholas, PhD offers these six steps that make your brain lighten up...**

#### 1. MINDFULNESS

Breathe. Be here now. Connect to the world around and within you, here and now. You'll spend less time ruminating on old stories and come back to life now.

#### 2. SELF-COMPASSION

Cut yourself some slack. Speak kindly to and about yourself. Be your own best friend.

#### 3. ACTS OF KINDNESS

Reach out and touch someone. Let others know that you see and hear and understand them. Their radiance and appreciation is contagious.

#### 4. PLAY

Smile. Play is a natural anti-depressant. Do what you enjoy. Play brings more energy, efficiency and is just FUN.

#### 5. LAUGHTER

Ha Ha Ha!

#### 6. PURPOSE

A sense of purpose is uplifting

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#### INTERNATIONAL HYPNOSIS FEDERATION

Founded 1999

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#### PHENOMENA-ILLOGICAL

By **ORMOND MCGILL**

(excerpt from McGill's Hypnotherapy Encyclopedia, © Creativity Unlimited Press)

Hypnotism yesterday, today and tomorrow is the same as it has always been; a perpetual phenomenal state of mind. It is a deliberate alteration in perception and behavior— even to the extent of the bizarre. You can use my definition or intelligently form your own. If you wish, you can simply say, 'No one knows exactly what electricity is yet we constantly use it just the same.'"

Consider the word 'phenomenal' in my definition. A phenomenon is what you perceive via your senses, rather than your mind. This limits what you know about the external world to what your senses tell you. In other words, what you perceive something to be is not what it is in and of itself. The reason for so many varied theories is that the perceiver influences each notion of what hypnosis is.

Hypnosis is a phenomenon because something is going on and no one knows what it is or isn't. Mind is not a tangible thing; it is a process of producing thoughts. Thoughts are things: they form energy and manifest powerfully in the physical world.

If you want to be a mastermind and operate the world, use your head. Other examples of phenomena are clairvoyance, intuition, spontaneous healing, remote healing, self-healing, affirmation, unusual lights/auras around people, and the mind's influence on weather patterns.

#### WILL POWER

A new client may ask the hypnotherapist, "What if I have too much will-power to be hypnotized?" The answer to this question is in two parts. The first part is easy. The second part is more complex. Let us study how mind operates.

Simply say, "Will power has nothing to do with your not being hypnotized, as will power is used to assist you in entering hypnosis. You see, will power is conscious mind activity. Hypnosis, on the other hand, is a subconscious mind activity. When you get the subconscious to accept an idea, realization follows automatically." Thinking an idea is conscious mind activity. For a suggestion to carry power it must be accepted by emotions that live in the subconscious. Willing and/or will power can sabotage results; by making conscious mind more active and suppressing the subconscious. A person, just using will to implant subconscious ideas, attempts the impossible. A sick person thinking over and over that they are not sick is still sick. By trying to will themselves to health, they may feel worse because this idea and their critical mind constantly remind them that they are indeed sick. They contemplate the opposite of what they want and battle with their will to repress thoughts of illness. The more they struggle to hold illness thoughts in check, the more the thoughts possess them. Hypnotherapy is not a question of will power or a weak mind versus a strong mind. It is the task of learning to operate your mind instead of your mind operating you. Hypnotize your client with the quiet assurance that they easily direct all parts of their mind to bring to them what they desire.

#### IDEAS WIN OVER WILL

Emile Coue, the master of autosuggestion, said, "Not only is the will incapable of vanquishing a thought but as fast as the will brings up its big guns, thought captures them and turns them against itself." In other words, whenever will struggles with an idea, the idea invariably wins!

Prove this principle to yourself by putting a six-inch wide by twelve-foot long plank of wood on the floor and walking along it from end to end. Though narrow, you can do it easily.

The same plank, spanned between two tall buildings, is a different story. Timidity and the fear that you could lose your balance and fall may cause you to beat a hasty retreat.

Why? The position of the board across a vast canyon of air arouses the suggestion of falling, colored with the emotion of that possibility! Your subconscious accepts the idea of a possible fall.

With will power you try to battle the impulse to fall. Says critical mind, "Of course you can walk along it. You proved to yourself you could do it, when you walked it before." Your subconscious assesses the risk and the more you think about "not" falling, the more the counter-idea is suggested. If you then stubbornly persist in taking the risk, you consider that you may lose your balance and topple into space.

Your precious will power is so helpless at times!

#### IMAGINATION OVER WILL

The pseudo-psychological Law Of Reverse Effect, created by French psychologist Baudouin said, "When imagination and will are in conflict the imagination invariably gains the day." Or, "The force of the imagination is in direct ratio to the square of the will. Thus the will turns out to be not the commanding monarch of life, as many would have it, but a blind Samson capable of either turning the mill or of pulling down the pillars."

Hypnosis avoids the conflict between ideas and will. It replaces wrong thought by right; not by resisting or overpowering bad thoughts, but by bypassing critical mind and establishing selective thinking. Assure you client while in hypnosis "You are excited to realize whatever you suggest to yourself. What you suggest to yourself now or with your conscious will shall be accomplished" and they stimulate positive emotions to embrace will power as motivational tool that gets the conscious and subconscious mind to work together. Hypnosis and properly presented suggestions provide gardening tools to cultivate fertile subconscious fields of full crops for better living.

#### The Svengali Effect

Fear or distrust of hypnosis or a belief that a hypnotist can make you do something against your will comes from grossly inaccurate literature, film and TV depictions of hypnosis and is named after the sinister character in the 1894 novel Trilby by George Du Maurier.

## CAB RIDE

By MITCH DITKOFF

I got into the back seat of a yellow cab, as I'd done a thousand times before. I just tipped the too-smiling bellboy too much for holding open the door and inviting me, as he says to me as he is trained to do "have a nice day."

Here, 1,500 miles from home, at 6:30 a.m. in front of yet another nameless business hotel, I settle into position, careful not to spill my coffee on my free copy of USA Today. In twenty minutes, I will be arriving at the international headquarters of General Mills, creators of Cheerios, Wheaties, and the totally fictional '50s icon of American motherhood, Betty Crocker.

My mission? To help their product development team come up with a new \$250 million dollar salty snack food.

I glance at the dashboard and saw a fuzzy photo of my driver, his last name next to it—an extremely long and unpronounceable last name—as if a crazed bingo master had thrown all the letters of the alphabet into a brown paper bag, shook, and randomly pulled them out in between shots of cheap tequila. Where he was from, I had no clue.

"Hello," I said, "I'm on my way to General Mills. Do you... know where that is?"

"Oh yes, I know," my driver replied with a heavy accent.

That essential communication out of the way, I now had three choices—the same three choices I have every time I get into the back seat of a cab.

I could check my email. I could review my agenda. Or I could continue the conversation with my driver—always a risky proposition, especially with cabbies from foreign lands who are often difficult to understand or, seemingly angry at Americans, which, I am not proud to say, has led me to be way too polite.

"Where are you from?" my driver asks.

"Woodstock, New York. And you?"

"Afghanistan."

As we were in the middle of that war, I was stunned my own backseat brand of battlefield fatigue now gathering itself for the appropriate response.

"Afghanistan?" I reply. "What brought you here?"

I could tell by his pause—a long, pregnant pause—that things, in this taxi, were just about to change.

"Well..." my driver says, looking at me in the rearview mirror, "I was out for a walk with my 10-year old daughter when she stepped on a land mine."

I look out the window. Starbucks. McDonald's. Pier 1 Imports.

"So I ripped off my shirt and tied it around her leg to stop the bleeding. Then I went running for a doctor. But there was no doctor."

For the next 20 minutes, he tells me about his three-day journey through the mountains of Afghanistan, his bleeding daughter on his back, slipping in and out of consciousness. Villagers took them in, gave them food, applied centuries worth of home remedies, but no one knew of a doctor. Then... a break. A man on horseback told him of some nurses from the Mayo Clinic who had just set up an outpost a little way up the road.

With his last bit of energy, he got there and collapsed—the nurses managing to keep his daughter alive and flew her, the next day, to the Mayo Clinic in Minneapolis, where, three days later, he and his wife were flown to be by her side. This began a year long rehabilitation process with her, so she could learn to walk with her new prosthetic leg.

"That will be \$27.55," my driver announces.

Somehow, I find my wallet, pay, and hug my driver, lingering with him as long as I could in that early morning light.

I enter the well-appointed lobby of General Mills, get my security pass, and make my way to the room where I am supposed to set things up for today's salty snack food brainstorming session.

An hour later, fifteen 30-somethings walk in, checking Blackberries.

I have a choice to make.

Do I dismiss my journey from hotel to headquarters as a surreal preamble to the day—one that has nothing to do with the work at hand? Or do I realize that my journey here this morning is the work at hand—a story not only for me, but for everyone in the room?

Mitch is the author of "Story Telling At Work." You may reach him at 845-679,1066 or go to his website [www.idealchampions.com](http://www.idealchampions.com)

## CALL FOR ARTICLES

Time to get published!

The International Hypnosis Federation Invites YOU to submit reports, research and observations or information regarding Mental Mastery and Hypnological/ Psychological/ Spiritual/ Practical insights for upliftment, wellness, happiness and success... We welcome articles that are experiential, theoretical, and speculative that encourage positivity. Submitted manuscripts are subject to peer review by experts with knowledge in particular topics. We reserve the right to edit and make editorial comment and suggestions to meet high standards.

It is helpful to submit your articles in this format

TITLE

NAME

SUMMARY: (ie "A helpful approach to — is described. The term used — refers to a technique used in imagination. THEN WRITE YOUR IDEAS, EXPERIMENT, THEORY, and the PROCEDURE USED along with YOUR COMMENTS AND CONCLUSIONS.

## HELPING THOSE WITH DISABILITIES

By NANCIE M. BARWICH

I was born with muscular dystrophy, which I was able to remove in 2003 through the powerful Conklin Method Cellular Cleansing technique. Since then I have worked extensively with disabled individual. Here are some tips in helping those with challenges. People with disabilities seek out hypnotherapy for the same reasons their non-disabled neighbors do: to change their weight, quit smoking, address a personal issue, or explore their mind or past lives. They may also have disability-related reasons.



When you meet their needs you can secure a niche market Here are some things you will need to know and do.

The definition is quite simple: A disability is any condition or situation that affects a person's physical, emotional, or cognitive abilities. It does not change who a person is, it merely affects their functioning in some way. A disability will change some aspects of a person's life, but it does not change their inner person or soul.

Disabilities include conditions and/or situations that prevent a person from using one of his or her senses such as sight or hearing, performing physical activities such as walking or lifting or talking, or understanding the world around them the way others do.

People with disabilities are not sick. Living with a disability is their "normal" and must be treated as such. There are several things to bear in mind and do to fully honor these individuals:

### 1. HONOR THEIR NEEDS

A person with a disability is an expert on their own needs and abilities. You can offer choices and allow them individual to choose. Let's say your new client uses a wheelchair, ask "would you like to stay in his own chair or transfer to my client chair Be open to his making whatever choice he prefers on that specific day.

### 2. EXPRESS NO PITY OR DISCOMFORT.

Despite what you feel, remain professional and practical. They come to you for your professional expertise and that is what they should receive. Address any accommodations in a practical manner.

### 3. HONOR THEIR BELIEFS, NOT YOURS.

If you have specific ideas of how their disability occurs based on your beliefs (religion, philosophy, reading) that's fine... keep them to yourself. Don't assume they must agree with you and never push those beliefs on your clients. You must respect their boundaries and your beliefs do not come into it. Work as a professional. Unless it is clear that your practice involves particular beliefs (spiritual or pastoral counseling, for instance) stay clear of angels, soul attachments, deities unless they bring it up.

### 4. MIND THE LAWS

It may be to your advantage to read the Act as it pertains to healthcare professional professionals ([www.ada.gov](http://www.ada.gov))

If in your state you are not considered a healthcare professional, or if you consider yourself to be something other than one, you must still be accessible as a place of public accommodation, under the theory that any place that members of the public go to receive a service or do business must accommodate everyone. The Americans with Disabilities Act specifically requires healthcare professional, to offer an accessible space or to go to the client's home; and you cannot charge more than a normal session fee for that service. My home office is not accessible, so I have an agreement with a "by the hour" office suite where I can meet clients for \$20/hour at my expense. I also go to their homes within a local area and I offer Skype sessions. It's not as onerous as it sounds; there are reasonable ways to meet these requirements.

"My Disability Expert" Nancie offers certification programs to help those with disabilities. Her website is [www.doctornancie.com](http://www.doctornancie.com).



# It's All About YOU Re-Treat!

## Mind, Body, Spirit, Fun, Money!

### March 3, 4, & 5, 2017

## Call now to register 310 541 4844

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ONLY \$397 includes 6 meals 3 days of speakers and exersizes and 2 nites shared room\*

ONLY \$497 includes 6 meals 3 days of speakers and exersizes and 2 nites private room\*

\*Current IHF members

## Riddles

• A distraught patient called her doctor's office asking if it was true the pills the doctor had prescribed were to be taken for the rest of her life. The doctor assured her it was true. After a moment of silence, the woman said, "Then I'm really worried about my condition because the label says, 'No refills!'"

• A man woke up in a hospital bed after his operation and found the curtains were drawn around him. "Why are my curtains closed?" he asked. "Is there something wrong?" The nurse told him, "No, it's just that there's a big fire across the street, and we didn't want you to wake up and think the operation wasn't successful."

• Two little boys were examining digital bathroom scales at a department store. "Have you ever seen one of these before?" one asked. "Yeah, my mom and dad have one," the other said. "What's it for?" "I don't know for sure," the second boy answered. "I think you stand on it and it makes you mad."

• A woman went to her psychiatrist and said, "Doctor, I want to talk to you about a problem my husband has. He thinks he's a refrigerator. "That's not so bad," said the doctor. "It's rather harmless." "Well that could be," she said. "But now, every time he sleeps with his mouth open, the light keeps me awake."

• He is not dead. He is electroencephalographically challenged.

• What's the difference between a general practitioner and a specialist? One treats what you have, the other thinks you have what he treats.

• I have to exercise early in the morning before my brain figures out what I'm doing and puts a stop to it.

• Who is bigger: Mr. Bigger or Mr. Bigger's baby? Answer: The baby is a little Bigger.

• A six-year-old and his four-year-old brother had a difference of opinion that finally led to a fight. "Children! Children!" their mother called out. "Haven't you heard of the Golden Rule?" "Yes," sputtered the six-year-old, "but he did unto me first!"

• What is the difference between ignorance, apathy and ambivalence? Answer: I don't know and I don't care one way or the other.

A man frantically dialed 911, "My wife is pregnant and her contractions are only two minutes apart!" The operator asked, "Is this her first child?"... "No!" the man shouted, "This is her husband!"

Q: What has a foot but no legs?  
A: A snail

Q: Poor people have it. Rich people need it. If you eat it you die. What is it?  
A: Nothing

Q: What comes down but never goes up?  
A: Rain

Q: I'm tall when I'm young and I'm short when I'm old. What am I?  
A: A candle

Q: Mary's father has 5 daughters – Nana, Nene, Nini, Nono. What is the fifth daughters name?  
A: If you answered Nunu, you are wrong. It's Mary!

Q: How can a pants pocket be empty and still have something in it?  
A: It can have a hole in it.

Q: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower– everything was pink!  
What do you think was the color of the stairs?  
A: There weren't any stairs, it was a one story house!

Q: A dad and his son were riding their bikes and crashed. Two ambulances came and took them to different hospitals. The man's son was in the operating room and the doctor said, "I can't operate on you. You're my son."

How is that possible?  
A: The doctor is his mom!

Q: What goes up when rain comes down?  
A: An umbrella!

Q: What is the longest word in the dictionary?  
A: Smiles, because there is a mile between each 's'

Q: If I drink, I die. If I eat, I am fine. What am I?  
A: A fire!

Q: Throw away the outside and cook the inside, then eat the outside and throw away the inside. What is it?  
A: Corn on the cob, because you throw away the husk, cook and eat the kernels, and throw away the cob.

Q: What word becomes shorter when you add two letters to it?  
A: Short

Q: What travels around the world but stays in one spot?  
A: A stamp!

Q: What occurs once in a minute, twice in a moment and never in one thousand years?  
A: The letter M

Q: What has 4 eyes but can't see?  
A: Mississippi

Q: If I have it, I don't share it. If I share it, I don't have it. What is it?  
A: A Secret.

Q: Take away my first letter, and I still sound the same. Take away my last letter, I still sound the same. Even take away my letter in the middle, I will still sound the same. I am a five letter word. What am I?  
A: EMPTY

Q: What has hands but can not clap?  
A: A clock

Q: What can you catch but not throw?  
A: A cold.

Q: A house has 4 walls. All of the walls are facing south, and a bear is circling the house. What color is the bear?  
A: The house is on the north pole, so the bear is white.

Q: What is at the end of a rainbow?  
A: The letter W!

Q: What is as light as a feather, but even the world's strongest man couldn't hold it for more than a minute?  
A: His breath!

Q: What starts with the letter "t", is filled with "t" and ends in "t"?  
A: A teapot!

Q: What is so delicate that saying its name breaks it?  
A: Silence.

Q: You walk into a room with a match, a kerosene lamp, a candle, and a fireplace. Which do you light first?  
A: The match.

Q: A man was driving his truck. His lights were not on. The moon was not out. Up ahead, a woman was crossing the street. How did he see her?  
A: It was a bright and sunny day!

Q: What kind of tree can you carry in your hand?  
A: A palm!

Q: If an electric train is travelling south, which way is the smoke going?  
A: There is no smoke, it's an electric train!

Q: You draw a line. Without touching it, how do you make the line longer?  
A: You draw a shorter line next to it, and it becomes the longer line.

Q: What has one eye but cannot see?  
A: A needle

Q: A man leaves home and turns left three times, only to return home facing two men wearing masks. Who are those two men?  
A: A Catcher and Umpire.

Q: Which weighs more, a pound of feathers or a pound of bricks?  
A: Neither, they both weigh one pound!

Q: How many months have 28 days?  
A: All 12 months!

Q: A frog jumped into a pot of cream and

# The Funnie Page

started treading. He soon felt something solid under his feet and was able to hop out of the pot. What did the frog feel under his feet?  
A: The frog felt butter under his feet, because he churned the cream and made butter.

Q: A horse is on a 24 foot chain and wants an apple that is 26 feet away. How can the horse get to the apple?  
A: The chain is not attached to anything.

Q: If a blue house is made out of blue bricks, a yellow house is made out of yellow bricks and a pink house is made out of pink bricks, what is a green house made of?  
A: Glass

Q: What goes up a chimney down but can't come down a chimney up?  
A: an umbrella

Q: We see it once in a year, twice in a week, and never in a day. What is it?  
A: The letter "E"

Q: Mr. Blue lives in the blue house, Mr. Pink lives in the pink house, and Mr. Brown lives in the brown house. Who lives in the white house?  
A: The president!

Q: They come out at night without being called, and are lost in the day without being stolen. What are they?  
A: Stars!

Q: How do you make the number one disappear?  
A: Add the letter G and it's "GONE"

Q: What goes up but never comes down?  
A: Your age!

Q: Tuesday, Sam and Peter went to a restaurant to eat lunch. After eating lunch, they paid the bill. But Sam and Peter did not pay the bill, so who did?  
A: Their friend, Tuesday.

Q: What gets broken without being held?  
A: A promise.

Q: What is always coming but never arrives?  
A: Tomorrow

Q: What goes through towns and over hills but never moves?  
A: A Road

Q: What has Eighty-eight keys but can't open a single door?  
A: A piano

Q: What has a neck but no head?  
A: A bottle

Q: A monkey, a squirrel, and a bird are racing to the top of a coconut tree. Who will get the banana first, the monkey, the squirrel, or the bird?  
A: None of them, because you can't get a banana from a coconut tree!

Q: Which eight-letter word still remains a word after removing each letter from it?  
A: Starting-Staring-String-Sting-Sing-Sin-In-I.

Q: What has a head but never weeps, has a bed but never sleeps, can run but never walks, and has a bank but no money?  
A: A river!

The Smith family is a very wealthy family that lives in a big, circular home. One morning, Mr. Smith woke up and saw a strawberry jam stain on his new carpet. He figured out that everyone who was there that morning had a jam sandwich. By reading the following excuses, figure out who spilled the jam.  
Billy Smith: "I was outside playing basketball."  
The Maid: "I was dusting the corners of the house."  
Chef: "I was starting to make lunch for later."  
Who is lying?  
A: It was the maid. The house is circular, it has no corners.  
Two fathers and two sons go on a fishing trip. They each catch a fish and bring it home. Why do they only bring 3 home?  
A: The fishing trip consists of a grandfather, a father and a son.

Q: What has 4 legs in the morning, 2 legs in the afternoon, and 3 legs at night?

A: A person! As a baby you crawl (4 legs), as an adult you walk (2 legs), then when you are older you use a cane (3 legs)

Q: The more it dries, the wetter it becomes. What is it?  
A: A towel!

Q: What can you hear but not touch or see?  
A: Your voice.

Q: What starts with "P" and ends with "E" and has more than 1000 letters?  
A: A post office!

Q: What loses its head in the morning but gets it back at night?  
A: A pillow

Q: What is something you will never see again?  
A: Yesterday

Q: Jack rode into town on Friday and rode out 2 days later on Friday. How can that be possible?  
A: Friday is his horse's name!

Q: Can you name the two days starting with T besides Tuesday and Thursday?  
A: Today and tomorrow.

Q: What is round on both sides but high in the middle?  
A: Ohio.

Q: If two's company and three's a crowd, what are four and five?  
A: Nine!

Q: What is the center of Gravity?  
A: The letter V.

Q: What is the last thing you take off before bed?  
A: Your feet off the floor.

Q: A lawyer, a plumber and a hat maker were walking down the street. Who had the biggest hat?  
A: The one with the biggest head.

Q: What kind of room has no doors or windows?  
A: A mushroom.

Q: I have keys but no locks. I have space but no room. You can enter but can't go outside. What am I?  
A: A Keyboard

Q: What is next in this sequence: JFMAMJJASON\_ ?  
A: The letter D. The sequence contains the first letter of each month.

Q: A man was cleaning the windows of a 25 story building. He slipped and fell off the ladder, but wasn't hurt. How did he do it?  
A: He fell off the 2nd step.

Q: How many seconds are there in a year?  
A: 12. (January 2nd, February 2nd, March 2nd....)

Q: One night, a butcher, a baker and a candlestick maker go to a hotel. When they get their bill, however, it's for four people. Who's the fourth person?  
A: One night can also mean one knight. That makes four: one knight, a butcher, a baker and a candlestick maker!

Q: What instrument can you hear but never see?  
A: Your voice! You can sing with your voice like an instrument and hear it, but no one can see it!

## Reasons to Smile

Now that food has replaced sex in my life, I can't even get into my own pants.

Marriage changes passion. Suddenly you're in bed with a relative.

I saw a woman wearing a sweat shirt with "Guess" on it. So I said "Implants?" She hit me.

How come we choose from just two people to run for president and 50 for Miss America?

A good friend will come and bail you out of jail...but, a true friend will be sitting next to you saying, "Darn...that was fun!"

I signed up for an exercise class and was

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**McGILL'S  
HYPNOTHERAPY  
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By Ormond McGill, with Contributing Editor Shelley Stockwell, PhD

**WRITER'S DIGEST BOOK  
REVIEWS:**

"If any reader ever wanted to learn about hypnosis, this is an essential reference guide. It is beyond thorough and complete in its nature. It is obvious that the author has a great deal of experience and wisdom on the subject. The book is structured in a logical and direct manner. The samples and examples are numerous and varied in nature."

One of the best books on Hypnotherapy.....ever  
By Eliza Doolittleon

I was curious about this book, I googled it and got nothing, no information on it anywhere, there is a one line review on amazon, not really helpful, and that's it. I was really shocked that there was no info on this great book. I wasn't sure if I wanted to spend so many bucks on a book, but I'm glad I did. some of the topics included:

- Hypnotherapy basics
- Inducing hypnosis
- 150 induction scripts
- over 350 pages of scripts
- odd and different hypnotherapy techniques (some of which I've never even heard of)
- Relationship hypnotherapy
- mind/body fitness
- Energy hypnotherapy
- Hypnotherapy specialities
- Regression specialities
- hypnopyoga
- hypnomeditation
- extra ordinary phenomenon
- 21st century techniques

and of course it's written by Ormond McGill, the master. This is a great tool box of information, there's no fluff, it's over 800 pages, all practical application tools. Get this book, if you are serious about knowing more than you probably know now about hypnosis.

**A huge book to get through but well worth the money!**  
By Nicki Don

Everything you need to know is right here. I had planned to read it then sell it on but quite honestly I can't! It is a book to read and read again, great references and advice that will keep you coming back to review. Anyone considering practicing hypnosis should definitely have this book!

Very thorough coverage of hypnosis  
By elmanon

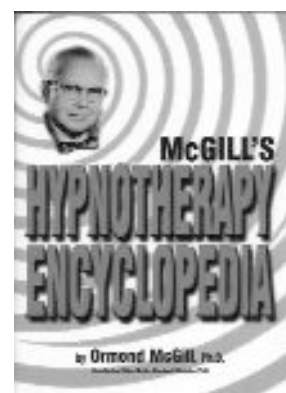
I found this today and it is just what I was looking for to bulk up my hypnosis library. Very interesting. Well written and presented. I will be using this often.  
Good book  
By Dr Andrewon

The best information for Hypnotist. It is a book that every hypnotist must have. it is very good foundation for me.

Great resource book.  
By Mary "mary"

this is the go to resource book for hypnotherapists. you need this in your library of books. well worth the money.

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**July 1<sup>st</sup>, 2016. All renewals after that date will be charged at the new rate.**

**By doing this we will be able to continue to offer you all the great services at the most reasonable price for a hypnosis organization. We hope you will enjoy the new website and appreciate your input for the web and we are always looking for articles about your professional experiences.**

**Thank you for your continued support  
Shelley Nicholas, PhD**



## WHAT ABOUT THE AFTERLIFE?



**BY ANNE SALISBURY, PHD & GREG MEYERHOFF**

People in the afterlife have been prominent in my life since I was very young. I used to see a woman in a bell shaped green dress standing on the landing of my childhood home staring out the window into our back yard. I was scared of her and had to rush by her on my way to my bedroom at night. I actually thought she lived in our house. When I finally asked my mother about this lady in green, I was chastised and told there wasn't a lady living on the stairs.

When I was older, I realized that our house backed up to a park that had actually been a Civil War battlefield. I put two and two together and understood that the lady was probably a ghost waiting for her husband to come home from the war. Later in my personal regression sessions as a hypnotherapy student, I became more aware of all the paranormal activities that had occurred as I was growing up.

And over the years since 1987, when I first opened my own hypnotherapy practice in Norm Shealy, MD's medical clinic in Kansas City, I have witnessed a lot of the afterlife when helping others communicate with their loved ones on the other side. Those sessions helped them prepare for and welcome their own transition.

As for Greg, he too had a variety of interesting experiences. His first wife died of a brain tumor when he was 38 years old. They had both been meditators for years and were intuitively connected. After she passed, she came to him from the other side to tell or show him what it was like there. At one point she pushed her face through a piece of cellophane like material and said, "See, this is how thin the veil really is. You can see and talk to me like this, but doing this so obviously can take a lot of my energy. It is easier for us just to talk. Plus, we can still enjoy each other's company in our dreams."

We have both spent much of our lives peeking beyond the veil to better understand the afterlife. In our latest book, "Journey to Heaven: An Insider's Guide to the Afterlife" we intuitively researched what it can be like to cross over the veil. We track the psychic experiences involved with the passing of my mother, Physsie. She lived with us for the last three years of her life, and well before she passed she committed to report back to us her experiences on the other side. This allowed us to document her discoveries in real-time.

We viewed this process from two perspectives: One, Physsie's personal reports and two, from a group/higher wisdom viewpoint channeled from "All That Is."

Physsie became very spiritual as her life progressed. Later in her life she was actively

involved in the New Thought spirituality movement, was on the board of psychic studies groups, and embraced her own psychic and healing abilities. She was instrumental in helping me become more aware. Her openness allowed us to ask her questions, on this side and the other, that an average person would have considered to be extreme. After her passing, Physsie contacted us almost immediately. She woke me up one night by putting her face nose-to-nose with mine. She yelled, "Are you in there?... I am keeping my side of the bargain to contact you from the other side... are you ready to start the book?" She said that she wanted to check-in before she "went into recuperation" and would be silent for a while.

To give you an idea of how things work on the other side, here is a conversation from our book. The "insiders" are Physsie (Anne's mom, now on the other side) and "All That Is" (a loving group of nonphysical beings with a higher perspective). All That Is answers the question Greg posed to Anne:

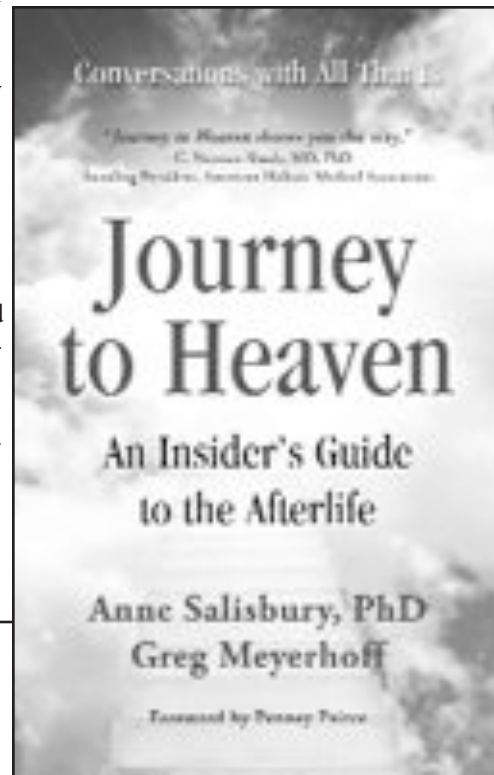
Greg: "How does the recuperation process begin?"

All That Is: "After transitioning through the tunnel or following the string of light, you are surrounded by loving beings. Those who have the task of tending to you as a newly transitioned spirit appear. Their presence allows the cleansing process to begin on the other side.

In a hospital-like setting, you are wrapped up, or cocooned, so that you remain still and do not harm yourself during recuperation. It is a "going inside" process. You sleep for a time, for you are gathering up your energies. You are calling yourself home. You are putting yourself back together as a spirit as you exit the physical realm. Many do not remember this process because it is done while you are partially asleep."

When Physsie came out of recuperation, she sent me a vivid dream of her standing at our front door in her underwear. She said "it is time to get going more on the book." She wasn't exactly sure how she was able to arrive at our door, but she was excited that she had made it there. Shortly after that, we began asking her questions and then receiving further explanations from All That Is. In our next article we will delve into heaven, what it is like to be greeted by friends and family, and how to improve your life review on the other side. Until next time, practice enjoying every loving thought you have about yourself and others. Love makes all your transitions, more fun!

Anne Salisbury, PhD, MBA, CCHt and Greg Meyerhoff, CCHt are award-winning authors of "Journey to Heaven: An Insider's Guide to the Afterlife" and work as intuitive coaches and hypnotherapy trainers at [TranspersonalHypnotherapy.com](http://TranspersonalHypnotherapy.com) and [GoIntuition.com](http://GoIntuition.com).



## JUST IMAGINE

**By Michael Holt CCHtI**

Have you ever noticed that you are right no matter how you think about something? Wouldn't that be a great statement to have as true? Imagine what it would be to have everything turn out exactly as you imagined it would. The question would not be "I wonder what will happen?" but "do I actually believe it will happen?" Could you actually believe that everything is going to turn out the way you want it to?



I've heard that perception is projection. Maybe it is, and then again, maybe we see things as they are if we are open to them. I can perceive someone being rude but that does not mean I project rudeness or does it?

It might be that this person is just rude and it has nothing to do with projection just reality. Have you ever known that something was not going to work and you were right in the end? I wonder if we felt that it was going to work, if it would of worked? At times I get accused of creating my reality in which sadness and negative things do not enter. I will let you in on a secret; I enjoy creating this reality and living life this way.

So the real challenge might be if you have control of everything in your life then what you are creating is of your own choosing. Maybe it is just a matter of choice if you are successful, happy and living the life you always dreamed of living. Could it be that your path to a higher self is nothing more than accepting responsibility for how you create your reality?

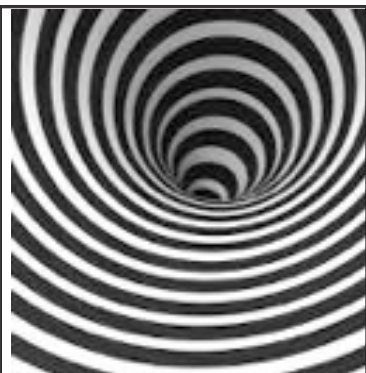
10 RULES TO LIVE BY (Author unknown)  
1. Throw out nonessential numbers like age, weight and height. Let the doctors worry about them.  
2. Keep only cheerful friends. The grouches pull you down.  
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the

brain idle. 'An idle mind is the devil's workshop'. And the devil's name is Alzheimer's.

4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever... Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Michael Holt is the webmaster of The IHF discussion site. You can reach him at: [docmagi@docmagi.com](mailto:docmagi@docmagi.com)



## SCIENCE & CONSCIOUSNESS

© **Bruce H. Lipton, PhD** from "Mind Over Genes: The New Biology"



"Early in my career as a research scientist and medical school professor, I supported the perspective that the human body was a 'biochemical machine' and that our strengths, such as artistic or intellectual abilities, and weaknesses, such as cardiovascular disease, cancer or depression, represented traits preprogrammed into our genes.

Hence, I perceived life's attributes and deficits, as well as health and frailties as merely a reflection of your heredity expression.

Though mass consciousness is currently imbued with this same notion; that genes control the character of your life. The results of the Human Genome Project completely undermined this concept of genetic determinism. The control of health and behavior are now dynamically linked to the environment, and more importantly, your perception of the environment. Newly identified cellular mechanisms include master switches through which thought, attitudes and beliefs create the conditions of your body and your place in the world. The environment, and more specifically, our perception (interpretation) of the environment, directly controls the activity of our genes.

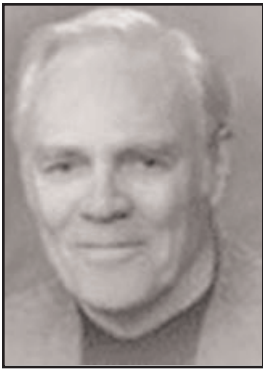
Environment controls gene activity through a process known as epigenetic control. This breakthrough in biology is fundamental in all healing for it recognizes that when we change our perception or beliefs we send totally different messages to our cells and reprogram their expression. The new-biology reveals why people can have spontaneous remissions or recover from injuries deemed to be permanent disabilities."

Lifetime IHF member, Dr Lipton is a Former Associate Professor of Anatomy in the School of Medicine at the University of Wisconsin, and a Fellow in Pathology at Stanford University's School of Medicine. (To enjoy the entire article, go to [www.bruce-lipton.com/mind-over-genes.php](http://www.bruce-lipton.com/mind-over-genes.php))

## WHAT HAPPENS WHEN YOU DIE?

By MICHAEL NEWTON, PhD (RIP)

Sad to hear Michael Newton crossed over recently. A hypnotherapist for over 50 years Michael founded The Newton Institute for Life Between Lives Hypnotherapy, held a doctorate in Counseling Psychology and worked as a group therapy director for mental health centers and spiritual renewal organizations. His best selling books include "Journey of Souls: Case Studies of Life Between Lives (1994)," "Destiny of Souls: New Case Studies of Life Between Lives (2000)" and "Life Between Lives Hypnotherapy (2004)."



Perhaps this article will shed light on where he is right now. In his words:

While regressing clients to access past life memories, many reported what their soul was doing between lives. The following are excerpts from my book "Journey of Souls" that describes my take on the nature of the afterlife:

### TRANSITION AFTER DEATH

After physical death, a soul's journey back home ends with debarkation into the space reserved for their colony, as long as they are not a very young soul or isolated for other reasons. Souls represented in these cluster groups are intimate old friends with the same awareness level. Members of tightly-knit cluster groups are united for all eternity. These clusters are often composed of like-minded souls with common objectives that they continually work out with each other.

They are then summoned to appear before a Council of Elders who review the soul's activities. All souls arrive at a central port in the spirit world that I call the staging area. Once past an orientation large numbers of returning souls are conveyed in a spiritual form of mass transit. Spirits are brought in, collected, and then projected out to their proper final destinations similar to a central terminal of a metropolitan airport that can transport people out in any direction. The most outstanding characteristic of this world is a continuous feeling of a powerful mental force directing everything in uncanny harmony. People say this is a place of pure thought.

Severely damaged souls are rare and seem to be of two types 1. Those that do not accept that their physical body is dead and fight returning to the spirit world. We call these ghosts. And 2. Criminal abnormal souls go into seclusion upon reentering the spirit world because wrongdoing takes so many forms on Earth, spiritual instruction and the type of isolation used is varied for each soul. The nature of these variations is evaluated during orientation at the end of each life. The relative time of seclusion and re-indoctrination is not consistent.

### SOUL GROUPINGS

Souls end their incarnation on Earth when they reach full maturity.

Beginner Soul groups are young in terms of exposure to an existence out of the spirit world, or have been reincarnating on Earth for a long period of time but still remain immature. They are often confused and ineffective when influenced by an Earth curriculum that may be different from the supportive harmony of the spirit world. I believe three-quarters of all souls in human bodies are in the early stages of development.

### INTERMEDIATE SOUL GROUPINGS

Once souls advance their group cluster activity is considerably reduced. This does not mean you return to the kind of isolation that occurs with novice souls. Souls evolving into the middle development level have less association with primary groups because they have acquired the maturity and experience for

operating more independently. These souls are also reducing the number of their incarnations.

These souls are at last ready for more serious responsibilities. The relationship you have with your guides now changes from teacher-student to one of colleagues working together. Since your old guides have acquired new student groups, it is now your turn to develop teaching skills that will eventually qualify us for the responsibilities of being a guide to someone else. You are given increased responsibilities for younger souls. The status of a guide is not given to us all at once, however.

As with many other aspects of soul life, we are carefully tested. The intermediate levels are trial periods for potential teachers. Our mentors assign us a soul to look after, and then evaluate our leadership performance both in and out of physical incarnations.

If this preliminary training is successful you allowed to function as a junior guide. Not everyone is suited for teaching but this does not keep us from becoming an advanced soul.

Guides, like everyone else, have different abilities and talents, as well as shortcomings. By the time we reach the advanced level, our soul aptitudes are well known in the spirit world. We are given occupational duties commensurate with our abilities. Different avenues of approach to learning eventually bring all of us to the same end in acquiring spiritual wholeness.

### ADVANCED SOULS

People who are highly advanced are scarce. Having mastered the fundamental issues most of us wrestle, the advanced soul is more interested in making small refinements toward specific tasks. They may appear as public figures, such as Mother Teresa; however, more usually they go about their good works in a quiet, unassuming manner. Their fulfillment comes from improving the lives of others. They focus less on institutional matters.

They have extraordinary coping skills patience and exceptional insight. There may still be karmic pitfalls yet they combat social injustice in some fashion. They radiate composure, kindness, and understanding. They may disregard their own physical needs.

### RETURNING TO THE PHYSICAL

Leaving the sanctuary of the spirit for a trip to Earth is not an easy decision. Souls prepare for the physical and mental demands of a physical body. While spiritual environment is hard to leave, we also fondly remember the physical pleasures of life on Earth.

Karma of past deeds, mistakes and achievements have all been evaluated with an eye toward the best course of future endeavors. The souls must now assimilate all this information and take purposeful action based upon three primary decisions: Am I ready for a new physical life? What specific lessons do I want to undertake to advance my learning and development? Where should I go and who shall I be in my next life for the best opportunity to work on my goals?

Once a soul has decides the next stage is the return to the place of life selection. Souls witness themselves in the future, playing different roles in various settings. They preview life spans of more than one human being within the same time cycle.

Your spiritual advisors give you ample opportunity to reflect upon all you have seen in the future before making a final decision.

For many a last requirements before embarkation is to go before the Council of Elders for a second time. Some return to their spirit group after this meeting to say goodbye while others say they leave immediately for reincarnation.

What do you thing about this?

## "HELP! I'VE

## FALLEN"

By DON BAY



"I can't get up!"

It sounds like a hackneyed line from an old television commercial. We used to laugh at the line. It became a joke. But this was no laughing matter, no joke.

I was stepping through the outer door in the expectation of taking a quiet walk in the back yard and sitting in the warm sunshine that was often absent in early June. This was an unusually warm day. Time to take advantage of the warmth. Unfortunately, my plans were derailed.

She was a small, normally cheerful white-haired woman I had seen and greeted before as we passed one another on the paved walkway. Now, she was sprawled on the flagstones behind her walker and I was the only person in sight. She appealed to me for help. I rushed to her. Even this close to the incident, I don't recall how I made it to the woman from my walker, but there I was. I'm no longer as strong as I once was and she weighed more than I ever would have guessed. I remembered to set the brakes on her walker, grasped her under the arms and struggled to lift her. It didn't work. She was dead weight and her arms were not strong enough to keep her from slipping through my hands. It was almost as if she was glued to the ground and had no joints. I just couldn't lift her.

I had no sooner paused to assess the situation than another old woman, more mobile than most, appeared and tried to help me lift the fallen woman. No go. As we paused, five alert personnel members rushed from the building and took over. In a matter of seconds they had the woman on her feet and immediately whisked her into the building. Feeling inadequate, useless as tits on a boar and somewhat shaken, I watched until they disappeared into the building. The other old woman disappeared with them. Sitting calmly was impossible now, so I finished my exercise walk, returned to my room and began to write.

### REALITY INTRUDES

From time to time I have said that the Old Folks' Home is a warehouse for the aged and demented. That's my honest opinion. At the same time, I have learned to understand Alzheimer's, other forms of dementia and old age. But today something different taught me a little more about the warehouse we live in. It's not just demented old folks, sameness and Bengt, but old women who fall and show me that I'm not the man I thought I was. It was a spectral finger from the future tapping me on the shoulder to remind me that I'm mortal with a looming expiration date.

I remember patched jeans, a strong, muscular body and young women bowing to my ego. I recall heaving heavy logs into a roaring kiln fire, emerging from the surf, tanned and glistening. Now, I look in the mirror and see an old man looking back at me. But today an old woman showed me that the memories of times past are just memories now.

There's the fog creeping in silently to strange synapses. It's getting more frequent lately. Is this what it's like? Billions before me have passed this way, but this is my first time. I don't know what comes next. Time marches on—sounds like an old newsreel...but it's reality. Falling is a reality. Weakness is reality.

Have I said that nothing ever happened here? Today, something happened.

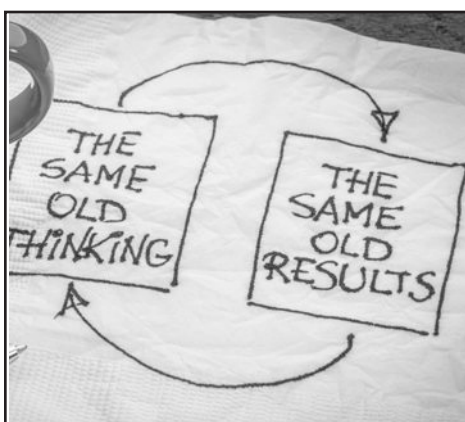
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310 541-4844 or [ihf@cox.net](mailto:ihf@cox.net) Shelley

## HONOR CLIENT'S BELIEFS

By ROMNY FRENCH, CHt

When clients visit, they're looking to be happy and to free themselves from any limits, beliefs and pain. As a helper and healer you offer solace regardless of their or your personal beliefs. Religion, spirituality and mindfulness are different core belief systems, with similar attributes;

1. They teach and/or worship a higher power such as a god, gods, deity or other superhuman force.

2. They involve ceremony, prayer, chanting and/or offering.

3. They offers a chance to connect with other like minded people who share the same beliefs.

So how do you help them while respecting their beliefs?

How can you be of service without encroaching?

How do you maintain a safe environment for healing and growth?

So to ere are guidelines I use to remain in positive neutrality:



### REMEMBER, IT'S NOT ABOUT YOU.

When a client has a strong feeling, opinion or belief about something that does not align with your beliefs, remember it is about them. You have a duty to not argue or voice your opinions about your own beliefs.

Whether you call this power... Higher Self, God, Spirit, or the Universe, we all know what we're talking about. So begin with a centering meditation or ceremony such as lighting a lamp or committing to remaining grounded. Then know and trust that your own beliefs of the universe will protect and honor both you and your client, even if they hold different beliefs.

### LEAVE THE JUDGMENT AT THE DOOR.

You don't have to figure it all out.

When my sister had her first child—I was in awe of this beautiful soul that has entered the world. I had high hopes for his future and my heart sang when he discovered things that, to me, were done over and over to the point they were automatic. Once, when he was three, I was playing with him while my sister prepared dinner. He started singing a song about mud. I couldn't understand why he was singing this. In that moment, he said in his little three-year-old lispy voice "It's just a song, Auntie Wromny." A three-year-old had just schooled me, a thirty-something grown woman. There was no judgment nor was I made to feel shame, it was just one young soul reminding this old soul that it was what it was and there was nothing more to it.

Somewhere along the line, we may lose this innocence. When a client has a belief that makes sense and works for them; it is what it is.

### HONOR THEIR REASONS and BENEFITS

Your client stays with you because they resonate in the connection. If one does not completely align vibrationally, that's okay. It's not your job to take on every potential client; in fact, you may do some a disservice if you did. The highest form of service is sometimes letting so a client can find the best helper for them. Those who continue to come to you are a gift and, at the same time, it's okay should they decide to move on. We need not remain attached as a client and helper, yet may fully embrace them as a human naturally seeking the best means as they grow and learn.

### ACCEPT THEM AS THEY ARE

Vedanta is the Sanskrit word for a common connection in spite of divergent philosophies.

You accept others for who they are and they accept you for who you are. Acceptance allows you to shine, support and understand how you and others carry themselves. My personal beliefs make me, well, me; and this is so for my client. We support and gently bring to light any limiting beliefs that hinder full potential so they flourish. It is fine job indeed.

Romny French, CHt may be reached at (510) 849-7091 or her email [sevawellness23@gmail.com](mailto:sevawellness23@gmail.com)

## UNLOCK YOUR SELF-WORTH BLUEPRINT

By CAROLYN WHITE

Many emotional problems arise from low self-esteem and destructive self-talk, shame and guilt. Habits that run the gamut from shyness, relationship issues, overeating, and drug abuse also play a part.

Hypnosis, affirmations and positive self-talk bolster the estimate of your worth and slows brainwaves to the alpha, theta, or delta frequencies helping to re-wiring neurology to accept the "new" self-image. How you think defines your emotions and your spin on reality and experiences.

Everything in the Universe is energy— your body itself is "coalesced" energy in a form that creates your thoughts and feelings and this vibratory frequency determines the "form" of energy you affect, embrace and emit.

### ENERGY PROTECTION

Your seven major Chakras can serve as your energetic "blueprint" to bring you divine living light. I think of the Solar Plexus, as your mental chakra that is self-esteem central. It embodies the archetype of who you are in the universe— unique and interconnected. Originally the attachment point to your mother via the umbilical chord, it contains dynamics of your relationship with yourself, your self-value and thoughts. Shame suppresses this Chakra's ability to function in a balanced and supportive manner.

The second, or Sacral Chakra, expresses how you relate emotionally to others. It contains the dynamics of your creativity, sexuality, and the giving and receiving of spiritual, mental, and physical pleasure.

Energetically, a lack of self-esteem can occur when the "wires" are crossed between the Solar Plexus Chakra and the Sacral Chakra. When this happens you may have difficulty differentiating between your relationships with others vs. your relationship with yourself. If you look to others to validate yourself, you give your power away. This leads to an unhealthy relationship with "self" and eroded self-worth that can manifest in self-destructive conduct or over-control of all aspects of your life, and the life of others.

So, how can tap into this energy blueprint to access inner and universal wisdom? Here are a few techniques I use to "diamond coat" self-esteem in case you are criticized by yourself or others:

### HAND MOVEMENT EXERCISE #1

Enter a light trance state and direct your hand movements over the Solar Plexus and Sacral Chakras. As you do give positive affirmations as "I am a powerful and creative god/goddess. I create positive thoughts about my life, and others listen." Rotate your right hand in a clockwise manner, about 2 to 3 inches above the navel. This activates the primary energies of both the Solar Plexus and Sacral Chakras and balances them.

Use these hand movements & affirmation throughout their day, especially if in self-doubt. This movement, paired with affirmations, builds and reinforces positive, resourceful, attributes of these two Chakras.

### CHAKRA MUDRAS EXERCISE #2

In ancient Hindu writings, a mudra is a "seal" that confirms and completes, the way a waxed seal was affixed to the back of an envelop and the flap is closed down, we "seal" a deal, seal a cycle, or circuit and it is complete.

Gertrud Hirschi, in "Mudras-Yoga in Your Hands" says mudras are "something that conceals the unknown and the paradox is that this lock also contains the key to unlock those mysteries."

Your hands play an important role in communicating our thoughts, feelings, and intentions.

Compared to other parts of the body, the human hand has a relatively large representation in both the sensory (~25%) and motor (~30%) sections of the brain's cerebral cortex. Your hands can perceive and process volumes of information to and from the brain, as well as the myriad of thoughts and feelings emanating from the brain's activities. The sages of Eastern thought were probably aware of this connection, i.e. how specific hand postures could regulate our thoughts and feelings. Just as a healthy body laugh produces "feel good" endorphins, so a mudra stimulates "feel good" energy. Specific hand and finger positions affect your energy in three major aspects:

- 1) Biofield or your aura that is generated by
- 2) Chakra Centers: that regulate the flow of chi, or energy through
- 3) Pathways or Energy Meridians. Energy flows throughout your body and through your hands and fingers. Think of your hands and fingers as microcosms of your body. When you form a specific mudra you, in essence, activate circuitry that connects you with the wisdom of that Chakra. Holding your hands in a posture may express confidence, balance, and other emotion associated with a Chakra.

A mudra is an "anchor" that captures a desired state. While repeating a positive affirmation position your fingers for the Solar Plexus Chakra Mudra with the tip of the thumb on the tip of the index and ring finger on each hand and say "Any time you want this feeling of inner power and wisdom hold your hands in this way... this is your experience of self-worth." Not only is this a great anchor, it also reconnects their inner wisdom with their energetic blueprint!

Carolyn will be speaking at the IHF Retreat in



## RIGIDITY

By SHELLEY STOCKWELL-NICHOLAS, PhD

From where they sat, the world was flat  
(flattery got them nowhere).

Religion laid out how it was

(based on strict rules from above).

They always did as they were told

(never varied from that mold).

They did their best and flat-lined died

(all alone and no one cried).

## THE PASSION

By SHELLEY STOCKWELL-NICHOLAS, PhD

But those un-froze

Electrified in full blown force

Stunned awake by the bliss of a kiss

The explosion of a driving purpose

Know what it means

To BE eternity

They never die... they have lived.

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If there are question please have your member contact our customer service at (800) 253-5486. Sincerely, Joe Ziegler

## MEDITATION

By RHONA JORDON, CHI

Meditation is the Fourth State of Consciousness. Also known as "Raja," and the "Royal Path."

The first three states of consciousness and Waking, Sleeping, and Dreaming.

Here is some information to make you a fine meditator. Meditation is easy, comfortable, relaxing and offers profound expanded awareness in consciousness, physical health and measurable mental benefits.

### 1. SCHEDULE TIME

What time and how much time (10, 20, or 30 minutes is best) will you choose to meditate. Meditation is a choice. If meditation is important to you, you will find a way. Put it on your calendar. Decide if it will be a single meditation or will it be a group meditation? I suggest meditating before breakfast and before dinner. It seems best on an empty stomach. It is a good idea to meditate at the same times each day as the body responds to the deep rest. To avoid distraction, visit the bathroom before you begin and turn off phone, music and TV. Make arrangement for children or pets, allowing quite time for you. Incense is an option or a lit candle helps to set the intent or just shut the door

### 2. SIT A SPELL

Sit down, on a chair, bed or floor. Sitting upright with a straight spine is beneficial as consciousness energy travels through the channel within the spine (called the "Sushumna Nadi"). We each have 72,000 Nadis, and there are three main ones: Pingala (Surya Nadi, Sun that is to the right of the Sushumna and carries the vital force to Ida (Chandra) Nadi, Moon channel, that lives to the left of Sushumna, and carries your mental force.

### 3. GET COMFORTABLE

Get comfortable and allow your body to settle.

Close your eyes and hear and feel your breath: follow it into your lungs, filling you lungs and diaphragm and then follow the breath out as it leaves the body. Give your body permission to relax. Give your mind permission to fully engage into expanded awareness, drop into the Gap. The Gap: silent space between thoughts or words

### 4. OM OR MANTRA

Think the sound "Om" or "Aum" representing the sound of the universe and from which all sounds have emanated, or enjoy your own special mantra. In the word "Mantra" "man" means mind and "tra" means control. A sound or mantra is the vehicle of the mind that liberates

### 5. MEDITATE

Repeat your mantra gently in your mind, thinking of the sound without effort. When your thoughts stray from the sound or the mantra, gently bring your thought back to the mantra and be aware of the Gap between your thoughts. At the end of the meditation, give yourself two minutes before slowly opening your eyes and returning back into the activity of the day.

### 6. COME BACK

Congratulation! You are meditating. That was easy!

Come out of the meditation gently with a whisper from someone or perhaps a phone alarm with a soft tone. (Loud or sharp tone is jarring to the nervous system). As you meditate regularly, your body will set its own timer and your eyes will open at the appropriate time.

## HYPNOSIS: THE QUICK FIX

(Thanks to Kevin Laye for some of these thoughts)

In our new age, time is a most precious commodity. Life is rapid and that, itself, raises stress and issues.

We expect 'things' in an instant... email or text someone on the other side of the planet, secure in the knowledge... now. Business is done at the speed of thought, transactions made globally at the flick of a switch.

Our children are learning differently, and have an amazing ability to speak on the phone whilst watching TV and sending an email ...all at the same time. Recent research shows on brain scans that children's corpus collosum and pre frontal lobes are changing, mutating, or as I prefer to say evolving.

The good news is that hypnosis is rapid. Even thought some have been hypnotized to make help a long, drawn out process, hypnosis can resolve an issue in minutes. AND there is less transference, muss and fuss.

### RAPID RESULTS METAPHOR

Imagine taking your broken car to a mechanic. They ask you about every journey you've made in the car, and tell you why the way you have driven it or maintained it may have caused the problem. They even over time to educate you into all the fine and the precise details of why the car is not working. Then, once you have fully understood why it is not functioning as you would hope, they hand you back the keys. It is not fixed but now you understand why it's broken and that is supposed to make you feel better about it.

So there you are pushing the car home, but at least now you know why you are pushing it home.

Hypnosis fixes the car.

## GROOVY WORDS

by RICHARD LEDERER

(IHF Lifetime Achievement Award Winner)

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included "Don't touch that dial," "Carbon copy," "You sound like a broken record" and "Hung out to dry."

Back in the day we had a lot of "moxie." We'd put on our best bib and tucker to straighten up and fly right. Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy moley!

We were "in like Flynn," "living the life of Riley" and even "a regular guy" couldn't accuse us of being a "knucklehead," "nincompoop" or a "pill." Not "for all the tea in China!"

Back in those days, life was "swell." Now swell has gone the way of "beehives," "pageboys" and the "D.A."; of "spats," "knickers," "fedoras," "bobbysoxers," "poodle skirts," "saddle shoes" and "pedal pushers."

Oh, "my aching back." "Kilroy was here" but he isn't anymore.

We wake up from what surely has been just a short nap, and before we can say, "Well, I'll be a monkey's uncle!" or "This is a fine kettle of fish!" We discover that the words we grew up

with, the words that seemed omnipresent, as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards.

Poof, go the words of our youth, the words we've left behind. We blink, and they're gone. Where have all those phrases gone... long time passing...

"The milkman did it."

"Hey! It's your nickel."

"Knee high to a grasshopper."

"Fiddlesticks!" "Going like sixty." "I'll see you in the funny papers." "Don't take any wooden nickles." "Heavens to Murgatroyd!" It turns out there are more of these lost words and expressions than "Carter's little liver pills." This can be disturbing stuff!

We of a certain age have been blessed to live in changeful times. For a child each new word is like a shiny toy, a toy that has no age. We at the other end of the chronological arc have the advantage of remembering there are words that once did not exist and there were words that once strutted their hour upon the earthly stage and now are heard no more, except in our collective memory. It's one of the greatest advantages of aging. "See ya later, alligator!"





**TALK TO THE TREES**  
 By **SHELLEY STOCKWELL-NICHOLAS, PhD**

Big trees whisper silent bliss:  
 "Shade for rest; air for zest...  
 "You're the pen; breath your ink."  
 "You're so much more than what you think."



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**THE ROLE OF CAREGIVER**

By Ken Page & Nancy Nester

Ken talks tells his story:

The job of a caregiver is a different reality to the person receiving the care and than to the caregiver. The one who is receiving care does not know how much time or life energy they are taking. I am only now finding out how much energy it took from Nancy after my stroke last August. I knew that I was not completely whole afterwards. I began working each day on some part of myself. For work on my manual dexterity, I pulled tiny weeds in the front yard with my fingers. To work on my legs I rode my stationary bike. I was dizzy from the blood pressure medicine and had to be careful not to fall as my balance was not quite perfect yet.

When an individual has been hurt or is sick and requires care from others, the realization that they are no longer the same person can trigger feelings of depression and emotional judgment. These feelings cause further pressure and pain for both the dependent and the caregiver. Another factor to consider: when one is under pressure, in pain or on medication- how much remains to connect to Higher Self?

For me, my world became very small. Being still or sitting and watching television allowed me to feel a sense of order and perfection. I had to understand only that moment. Now in retrospect, I clearly see that people who are dependent have a different world- a different view of reality. There are many variables and considerations to being a receiver of care. I have always taught that receiving for most people is very difficult, for in receiving we must give up control. When we are the giver, we can control how much and when we give. To be on the receiving end of care is also quite difficult and often confusing.

Surely I was different: unsure of myself, physically weak, foggy memory, angry and frustrated for not understanding. People stared, looked at me differently and I felt a great deal of pressure. All I saw was my own world and I could not understand any other. I was only doing my best to find myself, working at doing everything I could, not really knowing how I used to do something, only knowing that I was doing it differently and feeling like it was not as good as it was before- whatever that was.

The role of caregiver can often push people beyond their own boundaries. Before one becomes a caregiver, they usually have more than a full life to deal with and manage. Caregiving can occupy many different energetic levels, based on the needs of the dependent person and the desires of the caregiver. For some, this might mean limited hours, for others it can become a task that occupies all their waking moments. One example from perhaps millions was a couple I met shortly after my own stroke.

The client had been a bed-ridden stroke victim for more than 5 years. He had become his own limitations and no longer could relate to the person he was before his stroke. As a result, his wife of more than 25 years felt anger and resentment at him 'giving up'. What began as her husband's stroke with hope of recovery had faded and disappeared after weeks, months and years. In her mind, this meant that the man she had loved was dead and she was caregiver to a stranger, living with only the memories of what had been their life together. When I came home, I related that story to Nancy. What I did not know before and had not understood was just how much energy my own stroke recovery had taken from my wife, how much she had worried and how different I was from the man she had married.

Nancy Tells Her Story:

After Ken's stroke, our good friend Tom Kenyon cautioned me, based on his own caregiver experiences, to remember to take care of myself first. That seemed to be secondary to the task of taking care of Ken. He was living in a confusing, bewildering world where nothing was making sense and everything was upside down. Physically he felt limited and I could hear his mind cry out in frustration. Often, the frustration would exhibit itself with emotional outbursts, which would only compound his self-criticism and self-judgment. I found myself once again in the full role of caregiver. That awareness brought out old emotions in dealing with hospitals, doctors, hope and recovery. More than thirty years before, I had held such hope for a miracle - the full recovery of two sons who each subsequently died from birth defects. I was the caregiver to my sons and to the rest of the family during those years. Caregivers find themselves in situations suddenly, often without warning. Like the experiences of the wife of Ken's client, the hours of care can turn into weeks, months and often years. It is not always easy to put yourself first; however it is like the airplane oxygen theory: Put the mask on your own face first, then on someone else. Remembering to take care of yourself is most important. Rest whenever possible and eat well. When circumstances allow, get assistance. The most important gift I could receive during this time was being very present and clear to allow unconditional love/acceptance of self. The dependent is not always fully aware that their words and actions may feel personal to the caregiver. Loving ourselves enough allows us to have unconditional compassion for the situations and experiences of others. As Ken's caregiver, I once again assumed the full responsibility of providing hope for a miracle. I wanted Ken to completely recover -not just for me but for himself. I found myself wondering if I was again being trapped by my own hope. While Ken's initial doctor had said it was something minor that would be completely healed within 30 days, the results were still obvious and apparent 90 days later. So were the emotions. Finally, light again appeared in the form of a doctor who confirmed that the initial diagnosis was not accurate and we merely needed to be patient. For two Virgos - patience is not always our best virtue. But there was once again, a sense in the miracle of hope. Shortly after, Ken had to travel by himself for the first time since his stroke - and he had to travel to different locations in Europe. Each time we spoke I found myself wishing circumstances were different and he did not have to be alone. Each day I worried about his well-being. When a caregiver gets caught up in the dynamics and energetics of the situation and the individuals involved, this can allow for a transference which can in turn create dis-harmony in the physical body.

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by SHELLEY STOCKWELL-NICHOLAS, PhD

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## METAPHOR: TRUSTING YOURSELF

BY SARAH SIEGEL

A young boy had a magical playroom. When he walked into his play room, toys and games he had never seen before would appear. Colorful and exciting toys, games to play, stuffed animals to hug; every toy he could ever imagine would just appear. The toys and games in his room magically knew just what he needed that day. Sometimes he needed to play a game he knew he could win. Sometimes he needed to build a tower of blocks and see it fall down and then build it all over again, and sometimes, he needed that hug from the soft teddy bear. There was always a puzzle waiting for him but he never enjoyed putting together puzzles so that sat ignored. This perfect appearance of toys happened every time he opened the playroom door, yet, he doubted they would be there. Still every time he stepped inside, there they were...just waiting for him. Still he would stand outside the door each time and question, wonder and worry "Will they be there this time when I open the door?" Then, one day, he opened the door and "Oh no, where are all the toys!" he asked. They were nowhere to be seen. There was only a small white table and chair in corner of the room. On top of the table was a puzzle. It was was out of its box and the pieces were in a pile on the tabletop. He examined the puzzle pieces and noticed that each piece had a picture of a toy part. He thought, "I've never enjoyed putting puzzles together before yet, now I wonder if I put the pieces together the toy will appear." That was exactly what happened. When he put the pieces together the toy in the picture would appear... Just like that! He was so excited. When he put each puzzle together he created the perfect toy. When he took the puzzle apart the toy disappeared. So he put each puzzle together as his perfect toys appeared. He now understood. He could always create exactly what he needed... no need to worry or wonder what he needed and wanted was waiting for him. He simply sat down and put the pieces together. Puzzles were fun! They had been there always and now he put them to good use any time he wanted. He could even change the pieces around and still get exactly what he wanted and needed. He packed the pieces carefully back into their box, put the lid on and left the box sitting on the little white table. As he closed the door to his playroom he knew without a doubt that each and every time he opened the door exactly what he needed would be waiting for him. He had complete magical and real power to put the pieces together. Sarah can be reached at nycrah@yahoo.com



## EMOTIONAL RELEASE THERAPY

By Paul Mostman, PhD

In 1947 I was trained by the English hypnotist, Ralph Slater. About 15 years ago, a young lady came to me for hypnosis to stop drinking. She was seeing a psychiatrist for depression at the time so I conferred with him first.

In our third session, I took her through a technique I call Emotional Release Therapy©.

It is what she told me in a calm sweet voice a few months later: "Dr. Mostman, when I came to see you, my husband and I were going through a separation, my boss at work had told me I was on the verge of being fired, and I was living on the pills my shrink gave me and drinking excessively.

After our session, I joined AA with my husband, and started to straighten out my life. I want you to know that I haven't had a drink since that session. I am no longer on antidepressants, my husband and I are back together, and I was employee of the month last month. I just want to say thank you."

### EMOTIONAL RELEASE THERAPY

EMT includes a deep hypnotic trance, a disguised regression, and suggests the removal of problematic negative emotion.

I Begin with a comprehensive interview, then I induce trance and establish ideomotor responses (fingers raised for yes or no). I then guide the client to enter a library containing books about themselves. They then systematically remove "books" containing negative emotions (like anger, depression or sadness) and replace them with positive emotional attributes. In this process of finding, removing the negativity, the person eliminates difficult life problems.

Hypnosis uses the power of your mind to overcome physical and psychological dis-ease. An adjunct of modern medicine and psychology, the Mayo Clinic proved its healing ability of hypnosis in 1955. Sigmund Freud was first trained as a hypnotist/mesmerist who found a way to have clients come for longer periods of time with his open ended "psychoanalysis" where they told their "dreams" and he interpreted them based on his beliefs about behavior.

I believe that EMT is a terrific tool to use. I have given demonstrations of it to the Psychology Association of Southern California with positive reception. I have taught this technique all across the US, and to English and German psychologists who have reported many successes. My vision is that more professionals utilize the power of the mind to achieve happy, healthy productive results.

Paul Mostman, Ph.D. J.D. can be reached via: [www.Emotional-release-therapy.com](http://www.Emotional-release-therapy.com)



# ERT

## THE CHASE DREAM

If you are in a health crisis, running from a lumbering bear may be an unconscious way of releasing stress. Mimi Pettibone is a Hypnotherapist and Dream expert from Seattle brings to mind a common dream; THE CHASE. In essence, she says, that being chased is a most common dream that transcends time and place. The chase dream experience can seem life-threatening while you are in it. Yet, running or escaping may actually be coded in your genetic memory as a survival or stress release. When stressed, or distressed, perhaps it's your primal fight or, in this case, flee response that triggers your supposedly relaxing adrenals making your heart pounds or drenching you in fear and perspiration. Details of the scary chase dream vary from dreamer to dreamer yet, the theme remains; "Gotta run like hell..." or not. When you master "conscious dreaming" you can stand up to the threat and re-frame the episode while dreaming... and perhaps stand up to stress in your waking state. Some claim dreams and nightmares are your subconscious knocking on the door of your conscious mind to get your attention. So, if you have one of these chase dreams, either while dreaming or when you awaken, ask yourself "Is something stressing me?" "Is there something I need to heed?" "What is it I need?"

## TIME TRAVEL

Hypnotherapist David Longenhagen writes: "The adventure of time travel brings interesting questions: If you are alive now, and were then, will you go on and do it again? Are you reborn as a baby with all your educational merits wiped away?"

While education advances your paycheck (a fine idea), hypnosis and time travel advances consciousness and can help the bereaving.

When I teach inner spirituality, myself and my entire class communicate with the deceased. Information from forefathers and mothers pour forth. The gist of messages are that we were doing well.

When you access a past life it's clear that the past still exists in the here and now. Life after death or life after life may indeed bring an existence of dead and alive at the same time. Past life regression and the future life progress are plausible realities. Quantum in nature, perhaps one day, a device help us tap into other lives!

## ULTRA LOGIC & GOD

Submitted by Frank Garfield

A University professor of a well-known institution challenged his students with this question. "Did God create everything that exists?"

"Yes!" a male student replied

"God created everything?" The professor asked.

"Yes sir, most certainly," the student replied.

The professor answered, "If God created everything; then God created evil. And, since evil exists, & according to the principle that our work defines who we are, then we can assume God is evil."

The student became quiet.

Another student raised his hand & said, "May I ask you a question, professor?"

"Of course," replied the professor.

"Professor, does cold exist?"

"Of course it exists. Have you never been cold?" The young man continued, "In fact sir, cold does not exist. According to the laws of physics, what we consider cold is in reality the absence of heat. Everybody or object is susceptible to study when it has or transmits energy & heat is what makes a body or matter have or transmit energy. Absolute zero (-460F) is the total absence of heat; & all matter becomes inert & incapable of reaction at that temperature. Cold does not exist. We created this word to describe how we feel if we have no heat."

The student continued, "Professor, does darkness exist?"

The professor responded, "Of course it does."

"Once again you are wrong Professor, darkness

does not exist either. Darkness is in reality the absence of light. Light we can study, but not darkness. In fact, we can use Newton's prism to break white light into many colors & study the various wave-lengths of each color. You cannot measure darkness. A simple ray of light can break into a world of darkness & illuminate it. How can you know how dark a certain space is?

You measure the amount of light present. Isn't this correct?

Darkness is a term used by us to describe what happens when there is no light present."

The young man then asked the professor, "Sir, does evil exist?"

Now uncertain, the professor responded, "Of course, as I have already said. We see it everyday. It is in the daily examples of man's inhumanity to man. It is in the multitude of crime & violence everywhere in the world. These manifestations are evil.

"Evil does not exist, sir, or at least it does not exist unto itself. Evil is simply the absence of God. It is just like darkness & cold, a word that we have created to describe the absence of God. God did not create evil. Evil is the result of what happens when we do not have God's love present in our heart. It's like the cold that comes when there is no heat, or the darkness that comes when there is no light."

The professor sat down.

A true story.

The student's name...Albert Einstein

## HYP-NEWS

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## HYPNOSIS

By **SCOTT ADAMS** the creator of the **DILBERT** Cartoon

“Dilbert is designed using tricks I learned from hypnosis. The reason Dilbert has no last name, and the boss has no name, and the company has no name, and the town has no name is because of my hypnosis training. I remove all the obvious obstacles to imagining Dilbert works at your company. That seems to work...”

—Scott Adams

If you asked me to list everything I’ve ever learned, in some sort of useful groupings, it would look like this:

1. Hypnosis
2. Dale Carnegie’s techniques
3. Everything else I have ever learned

Hypnosis taught me how to understand people. It’s the useful core of psychology, sales, marketing, love, sex, crime, religion, patriotism, writing, creativity, and anything else involving the human mind. Hypnosis isn’t intended to be all that, but for me, it was the missing link that tied everything together. There’s no way to truly understand how irrational the human brain is just by reading about it; you need to see it in action. Once you get that, everything else in life makes sense...

When I was a kid, my family doctor was a hypnotist. He hypnotized my mom before she gave birth to my little sister. Mom reports that she felt no discomfort during the birth, despite being awake and having no drugs. That story had a big impact on me.

When I was in my early twenties, I enrolled in the Pierre Clement School of Hypnosis in San Francisco. I thought I could earn some extra money hypnotizing people. And I figured maybe it could help with dating. I wasn’t getting too far on my charm alone.

The Pierre Clement School of Hypnosis is named after a notable and long dead hypnotist. I don’t know if it still exists. I couldn’t find it on Google. At the time, it consisted of one instructor and a small room where the eight or ten of us met twice a week, at night for a few hours, for maybe ten weeks. I forget the details. It was something like that. That was just the basic course. You could take another class to get the advanced therapy concepts, but I didn’t.

I’ve never heard of anyone learning hypnosis from reading a good book about it. An important part of the process involves being hypnotized yourself, and watching others being hypnotized. And frankly, it’s a bit hard to believe it works until you observe it yourself. As a hypnotist, you need to convey your confidence that the process works, or else it won’t. If you’re not personally convinced, the subject might pick up on that. I doubt you could get that sort of confidence from a book.

Let me stop here and give you some facts about hypnosis. It’s widely misunderstood. Later I’ll tell you how it’s done, but you won’t be able to reproduce it by reading about it here.

We talk of people “going under” hypnosis, or “going to sleep.” Both are misleading. A person under hypnosis is fully aware of his environment. They are awake, for all practical purposes, and can ignore any suggestion that might be objectionable...

I describe the state of hypnosis as acquiring a power. You have all of your regular faculties operating plus you gain more, if you have no objection to those new powers. For example, a person under hypnosis would get a little extra power in one or more of these areas:

1. Extra relaxation
2. Extra imagination
3. Extra focus

Those extra powers don’t sound like much, but they are. In my experience, every person can be hypnotized, at least to the degree of getting some of those extra powers. People who say they can’t be hypnotized don’t understand hypnosis. About one person in five can experience what hypnotists call “the phenomena.” For those people, their powers of imagination become so strong it is almost indistinguishable from reality. Those are the people who can give birth without pain, or see an elephant in the room, or eat an onion and think it’s an orange, or have multiple orgasms on suggestion. My name for that group is “lucky bastards.” For them, hypnosis can fix a lot of problems.

For the rest of the world, hypnosis can be a great way to relax, which has lots of health benefits. And it can help focus on good habits and away from bad ones. For example, it can help some people with minor phobias and bad habits. But it’s not a cure-all, and doesn’t seem to be more effective than alternative treatments for those same problems. People who use hypnosis to quit smoking and quit overeating have about the same success as people who use other methods. In other words, it works less than half the time. The reason is simple. Hypnosis can only help you do what you want to do. If you want a cigarette more than you want to quit, hypno-

sis is useless. So is every other method. And if you want to quit more than you want to smoke, almost any method, including hypnosis, can make that quitting feel easier.

A common misconception is that the people who experience hypnotic phenomena are weak-willed or gullible. There’s no truth to that. In fact, there’s no way to know how a person will respond to hypnosis by observing his personality. Often the smartest and most powerful people are easiest to hypnotize precisely because they aren’t afraid of the process. Sometimes the meek will be concerned that the hypnotist will turn them into zombies. So if you “can’t be hypnotized,” it’s nothing to brag about. It just means you don’t understand what hypnosis is.

Some people have a problem with the idea of hypnosis because they don’t want someone else having control over them. That’s the wrong way to think of it. A hypnotist is more like a coach, or a tour guide. He shows the subject how to unlock his extra powers. He doesn’t “control” the subject. In fact, I’ve never known anyone who didn’t totally enjoy the feeling of being hypnotized. It’s like getting a pedicure on your brain. It’s deeply relaxing, and the hypnotist does all of the work. It feels a bit like being pampered.

All that most people know about hypnosis is what they’ve seen in a stage hypnotist’s act. You might be wondering if the subjects are really actors and the whole thing is fixed. They’re real people. They are the one in five who can experience the phenomena. The thing the audience doesn’t realize is that what looks embarrassing to the spectators doesn’t feel that way to the people on stage, either during or after the act. In any large group, it’s easy to find a dozen people who will get on stage and do things you wouldn’t do, whether they are hypnotized or not. Part of the illusion that makes stage hypnosis entertaining is that you think you wouldn’t do what the people on stage are doing, so therefore they must be completely under the hypnotists “control.” That’s a misperception. Everyone on stage could stand up and walk off if they chose to. Experiencing the “phenomena” is a fascinating feeling, and only extroverts allow themselves to go on stage. They know what they’re doing, although they do experience their imagination almost as if real. But it’s 100% voluntary.

Our homework in hypnosis class involved finding subjects to hypnotize for practice. I ran an ad in a local publication saying I would hypnotize people to “remember” their previous lives, for \$20. (We learned you should charge for your service because it makes you more credible and makes the hypnosis easier.)

I didn’t necessarily believe in reincarnation, but I thought it would be fun to test it. Several people answered the ad, and all but one imagined something that felt like a previous life. The experience convinced me that people can’t remember previous lives under hypnosis, because all of my subjects described historical situations right out of books. Everyone was a Viking or a French peasant or something easy to describe. No one was an ancient Etrusian, for example, because they wouldn’t know how to describe that sort of life. [Editor’s note: this doesn’t fit with my information]

Hypnosis does mess with memories. That has more to do with the fragility of memory than with the power of hypnosis. We all have the experience of remembering some childhood event and later realizing we’re only remembering the photographs we saw of the event. It’s the same with hypnosis. A powerful imagined memory can get confused with real ones, if there is even such a thing as a real memory. That’s why any story you hear about someone recovering a memory of abuse or alien abductions or anything else under hypnosis is always bullshit. Hypnosis can’t recover a memory. It can only confuse it.

The power of hypnosis, for me, was in understanding how easily people can confuse the imagined with the real. You can’t hypnotize someone to kill himself, because they would reject that suggestion. But religion can convince someone to kill himself by creating an imaginary afterlife with plentiful virgins for martyrs. So on a scale of dangerous imaginary things, hypnosis is somewhere closer to advertising, well below peer pressure, nowhere near religion.

In fact, part of your hypnosis homework involved watching a well-known preacher’s television show. He was a skilled hypnotist, although it was unclear how much was from training and how much was natural. Damn, he was good. Nothing he said made any sense whatsoever, and by that I don’t just mean it was hard to believe. I mean you couldn’t even discern his point. Yet somehow, it a-a-a-almost, kind of, sort of, made sense, so it drew you in. A half hour later you realized the only thing that made sense was “send me money.” That’s a standard hypnosis trick: You create a sense of confusion in the subject’s mind, and it makes him cling to the first

clear thought that comes in. People don’t like to be confused for long, so the one clear thought in the mess of confusion takes on a higher power of influence. But it’s important to note that the hypnosis wouldn’t have been that effective, and evil, without the religion part.

Let’s talk about technique. First, hypnosis has nothing to do with the sound of your voice or swinging a watch in front of someone’s face. Hypnosis is done entirely with choice of words. You could do a Mickey Mouse impression and still hypnotize a blind guy, assuming it didn’t make him laugh.

Half of the process of hypnosis is performed before the subject knows you started. It’s called the pretalk. That’s where you describe to the subject, as I have in this post, what hypnosis is and isn’t, and answer any questions. The goal is to make sure the subject knows it’s not some sort of contest of willpower. The second goal of the pretalk is to convey your certainty that the hypnosis will work. If you’ve hypnotized lots of people, that part comes easy. You’ll have a natural confidence and matter-of-factness that the subject will pick up.

Then comes the induction, commonly known as “putting someone under.” The hypnotist has two goals in this phase. You want to relax the person, and you want to show them the connection between your words and the changes they feel.

There are a variety of methods for hypnosis. I’ll describe the one I use the most. I ask the person to sit upright in a comfortable chair, with feet on the ground. I ask them to pick a spot on the wall and concentrate on it. Hypnotists repeat themselves many times, so this is the highly edited version of what I might say: “Concentrate on the spot you picked. Take a deep breath. Inhale...then exhale... Again. As you watch the spot, you’ll feel yourself relax. Your eyelids will feel heavier because it takes energy to keep them open. The natural position of your eyes is closed. It takes work to keep them open. As you relax, it will get harder to do that work. You’ll find yourself blinking, and with each blink, it might get harder to blink open. You might find yourself blinking more often. Eventually, the blinking will increase, and the eyelids will get heavier, and one of those blinks might keep your eyes closed.”

That’s a highly abbreviated version. I’d find five ways to say each of those ideas, and repeat as many times as it took. People who are in the one-in-five category flutter their eyes and shut them in about a minute. My objective is to convince the subject that something happened with their eyes because of something I said. Once they believe my words are having a direct influence on their relaxation, the effect snowballs. Imagination merges with reality. Anyone will want to blink more often if you call attention to their rate of blinking. To the person, it will seem as though he is blinking more because of something I said, when all that is happening is I made him think about his eyes. By the way, I know you’re blinking a bit extra just reading this. I’m not hypnotizing you. It’s just a good example of the process.

If their eyes don’t close on their own, eventually I just tell them to close your eyes. They will, because they are the subject and I’m the hypnotist. And this starts a pattern of the person experiencing a physical change because of the hypnotist’s words. Then I tell my subject to relax his right hand, and feel the energy draining out of it. I work around the rest of the limbs, spending a minute on each. Any normal person will become quite relaxed just by focusing on his tension and releasing it one muscle at a time.

A hypnotist might also do something called pacing and leading. Pacing means matching the person in some way, a mannerism or habit or style, then causing them to match you unconsciously. People copy other people automatically. For example, you know if you yawn, it often causes another person to yawn. Hypnosis is an extension of that process. So a hypnotist might first match the breathing pattern of the subject, in a very subtle way, and then start breathing slower to see if the subject matches the slower breathing without noticing.

Next comes the wordy part of the induction. I’d start by describing how relaxed they are, and ask them to imagine a walk in the forest. I leave out specifics, because they might be imagining an oak tree and I don’t want to say, “You notice a pine tree.” You never want to leave a clue that there’s any conflict between what you’re saying and they are experiencing. After the forest, I take them down an imaginary set of steps that each have the word “sleep” written on them. With each step, I tell them they are getting deeper, and deeper. From there, they float onto an escalator, then an elevator, and then I ask them to see a floating pendulum. (I’m leaving out details of each scene.)

Part of what a hypnotist learns is how to read extremely subtle changes in the subject’s breathing, pos-

## EMOTIONAL INTELLIGENCE (EI) BY SHELLEY STOCKWELL-NICHOLAS, PhD

(Excerpts from "WIN: Coaching Guide For Yourself and Others" by Shelley call (310) 541-4844)

Emotional Intelligence is your ability to realize your emotion and the emotion of others. Take this quiz and notice how you score...

### EI QUIZ- IS THIS ME?

Feelings; I know feelings.

I'm aware of how others feel.

I know how others feel about me.

I'm a people person and easily navigate social situations.

I understand and effectively handle emotions in myself and others.

I easily grasp social rituals and can put others at ease.

I intuitively know the right thing to say in the right situation.

I can read and tune into energy, body language, words, voice tone...

I easily pinpoint what distresses and what uplifts.



If you answered "yes" to the majority of these statements, you are high in interpreting, understanding, and acting upon emotion. If not, read the questions above as an affirmation and you will develop these strengths.

High Emotional Intelligence means that you easily express feelings, and deal with emotional situations. Self-aware and self-acceptance makes you comfortable with yourself. You are a good decision-maker. Strong people skills help you perceive, control, and evaluate emotion. You appreciate your strong points and heed yet-to-be-developed skills. You motivate yourself to complete what you start.

### WIN MOTIVATION FOR EMOTIONAL GIANTS EXERCISE

1. Take stock of your strong points and apply these skills to your goals.

2. Systematically learn to enhance less developed skills.

3. Train yourself to control impulses, delay gratification, maintain boundaries and embrace empathy.

4. Focus on being sensitive to other people's need and help when need be.

5. If limiting emotion shows up, say "Hello" and show it the door with a "thanks for coming." DO NOT INVITE ICKY EMOTION TO DINNER OR TO SPEND THE NIGHT!

### WIN EMOTIONAL-INTELLIGENCE COACHING

Your emotional style determines how you feel, your health and who you project to the world. It can make you happy or miserable, resilient or vulnerable, well-adjusted or a train wreck.

LOW ED (emotional dysfunction) is when you chronically gossip, are stressed, jump into negative assumptions, buy into other's dramas, complain and dwell in the past.

Low ED can also make you an insensitive manipulator so, it's important that you develop an empathetic caring for those around you.

As you bring your habits of mind to mind, you notice how a slight tweak in your attitude enhances your mood, relationships and health. Remaining calm in a crisis,

soothes adrenal glands and hormones and lowers blood pressure.

Emotional coaching focuses on inter and intra-person skills so you speak respectfully to yourself and others. Some coaches interview family, friends, and co-workers to help. Practical, step-by-step strategies constructively channel your emotion for harmony.

Coaching interventions resolve conflict and stop a bully (someone who browbeats, hijacks, manipulates or power-trips...). Fair Fight, active listening, cooperation and decision-making teach people to inspire rather than oppress.

Emotional Intelligence Training (EIT), Emotional Intelligence Coaching (EIC) and Emotional Modification are veiled names for hypnosis to enhance emotional awareness. Have you seen a hypnosis stage show where a volunteer thrills at winning the lottery or cries over a nursery rhyme? The power of suggestion can exaggerate or rein in emotion. When you enlist your inner mind, problem solving and motivation are easy.

### UP YOUR EI EXERCISES

#### 1. HUMOR

To illuminate darkness; make light of it. The funny line and the bottom line intersect. Emotionally astute geniuses foster optimism and a positive attitude. My Stockwell's Joy Therapy approach helps you lighten up, celebrate life and do the task at hand. It's impossible to be mad or mopey if you are smiling or laughing.

#### 1. EMBRACE POSITIVE THINKING

Refocus your thinking about situations that stress. Consider various scenarios before jumping to conclusions and reacting. Consider options when imagining an outcome.

#### 2. CREATE A STRESS STRATEGY

Everyone has to deal with stress or adversity. It's part of being human. Be decisive not reactive. To put stress in its place chill out; laugh aloud, throw cold water on your face, take a bath, get a massage, get some air, sing. Hit a pillow, a tennis ball, take a walk; little exercise goes a long way. Choose how you think and what you think.

#### 3. ASSERT YOURSELF

Yes you can say "no; that won't work for me." Setting boundaries is an honest way honor your self.

#### 4. DEAL EFFECTIVELY WITH DIFFICULT FOLKS

If you lose it, you choose it. If you get angry, take deep breaths. Count to ten, anything rather than react negatively to a person who has upset you. Active listening and repeating back what they say puts you in their position so you understand their actions but not necessarily excuse it. Then, you can more easily respond in a positive, calm way

#### 5. LOVINGLY EXPRESS YOURSELF

Tell those who add meaning and positive energy to your life how much you love and appreciate them. Especially tell those you chose that they and you must be nourishing to help each other to grow and be happy.

### AFFIRM

"I am emotionally balanced and in charge of my reactions. I choose feel when and what I choose to feel. I remain happy after a joyous situation. Healthy minds live in healthy bodies. I'm keenly aware of my emotional/physical bodily signals and I choose to feel great and I do good kind things for my body. I easily adjust my emotion to be in sync with others and the situation. I find the humor and joy in every situation."

## PARIS AND EDINBURGH WINDOW TECHNIQUES

By SHELLEY STOCKWELL-NICHOLAS, PHD

(Excerpted from "Stockwell's Hypnosis Dictionary Script Book")

Paris window technique helps a client whose issue involves social interaction and can help you overcome phobic reactions. Nail biting, that is self-centric and does not involve others may fare better with another approach. It also helps in finding an answer—although not necessarily THE answer—within a normal 60 min session, with time left over for intake, inductions, and booking another session.

The Edinburgh Window is an extension of the Paris Window, and may take longer, than a 60 minute session and is more likely to give THE answer. One answer that accounts for the motivation of client and other people's beliefs, thereby providing an answer that is more likely to bring a successful conclusion to the client's issue.

Paris Window Process Script: Hypnotic approach used to abate an upsetting event or issue and to witness it from a more detached state. (The Edinburgh Window uses six panels) Induce trance and relaxation and then say, "You are about to understand an issue in a new and better way... Imagine a window divided into four square sections or panels. As you look through the first square ask yourself, 'How do I feel about the issue (issue or challenge)?' (Wait for an answer). The second, 'How do you think others feel about the issue (or challenge)?' (Wait for an answer). The third, 'How do you feel about how others feel about this issue (or challenge)?' (Wait for an answer). Take a deep breath and become aware of the forth quadrant. It contains the answer, the solution, based on what you've just said."

Edinburgh Window Process Script: Ostensibly named after the Scottish Enlightenment of the 18th century you imagine a window with six glass panels.



You first Induce trance then imagine a troubling issue while looking through each panel and describing it from different perspectives. Here is the process. Be sure to take your time. Induce trance, then suggest. "Think about the issue you came here to resolve, and imagine gazing through a window with six sections or panels. As you gaze through each one you will come to understand more. Let's begin..."

1. Imagine gazing into the first square. In this panel is a list of, what some call, the seven deadly sins and seven heavenly virtues (Hand them a card listing: Wrath—Patience/ Greed—Charity/ Sloth—Diligence/ Pride—Humility/ Lust—Chastity/ Envy—Kindness/ Gluttony—Temperance). I'll read them to you... Wrath or Patience... Greed or Charity... Sloth or Diligence... Pride or Humility... Lust or Chastity... Envy or Kindness... Gluttony or Temperance... Good.

2. Now, gazing through the second panel or window, ask yourself, 'What is my motivation or concern regarding this issue? Does it relate to anything on the list?' (Wait for an answer)...

3. Now the third panel, 'How do you think others feel or think about the issue (or challenge)?' (Wait for an answer...).

4. Now, the fourth panel; 'What is their motivation for the way they feel or think about this issue or concern? Can it be categorized as one of the vices or virtues? (Wait for an answer...).

5. Gazing now through the fifth panel, how you feel or think about how you and others feel or think about this?' (Wait for an answer...).

6. Take a deep breath and become aware of the sixth panel and discount any motivations of yourself and others that are not virtuous... let them go... and let an answer or solution comes up for you. What is that?"



## THOUGHTS ON THOUGHTS

By SHELLEY STOCKWELL-NICHOLAS, PhD

Your thoughts create your inner experience and your life.

A good idea opens you to more good ideas. Speaking kindly to yourself supports happiness and success.

Your thoughts evoke what you say and do and what you accomplish. By bringing awareness to what you think, you easily assess; "is this a good idea or not?"

A hypno-coach helps you notice what you do and how you do it, so you easily identify exactly what you want and know how to get it. They motivate you as you grow.

The idea is to think and clarify what you think so you get what you wish from the first step to the last. In the process you address any thinking that hinder your progress so you adjust your thinking and let them go. Take the notion of fear and intimidation for an example. Both are perception that is literally "in your mind." So if a limiting idea slams the door of self-love and results change is gonna' do you good... actually a change is gonna' do you GREAT!

So how do you change limiting thoughts?

### LISTEN

Listen. Listen. Listen. What do you tell yourself?

### EVALUATE

Evaluate if your self-talk is serving you well. If so enjoy if not...

Ask your self

### QUESTIONS

1. Where did I get this notion...Says who?

2. Is the idea true for me or not?

3. Is it in my best interest to talk to myself in this way?

4. Is there a good emotional and tangible reason for thinking in this way?

5. What would I rather say to myself?

### MAKE A PLAN

Success is like making bread. You add what you need step-by-step. It's a logical progression and, before you know it... your staff of life is complete. Where's the butter? Set priorities and form a to-do list. For some this is easy. Others, may need a mental adjustment because being "disorganized" can be a pattern. If you are one of those, Breathe, be flexible, identify important tasks, stay focused, and you'll forge ahead.

### JUST DO IT!

Like the Nike ad says "Just Do It."

### SEEK SUPPORT

Develop a support system to keep you on track, believe in yourself and WIN. Become your own cheerleader or hire a hypno-coach or life or business coach to keep you on track with what you think and do.

## GETTING CLIENTS

By SUZIE BOWERS, CHt

A steady stream of paying clients coming through your door means success. When I was at Ken Guzzo's Stop Smoking Hypnosis Certification Program to talk about marketing and how to create a successful six-figure business. I asked students this rhetorical question, "How do you get more clients?" Here are some simple ways I suggested to bring people into your practices. Potential clients are everywhere so why not bring them in.

### RELATIONSHIP BUILDING

Start by building an email list and then stay in touch at least once a month with your list. Provide valuable tips about hypnosis/ coaching and your specialty work. A hand-written note sent in the mail makes a great impression and everyone likes to get a note acknowledging them for their accomplishment or just to say thank you. During a recent HypnoPro Power Hour Interview, one young hypnotist Shelley and I interviewed said it well: "We are in the people business so you won't find clients sitting in your office, wishing for clients!" It made us chuckle because he's right! It's simple and a conversation starter.

### 1. BE A NICHE EXPERT

Choose a niche and become known as the expert in that market. People want to do business with experts. In my home town of Stockton, I'm known as the "networking queen." I'm involved in a women's group, and I chair many committees in several Chambers of Commerce.

So offer a compelling idea that you can solve their issue. If you had a heart attack, you'd go to a cardiac specialist, one who specializes in fixing hurt hearts. As a skilled hypnotist/coach you can help almost anyone solve a problem, but from a marketing standpoint, it seems wishy washy rather than professional. So be an expert that knows what they're doing!

### 2. COMPLIMENT CLEARLY AND LISTEN

While networking, approach people warmly, and pay them a sincere compliment. Use your hypnotic eyes, look deep in their eyes and smile, as you take their hand and firmly, but gently shake it. Radiate love from your heart into theirs. They will feel it and respond to your sincerity. Look for a reason to ask them about themselves. For example: "I'm curious Michelle, how do you like working for XYZ company and how did you decide on that career?" This open-ended question allows them to talk all about themselves. People LOVE talking about themselves and they will remember you as a person who really cared about them.

### 3. NEXT

If they don't respond by chatting away, move on to someone else. Some people are not receptive and that's ok... "NEXT" - there are plenty of fish in the sea. I often sit with a person who is by themselves. I enjoy being a connector, who engages a lonely by-stander! After asking the above open-ended question, I may also introduce them to someone who may benefit from what they do. Not only does this make a great impression, they will remember that you helped them.

### 4. ATTRACT, DON'T ATTACK!

I rarely hand out my business cards. In fact, I resist doing it. Instead I collect business cards and then that same day or within 24 hours, I send out a hand written note or email to let them know how much I enjoyed meeting them. Sometimes I'll throw my card in there, sometimes not. Now, they're really going to remember me.

5. YOUR BUSINESS CARD, since we're on this subject- Just for fun, take your business card in your hand. Close your eyes and feel your card. What is your impression of the way it feels? Your card communicates at the subconscious level, and how it feels speaks volumes about you. No whimpy, home printed jobs... No No NO!!! This blasts the message that you are fly-by-night, cheap, no substance, can't be trusted. Use a heavy card stock that feels good in your hand, solid, sturdy, professional!

YOU MUST have a professionally taken business photo of you on your card. People get way too many cards and after they leave the event, they will not remember you unless your face is on your card, even as they're throwing it away! Take a lesson from Ken Guzzo and have your picture on both sides of the card! This way they will see you coming and going!!! Your business photo should be on everything you do, your cards, brochures, website, social media, fliers!!!! YOU are Your Brand!! Unless you're McDonald's and everyone recognizes your golden arches..... YOUR Face Is Your Business. Everyone likes to do business with those they Know, Like and Trust! Your Face

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from pg 13 SCOTT ADAMS

ture, and muscle tone. That's how you can tell if what you're doing is working or if you need to take longer. You would have to be a gifted actor to pretend to be hypnotized. It's a distinct look that would be hard to fake. Neck muscles are the biggest tip off, as the subject's head starts bobbing slightly, or the chin goes down to the chest. But you can also see the face relax to an unusual degree. And breathing becomes slow and regular.

By this point, the person is so relaxed and so in synch with the hypnotist, that anything the hypnotist says (within reason) is as acceptable as if it had been generated by the client's own mind. It's the extreme version of a yawn setting off another yawn.

Now comes the fun part. I typically suggest that their arm is becoming so light it will begin to float in the air. This can be a lengthy process, involving a series of suggestions starting with the thought that "your fingers might become light first, and that will cause one or more to twitch." At this point, almost everyone will experience a finger twitch, and it will feel oddly involuntary. From there, it's an easy road to suggest the arm is lighter than air and eventually, if the hypnotist persists, the arm starts to float. This is generally the "holy shit" moment for the subject who didn't think he could be hypnotized. Almost everyone can experience the floating arm under hypnosis. It's freaky. And it accelerates the "trance" if I can use that misleading word.

From there, I would suggest that any time I count from one to twenty, the subject would go deeper, and anytime I count toward one, the subject would be more awake. I'd run through the numbers slowly, changing directions, and observe the affect. Almost everyone is totally responding by this point. They are clearly more relaxed toward twenty, and visibly more awake toward one.

Now it's time for the suggestions. You might suggest that a person feels comfortable flying on a plane, or dogs are cute and not dangerous, or the person is confident speaking on front of strangers, or whatever. This sort of suggestion rarely works in one session. You need about five sessions to make a difference. (The people who experience the phenomena might take fewer.)

To end the session, I suggest, "when I count to zero you will awake and feel refreshed and happy and have a great day." I count to zero and they wake up. And they smile broadly. Every time. It's a fun ride.

I'm leaving out plenty of details and side information, but this is enough to give you a flavor of the process. What's in it for the hypnotist? Lots. For one thing, you learn to read body language at a level that borders on psychic. You go beyond the obvious stuff like crossed arms and who is leaning toward whom, and see meaning in everything from skin tone, to breathing, to pupil dilation, and even choice of words. Never lie to a trained hypnotist.

The other super power you get from being a hypnotist is the knowledge of how to weave it into your normal life. For example, Dilbert is designed using tricks I learned from hypnosis. The reason Dilbert has no last name, and the boss has no name, and the company has no name, and the town has no name is because of my hypnosis training. I remove all the obvious obstacles to imagining Dilbert works at your company. That seems to work.

You can't turn people into puppets with hypnosis, but it does tell you how to get in synch with them in a way that they are more likely to trust you and want to have you around. That's handy in every walk of life. And you can tell if what you're saying or doing is having a positive or negative impact as you are doing it. That helps a lot too.

But the best super power that hypnosis gives you is a different world view. Nothing in this life makes sense if you assume people are rational most of the time. Hypnosis teaches you how easily people's memories and impressions can be altered. And it's not just the gullible people, it's all of us. It's humbling. And it's the most useful skill I've ever learned.

While hypnosis can't make a person do what they doesn't want to do, sometimes it can change what they think they want, just as advertising and peer pressure do.

It's not magic, but never underestimate its power.



## WEIGHT RELEASE BY JO-ANNE EADIE

My approach is not a diet but a lifestyle that will keep your weight steady as you age. I refer to this as "Weight Release" rather than "weight loss" to not imply deprivation or that you lost something you'll need to find.

Three meals a day and smaller portions is recommended at each meal. You may eat what you want as long as it is within three small meals a day. This is the lifestyle most of us grew up with. When I think back to my own childhood, we only ate breakfast, lunch and dinner.

After my sister and I did the dinner dishes, the light went out in the kitchen and, in the morning, there wasn't even a spoon in the sink. I think back to the big garbage cans on the school playground and cannot remember any garbage cans in them. And, when we went out to play at recess, I don't recall anyone eating. Perhaps that thought came into my mind as my grandchildren go to a school that has three eating breaks during the day. These are following the advice of people who say that we should "graze" all day eating as many as six small meals to "kick start" our metabolism. This philosophy tells people, who are out of control with their eating, to eat six small meals a day and I don't think they are eating just a carrot stick. In my own weight journey, one day I ate a donut at 10:30 am and convinced myself I was kick starting my metabolism by doing so. It is a cute story, but this is the denial people set up when they are on that diet train.

I think I have read every diet book, followed every diet I could find and I was always puzzled as to why my body would not co-operate with the "deprivation" I was using

to get rid of unwanted pounds.

Like many who try every new trick and fad diet, I would do well for a period of time and lose some weight and inevitably go back to old habits and gain it right back. There was always an excuse as to why I went off my plan. A party came up or a lunch date etc.

Somewhere along the journey, I begin to have emotional intelligence about my eating and sought out better options that taste yummy too. I love cereal but could see that beginning the day with a high carb content was not serving me best. I also questioned as I pondered gigantic aisles of choices of breakfast cereals how long they sat on the shelf before someone chose them. How long did they sit in a warehouse before that?

When I did my talk at the International Hypnosis Federation Re-Treat in Rancho Palos Verdes, California, I promised to share the bread recipe. I keep this protein bread in the refrigerator (there are no preservatives) and cut off a \_ inch slice each morning to have with my coffee. This is my breakfast. The recipe springs from the Paleo Diet and I changed and added ingredients such as the cranberries, raisins, coconut and Quinoa flour for more protein.

### PALEO BREAD JO-ANNES WAY INGREDIENTS

1 cup blanched Almond Flour  
1 cup Quinoa flour  
2 tbsp coconut flour  
1/4 cup ground golden flax meal  
1/4 tsp celtic sea salt  
1/2 tsp baking soda

4 eggs  
1 tbsp liquid coconut oil  
1 tbsp liquid honey  
1 tbsp apple cider vinegar  
1/2 tsp vanilla  
1/2 tsp coconut extract  
\_ cup chopped nuts (walnuts or pecans)  
1/3 cup cranberries, 1/3 cup raisins  
\_ cup shredded coconut  
\_ cup water (if needed)

### INSTRUCTIONS

Place almond flour, coconut flour flax salt and baking soda in a food processor  
Pulse ingredients together  
Pulse in eggs, oil honey and vinegar  
Transfer batter to a greased 7.5 x 3.5 loaf pan  
Bake at 350 for 30 minutes  
Take out of pan and cool on a rack  
Put into container or cover with foil and keep in the refrigerator, as it will

Jo-Anne Eadie MCHt, is an IHF recognized Instructor and the Director of the Canadian Hypnosis Conference (at the end of October). She teaches Sheila Granger's Virtual Gastric Band (VGB) program.

## VACCINATIONS AND AUTISM

### SUBMITTED BY HYPNOTHERAPIST BRUNI BREWIN

Many parents report that their child developed autism a few days or weeks after being vaccinated with the Measles, Mumps and Rubella (MMR) vaccine.

In Australia, the Health Department tried to close down a website that was against such vaccinations. They distributed media reports saying, "Research has shown that vaccinations do not cause Autism."

The Center for Disease Control (CDC) has intentionally put children in harms way. The (CDC) was aware for decades of the link between the MMR vaccine and autism. But they're like the fox guarding the hen house; they purchase and sell to state agencies over \$4 billion dollars a of these vaccines and are in charge of vaccine safety. This is a huge conflict of interest. The study that was skewed was literally written as a cover-up by employees of the CDC.

2500 children were in the study and they saw an astronomical risk among black male children.

William W Thompson, PhD, Senior Scientist, National Center of Birth Defects and Development Disabilities, in Atlanta stepped forward and admitted that his 2004 paper "claiming no link between the MMR vaccine and autism was a fraud."

Dr. Thompson admitted that he himself along with Dr. DeStefano, Dr. Bhasin, Dr. Yeargin-Allsopp, and Dr. Boyle, co-authors of the paper purposely buried the dangers of the vaccination. There was a report showing a 340% increase in autism among boys receiving the MMR vaccine and the CNN in censored authentic news.

Here is his actual statement:

"My name is William Thompson. I am a Senior Scientist with the Centers for Disease Control and Prevention, where I have worked since 1998. I regret that my coauthors and I omitted statistically significant information in our 2004 article published in the journal Pediatrics. The omitted data suggested that African American males who received the MMR vaccine before age 36 months were at increased risk for autism. Decisions were made regarding which findings to report after the data were collected, and I believe that the final study protocol was not followed.

I want to be absolutely clear that I believe vaccines have saved and continue to save countless lives. I would never suggest that any parent avoid vaccinating children of any race. Vaccines prevent serious diseases, and the risks associated with their administration are vastly outweighed by their individual and societal benefits.

My concern has been the decision to omit relevant findings in a particular study for a particular subgroup for a particular vaccine. There have always been recognized risks for vaccination and I believe it is the responsibility of the CDC to properly convey the risks associated with receipt of those vaccines.

I've had many discussions with Dr. Brian Hooker about the studies the CDC has carried out regarding vaccines and neuro-developmental outcomes including autism spectrum disorders. We agree CDC decision-making and analyses should be transparent.

I was not aware that Dr Hooker was recording any of our conversations, nor was I given any choice regarding whether my name would be made public or my voice would be put on the Internet. I am grateful for the many supportive e-mails that I have received over the last several days.

I will not be answering further questions at this time. I am providing information to Congressman William Posey, and of course will continue to cooperate with Congress. I have also offered to assist with reanalysis of the study data or development of further studies. For the time being, however, I am focused on my job and my family.

Reasonable scientists can and do differ in their interpretation of information. I will do everything I can to assist any unbiased and objective scientists inside or outside the CDC to analyze data collected by the CDC or other public organizations for the purpose of understanding whether vaccines are associated with an increased risk of autism. There are still more questions than answers, and I appreciate that so many families are looking for answers from the scientific community."

The data was not allowed to be released for ten years which, in itself, was not allowed to happen by law.

The August 27, 2014 Press Release on the Internet by Morgan Verkamp LLC can be seen regarding an official statement he made, in what seems to be a watered-down admission.

## GETTING CLIENTS

By SUZIE BOWERS, CHt from pg 15

Is Building that Familiarity and Trust!!!

### 6. DRESS FOR SUCCESS!

When you're out in the public, look like a professional, not a crystal wearing gypsy. Project professionalism so you attract the general population to us. Unless you get all your business from the metaphysical community, you must present yourself as an expert professional, someone who really knows what they're doing and will take great care of people! Would you turn your life over to a doctor who was wearing tie dye and sandals... probably not, unless his name was Jesus!!! An Old Tip from Shelley – Wear a doctor's white coat with your name and the word "Hypnosis" embroidered on it. This gives you a look that screams – Professional... you're not saying you're a (hushed tones) doctor, your sending the subliminal message as a helper to be respected.

### 7. NAME TAG

Always wear a name tag. HELLO!!! You are a walking bill board for your business. I will have people in line at the grocery store see my nametag and say: "Wow, that is so cool. My cousin Vinny used hypnosis to stop smoking and he hasn't smoked in 20 years." The whole line at the store hears that. Now you gently pull out your card and say: "Isn't that great, that's what I specialize in!" And hand them your card. I've had everyone in the line ask for my card once I started pulling them out. My nametag says "Suzie Bowers, CHt 'Hypnosis Works!' California Hypnosis Center" and my phone number. It's simple and a conversation starter.

### 8. CONVERT CONVERSATIONS INTO FREE CONSULTATIONS!

After you've engaged someone in an open-ended conversation, listen for clues. If they begin to talk about an area they are feeling challenged, ask more about that. "What they have been using thus far to improve your situation?" Or, "I'm curious Bob, what have you tried so far to solve this problem?" "How is that working for you?" "What will you do if {this situation} doesn't get better?" Then segue into you becoming the solution. "I can {see, feel, hear} (depending on their words) how frustrating this is for you. I may be able to help you with a new approach. My hypnotherapy program might help?" Hand them your card and say: "With your permission, Bob, I'd like to offer you a FREE consultation at my office. We can talk more then, and explore the best solutions. I can help. I have an opening on Tuesday at 4pm or Friday at 10am, which would you prefer?" or Get their card or email and call or text and offer to send them information.

### 9. CHARGE WHAT YOU'RE WORTH!

Uncertainty about money may stem from a variety of reasons. The most common, is a prosperity block that keeps you from understanding the value of what you do for others. I learned a lot of my marketing lessons from my career in real estate years ago when someone asked me to discount my commission. Real estate agents earn every penny they make from a commission and it is typically split 4 ways. When I was new and lacking confidence in myself I would discount my commission. After the close of escrow, a buyer proceeded to purchase all new furniture for their new house! When I walked in, they bragged about all their beautiful new furniture. I thought I would throw up. There was my commission that I'd worked so hard to help them get. They had spent thousands of dollars on new furniture after asking me to discount my commission! I never had to learn that lesson again! I do not discount my prices and I know, I'm worth every penny!!!

You help people improve their lives in ways they have not been able to do on their own. When your clients are living healthy, happy, fulfilled lives because of the work you did with them, you are literally helping to heal everyone around them, you are helping raise the vibration of this planet and you deserve to be paid very well for that! Truth is, paying you is part of their therapy. Your client must have skin in the game. You'll find that the more you charge, the higher your success rate goes! How about that! You're not doing them any favors by discounting. Commitment is key and nothing says commitment more than paying full price!

Recently, I was talking with a great hypnotherapist who really knows his stuff and knows his niche market. The challenge is, this niche is known for not having any money. I shared with him, that it doesn't matter. I've made the assumption before that someone didn't have the money for my program only to find out they had just purchased tickets for an exotic vacation in Hawaii. Don't assume anything. People will spend their money on what's important to them, and humans are motivated by pain and pleasure. I've known women living on food stamps who managed to find money for a boob job. It's your job to help them prioritize what's important by asking the right questions. Then you'll get paid.

### Step 10 – SPEAKING ENGAGEMENTS

I always look for ways to talk about hypnosis and how it changes people's lives.

Get out to all the service organizations, networking groups, lunch & learns, and talk about hypnosis. Give the audience an experience using their imagination or a rapid induction scenario with a great volunteer. Make sure you do a drawing or giveaway where you get their name, phone number and email. Offer a couple of

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# JOIN NOW!

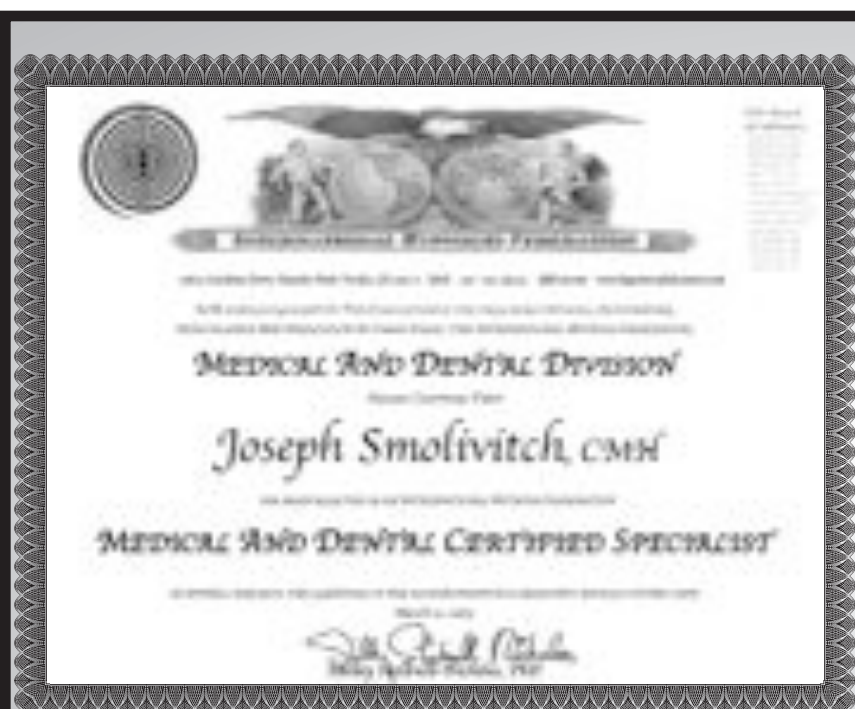
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## THE LONG AND SHORT OF ATTENTION

BY SHELLEY STOCKWELL-NICHOLAS,

PhD

(Includes excerpts from Stockwell's "WIN: Coaching Guide for yourself and others") Each processes information differently.



Great coaches tailor their approach to your timing style! Many successful quick reacting people have been labeled with names like ADD or those who take time to chew on something as "slow." For better communication notice your style and the style of others. A "Speedy Gonzalez," may need to mentally count to fifty to allow a more calculating partner to respond. We live in a sound-bite world. Disposable items have a built-in obsolescence.

We wear the latest clothing styles as they come and go with every season. Our computers are out of date or we are out of date if we can't use one.

Some rent a new car every year and wear throw-away contact lenses, plastic plates and forks, paper bags... are discarded. "What the heck I'll buy another..." and you buy another.

Drink, food and drugs bring instant gratification too. We forget about our weight or the headache the next day and party hearty.

Some enjoy disposable relationships... and disposable jobs... and disposable employees... NEXT! Order from Amazon... and it's at your door lickety-split. No driving to the store... There it is.

Hypnosis bypasses years of talk therapy. In one, or a few sessions, you move forward and reprogram your mind, actions and reactions. Brief and often better responses are offered by the power of suggestion.

### INSTANT GRATIFICATION

"We didn't lose the game; we just ran out of time."

-Vince Lombardi

"Slow down, you move too fast, You've got to make the moments last... just trippen' down the cobblestones and feelin' groovy..."

A 1960s study four-year-olds were left in a room sitting in front of a marshmallow. They had been told "you can eat the marshmallow if you want, but if you wait, when I come back in fifteen minutes, you can have two marshmallows. But, if you eat this one before I return you will only get this one."

Many gobbled up the marshmallow right away. Others touched, smelled it, or licked their fingers after touching it, as they waited until the researcher returned. In a follow-up study years later, the children who waited were reportedly happier and had SAT scores 200 points higher than those who didn't wait. Was it the process timing or simply their compliance levels that made their life better?

ADD

"Wow! I'm alive! Yes! I smell food cooking.... Eat something!... Gotta type this now... look a rabbit. What is this e-mail... wonder how my dad's doing... better dust the keyboard. An ant. What is he doing here? Do I put him outside? ... Outside? Think I'll go outside...I wonder how ants think?... Sound familiar?..."

The label ADD, attention deficit disorder, is put on hyper-focused folks who may seem disorganized, forgetful, procrastinators and day-dreamers. They seemingly have low tolerance for frustration, difficulty controlling impulses and even sleep disturbances. Yet their gift is keen concentrate with complete absorption upon what interests them. When necessary, this highly-focused one-track-mind can be expanded.

ADD is exacerbated by high-caffeine and sugar intake (soft drinks are a huge culprit; as are artificial sweeteners). The very drugs used to help (like Adderall and Ritalin) can make things worse. In February 2006, the FDA's Drug Safety and Risk Management Advisory Committee voted to include black box warnings on methylphenidate formulations used to treat attention deficit hyperactivity disorder, such as Ritalin, due to possible unfavorable cardiovascular side-effects. ADD is exacerbated by high-caffeine and sugar intake (soft drinks are a huge culprit; as are artificial sweeteners). An "ADD" labeled person has profound concentration when they're REALLY into something they love, are good at and master. Other stuff- like doing tasks they don't love can be interpreted as boring and invasive.

What's wrong with that? Well, sometimes life requires us to also do things we may not REALLY love doing. So, if you, or your client, need "work-around" strategies, the right coaching can make a huge difference. The idea is to underscore strengths and "rewire" jumpy-monkey thinking, actions and reactions and then enjoy all that you do.

Hypno-coaching helps a client's family, employees and employers to hold reasonable expectations of high-energy people so they reach full potential. It's fun to train a busy mind to keep on track and be accountable. Let's begin by appreciating "the flow"...

### THE FLOW

By Shelley Stockwell-Nicholas, PhD  
Oh elusive state we call "the flow"

How do I catch you; I want to know.  
Leave the far side of town...  
Come close; stick around.  
Enthrall and capture my imagination  
then drive me to my destination.

The flow is your zen-like, timeless state that makes you a star or shoot below par. In the zone, in the groove, you master skills and every move. You perform at the top of your game; unrestrained. You're lost in the moment; You're in bliss. The flow is like a soul-mate kiss. Intense, focused absorption causes you to lose the sense of time. As a child I could take two hours to walk the two blocks from school to home. I was absorbed in bliss. Every blade of grass, every neighbor watering the lawn, every ray of light or puppy dog... was a savored delight. The cool thing about the flow is that it gets better with practice. Each time you're in the flow, you're more predisposed to the flow. Your intention of ease brings more attention and ease. The great feeling of being zoned in work, sports, creativity, love, and life engages your natural gifts and becomes second nature with a special life of its own. Evoking the flow state is a huge gift a coach offers.

In the 1970s, Mihaly Csikszentmihalyi, PhD (University of Chicago), interviewed hundreds of talented athletes, artists, chess players, rock climbers and surgeons noted key features of inner calm: 1. What they did was rewarding for its own sake (called "autotelicity.") 2. They had a calm "sweet spot" feeling that they, their skills and what they are doing is perfectly matched. And 3. Their action, movement, and thought automatically and inevitably follows from a previous action, movement and thought.

### DELAYED GRATIFICATION

DR SHELLEY'S SELF FULL-FILLMENT FLOW

"How long will you be gone on your walk?"

"The whole time."

So how do you get enthralled in healthy rapture?

How do you evoke and sustain a natural happy dance of being and doing ecstasy and get things done? Research and observation from my 37 years as a hypnosis instructor for the International Hypnosis Federation and The Creativity Learning Institute brings me these helpful hints to learn and teach the FLOW:

**1. CONSCIOUSLY TAG THOUGHTS:** Activate your attention and intention in symbolic and material ways. If a thought is worthy of protection, write it down and put it in your pocket, wallet, or purse... jewelry box... or highlight it on your computer... You'll be more likely to claim, retain and use it!

**2. ONE THING AT A TIME:** Since conflict or too much information overloads perception, take things one thing at a time to iron out conflict.

**3. BE FULLY IMMersed:** Stay in the present while appreciating what you perceive. As you do you invite the bliss of serenity. Slow down and enjoy...  
Affirm: I consciously embrace what is happening around and within me. My feelings, other people, the world. I embrace harmony and disharmony. I embrace who I am. I embrace my body. I wrap my arms around everything in my life. Even a brief encounter with the fewest of words or actions, can cause pause."

**4. BE IN LOVE:** Generously express your love for the essence of your ever-changing, ever-flowing gift of learning and growing. Kindness and caring are benchmarks of merging and exchanging energy with your highest self and with others.

**5. PLAY AND CREATE:** Consider everything you think and do as a joyous creation.

**6. PUT YOUR FOOT ON THE BRAKE WHEN NEEDED:** If harsh reality taps you on the shoulder snap to and consider, cogitate, and make clear decisions THEN step on the gas again and go with the flow.

**7. ENTER THE SILENCE** The brain waves of winning chess players, enraptured in their game, show less activity in the region associated with verbalization; the prefrontal cortex. Researchers speculate that silencing mind chatter recorded by the EEG (electroencephalograph) allowed automatic processes to take hold. This may explain why hypnosis, meditation and prayer evokes the flow.

Hypnosis puts mind chatter to rest as you train the brain with sweet refrain. Your subconscious is the doorway and room of zoning. Soon the flow is sustained as second nature. Say this hypnotic affirmation/ declaration and let the words make a deep and permanent impression on your inner mind:

**WIN AFFIRMATION; I DECLARE!** "At ease and pleased; I'm in the flow and interested in all I think and do. Everything is perfect and easy... exactly as it is. Sweet spontaneous life unfolds before me here and now. I am the all in all... nothing and everything... My mind drifts off to pleasant scenes in my imagination... I am at peace and harmony..."

### LOOKIN' AT YOU KID

By Shelley Stockwell-Nicholas, PhD  
I know, beyond knowing, you're looking at me

We meet in etheric/morphic fields  
of mind/emotion/ and spooky gut.  
My sixth sense touches your focus.  
Time flows forward and backward;  
Your veiled glance, naked before me.

### MASK MASK

By SHELLEY STOCKWELL-NICHOLAS, PhD

"Masks R us" said Parrot  
repeating what he heard  
"Masks R us" he said again  
enunciating every word.

### OM TAT SAT

These are the words of God uttered at the beginning of time

Who is God?  
God is LOVE  
Love is the most powerful form of Energy  
God is in all living things  
People Animals, insects, fish and all plant life on earth.  
Love-God is in all the universe life forms , planets Suns  
Throughout everything.  
Mother Nature is an Assistant and supervises the evolution of all living things, nurtures them feeds them as our mothers did for us from birth  
As with all animals the mother protects her infants against Harm  
As mankind has grown he has become greedy and harmful  
To the point that mother nature has been forced to act to  
Protect her brood and warn the world and show her  
Displeasure with floods, volcanic activity earth quakes etc.

How can Mankind appease and calm Mother Nature

Perhaps we need to call on God the Father to he;lp  
In calming Mother so all can once more have peace.  
The answer may be if all people can call on God And find love not just for ourselves but for all things  
This may be done by calling on God on a regular basis  
By repeating Gods words continuously with each breath.  
If possible the in and the out breaths should be of the same duration OM is said on the out breath followed by  
TAT SAT  
This brings love and peace to the individual and the world  
If enough people all over the world would follow this  
Then universal love might be achieved.  
And all life forms cold flourish again in love and happiness  
And Mother nature be appeased and the world be saved

OM TAT SAT

Clients from pg 16

boxes to check mark, such as: Yes, please add me to your newsletter/ Yes, please call me to schedule my free consultation/ Yes, I'd like to know more about how hypnosis could help my business. (Whatever your niche is.) Then, CALL THEM within 24-36 hours and get them on your calendar. Remember to text them a reminder and confirmation!!! If you don't collect their information, you've just wasted your time. Even if your talk is stupendous and supercalifragilisticexpialodocious... They may have forgotten about you eight seconds after you walked out the door!!! Sorry, thank the internet for that!! Step 11 – JOIN US! To get more valuable business building tips and FREE coaching from our experts on the HypnoPro Power Hour Expert Interview Series. Hypnopowerhour.com! See you then!

**Bill Gates' On Success**

Bill Gates recently gave a speech at a High School. He talked about how feel-good politically-correct-teaching creates a generation with no concept of reality and sets kids up for failure in the real world. Here are the 11 things he said we will not learn in school:

- Rule 1: Life is not fair -- get used to it!
- Rule 2: The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.
- Rule 3: You will NOT make \$60,000 a year right out of high school. You won't be a vice-president with a car phone until you earn both.
- Rule 4: If you think your teacher is tough, wait till you get a boss.
- Rule 5: Flipping burgers is not beneath your dignity. Your Grandparents had a different word for burger flipping...they called it opportunity.
- Rule 6: If you mess up, it's not your parents' fault, so don't whine about your mistakes; learn from them.

- Rule 7: Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you thought you were. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your own room.
- Rule 8: Your school may have done away with winners and losers, but life HAS NOT. In some schools they have abolished failing grades and they'll give you as MANY TIMES as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.
- Rule 9: Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you FIND YOURSELF. Do that on your own time.
- Rule 10: Television is NOT real life. In real life people actually have to leave the coffee shop and go to work at jobs.
- Rule 11: Be nice to nerds. Chances are you'll end up working for one.

**BOOKS BY  
SHELLEY STOCKWELL-NICHOLAS  
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THE SEARCH for COSMIC CONSCIOUSNESS: The Hypnosis Book Einstein Would Have Loved  
THE SECRETS OF HYPNOTIZING WOMEN (with McGill)  
TIME TRAVEL: Do-It-Yourself Past Life Journey Handbook  
The MYSTERIES OF YOU: Thought Provoking Glimpses of Magnificent YOU  
WIN: Coaching Guide For Yourself and Others (also called Hypno-Coaching)**

# BIG NEWS MARK YOUR CALENDAR IT'S ALL ABOUT YOU *FUN Re-Treat*

Member discount for our March 3, 4, 5, 2017 Southern California Re-Treat. You can be a speaker!  
It's final! The IHF "It's All About YOU Re-Treat" will be held the first weekend in March, 3, 4, 5, 2017...  
You'll enjoy a true vacation beginning Friday afternoon, March 3 in beautiful Rancho Palos Verdes, California. The retreat includes all meals and they are GOOD!

Call me at your earliest convenience (310) 541-4844) to register (on site rooms are limited.)  
We will all be together to enjoy each other in an amazing weekend of learning laughing and enhancing our lives in every way.  
Also, let me know if you want to give a short "Hyp-Talk" to share a fine technique that can go on you tube. So far, speakers are: myself, (Shelley), Richard Sutphen, James Wanless, Lewis Mehl-Madrona, Barbara Mainguy, David Carroll, Jaime Feldman, Donna Kannard, John Warhank, Marla Brucker, Nancie Barwich, Suzy Prudden and YOU?

**The cost for the weekend per person Friday afternoon to Sunday eve includes all 6 meals, and all the presenters and events.**  
**Options : 1. Attendee (no room) only: \$297 2. Share a room only: \$397 3. Room by yourself only: \$497**  
**4. Sunday dinner \$25 5. extra nights thus or sunday \$90 ea (circle your choice)**

Name: \_\_\_\_\_ Post Nominals \_\_\_\_\_  
 Company/ Business Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_  
 State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_ Phone: \_\_\_\_\_  
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to pay on PayPal we are [ihf@cox.net](mailto:ihf@cox.net)

Or call (310) 541-4844 to register on the phone. All fees quoted in US currency

**Post-Conference courses:**

**TWO DAYS: MARCH 6-7 ADVANCED PARTS THERAPY**  
\$450 Jaime Feldman (732) 446-5995

**TWO DAYS: MARCH 6-7 SOULKEY PROTOCOL TRAINING**  
\$825 Martin Castor Peterson, e-mail mp@dha.dk

**FIVE DAYS: MARCH 6-10 TRANCE-PERSONAL HYPNOSIS \$997** Shelley Stockwell-Nicholas (310) 541-4844 ihf@cox.net

**FIVE DAYS: MARCH 6-10 INSTRUCTOR'S CERTIFICATION**  
\$1247 Shelley Stockwell-Nicholas (310) 541-4844 ihf@cox.net

1 Continuing Education Credits: Hypnotists, Life Coaches, Therapists, NLPers, Nurses, Psychology Researchers, Students. Therapists and helpers can receive CEs for classes attended or taught.

## What is Kabbalah?

By Duncan Tooley, CH

Kabbalah is a multi-faceted jewel. Some of the many faces of Kabbalah are:  
An oral tradition beginning with Abraham passed from one generation to another.  
Embellishment, interpretation and schisms are part of the history.  
Jewish mysticism.  
Instruction manual for living.  
Explanation of creation and the universe.  
An influence on the greatest minds of history.  
A root of most religions.  
A small, select cult that has practiced NLP for centuries.



### Creation & The Universe

This is the explanation of creation and the universe according to Kabbalah: Before anything existed, there was the *Creator*, a force of pure love and sharing. The problem was, there existed no one to love and with whom to share!

So the Creator created a *Receiver* vessel for the Creator's Love. The Receiver was made from the same stuff as the Creator. (Think of a mug carved out of ice to receive water poured into it...they are both the same substance). This was the only thing ever created!

After the Receiver accepted so much love from the Creator, the Receiver said "Stop! I need to do something to earn this Love so I can return it too!"

This instant is known as the *Beginning*. The Receiver was shattered into billions of pieces that are the souls of all of us. Also at that instant, the universe as we know it was formed from a single point with 10 dimensions, or veils, that hide the spiritual realm. Of those ten dimensions, six are folded so that we don't understand them and the remaining four are the dimensions of time and space of the physical world.

### Life's Instruction Manual

The initial refusal to continue accepting from the Creator set up the environment in which each soul can earn and return the Creator's gifts. In this environment there are two realms:

The physical realm is what we experience through our senses. It is 1% of reality. This realm left to itself tends toward *Chaos* or *Darkness*. (As noted in the second law of thermodynamics).

The spiritual realm is what we experience other than through our senses. (Love, joy, awe, courage, satisfaction, beauty, enlightenment, trust, etc.). This is the other 99% of reality called metaphysical (beyond physical), or spirituality. When we touch this realm, we touch the *Light*, the endless world, all that man desires.

Our goal in life is to imitate the Creator by loving and sharing. This requires a personal spiritual transformation from a mode of *reactive* response to a life of *proactive* response to every situation. Like an effort of an athlete at constant skill improvement, this growth results from ever more difficult challenges against a strong opponent.

The Opponent is all that promotes staying in the reactive mode. The Opponent has been called various names throughout history, among them are Ego and Satan.

Every time we resist our reactive tendencies, we touch and move closer to the Light. Every time we give in to our reactive tendencies, we lose some Light and move toward Chaos or Darkness.

Every cause generates an effect. We are **TOTALLY** responsible for everything in our life because it is the result (effect) of our prior actions (causes). Nothing is the result of chance, fate, luck or the actions of others!

The Opponent is able to dull our awareness of the connection of the events in our life (*effects*) to our actions that *caused* them by separating the cause from its effect by the temporal dimensions of time and space. (For example, if every act of theft resulted in an immediate withdrawal of an equal value from our bank account, theft would have no appeal! It is the separation of the action from its effects that makes the hope of getting away with it attractive!)

**Reactive** behavior generates intense sparks of *Light* that are short-lived and followed by *darkness & chaos*. **Proactive** behavior puts us in touch with the *Light* that does not diminish. The stronger our tendency to react, the greater the potential for our spiritual transformation by resisting and acting proactively in that situation. This means that spiritual transformation lies along the path of *greatest resistance*, not the path of least resistance (the reactive path). For each one of us that path is different based on our past actions.

Souls are given multiple lifetimes to complete their spiritual transformation. Actions during one lifetime may bring effects in succeeding lifetimes.

**Belief** is insufficient for transformation because it contains a trace of doubt, however small. We do not **believe** that a book held out and dropped will fall to the floor! We **know** it will fall to the floor! We are **certain** of it! **Certainty** is what we need in life, not belief!

### Five Word Summary

"Is there a way to summarize all the teachings of Kabbalah into a simple, easy-to-remember form?" A student asked his renowned teacher. "Love your neighbor as yourself!" the teacher replied.

### Other facets of Kabbalah

I leave the other facets of Kabbalah to your discovery. Start with the web page <http://www.digital-brilliance.com/kab/cal.htm> to understand scientist Colin Low's forty years of integration of science and Hermetic (i.e., non-Jewish) Kabbalah. Then proceed to his Kabbalah home page from the link at the bottom and spend a few very interesting hours!

*Hypnotist and spiritual advisor Duncan Tooley lives and works in Rancho Palos Verdes. His gorgeous stained glass art is found in homes and churches far and wide. He can be reached at [dtooley3@cox.net](mailto:dtooley3@cox.net)*

## 140 YEARS & STILL LAUGHING

by ALBERT MAROTTA, CHT, IHF Award of Excellence Winner

Perhaps the most impressive fact about the "DEAD ENTITY" panel at the most recent IHF "It's All About YOU Fun Conference" was the panelists collective sense of humor. This quickly dispelled any fears anyone may have had.

The turn out was great. Attendees were curious, enthusiastic, and just plain fun. There was a marvelous mixture of laughter, information and, after the fact, one consistent complaint, "There wasn't enough time for many questions." I must admit this was true. There was a sense some attendees were struggling with knowing what and how to pose questions to the panel. The greatest compliment I heard was, "Wow, they all know so much!"

Every question was answered by valuable insights, examples, and experiences of at least three if not all panelists. One amazing constant that stood out was the sense of humor all panelists maintained in dealing with the subject matter. The professionals fielded such questions as:

Q: "Are dead entities really dead?" (Dr Shelley made up the title Dead Entity Panel).

A: "No, entities are not really dead. If they were, there would be a lot fewer."

Q: "What is or how do you define an entity?"

A: "An entity is generally defined as the spirit, soul or life essence of a human that continues to exist after physical death and caught in the earth plain. An entity is commonly referred to as a ghost. I have run into animal entities and on occasion extraterrestrial entities caught in the earth plain. Keep in mind the earth plain has a unique vibrational frequency. If one fails to transition to a higher frequency after death (heaven, the light, nirvana, etc.), those souls are trapped in the earth frequency and become earth bound. An excellent example would be in the motion picture, GHOST, where Patrick Swayze sees his body on the ground and is drawn to a light over his shoulder. His girl friend says, "Don't leave me..." He looks at her with an expression of "Why would I leave you." The fight then quickly dissipates. At that point he is earth bound.

Only the living can help an entity transition into a higher frequency. This also includes animals and ETs (extraterrestrials). When compared to humans, animals, some ETs and dark or demonic beings have a lower vibrational frequency. Other ETs and spirit guides by comparisons to humans have a higher frequency. But this is a whole separate issue.

There is a difference between an entity and a demonic or dark energy force. Demonic have never had a physical body of their own. They are driven of pure hatred of humanity, and like entities, they can and do influence humans directly or indirectly. This can be done through family, friends, strangers or relationships of all kinds. (See videos "Fallen" and "Entity") Demonic can and do influence earth bound entities and even ETs.

In this type of work, the therapist must have absolute faith and trust in the process. They must constantly be aware of the fact this work is being done through them and not by them. Above all one must maintain a sense of humor...it drives the dark side crazy. Rituals, including prayer for protection, is an absolute. My prayer includes asking to be "guarded, guided, protected and assisted in this work... as well as for my family, the client, and their loved ones."

The dark entities M.O. is to control through fear and threats. I see it as the schoolyard bully mentality. An interesting fact about the dark side is its range of intelligence. You may find your self dealing with a no intelligence energy sucker to virtually discovering your self pitted against, "the wisdom of the ages." In one session I asked, "Who are you and what do you want?" Only to hear, "We're here to kill you. We know who you are." My rather flip response was, "Fine. Take a number and wait your turn...in the mean time, let's talk ..." I'm not sure who was more surprised by that response!!!

Q: "Are all entities evil or bad?"

A: Yes and no. Some are evil because of their intent to cause harm and their follow-up actions. Others are not evil in their intent, e.g. a mother who is earth bound with the intention to protect and aid her children. What makes it bad, in spite of the good intent is their earth bound status. It's parasitic in nature. In short, they draw physical, mental, emotional, spiritual, and psychic energies, not only from living beings but from places, things, events, even animals.

Examples could include:

1. People: Sudden uncontrolled urges, voices, uncharacteristic behavior, feeling like (someone or something) is forcing them to do things they normally would not consider. Negative entities may want to get even, hurt or hinder in any and every possible way like interfere with business, social, or even intimate relationships. In lecture Dr. Edith Fiore has stated that she believes 100% of the population at some time has experienced entity influences.

Places: Haunted houses, hospitals, bars, funeral homes, graveyards, battle fields, accident sites where people died, even the Viet Nam wall...

Things: I was told of an agnostic woman who was advised, "Go to the light when you vacate your body." She did. She attached to a floor lamp that was later purchased in a second hand store... Then the fun began....

Events: Wars, riots, funerals, celebrations, malls, large gatherings.

Animals: A Veterinarian once told me he had experienced on some few occasions when putting down certain animals he knew he wasn't looking into the eyes of an animal.

Perhaps the most relevant questions were asked of me after the panel concluded:

Q: Is this entity work the only kind of hypnotherapy this group does?

A: No. It's just a part of what we do. In my case I've worked with pain control, stuttering, migraines, asthma, physical and emotional trauma, sports performance, phobias, fears, grief resolution, generational curses, past lives, pre and perinatal experiences, abuse, and many other issues. I sincerely believe it's no different for the other panel members. In our work as therapists we've come to recognize and accept the client's experience. We've gained enough skill to recognize and follow through in areas that other therapists are not aware. People frequently do not accept or believe what hasn't happened to them.

Q: I'm not really interested in working in this area. I was curious because I have heard about it. Why would one want to train in this area?

A: There is a great expanse of uncharted territory in our multi dimensional reality. This can also include parallel universes. The simple answer is many therapists may never encounter entities yet it's important to be able to recognize them. In facing such situations it is important to be able to refer that client out to someone who does this work, if you choose not to or feel unqualified. Isn't it really all about what's best for the client?

It was a great honor for me to moderate a panel of such knowledgeable, experienced, and distinguished individuals. I hesitate to think anyone of the group would consider themselves an expert since each client brings another new experience.

On behalf of the attendees I'd like to thank the panel for sharing: A.L Ward (50 years), Fred Leidecker (28 years), Albert Marotta (25 years), Dr. David Armentrout (20 years), and Dr. Sunny Satin (18 years). 140 years of experience and are all still laughing.

In behalf of the panelists a warm thank you to all the attendees for their interest.

## SEX, THERAPY & SELF CONTROL

By Shelley Stockwell-Nicholas, PhD

Hypnotherapists and others who do the good work of professional mind, body, spirit and fun practices police themselves and each practitioner is committed to doing their best to uphold good morals or ethics.

I am in support of each of you openly sharing wisdom and knowledge with peers and allowing the sweet unfolding of your personal wisdom in making the world a better place.

On the record, I am vehemently opposed to controlling our professions. Who has the right to tell you if your mind and consciousness work is “good” or “bad?” How can you or anyone even understand what a mind is and what is “right” for it.

A definition of what is “good” is broad and subjective. Human behavior and “mind/body” are complicated. That’s why attitude adjusting professionals (both licensed and unlicensed) disdain limiting guidelines, treatment manuals, and those who claim to “judge and measure” another’s competency.

Certifying entities are inevitably a small group of employees, agents or “peers” who lobbied for position, created the money machine themselves, or were tapped to sit in the comfy couch of power, ego, tenure, payoffs, or status. How can they tell you about doing your work when that work is a spontaneous human interaction and a gift from God?



With licensing comes the trouble some quandary; how can a licensing board be “licensed” to keep away petty tyrants who delight in power tripping or personal bias? And who wants the ridiculous task of defining and enforcing the behavior of those

who do not submit to licensing?

No incentives for licensing; status, camaraderie, insurance reimbursement and healthcare money can offset frustrating rigid requirements, laborious applications, red tape and paper work, legislated exams, terrible restrictions, disputes, and high licensing fees. Who needs the aggravation?

### Licensing and certification is created by those who:

- Like to make money
- Like to tell you what to do
- Like power and control

Occasionally by well-intentioned people who want to protect you from the hostile takeover of those who are trying to get your money and control you.

### LICENSING AND CERTIFICATION FACTS

A piece of legislated paper may show if someone:

1. Pays their fees
2. Possesses certain information (at least at the time of the exam)
3. Shares a common work/education/training experience
4. Agrees to a system of rules
5. Takes certain courses
6. Or is a creative self-promoting marketer

A piece of legislated paper does not show if someone:  
Has communication and human interaction skills.

Employs natural gifts as a mind, body, spirit, wellness practitioner

Does their work outside of training or an organization  
Is a messenger of God

More and more licensed professionals are revolting from licensing systems that controls their work, demands pathetic insurance payments, and entraps them in a never-ending demand for more money. They also suffer from the remote depersonalizing restrictions of helping; can’t touch, can’t express loving sentiments, and must turn in anyone who breathes a whiff of “I thought of killing myself” (hasn’t every one?)

### SEX ON THE HYPNOSIS COUCH?

I was once on a panel of experts discussing when a hypnotist should enter into a personal relationship with a client. Some said five years other said three. I asked the audience of hypnotists and counselors “How many of you have hypnotized your mate or significant other?” Most raised their hands. “How many of you have hypnotized your children or friends.” Again many hands. “Does this mean that you must wait 3 or 5 years to go out to dinner... or have sex with your mate? Alright, be honest, how many of you have dated someone you hypnotized?” Again hands... albeit hesitantly.

“You are consciously or inadvertently hypnotized all the time by your family, minister, teachers, yoga instructor, medical doctor, culture, advertisers, the military and by fellow hypnotists. Does that mean you must refuse to be social with them all?

When I left the panel one of the “three-to-five-year-celibacy advocates said to me. “I understand your point, Shelley, but people are foolish and they need to be controlled with rules.”

I trust each IHF member has the clarity of kindness, judgment and personal ethics to know what is good and bad, right or wrong and if that’s not good enough, the obvious truth is if you break the law you go to jail.

You know not to have sex with someone you are hypnotizing. It is illegal and immoral. No one has to tell you that. You need to decide what is appropriate. Perhaps a call weeks later and the words. “I would like to date you and, if you are interested, I

would like to refer you to another hypnotherapist.”

You can easily get by without a license. Why would someone want to sign up for more restrictions and policing? Isn’t this America?

Many unlicensed practitioners (Prime examples John Gray, Tony Robbins, Oprah Winfrey, Carolyn Meiss, and Ormond McGill) succeed quite well.

Our members pledge to be role models for good morals and ethics. If someone is unethical call the police. After all, isn’t that what laws and law enforcement is about. We have laws against immoral behavior. Legalizing boards or self-serving legislation create worse problems. Do you want some psycho-demagogue who you don’t like or respect to tell you what to do just because they claim to know the absolute truth about how best to touch the human mind? Think about it.

### DR SHELLEY’S HYPNOSIS LEGAL UPDATES:

(Excerpted and updated from Stockwell’s Legal Requirements from McGill’s Hypnotherapy Encyclopedia (310) 541-4844)

I am often asked about the following so here it is in black and white:

#### Louisiana Law

The National Health and Freedom Coalition hired lawyers in Minnesota and Washington DC. Their mission statement is “To promote access to health care information, services, treatments and products; to promote an understanding of laws and factors impacting the right to access; and to promote the health of the people of this nation.”

Its Louisiana branch headed by President and Hypnotherapist, Conrad Adams, along with hypnotists Vicky Ashley and Peggy Miller, successfully achieved health care exemption (legislation Act 655 SB451-2006) as the “Louisiana Disclosure bill.” Signed by the governor, the act “provides for disclosure by those who provide information or recommend lifestyle modifications, food, dietary supplements or homeopathic remedies.” Hypnosis is included in the broad domain of “life style modifications.”

The bill passed both houses and was signed into law by the governor the disclosure law in July of 2006. None of this law applies to members of the clergy. So now in Louisiana you must:

**Disclose your Credentials:** You must disclose your

credential and expertise, in plainly worded writing, saying that you are not a licensed medical practitioner. This disclosure must be given and signed by your client before rendering services. You must keep this signed disclosure on file for 2 years. (The International Hypnosis Federation Disclosure forms are perfect for this; to order call (310) 541-4844)

E.g. “\_\_\_\_\_ (Your name) offers complimentary health care services and life style modifications and is not a licensed medical doctor. This complimentary wellness provider does not prescribe drugs and cannot tell you to discontinue medication. They may be paid to legally offer complimentary health care services in the form of life style modification [in the case of hypnosis practitioners] and as part of their services may legally advise you about food and dietary supplements.”

### LEGAL DISCLOSURE FORMS

California law, as of January 1, 2003, requires that client’s of all “non-licensed practitioners” sign a written disclosure form at their first visit. One copy is to be given to the client & the other is to remain in your records for three years. This form is said to protect you from “being cited, penalized or fined for violating the Medical Practice Act of California.” Louisiana passed a similar act and other states are considering like legislation. It is a good idea to use such a form in all states as legal protection.

Stage hypnosis volunteers can sign the disclosure before the show begins. Make sure, that if you are video taping the show to be used for resale, demonstration or teaching purposes, that the person signs both the disclosure and a written permission (waiver) for you to use their image.

The International Hypnosis Federation’s printed “Alternative & Complementary Health Care Provider’s Forms” are an attractive, positive, professional and promotional two-page-duplicate that defines and delineates *all* mind, body, spirit, and fun modalities not requiring state licensing. Hypnosis and other self-regulated (and often self taught) holistic specialty treatments identified are; Coaches, Counselors, Hypnotists, NLPers, Spiritual Counselors, Pastoral Counselors, Therapists, Nutritionists, Naturopaths, Body Workers, Energy Workers, Skincare Specialists, Movement Therapists and more. Each could potentially be held in violation without this form. I highly recommend that you get and use them in all states. The forms can be ordered by calling (310) 541-4844. they come as double sheets and in packages of 100 and cost \$20.

### ADVERTISING DISCLOSURE

Advertising claims are important too. The California’s code is good everywhere: “A person who advertises such lawful (alternative) services must say that he or she is ‘not licensed by the state as a healing arts practitioner’” and I would add: “but has fulfilled the state requirements in their field of expertise.”

Or let your advertising read, “\_\_\_\_\_ (Your Name) is a **Legal Alternative Healthcare Provider and not a California licensed healing arts practitioner.**” Or as Dr. Neves puts it; “**Hypnosis is not licensed by the State of California; however treatment with hypnosis is complementary to healing arts services licensed by the state.**”

### LIABILITY INSURANCE

Malpractice and Professional Liability insurance is something you might consider. It is available to IHF members ([www.hypnosisfederation.com](http://www.hypnosisfederation.com)). The insurance is required if you are referred by Blue Cross of California as I am. Some rental offices require that you have insurance. For a few hundred dollars you are covered for millions of dollars in the unlikely event that someone sues you. Insurance is available to stage hypnotists through other specialized agencies. Weigh premium rates against potential risk and decide if this is something you want to do.

### Insurance Credit Cards

A few health insurance carriers issue special Visa credit cards to policyholders. One type will not accept charges from anyone who is not preauthorized to give treatment to the person and will reject your charges. A second kind will take your charge and then never pay you at all or then pay only a quarter to the dollar if you are lucky enough to be credited. A third kind of card is called a “health savings account” and is part of a Medicare program where a person deposits tax-free money into a special account. This money earns tax-free income until it is then used for health care. They can use it as they please for healthy care like you are going to the gym. If you are offered a credit card that comes from an insurance company rather than a bank, make sure it is a “health savings account” and pass on the others is my advice.