



# INTERNATIONAL HYPNOSIS FEDERATION

## HYP-NEWS of the DAY

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### THE DEAF GIRL SPEAKS By EVA MARGUERITTE

Catherine, a neurotic French scientist/professor who studies lice, invited me to join her on a Tour de France. She proposed we visit ten different private chateaus as she chauffeured me about in her Peugeot convertible. In exchange, I am an in-resident watercolor instructor in the homes we visit.



All I can say in French is "s'il vous plait," "merci beaucoup," and when looking for the ladies room, "ou sont les toilettes," yet I can't understand a word of French when they answer."

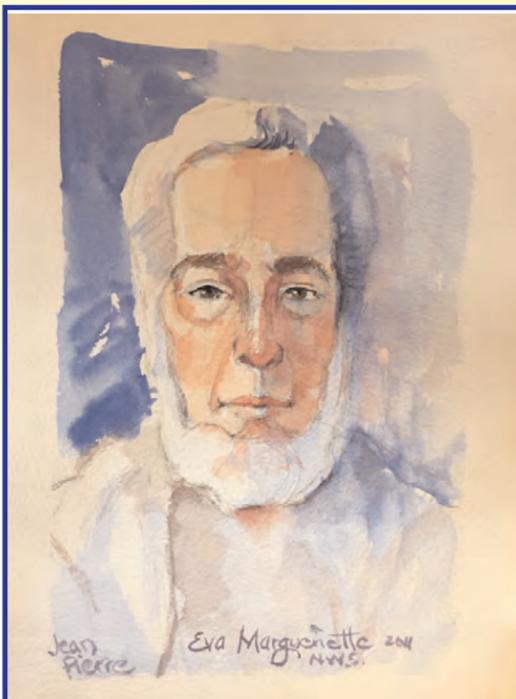
I know all too well that there are other ways to communicate, beyond words. I've been 80% deaf for 70 years so I feel at home not understanding the language or being able to speak it. Besides, my speech impediment sounds as if I'm speaking English with a foreign accent. Strangers often say "Oh yes, my father is French." I lie; I so want to be French.

I wear powerful behind-the-ear hearing aids with tubes running into tight fitted ear molds stuck into my stretched-out ear canals. They're covered up with kinky dyed hair.

I'm a whiz at putting this all together, but it falls apart in a heart beat if the speaker covers his mouth with the microphone, has a long mustache or forgets to move their mouth entirely. It's easier if the person is looking at me. I can read lips in profile too. This is akin to translating in a foreign language. Perhaps I'm better off in a foreign country. The French speaker assumes I'm having trouble translating and go overboard to help me. They resort to hand signals, facial contortions and the limited English they can muster. I respond in kind with exaggerated gestures imitating Marcel Marceau. As our animated discussion ends, there's an exchange of good will as if between ambassadors representing nations.

I taught myself to read lips at age of two when I lost most of my hearing to meningitis, a fevered illness. My uncanny ability to lip-read at close range plus the hidden aids, make me to appear some-what normal to unsuspecting newcomers in conversation. Well, at least for the first ten minutes. By then, after I have misunderstood a thing or two and replied inappropriately the unwitting conversationalist often thinks I am defective in the mental realm.

After the childhood illness that stole my hearing, I spent seven years in silent observation, compensating with sight what I lacked in sound. The artist-child blossomed in the Arizona desert as I sat on the slanted porch, sculpting cows in wet gray clay, drawing lush Garden of Eden fruit trees while gazing at dried-out purple sagebrush, cactus and tumbleweeds.



Until one day, in my ninth year, when I first switched on my new hearing aid, I had no idea that light switches clicked when turned on, toilets roared like a mighty waterfall when flushed, paper rattled when crunched, car horns honked, brakes screeched and the violin music of Isaac Stern had high, squeaky, delicious notes.

Still I can hear 20% of words in the low tones and the vowels; a, e, i, o, u and definite facial expressions help. The hard part is that some of the consonants, b, c, d, g, p, all sound alike. This is where lip reading, which uses random selection, guessing in relation to context and audience participation, comes in.

"A hearing aid is an aid, not a cure. It amplifies sound," the ear doctor warned my mother, "new, loud sounds may be overwhelming," I was not one bit overwhelmed. I was overcome and overjoyed by sound; obsessed, ravenous, turning the volume up full blast to amplified, crackling clamor. The doctor said "Eva that is not what natural sound sounds like."

I stayed awake in my bed after the lights were out; rustling the sheets, humming, listening for noise. I heard crickets for the first time and night noises I could not name. The next morning, I announced, "I want to learn to play the violin like Isaac Stern."

I arrived wired for sound on that first day of fourth grade in a new school in California. I was wearing my new hearing aid with big ear molds sticking out of both ears. A long Y cord dangling down my neck, plugged into the hearing devise the size of a transistor radio, stuffed into my training bra.

I was conscious of bright curious eyes staring at my ears, at the aid, my "chubette" clothes see pg 9

### FROM YOUR PREZ SHELLEY STOCK- WELL-NICHOLAS, PhD



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: proactive and kindly self-talk. The more you in-joy the more you out-joy. It is Nature's way.

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 YOUTUBE. You can see them at "hyp-talks." Thank you Ken! All hyp-talks will soon be up and you must see them!

Our members want to positively change the world one person at a time. And The Hyp News brings you knowledge and wisdom. Knowledge and wisdom are slightly different; knowledge tells us that a tomato is a fruit. Wisdom tells us not to put tomato in a fruit salad.

#### 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, 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, all of the presenters and events..

see pg 5

*Shelley Stockwell Nicholas*

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#### ORMOND MCGILL on DAVE ELMAN Edited by SHELLEY STOCKWELL- NICHOLAS, PhD

Dave Elman was a writer, director, and producer of radio network programs. He became interested in hypnotism by watching a stage hypnotist remove the pain of cancer from his father. He writes: "My

*interest in hypnosis was stimulated by a stage hypnotist friend of the family. He asked me to assist in a show. On stage, he told the subjects that when I shook hands with them they would go into profound hypnosis. I shook hands. It worked! This early experience ultimately led to developing my Hypnotic Handshake Method, which has been very useful to me."*

Dave performed briefly as a stage hypnotist and his rapid induction methods made his teaching extraordinary. Dave loved an audience.

In Elman's Words: "I read everything I could on the subject [of hypnosis]. What struck me strongly was how dogmatic much of the instruction was: 'YOU MUST do this or you must do that or it would not work.' Very little room was left for originality. It was like confining mind in a prison. It was like the past speaking to the present: if you don't obey the past you would fail in the present. Only if you hypnotized by established old ways could you succeed ... I have always been something of a free spirit, and liked to delve into the unknown. Hypnosis provided a wonderful opportunity to explore the unknown."

Because of his free spiritedness, Elman's practical use of hypnosis left a remarkable imprint on the field of hypnotherapy. His approach was optimistic and positive. Even with challenges he made it clear that we have a choice to accept as situations as positive or negative especially in relation to medical practice. His is the happy way.

He was forty-nine years old when he gave his full attention to instructing for physicians and dentists. He traveled America from coast-to-coast for the next seventeen years teaching his original hypnosis techniques.

#### DAVE ELMAN'S OPINIONS ABOUT HYPNOSIS

Elman, as he stood before a class, often said, "I can teach you what I have come to know about hypnosis but the potential of the human mind is so vast I can only give opinions and stand in awe." Still, Elman's opinions are basic to his hypnosis training:

#### 1. WHAT IS HYPNOSIS?

Elman viewed hypnosis as a tool that moves mind from what you think as your objective "conscious awake state" into your more subjective subconscious state.

This inner mind becomes hyper-suggestible and influenced with hypnosis and makes it easier to modify behavior and bodily processes. He believed that hypnosis seemed to program the mind to function through the automatic nervous system rather than the sympathetic nervous system.

Dave underscores that a suggestion has little value unless the client is willing to accept it. With that willingness, the affect of an accepted suggestion will "bypass critical mind and establish selective thinking that brings about miracles..." A person only accepts a suggestion that they are willing to

#### YOUR TARGET MARKET

By BEVERLEY TAYLOR

Imagine calling your child who is out playing with other children. They know you and you know who they are. It's a match made in heaven. You are bonded to each other ... forever.

You need to define your target market to know where to find your business match made in heaven. Your ideal target client needs you to recognize them and they will recognize you. At least one main belief or idea that you share brings you together.

The easiest person to help is the one already convinced that YOUR special help is what's needed for their specific situation. You must match them with your undeniable connection or you miss the mark with them. You are their trusted friend who brings them what they need. You watch out for them. When you share your expertise you let them know that you can help them to solve any problem, to reach a goal or to be nourished and encouraged. They come to you for services, products and advice, and you exercise a bond...similar to what a mother does for a child. You are familiar. Taking this

metaphor to heart; know your audience in such a way that you anticipate and provide what they need and want.

#### MEET THEIR NEEDS

Your client needs to feel special and important.

Just as a mother and father offer a special connection to their child, you, as a business person, offer something unique specifically for them. You become the "mother/father offer" they want and need. AND solved an issue they want resolved.

First, feel what they are feeling, then imagine placing yourself in these imagined situations to fill their need of offer a solution. You will need to get out of your own way and think like they think.

A mother with young children running around has relatively no time for herself yet is prompted her to make custom jewelry. Celebrating her inner artist solves a need to develop her identity. How does she ask for help without feeling guilt? Hypnosis can offer natural stress reduction and solve her problem. So where do you find such a stressed out stay at home mom? The simple answer is... go where women gather then think

accept and they respond best to suggestions that are reasonable and pleasing.

The blanket statement "All hypnosis is self-hypnosis" is like saying, "This car is mine because I bought and paid for it." This overlooks the salesman who influenced the sale with hetero-hypnosis. With hypnosis the practitioner is very much in evidence in an intimate communion between hypnotist and client. It is a cooperation. (Editor's Note: Researchers also note that hypnotized people actively respond to suggestions even if they perceive dramatic changes as happening 'by themselves'.)

#### 2. KEEP IT SIMPLE

Elman demystified hypnosis by teaching it in a simplified manner.

#### 3. FREEDOM OF CHOICE

He affirms there is no such thing as a hypnotist exerting a special power over another. Hypnosis, he says, does not cause unconsciousness and a hypnotized person is aware at all times (Except when willing to accept amnesia, for one reason or another). In hypnosis a person is free to choose what suggestions they accept or reject.

Even in profound hypnosis, the person has control of all their faculties and their super awakeness allows them to see, hear, feel, taste and smell better than ever.

In hypnosis however, "the critical faculty" steps aside. If you give a person a suggestion that pleases, they will accept it, despite the fact that under ordinary circumstances they might consider it an impossible notion.

For example, you can suggest anesthesia (erasing pain without a chemical agent). You can induce total recall way back to infancy or before to relive a past experience rather than merely recall it. Elman affirms that the suspension of the critical faculty does not contradict strong response to suggestions of desired choice.

The person remains most responsive to suggestions that are pleasing and good for them. It is their critical faculty—the disbelief that fantastic things can be done through mind upon itself and upon the body is bypassed in hypnosis. In such conditioned belief, miracles become possible. Since choice still exists in the hypnotic state, only suggestions agreeable to the client are readily accepted. If a suggestion is disagreeable or contrary to the person's code of ethics, they will either reject it or terminate the hypnosis.

#### EXPERIENCE IS BEST

In Elman's Words: "I insist that my students learn hypnotizing by hypnotizing... not just by listening to a lecture or reading a textbook. They say, experience is the best teacher. To me, as far as inducing hypnosis goes, it is the only teacher."

Elman affirms that to really learn hypnosis is to experience it yourself. You can observe from now until doomsday and really never get it. Only by observing it from inside yourself, do a real breakthroughs come. Hypnosis a pleasant state and, once you understand it, you can easily hypnotize yourself. "In exploring the unknown, I turned up some surprising facts, i.e. Hypnosis could alleviate pain. Hypnosis can be produced almost instantaneously... hypnosis is established by bypassing critical mind and establishing selective thinking. The hypnotic is never unconscious but is in a state of super awareness."

Reference: Dave Elman's book "HYPNOTHERAPY"

like your target. Let it be known what you offer. You can reduce their stress and find resolve to their goals so they celebrate the inner artist.

When you empathize and think like a stressed out mom she gleans terrific help from you. You may also need to think like her mate. Let men know how important it is to support their partner in being expressive and creative and also to reduce their stress.

You can encourage mental and physical health simply by going where men congregate and sharing how hypnosis can benefit them their partners and their life. If Mother's Day or Valentine's Day is around the corner you could suggest they give their make a hypnosis session to motivate relaxation and creativity. Yes, it could benefit the entire family! Again, talking about benefits to the husband and wife encourages them to be helped by your hypnosis.

So think about and like your target audience. Describe what's important to them and give them the emotional benefits found in your offer. Market research comes in handy as you choose your target market niche.

## FORENSIC HYPNOSIS By MIKE AUGUSTINE, CIH,

So, you want to be a forensic hypnotist? It sounds cool; the stuff movies and TV shows are made of, right? This brief overview gives a cursory view of what is involved. To describe what something is, we must often explain what it is not. Forensic hypnosis is not a power to use some "golden lasso" to get a serial killer to confess. Typically, a forensic hypnosis session involves a willing witness or victim. "Willing," meaning the person volunteering is motivated to tell the truth.

In investigations, people that want to help, yet, at times, they can have motives contrary to finding the truth. When searching for truth, investigators are often confronted with untrustworthy or blank memories.

Investigators and detectives around the world who have cold case files want information. Many times, a case remains dormant while time passes and no new leads are found. A new lead may come about, yet is often vague and hard to confirm. When a forensic hypnotist is asked for assistance their goal is to refresh memory if possible.

Any information gained from a forensic hypnosis session must be corroborated by an independent investigation. Strict rules exist involving the ethical standards of forensic hypnosis. The professional forensic hypnotist must not misrepresent their credentials, training or experience. When conducting the pre-hypnosis interview and the forensic hypnosis session, the witness or victim welfare comes first. No matter how crucial the information to be elicited may seem, the person's welfare is the primary focus. If the hypno-investigator feels that the session may harm the witness, the session may need to be postponed or cancelled.

Rapport and trust are crucial to the relationship of the hypno-investigator and the person undergoing hypnosis. This may begin with talking about hobbies, likes and dislikes of the subject. This can be important in assisting the hypno-investigator as to how to conduct the session and give them insight into the personality of the witness or victim. When speaking of confidentiality of witnesses Martin Reiser, EdD, a Father of Investigative Hypnosis says: "Information learned from an investigative hypnosis session has the same status as other investigative material. Generally, this information should be kept in confidence with the usual

legal and professional exceptions."

All forensic hypnosis sessions need to be recorded. Whether it is audio, video, or both, the session should be fully documented. Many hypno-investigators have two video cameras operating during a session, in case of malfunction. It is a common practice to have both. Marx Howell, retired Texas Department of Public Safety Inspector and premier authority on Investigative Hypnosis says "the session should be recorded from hello to goodbye." Howell is adamant that all equipment should be tested and tested again to ensure everything is operable. Another point Howell stresses is that everyone in the room should be identified by name, position, agency and purpose for being present during the interview. Often, composite artists, lead case investigators and advocates for the victim may be present during the interview. This is at the discretion of the lead investigator and the hypno-investigator at the time of the interview.

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*Mike Augustine of Longview Texas worked as a Chief Investigator for the Gregg County district attorney's office. He has 20+ years of law enforcement experience. He is the lead instructor for the East Texas Police Academy and is a Forensic Hypnosis Investigator.*



## SELF-REGULATION

Many of our members are hypnotists, coaches, consultants, NLP practitioners, energy workers, intuitives, counselors and therapists that are self-regulating. As such we set our own standards for education, ethics and quality assurance. The International Hypnosis Federation does not have, nor seek, a legislated controlling body and we are not subject or accountable to an outside regulating group for approval. Consumer laws and our own codes of practice protect us and the public we serve. This makes us all vigilant in protecting our achievements, honorable stand-alone professions and living up to a fine set of standards.

For more information feel free to read our IHF Code of Ethics and Standards at [www.hypnosisfederation.com](http://www.hypnosisfederation.com).

## By FRANK HOPKINS

"...if there is any excellence... anything worthy of praise... true, honorable, right, pure, lovely, of good repute... let your mind dwell on these things."

Positive thinking not only makes you happy it impacts how you view yourself, how you treat people, and how you handle adversity.

Some dismiss "positive thinking" as a Pollyanna soft approach might best rethink it. Research reveals that in the real world terms positive thinking translates into "grit," "drive" and "a tool that builds lasting skills."

Those who think positively manage stress more easily and assess situations from multiple perspectives before taking action. Their positive language allows for more supportive work and play relationships.

### BENEFITS OF POSITIVITY

#### 1. LONGER LIFE

Optimistic postmenopausal women live longer and are less likely to be diabetic or suffer from hypertension than negative counterparts. They were 30 percent less likely to die from heart disease. Negative-thinking women are 23 percent more likely to die from cancer than the general population.

#### 2. LESS DEPRESSED

A positive mental mood combats depression.

#### 3. UP YOUR IMMUNITY

Positive minded people fight off common colds and other ailments more quickly than the general population.

#### 4. FASTER RECOVERY

People with positive attitudes recover faster from surgery and handle serious diseases, stress and hardships better.

#### 5. CONFIDENCE AND COPING SKILLS

Optimism lets you feel good about yourself and more appreciative of others.

### RULES TO LIVE BY

#### Notice How Your Body Reacts to a Thought.

Think an angry thought... How did you feel?

Now, think a good, kind and helpful thought... How do you feel?

When you tell yourself a lie, your hands get cold, heart beats faster, blood pressure goes up, breathing rate increases, and you may perspire. Tell yourself the truth, and your hands become warmer, heart rate slows, breathing slows and grows deeper, muscles relax, and hands become dryer.

#### Accept Thoughts As Things.

Every thought elicits immediate physical electro/chemical energy in your brain and body that has real impact on how you feel and behave.

#### Your First Thought Isn't Necessarily the Truth.

Thoughts are automatic, and can lie to you. Challenge a negative thought and don't just believe it right off. Talk to your brain. If you think a negative thought without challenging it, your mind believes it and your body reacts. Correct it to a positive and your feel better.

#### Crush the Negative Thoughts.

Think of negative thoughts as pests at a picnic. One negative thought is like a little bug that isn't much of a problem. Two or three become an irritation, and ten or twenty... the picnic is over! Change them before your mind becomes infested!

#### Practice Positive Thinking Every Day

With practice, your self talk will be more accepting and kindly, especially to and about yourself. More and more positive outcomes present themselves. Celebrate yourself; you deserve it.

*Frank Hopkins is a Baton Rouge Life Coach.*

*His website is [frankhopkinslifecoach.com](http://frankhopkinslifecoach.com)*



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A father told his three sons when he sent them to the university: “I feel it’s my duty to provide you with the best possible education, and you do not owe me anything for that. However, I want you to appreciate it; as a token, please each put \$1,000 into my coffin when I die.” And so it happened. The sons became a doctor, a lawyer, and a financial planner, each very successful financially. When they saw their father in the coffin one day, they remembered his wish. First it was the doctor who put ten \$100 bills onto the chest of the deceased. Then came the financial planner, who put a \$1,000 bill there, too. Finally, it was the heartbroken lawyer’s turn. He dipped into his pocket, took out his checkbook, wrote a check for \$3,000, put it into his father’s coffin, and took the \$2,000 cash.

A man on his Harley was riding along a California beach when suddenly the sky clouded above his head and, in a booming voice, God said, ‘Because you have tried to be faithful to me in all ways, I will grant you one wish.’??The biker pulled over and said, ‘Build a bridge to Hawaii so I can ride over anytime I want.’??God replied, ‘Your request is materialistic, think of the enormous challenges for that kind of undertaking, the supports required reaching the bottom of the Pacific and the concrete and steel it would take!

I can do it, but it is hard for me to justify your desire for worldly things. Take a little more time and think of something that could possibly help mankind.’??The biker thought about it for a long time.

Finally, he said, ‘God, I wish that I, and all men, could understand women. I want to know how she feels inside, what she’s thinking when she gives me the silent treatment, why she cries, what she means when she says nothing’s wrong, why she snaps and complains when I try to help, and how I can make a woman truly happy.’??God replied: “You want two lanes or four on that bridge?”

At a trial in a small South Carolina town, the prosecuting attorney called his first witness to the stand. She was sworn in, on the Bible, and was asked if she would tell the truth, the whole truth, and nothing but the truth, so help her God.

The witness was a proper, well-dressed, elderly lady; the grandmotherly type well-spoken and poised. The prosecuting attorney approached the woman and asked, “Mrs. Jones, do you know me?” She responded, “Why, yes I do know you, Mr. Williams. I’ve known you since you were a young boy and frankly you’ve been a big disappointment to me. You lie, cheat on your lovely wife, manipulate people, and talk badly about them behind their backs. You think you are a rising big shot when you haven’t the sense to realize you will never amount to anything more than a two-bit, paper-pushing shyster. Yes, I know you quite well.” The lawyer was stunned. He couldn’t even think for a few minutes. Then, slowly backing away, fearing the looks on the judge and the jurors faces, not to mention the court reporter who documented every word, and not knowing what else to do, he pointed at the defense attorney across the room and asked, “Mrs. Jones, do you know the attorney for the defense?” She again replied, “Why, yes I do. I’ve known Mr. Bradley since he was a youngster, too. He’s lazy, bigoted, and has a terrible drinking problem. The man can’t build or keep a normal relationship with anyone and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. Yes, I know him.”

The defense attorney nearly fainted and sat slumped in his chair, looking at the floor. Laughter, mixed with gasps, thundered throughout the courtroom and the place was on the verge of chaos. At this point, the judge brought the courtroom to order and called both counselors to approach the bench, and in a very quiet voice said, “If either of you crooked counsel asks her if she knows me, you will go to jail for contempt of court.”

Bob returned from a doctor’s visit and told his wife Alma the doctor said he only had 24 hours to live. Wiping away her tears, he asked her to make love to him. She agreed and they made passionate love. Six hours later, Bob went to her again, and said, “Honey, now I only have 18 hours left to live. Maybe we could make love again?” Alma agreed and again they made love. Later, Bob was getting into bed when he realized he now had only eight hours of life left. He said, “Honey please? Just one more time before I die.” She agreed, then afterward she rolled over and fell asleep. Bob, however, heard the clock ticking in his head, and he tossed and turned until he was down to only four more hours. He tapped his wife on the shoulder to wake her up. “Honey, I only have four hours left! Could we...?” His wife sat up abruptly, turned to him and said,

# The Funny Page

“Listen Bob, I have to get up in the morning! You don’t.”

## HOW DO YOU DECIDE WHO TO MARRY?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. — Alan, age 10

No person really decides before they grow up who they’re going to marry. God decides it all way before, and you get to find out later who you’re stuck with. — Kirsten, age 10

## WHAT IS THE RIGHT AGE TO GET MARRIED?

Twenty-three is the best age because you know the person FOREVER by then. — Camille, age 10

No age is good to get married at. You got to be a fool to get married.. — Freddie, age 6

## HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

You might have to guess, based on whether they seem to be yelling at the same kids. — Derrick, age 8

## WHAT DO YOU THINK YOUR MOM AND DAD HAVE IN COMMON?

Both don’t want any more kids. — Lori, age 8

## WHAT DO MOST PEOPLE DO ON A DATE?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. — Lynette, age 8

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. — Martin, age 10

## WHAT WOULD YOU DO ON A FIRST DATE THAT WAS TURNING SOUR?

I’d run home and play dead. The next day I would call all the newspapers and make sure they wrote about me in all the dead columns. — Craig, age 9

## WHEN IS IT OKAY TO KISS SOMEONE?

When they’re rich. — Pam, age 7  
The law says you have to be eighteen, so I wouldn’t want to mess with that. — Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It’s the right thing to do. — Howard, age 8

## IS IT BETTER TO BE SINGLE OR MARRIED?

I don’t know which is better, but I’ll tell you one thing. I’m never going to have sex with my wife. I don’t want to be all grossed out. — Theodore, age 8

It’s better for girls to be single but not for boys. Boys need someone to clean up after them. — Anita, age 9

## HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN’T GET MARRIED?

There sure would be a lot of kids to explain, wouldn’t there? — Kelvin, age 8

## HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a truck. — Ricky, age 10

Never assume anything

A man standing in line at a check out counter of a grocery store was very surprised when a very attractive woman behind him said, “Hello!” Her face was beaming. He gave her that “who are you look,” and couldn’t remember ever having seen her before. Then, noticing his look, she figured she had made a mistake and apologized. “Look,” she said “I’m really sorry but when I first saw you, I thought you were the father of one of my children,” and walked out of the store.

The guy was dumbfounded and thought to himself, “What the hell is the world coming to? Here is an attractive woman who can’t keep track of who fathers her children! “ Then he got a little panicky. “I don’t remember her,” he thought but, MAYBE..during one of the wild parties he had been to when he was in college, perhaps he did father her child!

He ran from the store and caught her in the parking lot and asked, “Are you the girl I met at a party in college and then we got really drunk and had wild crazy sex on

the pool table in front of everyone?” “No”, she said with a horrified look on her face. “I’m your son’s school teacher”

Operator: “Thank you for calling Pizza Hut. May I have your..” Customer: “Hi, I’d like to order.”

Operator: “May I have your NIDN first, sir?”

Customer: “My National ID Number, yeah, hold on, eh, it’s 6102049998-45-54610.”

Operator: “Thank you, Mr. Sheehan. I see you live at 1742 Meadowland Drive, and the phone number’s 494-2366. Your office number over at Lincoln Insurance is 745-2302 and your cell number’s 266-2566.. Which number are you calling from, sir?”

Customer: “Huh? I’m at home. Where d’ya get all this information?”

Operator: “We’re wired into the system, sir.”

Customer: (Sighs) “Oh, well, I’d like to order a couple of your All-Meat Special pizzas...”

Operator: “I don’t think that’s a good idea, sir.” Customer: “Whaddya mean?”

Operator: “Sir, your medical records indicate that you’ve got very high blood pressure and extreme! ly high cholesterol. Your National Health Care provider won’t allow such an unhealthy choice.”

Customer: “ What do you recommend, then?”

Operator: “You might try our low-fat Soybean Yogurt Pizza. I’m sure you’ll like it”

Customer: “What makes you think I’d like something like that?”

Operator: “Well, you checked out ‘Gourmet Soybean Recipes’ from your local library last week, sir. That’s why I made the suggestion.”

Customer: “All right, all right. Give me two family-sized ones, then. What’s the damage?”

Operator: “That should be plenty for you, your wife and your four kids, sir. The ‘damage,’ as you put it, heh, heh, comes \$49.99.”

Customer: “Lemme give you my credit card number.”

Operator: “I’m sorry sir, but I’m afraid you’ll have to pay in cash. Your credit card balance is over its limit.”

Customer: “I’ll run over to the ATM and get some cash before your driver gets here.”

Operator: “That won’t work either, sir. Your checking account’s overdrawn.”

Customer: “Never mind. Just send the pizzas. I’ll have the cash ready. How long will it take?”

Operator: “We’re running a little behind, sir. It’ll be about 45 minutes, sir. If you’re in a hurry you might want to pick ‘em up while you’re out getting the cash, but carrying pizzas on a motorcycle can be a little awkward.” Customer: “How the hell do you know I’m riding a bike?”

Operator: “It says here you’re in arrears on your car payments, so your car got repo’ed. But your Harley’s paid up, so I just assumed that you’d be using it.”

Customer: “@#%/\$@&?#!”

Operator: “I’d advise watching your language, sir. You’ve already got a July 2006 conviction for cussing out a cop.”

Customer: (Speechless)

Operator: “Will there be anything else, sir?”

Customer: “No, nothing. oh, yeah, don’t forget t he two free liters of Coke your ad says I get with the pizzas.”

Operator: “I’m sorry sir, but our ad’s exclusionary clause prevents us from offering free soda to diabetics.”

## The Old Cowboy

A tough old cowboy once counseled his grandson that if he wanted to live a long life, the secret was to sprinkle a little gunpowder on his oatmeal every morning. The grandson did this religiously and he lived to the age of 93. When he died, he left 14 children, 28 grandchildren, 35 great grandchildren and a fifteen foot hole in the wall of the crematorium

## WARNING

This new scam is being pulled mainly on older men. What happens is that when you stop for a red light a young, nude woman comes up and pretends to be washing your windshield. While she is doing this another person opens your back door and steals anything in the car. They are very good at this. They got me 7 times Friday and 5 times Saturday. I wasn’t able to find them on Sunday.

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**McGILL'S  
HYPNOTHERAPY  
ENCYCLOPEDIA**

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.

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**Dear Members,**

The International Hypnosis Federation has now over 17 years of service to our members. We have resisted increasing membership fee all these years. We are in the process of redesigning our website to be more responsive to your needs. Our cost of mailing and printing have risen steadily over the years and we find it necessary to raise the annual dues to \$95 US dollars per year. We will also increase the Certification fees to \$150 one time lifetime charge. There is a \$15 US dollar additional charge for membership outside the US. These changes will take effect 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



## WELCOME TO MY WORLD

by JOHN CADLEY

“How do you write your column?”

My flip answer is “with a pencil” but I only say that to be funny because funny is what I get paid for. The real answer goes much deeper through my cranium past the layers of meninges and into the deepest recesses of my gray matter. I can take you there, but only if you really want to go.

My brain is not Disneyland. Well, actually it is; if the only attraction you visit is the haunted mansion.

Still want to come?

Please form a single line, turn off your phone, and no flash photography or I’ll have a seizure.

Welcome!

You’re now in my frontal lobe that is responsible for problem-solving. Let’s listen in; “Oh no! This column is due and I have no ideas. What if I write something that’s not funny? The entire world will hate me. Including the indigenous ones who have no contact with civilization.”

Do you hear a second voice? That’s my amygdala: “I sense you’re feeling threatened, John, so I’m going to activate your fight-or-flight response which will send all the blood into your muscles and away from your brain rendering you in capable of adding 2+2; much less coming up with hilarious zingers about your mother-in-law.”

Quite a predicament isn’t it? That’s because we’re in the left side of my brain that has no sense of humor. It is supposed to solve math problems and figure out how my iPhone works but it doesn’t do that very well either.

Please follow me through the corpus callosum— Watch your head! To the right side of the brain we should find some creativity.

Everyone already through?

Please stay away from the temporal occipital parietal areas or I’ll start laughing inappropriately. So, here we are, all creativity happens here. What’s that sir? Yes you’re right it does appear to be somewhat dark and empty. What’s that? Looks like a bat cave? I resent that! Ideas don’t grow on trees much less neuronal bodies. Will five some creativity

Everybody through please stay away from the temporal occipital parietal areas or all start laughing inappropriately self... Here we are where all the creativity happens.

What’s that sir? Yes, you’re right— it does appear to be somewhat dark and empty. What’s that? It looks like a bat cave? I resent that remark. Ideas don’t grow on trees much less neural cell bodies.

You have to be patient... See? There’s an idea now! It’s an idea for a screenplay starring Tom Cruise that will make me so rich and famous and I’ll and end up in celebrity rehab.

There goes another idea— for a book called “cooking with kelp.” As you can see, I have lots of ideas— just not the ones I need for this column.

The Law of total probability says 100 monkeys writing randomly will eventually produce Hamlet. I’ve got 100 million brain cells and I can’t come up with a 700-word column.

Hello?!

Okay... What’s next?

My temporal lobe has two sections. Wernicke’s area and Broca’s area that influence language. Let’s go there. Wernicke? Broca? Not here. They never are, which is really frustrating because these guys could help. They used to do a comedy routine in the Catskills.

Well folks, I’m coming up empty with deadlines breathing down my medulla oblongata. There’s only one place left to go— my subconscious. That’s where the real creative process takes place.

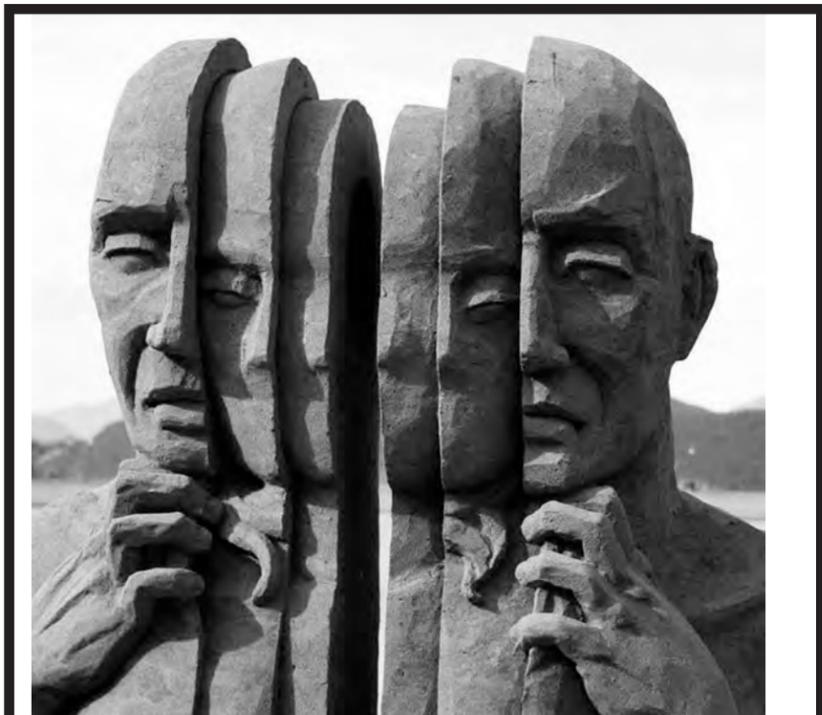
I don’t like to go there and in a moment you’ll see why. By law, I’m required to inform all those with high blood pressure and cardiac conditions to proceed at your own risk... So here’s the door to my subconscious. Fraud said that I can unlock it in a dream but that takes too long. I’ll just turn the knob.

Viola!

“What do I want for lunch? ... My mother loves oranges ... I’ve got a pain my side ... appendicitis!... Do cats have feelings? ... Is it ten o’clock Sunday morning? ... When is the last season of Downton Abby?... how do they make golf balls ... remember to buy deodorant ... I read too much celebrity gossip ... definitely going to read ‘War and Peace’... it’s hot... climate change ... flood insurance... what did my therapist me when he said ‘that’s interesting?’”

I see some of you wish to leave. I understand. Please exit through the cranium. It’s dimly lit so watch your step. For a perfect end be sure to visit the gift shop.

*Writer and Musician, John Cadley can be reached at (315) 663-6273*



## WHY ASK WHY

By MITCH DITKOFF



Some years ago, there was a big problem at one of America’s most treasured monuments- the Jefferson Memorial in Washington, DC.

Simply put, birds- in huge numbers- were pooping all over it, which made visiting the place very unpleasant.

Attempts to remedy the situation caused even bigger problems, since harsh cleaning detergents being used were damaging the memorial.

Fortunately, some of the National Parks managers assigned to the case began asking WHY — as in “Why was the Jefferson Memorial so much more of a target for birds than any of the other memorials?” A little bit of investigation revealed the following:

The birds were attracted to the Jefferson Memorial because of the abundance of spiders- a gourmet treat for birds.

The spiders were attracted to the Memorial because of the abundance of midges (insects) that were nesting there.

And the midges were attracted to the Memorial because of the light.

Midges, it turns out, like to procreate in places where the light is just so- and because the lights were turned on, at the Jefferson Memorial, one hour before dark, it created the kind of mood lighting that midges went crazy for.

So there you have it: The midges were attracted to the light. The spiders were attracted to the midges. The birds were attracted to the spiders. And the National Parks workers, though not necessarily attracted to the bird poop, were attracted to getting paid- so they spent a lot of their time (and taxpayer money) cleaning the Memorial.

Consider what possible “solutions” might have been forthcoming:

1. Hire more workers to clean the Memorial.
2. Ask existing workers to work overtime.
3. Experiment with different kinds of cleaning materials.
4. Put bird poison all around the memorial.
5. Hire hunters to shoot the birds.
6. Encase the entire Jefferson Memorial in Plexiglas.
7. Move the Memorial to another part of Washington.
8. Close the site to the general public.

All possibilities if those curious National Parks managers did not stop to ask WHY? So how did the situation resolve? Very simply.

After reviewing the curious chain of events that led up to the problem, the decision was made to wait until dark before turning the lights on at the Jefferson Memorial. That one-hour delay was enough to ruin the mood lighting for the midges, who then decided to have midge sex somewhere else.

No midges, no spiders. No spiders, no birds. No birds, no poop. No poop, no need to clean the Jefferson Memorial so often. Case closed.

Now, think about YOUR business... YOUR company... YOUR life.

What problems are you facing that could be approached differently simply by asking WHY... and then WHY again... and then WHY again... until you get to the core of the issue? If you don’t, you may just end up solving the wrong problem.

### MITCH’S FIVE WHYS TECHNIQUE

1. Name a problem you’re having.
2. Ask WHY it’s happening.
3. Get an answer.
4. Then WHY about that.
5. Get an answer.
6. Then ask WHY about that... and so on, five times

*Excerpt from Mitch’s book “Story Telling At Work.” You may reach him at (845) 679-1066 or go to his website [www.ideachampions.com](http://www.ideachampions.com)*

## FLASH SLIDE PRESENTATIONS

Venture capitalist and securities analyst Mary Meeker presents PowerPoint information about internet trends and has a lightening speed graphic delivery. She delivers some 213 slides in 25 minutes. You read that right. Along with the rapid visuals she shares insights backed up with industry-shaping proof. . She’ll say things like, “This is what a global trend looks like,” then click right on by. Her rapid pace, valuable data, makes her talk spread. The audience knows not to sweat it because the report will be in their hot little hands soon. Meeker just wants her audience to know that data supports her point and you can read specifics later. The slides themselves are a processed at-a-glance and tickle the viewer to get the printed stuff.

Meeker uses the image to support her narrative. She keeps the larger narrative front and center. If you want to speak like a pro, try this exercise at your next Toastmasters meeting. Deliver a presentation with 20 images and spend no more than 20 seconds on each slide. (Meeker spends seven seconds!).

These are four valuable components of this rapid fire method:

### 1. Know Your Audience

Meeker knows that her live audience and the vast amount of people 45,000 views, who see her slides are the ones she talks to.

### 2. Use Spreadable Media

Back up your slides with powerful spreadable media to be read and not presented.

3. Give only a few seconds of verbal commentary per slide; DO NOT ramble. The audience will not have time to read the chart; images just give an impression of a trend or idea.

### 4. Use Source Data in Its Original Form

Many of Mary’s slides are compiled by a committee and are true to their source instead of marketing.

## PROFESSIONAL DEVELOPMENT BANKING

(Excerpt from Shelley Stockwell-Nicholas "WIN: Coaching Guide For Yourself and Others")

Bangladesh's Grameen Bank and its founder, Muhammad Yunus received the Nobel Peace Prize. It's the only business corporation to win such an award.

The bank promotes financial independence for the poor. Ninety-four percent of the bank is owned by the borrowers; most of whom are poor women... the Bangladesh government owns six percent. The name "Grameen" means "Bank of the Villages" in the Bengali language.

In 2006, the bank and its founder, Muhammad Yunus received the Nobel Peace Prize. In 1998 the Bank's "Low-cost Housing Program" won a World Habitat Award. And in 2011, the Bangladesh Government forced Muhammad Yunus to resign from Grameen Bank, saying that "at age 72, he was "years beyond the legal limit for the position."

### HOW IT BEGAN

In 1976, college professor, Muhammad Yunus, who earned a doctorate in economics from the U.S.A.'s Vanderbilt University, originated a Rural Economics Research Project at Bangladesh's University of Chittagong.

Inspired by the Bangladesh famine of 1974, he wanted to stave off poverty and promote financial independence. He made interest and collateral free loans of US \$27 to 42 families (mainly women) as start-up money so they could make items for sale. He had borrowers agree to specific rules to live by and encouraged saving money, so their capital could be converted into new loans for the more needy.

The village of Jobra and others near the University became the first areas eligible for service from the Grameen Bank. Proving successful, the Bank project, with support from the central Bangladesh Bank, extended to the Tangail District (north of the capital, Dhaka). The bank's success continued and its services were extended.

By 2006, Grameen Bank branches numbered over 2,100. Its success inspired similar projects in more than 40 countries around the world.

### THE AGREEMENT

A group-based peer-pressure approach ensures disciplined repayment. Here is what borrowers agree to:

We shall follow and advance four principles of Grameen Bank: Discipline, Unity, Courage and Hard work – in all walks of our lives.

We shall bring Prosperity to our families.

We shall not live in dilapidated houses. We shall repair our houses and work towards constructing new houses at the earliest.

We shall grow vegetables all the year round. We shall eat plenty of them and sell the surplus.

During the planting seasons, we shall plant as many seedlings as possible.

We shall plan to keep our families small. We shall minimize our expenditures. We shall look after our health.

We shall educate our children and ensure that they can earn to pay for their education.

We shall always keep our children and the environment clean.

We shall build and use pit-latrines.

We shall drink water from tube-wells. If it is not available, we shall boil water or use alum.

We shall not take any dowry at our sons' weddings, neither shall we give any dowry at our daughters' weddings. We shall keep our centre free from the curse of dowry. We shall not practice child marriage.

We shall not inflict any injustice on anyone, neither shall we allow anyone to do so.

We shall collectively undertake bigger investments for higher incomes.

We shall always be ready to help each other. If anyone is in difficulty, we shall all help him or her.

If we come to know of any breach of discipline in any centre, we shall all go there and help restore discipline.

We shall take part in all social activities collectively.

### A PEOPLE'S BANK IS BORN

Thanks to the banks loans and rules to live by, more than half of its borrowers— close to 50 million— have risen out of acute poverty, are eating three meals a day, have sanitation, clean drinking water and rainproof homes. School age children are being educated AND the loans are repaid at about 300 taka-a-week (around \$4 USD).

Bank deposits are made into village loans, aligning the interests of new borrowers and depositor-shareholders. Since 1995, Grameen has funded ninety percent of its microcredit or "grameencredit" loans with interest income and deposits.

The bank's "poverty fighter" staff works in harsh conditions. Potential employees receive six months on-the-job training while shadowing an experienced staff member. They agree to step out of their comfort zone to "appreciate the unexplored potential of the destitute." After completing training, they return to Dhaka headquarters for a review and critique. Ultimately they are appointed to a new branch of the bank.

On October 2, 1983 the Grameen Bank was authorized by national legislation as an independent bank. By a Bangladeshi government ordinance, Bankers Ron Grzywinski and Mary Houghton of ShoreBank, a community development bank in Chicago, helped Yunus with the official incorporation of the bank under a grant from the Ford Foundation. The bank's repayment rate suffered from the economic disruption following the 1998 flood in Bangladesh, but it recovered in the subsequent years. By the beginning of 2005, the bank had loaned over USD 4.7 billion and by the end of 2008, USD 7.6 billion to the poor.

Initially, donor agencies provided the bulk of capital at low rates. By mid-1990s, the bank was receiving most of its funds from the central bank of Bangladesh. More recently, Grameen is using bond sales as a source of finance. The bonds, sold above the bank rate, are implicitly subsidized and are guaranteed by the Government of Bangladesh. In 2013, Bangladesh parliament passed the "Grameen Bank Act" which replaces the Grameen Bank Ordinance, 1983, authorizing the government to make rules for any aspect of the running of the bank

The bank also provides other services, and runs development-oriented businesses including fabric, telephone and energy companies.

A new class of women entrepreneurs have raised themselves from poverty. Now in 28,000 villages of Bangladesh, more than 55,000 phones are in operation and more than 80 million people have access to news from relatives, and critical market information previously unattainable.



## STORIES THAT MAKE YOU THINK BY DON BAY



A death occurred in this department recently. The escapee was a sturdy ninety-two-year-old man who sat silently at the table in the day room a few days before he escaped the sameness.

A short time later, Berndt moved in to the now-vacant apartment. I was told that he had suffered a mild stroke, but it wasn't apparent to me as I watched him explore his new surroundings. A big man of seventy-three, probably powerful once, he wandered about assessing the place. The next day, he ate his lunch at the same table as the man who escaped.

Meals are the main occurrence that breaks up the day for most of us in the Old Folks' Home. I see the other residents waiting silently like expectant birds on a telephone line in their usual chairs for lunch to be served. I wave to them; they wave back. It's a break in the monotony.

After only a few days, Berndt decided he wanted to go home, the home he had lived in for many years with his former wife. Since their divorce, he had lived alone and taken care of himself. Then a minor stroke intervened. His children quickly decided that the Old Folks' Home was the place for him, and he was moved in with a few pieces of familiar furniture to make him feel comfortable. But it wasn't home.

Berndt decided he wanted to go home. He took off his alarm bracelet, hid it and walked out of here. The problem was that his children had immediately put the house up for sale. It may be my cynicism, but the speed of the house being put on the market seems a little suspicious to me. Just a gut thing.

As soon as the personnel discovered that Berndt wasn't here, they contacted the police. The police found him at home. On being returned here, Berndt plaintively asked, "Is this where I'm expected to die?"

The cheerful lady who often takes care of my needs angrily commented, "He could have been at home with Home Service to help him, but he was brought here."

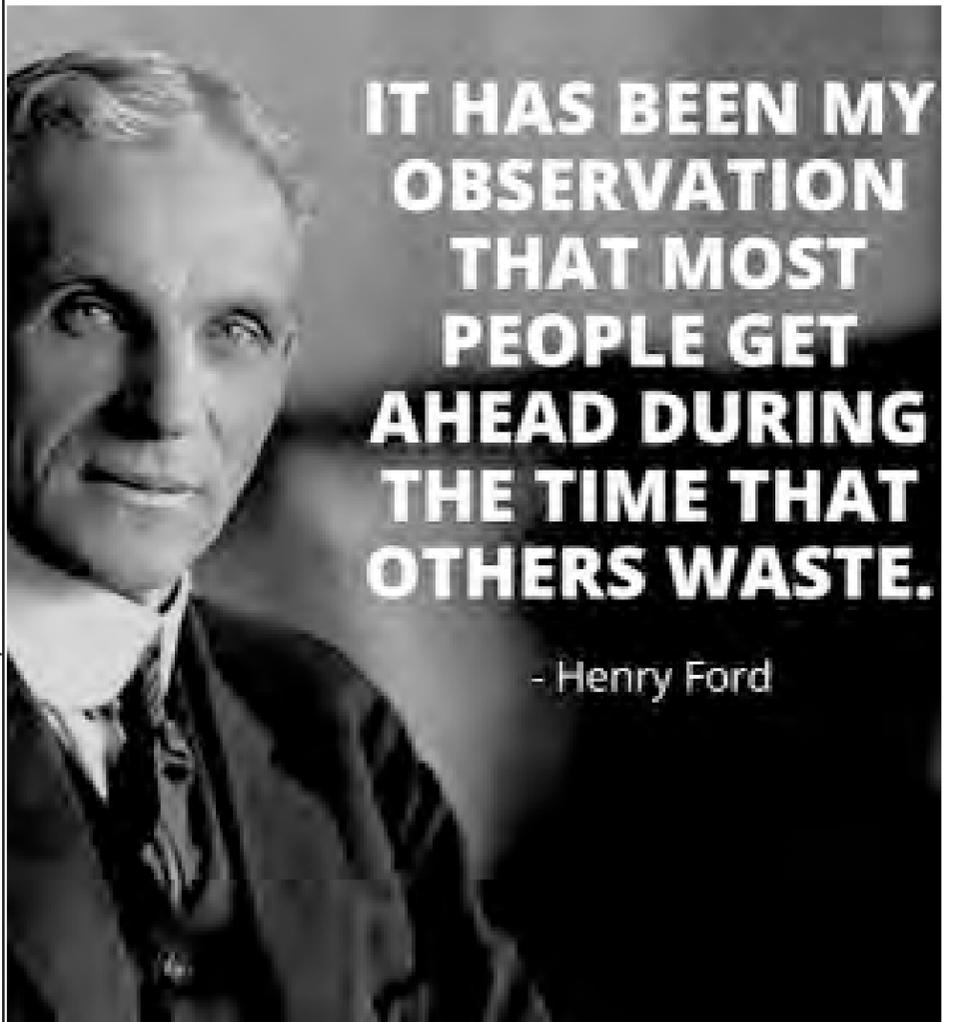
Humanity Again Shows Its Beautiful Face—

The same day, on my walk through the departments I saw the lovely 63-year-old woman with Sami ("Lapp") features put a consoling hand on the arm of a crippled old woman. A relatively young Alzheimer's resident in a lucid moment consoling a weeping crippled old woman. I almost cried. With all of my disabilities, I am one of the lucky ones.

My next-door neighbor, a spry man the same age as I, complains that nobody comes to see him. A ninety-year-old dementia resident who tests the patience of the personnel with her constant whines and demands melts and croons in delight when our family dog greets her and licks her hand. She ran a restaurant in Solefteå once. She was young and active once. All of us were. Now we're here in the Old Folks' Home.

I have written of the sameness of every day here in the Old Folks' Home. This time was different. There was a ripple in the placid pond we live in...a ripple of humanity.

Update: Berndt has made two additional brief flights from the Old Folks' Home and both times has been returned by the police. The cheerful woman who takes care of my needs informed me that now that she has to put her enfeebled 91-year-old mother in an elder-care facility near here, Berndt has asked her if he can take over the mother's apartment. Berndt doesn't want to be here. He doesn't belong here.



See anything here you liked, or didn't ?  
Let us know. We are open to new ideas and would like to  
hear from you.  
310 541-4844 or [ihf@cox.net](mailto:ihf@cox.net) Shelley

## FOCUS ON FAMILY FUN

By Shelley Stockwell-Nicholas, PhD



Think of your happiest memories. I'll bet they included your playing and being playful.

Who did you like best to hang around with as a kid? Most likely, they were those who brought out the fun in you.

"Raising your children also means more than feeding and clothing them and buying gifts. Instilling a joyous memory and laughter is what loving and fond memories are made of. So here are some easy ways to focus on fun. I teach this to my students at the Creativity Learning Institute in Rancho Palos Verdes, California. Many say that connecting with your inner playful child is the best thing that ever happened to their family.

### 1. FOCUS ON PERSONAL LIKES.

What interests YOU and what interests each member of your family? You can brainstorm together asking, "How can we incorporate each of our likes into an activity?" If they like a certain music, get up and dance to it.

### 2. ASK FOR INPUT.

In my latest book; "WIN; Coaching Guide for Yourself and Others" I encourage you to brainstorm fun activities. Ask each person in the family and yourself; "What would you like to do during our vacation or weekend. Write these down. Encourage everyone's input and do not discount even "out-there" ideas. All thoughts are worthy of consideration.

### 3. PLAY EACH DAY.

Do something— anything— playful each day. Put time aside on your calendar. Create a joke telling time. Laughing yoga is a blast. So is a splash in the pool or feeding each other an ice cream cone. Every day activities can be made fun when you make it so. Have each family member cook one item for dinner. Dress the cat (maybe not so fun for the cat) or do a group project and put together a bookshelf or paint the garage door. Go grocery shopping and only buy groceries that start with the letter "T." You get the idea...

### 4. BE HERE NOW.

What is interesting and fun in your house or just outside? What is going on in your community? Is there a free concert in the park, a library, a beach, a county fair happening? Check out local happenings and then GO.

### 6. SURPRISE EACH OTHER.

Give each person in your family a surprise time or excursion so they invite the rest of you to do something that they find fun. Then, maybe their cup of tea will taste as sweet as yours. Be spontaneous and schedule a contest to see who can spit a watermelon seed the farthest. Have a blindfold trust walk and, at the end, give your trusting partner a treat. Have everyone do a skit for the rest of the family. Schedule a camp out in your backyard. Draw a group painting. Have everyone make a page of a family scrapbook. Have everyone take their cell phones and take a picture for the book that best represents them.

**Medical personnel** needs to heed what they say or convey or they unwittingly hypnotize a poor outcome.

Those given a placebo, but first read the negative information, you are more likely to have all the side effects.

Milton Erickson wrote on a patient's chart "Doing very well!" then he left the room. Of course his patient peeked at the chart and those positive words helped them toward a speedy recovery. I too love deceiving people into health. I like to rub the skin with alcohol before giving an injection saying, "This will numb the spot and you will not even notice what is happening here. Everyone responds by being more relaxed .

"I told one child that they would go to sleep in the operating room and they fell asleep being wheeled into the room."

Bernie Siegel, MD

### BERNARD "BERNIE" S. SIEGEL, MD

Born in Brooklyn, NY. An honors student at Colgate and Cornell University Medical College, Dr Siegel did his surgical training was at Yale's New Haven Hospital, West Haven Veteran's Hospital and the Children's Hospital of Pittsburgh. An advocate of hypnosis and integrative medicine he says; 'I do a lot of work with dreams, drawings, images and beliefs to empower patients to live fully and die in peace. Distraction and humor too help a great deal and are hypnotic... People hear what you say whether asleep, in coma or under anesthesia. The right words stop bleeding, and change heart rates... It is most important to say to someone in cardiac arrest 'It's not your time yet. Come on back' and often their heart beat returns and they survive... If doctors knew how to talk to people they would include benefits of treatment rather than side effects and possible problems.' His bestselling books include "Love, Medicine & Miracles" (1986); "Peace, Love & Healing" (1989); and "How to Live Between Office Visits" (1993) caused many to rethink how doctors treat the ill. Bernie, and his wife Bobbie, live in New Haven, Connecticut and have five children and eight grandchildren.

## I AM A RECORDING

By SHELLEY STOCKWELL NICHOLAS, PhD

Vaccinated with a phonograph needle  
an imprinted recording  
Conditioned by words

Singing along to another's tune.

Messages delivered; Beliefs imparted

Hypnosis is a war between factions wanting control and your attention

Flattery makes you flatter than Flat Stanley

Hypnosis is grandly everything and

minutely nothing but vaporous energies taken in"

"Aye," "I," "eye," sound the same; it depends on meaning you spin

You are like Jim Hanson's puppet... a cartoon character...

scripted by puppeteers, pretend, TV, movies, friends, corporate entities,  
mother, father, ourselves.

All is an illusion— a dream believed—

turned in time to concrete factoids spun in your head.

"Who are you?" asked Caterpillar.

"I am not the same person who woke up this morning" said Alice.

"No you are not." said Caterpillar and flew away as Butterfly

Transformation...

You're yet to become what you could be...

Just wake up and play a new record.

## 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.

## Do You Have Your MANDATORY DISCLOSURE Forms?

On January 1, 2003, the California Business & Professions Code required that client's of non-licensed practitioners sign a written Complementary & Alternative Health Care form at their first visit. One copy is to be given to them & the other is to remain in your records for three years. This form isto help you stay in compliance with the part of the Medical Practice Act of California requiring notification. Other states are considering similar legislation.

The IHF has printed the required forms specifically outlining and deliniating the good mind, body, spirit and fun modalities you use. The form is attractive, positive, professional and not only informs but also

promotes you and your services and allows you to keep records of who comes to see you. The two-page duplicate Disclosure Forms comes in packages of 100 and costs only \$19.95.

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Dear Shelley,  
It was great talking to you today. I'm going to recap the newer lower premiums available to your IHF membership. The news of the improved rates should be a big hit with your members. Your members can sigh up for their insurance by going to your website [www.hypnosisfederation.com](http://www.hypnosisfederation.com) and linking to "insurance information." They will need their membership number to apply. Here is a partial description of the coverage.

### ELIGIBILITY & EFFECTIVE DATES

1. Applicants must possess appropriate licensure or certification (per their state requirements) in their chosen covered class of business.
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3. Coverage becomes effective on the date the completed application is formally approved and premium is received.

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### PLEASE NOTE:

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### Choice of Deductible for Groups and Limits of Liability

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### Defense Costs

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Individual certificate holders are subject to a \$1,000 or \$2,500 deductible for each loss, based on the rating category for your specific occupation.

### Extended Claims Reporting Period Option ("Tail Coverage")

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

## DEAF GIRL SPEAKS

from pg 1

and clunky, brown corrective oxfords. Nine year old classmates covered their mouths, whispered to each other, rolled their eyes and snickered. I was spared the details of their exchanges and their body language told me that I was not going to be one of the popular kids.

So, here I am in France after a day of painting "en plein air" (outside). As an art teacher, I do most of the talking. Art is the language we hold in common.

As I sit at the dinner table observing my hosts lips move as they speak French. My gaze turns away to study the visual treasures around me; the antique pewter lamps casting lavender-blue shadows on the wall, my host's gray beard, bushy eyebrows and deep set eyes. I imagine drawing his face in a line with a charcoal pencil...

It's our second evening meal at the Dumont table. Nicole has prepared Jambon de Montagne, a huge salad. It has cold sausage, hardboiled eggs, petite pickles, potatoes, garlic, onions with oil and vinegar dressing. She says you can put anything in it. We also have delicious fresh bread and wine and a Tartiflette (cake) for dessert, the customary fromage tray, then a large bowl of fruit is passed and eaten and at last coffee in little cups. I have never seen so many thin people eat so much!

Eating, I'm good at, but there is no way I can figure out what is being said during the long dinner conversation, Continuing to pass dinnertime watching the three of them talk on and on, I notice my impatience, self-pity rising, feeling like an outsider, a freak of nature on the playground again. I decide not to shut myself out of the experience. I can understand things, such as feelings and emotions expressed in the spoken word.

Details help. I notice what is "said" with a raised eyebrow, a grin, a twinkling eye, with hands raised at the elbow, as if in subdued praise. My game plan is to act as if I am part of the dinner tête-à-tête, interpreting what I intuit to be the gist of the conversation, the dialectic of kindred spirits. I spend hours listening with my eyes; smiling, nodding as if in agreement, saying oh and um, commenting on the food, being grateful for their hospitality. Gratitude communicates.

I say, "merci beaucoup" in my best French accent.

I'm blessed with the gift of speech, though imperfect, only because I had learned to talk before I lost my hearing. I'm sure my funny way of talking, my speech impediment, though exotic, will never be mistaken for a French accent, in France.

I'm accustomed to not knowing the words to the song playing on the radio, the topic of any group conversation, the name of the person I'm speaking with, what the airline pilot is saying, or what is announced over the loudspeaker in the airport terminal.

Heaven forbid I should be paged as I once was at Charles de Gaul airport in Paris, after having left my ticket and passport at the counter. I heard some garbled announcement blaring over the loudspeaker, but even in English, without seeing the speaker, it's an incoherent "wa-wa-wa" noise. Joy, my daughter, who had just turned six, my only traveling companion, kept repeating, "Mommy, Mommy, they're saying our name!" She said this over and over until I finally heard her.

Having started my world travels that year with a child in tow, I'm accustomed to boarding first. It's many years and thousands of miles later that I learn the stewardess is boarding passengers in groups, calling out A, B or C as noted on their ticket. I always march right up to the front of the line, get on first after the children and handicapped. If by chance the stewardess notices her error as I saunter down the tunnel toward the plane everyone else in the terminal hears her yelling, "Ma'am, ma'am, come back," but not me!

I seldom hear the phone, doorbell ring or the fire engine until it's on top of me. I compensate with my heightened visual abilities. When I notice cars pulling over to the curb, it's my cue that a something is coming. Once I hear the siren I'm still unable to tell where it is. I can be found stopped in the intersection trying to figure out from which direction the emergency vehicle is approaching. I find it's best to stay put and let them go around me. This is tricky. I've been lucky.

My French host, Jean Pierre has a similar hearing loss, also from childhood. Most of the table conversation is dominated by Catherine speaking to Nicole and Jean Pierre listening. As he speaks in French he has the home field advantage in keeping up with the conversation. However, I don't asked if he is actually hearing everything or also coping in ways similar to mine. He is a charming French gentleman who lost most of his hearing in Belgium in World War 11 when a bomb fell on his family home. He was an economist and a journalist in Paris. see pg 16



## SCRYPNOSIS

By DAVID IAN BRAGER

(Editor's Note: Once again for the very first time, the hypnosis pre-talk and contract is being rebranded. Mr Brager recommends his "newest" turn of phrase "scrypnosis" for beginners who then read a prepared script. You could actually read the script aloud first as a "Script-tease")

As my gift to the world, I place this method in the public domain. "Scrypnosis" is a word that distinguishes its application separate from hypnosis in that, with standard hypnosis, the speakers/performers do not disclose each and every nuance of what they are going to perform, and thus require the trust of the listeners. Scrypnosis reveals all and leaves little to trust.

**THE AGREEMENT:** 1. Disclose a text of every word to be stated, or at minimum, explain the exacting logical process to be used, in advance. 2. To embed this disclosure in a legally-binding contract that the listener signs (or clicks) to acknowledge that all hypnosis is self-actuated, the reader is only a Reader, the author only a Writer, and a performer only an Entertainer. 3. Assert that the LISTENER IS THE ONLY ONE DOING HYPNOSIS and this disclaimer lets them accept all goodness and any liability resulting from participating in the experience.

**THE SESSION:** 1. The preamble, to explain what is intended to be accomplished. 2. The induction method explained in great detail. 3. What is intended to be accomplished; including words of a script, and post-hypnotic suggestions, which the listener can trigger at their own will. 4. The session conclusion to include awakening, dream programming, lucid dream creation, or sleep enhancements. 5. The legal contract and the signature and acceptance.



## A FUNNY THING HAPPENED ON THE WAY TO COURT

By PAUL MOSTMAN, JD, CHt

(California Hypnotherapist and Lawyer, Paul Mostman shares some of his antics)

In high school, I believed that I was either going to be a Veterinarian or a Shrink. I preferred the shrink. However, after High school graduation, and two years of engineering college, I was offered a scholarship to go to law school in California so I moved from New York and became an attorney! Any interest in a career as a lawyer came from reading about Clarence Darrow and all his courtroom performances. I thought "He's my kind of lawyer."

After working for other attorneys for a few years, I opened my own practice in Hollywood, California and started getting a number of "criminal" drug cases. Some led to trials and a first-hand introduction to the Court System. I soon learned that juries consisted of people who were often not smart enough to get out of jury duty and many were unhappy to be there. I also found out that jurors loved to laugh! On one of my early trials, the Judge asked the jury if they knew any of the litigants or their attorneys. One lady raised her hand.

"Who do you know?" asked the judge. She pointed to me "I know him from my bridge club" she said.

"What is your opinion of him?"

"He's a damn good bridge player." The other jurors laughed and the Judge dismissed her.

Another time, when the judge was introducing the lawyers and witnesses to the jury and asked "Are you familiar with any of these people?" my brilliant defendant stood up and declared, "What about us? Nobody would be here if we hadn't done the crime."

Another time, when I had worked out a plea bargain for my drug client, The Judge said; "You understand sir, that you will be doing a year in jail? My client replied, "Hell! I can do a year standing on my head" and the judge turned to me and said, "Mr. Mostman, will you please take pictures for me."

I was at another client's hearing, when the District Attorney read from the chemists' report, "and the substance tested out to be negative for prohibited drugs." "Negative?" my client shouted. "I paid good money for that Shit!"

During a Jury trial in Santa Monica, I was objecting vigorously, and each objection was being sustained. When I made another objection the DA turned to me and

shouted, "Can't you shut up with your damn objections! I turned to the Judge and said; "Your Honor. I don't have to take this kind of treatment. I'm married and I can go home to get shouted at!" The jury laughed while the judge looked away.

One time, during a multiple defendant, multiple attorney preliminary hearing, I was sitting in my chair, rocking. When the District Attorney asked a question I knew was damaging to my client, I purposely fell over backward onto the floor chair and all. Everyone was concerned and, as I sat up, the judge asked "are you okay?" I replied, "Yes your Honor" yhen turned to the DA and said, "Ask your next question" and he did!

During the 60's & 70's the DA's office in West L.A. would send "new" D.A.'s to handle preliminary hearings, and they would frequently be open to stipulating to certain testimony to avoid having to call people and to save time. I would frequently take advantage of this by offering to stipulate to many things, that was usually harmful to my clients. As a result, often, my motions to dismiss would be granted. One time, in Court, I offered to stipulate to the Chemist's report and the DA refused. The Judge looked at him queerly and asked, "Why won't you stipulate? The new DA replied, "My office told me not to stipulate to anything Mr. Mostman agrees too!"

On the way to Court one day, I decided to hop the wall by the parking lot to avoid the walk down to the pedestrian exit, and back up to the courthouse. In so doing, the seam in my pant legs tore, leaving me with a funny flapping skirt-like appendage. I walked into Court with my briefcase in front of my pelvic area. When my case was called, I walked toward the judge, who had a reputation for not granting continuances, with the briefcase in front of me. "Request a continuance," I stated. "On what grounds?" the Judge asked. Flashing my briefcase to the side and back, I said, "On these grounds, your honor." "Granted!" he roared. Another time I was just leaving court after winning a preliminary hearing for my client, when a defendant, sitting in the jury box, called me over. "Can you handle my case?" he asked. "Do you have any money? I inquired. "No, but I can give you a late model Cadillac." I passed.

After entering a plea and getting a court date, I asked him for my client retainer. He said he didn't have it but would get it for me later. (Sure!) I took his right arm, and removed his Rolex watch. "You can have this back when you bring the retainer." "You can't do that" he said. "I just did!" said I.

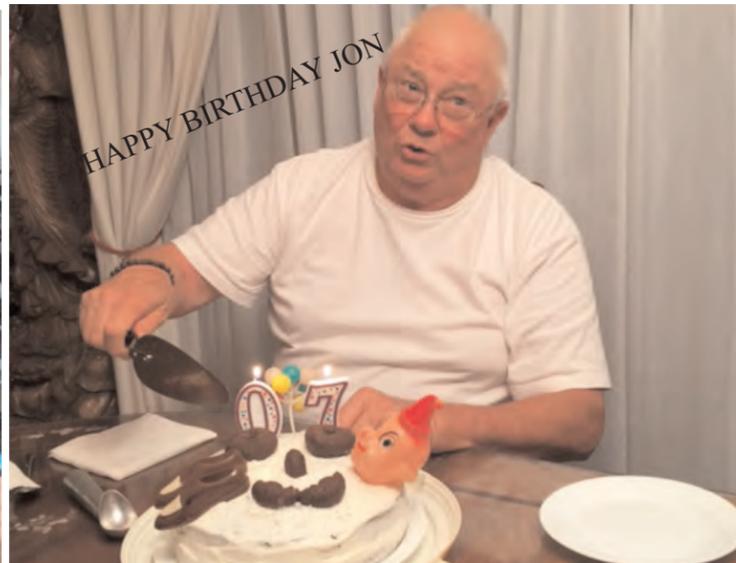
Another time, a client was trying to retain me to defend him on drug charges. I asked him if he had any money. "No!" he replied then bent down and picked up a large sack of white powder, and said "You can hold this until I get some." I didn't think so!

I was appointed to represent a juvenile who was going to testify against her father for molesting her. I told her to not answer too quickly, so I would have time to object, if necessary. During the hearing, while on the stand, she would pause for a long, long time, staring at me, before she answered. The Judge said to "Mr. Mostman. Would you mind taking your chair and putting it in the rear of the courtroom by the back window?" "Not at all, Your Honor" I replied. I then picked up my chair, and carried it to where she had indicated. Put in down, I returned to the place where I had been previously sitting!

Another time, at the conclusion of a preliminary hearing, I addressed the Court. "Your Honor, after listing to all the testimony today, only a idiot could find probable cause." "I find probable cause." She said. "I rest my case," said I. The bailiff ran out of the courtroom, the DA put his head on his desk and the judge simply gave us the date for the Superior Court hearing.

While in the Law Library one day, doing research, I heard a noise and looked up to see a very old acquaintance. "Jesus Christ!" he exclaimed. "Is that you?" "I'm sorry," I replied. "I think you have me mistaken for somebody else!"

Another time I got a case representing two brothers arrested for disturbing the peace in a Hospital. They had been tossing a football in front of their home, when one tripped and the fall caused a bone in his arm to protrude at is elbow. He had been taken to the emergency room where they were told "wait, someone would be with you soon." After a while and seemingly ignored, the uninjured brother stood up and started yelling "My brother needs to see a doctor RIGHT NOW!" The nurse called the police, and they were arrested for disturbing the peace. When I disclosed the facts to the prosecutor, he agreed to dismiss the charges if they would stipulate to probable cause. (and not be able to claim false arrest). The Judge called the case, and I stood up and walked towards the bench. "Defendants are present your Honor, represented by Paul Ian Mostman. They claim to be not guilty, however, if the Court agrees to dismiss the case, they promise never to do it again." The Judge, behind a funny grin, said "Case Dismissed."



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## NEVADA LAW CHALLENGES HYPNOSIS

By **JOHN BUTLER, ACHE**  
Prez

*The Nevada clinical psychology act— NRS chapter 641— may put hypnosis, bio-feedback practitioners and others out of business affecting many consumers who benefit from their services and taking away the livelihood of many professionals with excellent reputations. The International Hypnosis Federation offers a hardy thank you to the unions (Local Union 472 who has engaged the services of a Nevada attorney who specializes in practice law), COPHO (the cooperative organization of professional hypnosis Organizations) and other organizations (ACHE, ABH) and the individual practitioners who are fighting against this disastrous possibility. A special BIG thank you to John Butler for the following rundown of what is happening.*



*NOTE: the next meeting of the Nevada Psychology Board is scheduled for November 7, 2014. Any further action on previously issued cease and desist letters are in abeyance awaiting a ruling from the Nevada Attorney General..*

Here's the story: IN 2014, some hypnotherapists working in Nevada received "cease and desist" letter from the Nevada Board of Psychological Examiners (NBPE), requiring them to stop their hypnotherapy practice immediately, or face penalties. There were no recent publicity about hypnotherapy, no relevant new laws passed, and no warning that reputable citizens were suddenly to be required to stop helping their clients, and making their living. The shock and distress caused by these letters was very great. Therapists cancelled client sessions, trainers cancelled classes.

A series of legislative and legal twists came to light: the Nevada Board of Psychological Examiners was advised by the Nevadan Deputy Attorney General that it was their "legal obligation" to issue the cease and desist letters, to "protect the enforcement powers over what is considered the practice of psychology."

The story starts in 1995, when "hypnosis" and "biofeedback" were added to a list of items that a licensed psychologist could practice in Nevada. This did not receive much publicity at the time, and was treated as minor matter among other amendments made to the statutes governing the licensed practice of psychology.

During a public hearing with Chariman Spittle assured the few, assured anxious hypnotherapists in attendance that things would be okay. (The hypnotists had found out about the meeting only five days earlier!) Mr. Flip Priszner, from the Habit Control Institute in Reno, Nevada, who has practiced hypnosis for 17 years expressed his opposition to the bill's amendments (line 8, 9, 18 and 29) In lines 7 and 8, for example, hypnotherapy dealt with motivation and people's desire to make changes in their lives. The bill conceived to limit motivation or the utilization of training for motivational purposes. He respectfully submitted the word "motivation" be excluded in lines 8 and 9.

Chairman Spittle told Mr Priszner that this was based on an existing law and asked him if it had put him out of business? Mr. Priszner answered, no it had not."

The Chairman's comment that "it was an existing law" is confusing, given that the addition of hypnosis and biofeedback to the list of items in psychological practice had not, in fact, been an existing law. But proposed amendments introduced the following:

"SECTION 7 DEFINITION OF PSYCHOLOGY  
This is a revamp of the definition of psychology.

### **HYP-NEWS**

#### **ADVERTISING RATES**

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\$270 per year**

Although the scope of practice remains the same, the expanded definition clarifies what was expressly covered. Given the expansion of work in this field (Marriage and Family Therapists, professional counselors, motivation speakers etc.), it is especially critical for the Board and the public understand the scope of Psychology. This definition is based on the Model Act f or Licensure of Psychologists but modified by LCB to fit our statute."

6. Sec. "Practice of psychology" means the application of established principles and methods to understand, predict and influence human behavior including, but not limited to

1. Principles of learning, perception and motivation. Methods of interviewing, counseling, psychotherapy and modification of behavior
2. Procedures for the construction, administration and interpretation of tests of mental ability, aptitude, attitude, personality and motivation
3. The diagnosis, treatment, amelioration and prevention of emotional and mental disorders
4. Clearly, many of these items, such as interviewing and counseling, are practiced in other settings than psychology, and so there needs to be more than just listing an item to establish that it cannot be practiced other than by a licensed psychologist.

Prior to 1995, there was no restriction on hypnotherapists practicing in Nevada and as indicated by those attending the meeting; Hypnotherapists have practiced legally in the state for decades. Few licensed psychologists, if any, in Nevada offer hypnotherapy to their clients or have had any training in hypnosis. If, as stated, "the scope of practice remains the same" then these amendments did not provide a basis for assuming that only a licensed psychologist could practice hypnotherapy in Nevada. This seemed to be generally accepted and understood, as since 1995, there had been no attempt to restrict hypnotherapists from practicing, until now, 19 years later.

#### **SO WHAT HAPPENED?**

Well, it seems that in 2005, a schoolboy in a Nevada school pushed another schoolboy into a teacher prompting a series of court actions that reached the Nevada Supreme Court in 2009. The Court issued its judgment on the disputed items, one of which was a claim for fees paid by the boy's parents to a biofeedback practitioner to treat him for the distress caused to him by the incident. The practitioner was a licensed Drug and Alcohol counselor in the state of Nevada, but the Court took the view that the inclusion of biofeedback in the statutory definition of psychology, but not in the definition of Drug and Alcohol counseling, indicated that he had been practicing psychology without a license, and his fees were not claimable in the court.

In the five years since this judgment, the NBPE acquired greater enforcement powers, and was advised by the Nevadan Deputy Attorney General (who works with them on legislative issues) that they were obligated to send "cease and desist" letters to non-licensed hypnotherapists, biofeedback practitioners and members of licensed professions, such as medicine, dentistry, chiropractors, osteopaths, marital and family therapists warning them that if they offered hypnotherapy or biofeedback to their clients, they should cease to do so.

In fact, very few psychology trainings include any teaching of hypnosis or biofeedback in their curriculum, and very few psychologists offer either service, the enforcing this ruling would mean that hardly anybody in Nevada could access either hypnosis or biofeedback if they wanted these services.

Currently, the Nevada Attorney General is considering the situation and will be giving her opinion. The principal question is whether the Nevada Supreme Court's judgment leaves any possibility for interpreting the current statutes in a way that allows non-psychologists to practice hypnosis and biofeedback in the state. Or if new legislation will be required to adjust the situation. This might be in the form of a "freedom to practice" bill allowing non-licensed practitioners to work legally, provided they do not claim to be providing licensed services. Similar legis-

lation has been enacted in other states like California and Louisiana.

We ask the Attorney General and the legislature to make clear that Nevadans are free to make a choice to seek hypnotherapy if they wish. Many hypnosis organizations and Local Union 472 aim to obtain a withdrawal of the "cease and desist" letters until an opinion is obtained from the Attorney General that allows the legal practice of hypnotherapy in the state, or until new legislation is enacted. It is very encouraging to find such a cooperative spirit among the great majority of the individuals and organizations involved.

A meeting of the NBPE at the beginning of August, was attended by representatives from hypnotherapy and biofeedback communities. One, Rev. Bud James, an ACHE-certified hypnotherapist who received a "cease and desist" letter, was in attendance and reported that the discussions had been amicable and productive.

**If you have a Nevadan zip code, please sign the petition also if you know someone who has a Nevadan zip code, please ask them to sign it. If you can tweet, facebook, email or otherwise share the link, please pass it on: [lovehypnosisnevada.wordpress.com](http://lovehypnosisnevada.wordpress.com)**

#### **THE THERAPY ARGUMENT**

The word "therapy" comes from Greek and means two things 1. "to heal and cure" and "to minister." Hypnosis does indeed minister profound and meaningful care and attention that is as natural as ministering to a birthing mother or a family member. Ministering to each other is a natural part of your human nature. Ministering is not concerned with medical treatments or academic and clinical training of a licensed. It does not require restrictive regulation and licensing. There are thousands of Hypnotherapists in the USA and around the globe who minister accessible, affordable therapy to millions. Scientific research bears out the positive results from such care-taking and sharing and there has been no proven risk to public health and safety in then valuable offering of hypnosis, self-hypnosis hypnotherapy or hypnocounseling; only scores of satisfied clients.

For those well-meaning hypnosis organizations who attempt to preserve our rights by claiming that what we do is not "therapy" we are all grateful for the intention yet, let's get real, hypnotherapists, hypnotists and hypnocounselors minister to others with a unique and profound therapeutic service to that in fact heals and cures and stops suffering and brings joy and harmony.

We are a stand-alone, self regulated profession and choose to remain independent of restrictive licensing. Hypnosis, self-hypnosis, motivational hypnosis, medical and dental hypnosis, hypno-counseling and hypnotherapy are valid therapeutic methods that minister to a person's well being and joy and do not require licensing and regulation.

Addressing Webb's argument that the status of Hopper's license is inapplicable because "Dr. Hopper is a licensed drug and alcohol counselor," and his license for drug and alcohol counseling was and is not determined as psychological services, he rendered. Although Webb is correct in arguing that NRS Chapter 641, which governs psychologists, is inapplicable to drug and alcohol abuse counselors, NRS 641.029's limitation does not permit drug and alcohol abuse counselors to practice psychology without a psychology license.

NRS 641C.065 defines what constitutes the "[c]linical practice of counseling alcohol and drug abusers" and expressly states that the term does not include "[t]he diagnosis or treatment of a psychotic disorder; or ... [t]he use of a psychological or psychometric assessment test to determine intelligence, personality, aptitude and interests." NRS 641C.065(2)(a)-(b). Nothing in NRS Chapter 641C permits a drug and alcohol abuse counselor to engage in psychological \*1247 treatment, hold himself or herself out as a psychologist, or accept remuneration for unlicensed psychological services rendered. NRS 641.390(1)-(2). If an unlicensed person practices psychology or represents that he or she is a licensed psychologist, or uses any title or description that implies that he or she is a psychologist, he or she is guilty of a gross misdemeanor. NRS 641.440(4)-(5). Based on the plain reading of these statutes, we reject Webb's argument

1985 Statutes of Nevada, Page 1906

In defense of hypnosis "Ms. Miller.

**GETTING THE RIGHT HELP  
BE INFORMED and INFORMATIVE  
FOR INFORMED DECISIONS**

(Dr Anne Dibala, MD contributed many of these ideas)  
Help your helper to achieve the best results.  
Hypnotherapist and Psychiatrist, :

**BE TRULY GOOD TO YOURSELF**

Utilize all available resources: emotional, educational, social, financial, and spiritual.

**BE RESPONSIBLE AND ACCEPT RESPONSIBILITY**

Prevention is your best option. You're most responsible for your health. Be an active participant in what happens next.

A healthy life style helps you avoid treatments of all kinds. It's a lot easier to prevent a stroke by controlling blood pressure, than treating a stroke if it occurs. Take responsibility for what you do with and for your body. It is a lot easier to eat properly, one your body and lose weight then risk high blood pressure and type two diabetes.

**BE A SAVVY CONSUMER**

Ask a trusted friend to recommend a good alternative/complementary practitioner our comfort and confidence brings the best results.

The helper you visit (hypnotist, wellness coach, acupuncturist, physician, physical therapist, naturopath, nurse, assistant, herbologist or pharmacist) is hired by you to assist your wellbeing. Make sure that the one you choose is working for and with you for your optimal health. Choose a person you trust and who listens to you and considers your best interests. If something is important to you, be assertive—not aggressive—and say exactly what's on your mind.

Remember, you hire your helpers and you decide if they are right for you. Your life is in their hands. Be sure to check in with your own body before making any decision about your course of action. A second opinion is always a great idea. Don't run off half cocked.

**HYPNOSIS CONSUMER AWARENESS**

Know that hypnosis is a legal, stand-alone profession; and not simply an aspect of another profession. Most licensed medical professionals are not trained in hypnosis or have had little or no training in medical hypnosis and guided imagery. So get a referral to a hypnotist or hypnotherapist from a certifying organization.

The International Hypnosis Federation and their Medical and Dental Division (www.hypnosisfederation.com, phone 310-541-4844) represents qualified reputable professionals practitioners specifically schooled in alternative/complementary modalities. Members are exposed to cutting edge information, regular continuing education and agree to high standards and a code of ethics.

**MONEY QUESTIONS**

Ask what they charge and how long your session will be. Do they take cash, credit card or a check? If a doctor or helper will not tell you what they charge, go elsewhere. Hypnosis sessions fees range from \$80-\$550. Some sell multiple visits for a discount.

**INSURANCE QUESTIONS**

Ask your insurance company if they cover your complementary/alternative practitioner services. Most insurance companies require that you pay your practitioner out of pocket and submit a form to them. They then may pay you back directly. A number of insurance companies, as well as Medicare, may cover alternative modalities like hypnosis for pain, anxiety or post-traumatic stress disorder (PTSD). "UniAccount," for example, offers group health insurance coverage to employees under a "Flexible Spending Account" (FSA) that may reimburse "hypnosis for treatment of illness." Check it out.

**BE UNHURRIED**

When it's the day of your appointment, arrive on time. Call beforehand to see if your care taker is delayed. If so, ask "What is the best time for me to be there?" Bring a good book to read in case you have to wait.

**BE PREPARED: BRING FACTS**

Know the issue and what you wish to discuss. Write your wellness history. Report your experiences and note

what friends and family have noticed. If you are visiting a medical doctor, bring a list of questions you want to ask regarding symptoms, medication, options (including wholistic ones), side effects, and potential long and short term dangers from tests and procedures.

List all medicines, vitamins, supplements, over the counter remedies and recreational drugs you take, pharmacy names and phone numbers, Also decide if you want to show them the results of lab test, x-rays, or reports. Write the names and addresses of your other helpers.

**GET THE FACTS**

Use all your senses to retain information given. Listen to what the doctor asks, and the answers they give. Take notes. You may want to bring along someone who is supportive of your being well. They can contribute helpful information about your symptoms or condition you may have not noticed. They can also help retain advice and recall the answers to your questions. You may also want to record the answers. (Ask permission first.) No need to rush to judgment. Take your time gather more information. Know your options. A simple internet search does wonders. Avoid marketing sites that only sell their approach. Go to the court of public opinion. Then decide.

**AFTER YOUR FIRST VISIT ASK YOURSELF:**

- Were they easy to talk to?
- Am I comfortable with them?
- Did they answer my questions?
- Were they knowledgeable?
- Did their plan for me seem reasonable?
- Did they share with me all my possible options?
- Am I clear about the time and cost?
- Are they convenient (location, parking, if needed, an elevator or a wheelchair ramp)?
- (If not, go elsewhere)

**FOLLOW DIRECTIONS**

When you hire your helper and agree to a course of action, follow directions. If you want to discontinue prescribed medications... contact your doctor because some drugs cause serious complications if abruptly discontinued.



**2016 IHF INSTRUCTOR'S SCHEDULES**  
  
**DECEMBER IHF HOLIDAY POT LUCK PARTY** Jon and Shelley's house at 30819 Casilina Drive, Rancho Palos Verdes, CA 90275/ 3pm. Call 310 541-4844 for directions

**SPECIAL MEETINGS: IHF HYPNOSIS CHAPTER PRACTICE GROUP MEETING**  
First Monday of each month 7-9pm at President Phil La Puma's home call (714) 928-1561 \$5 (not December

**IACH MEET-UP;**  
International Association of Clinical Hypnotherapy  
Linda Weisner, CCH, President  
714-396-9418

**OCTOBER 21-23 MID AMERICA HYPNOSIS CONFERENCE**  
Chicago, Ill

**OCTOBER 28-31 CANADIAN HYPNOSIS CONFERENCE**  
Burlington, Canada

**NOVEMBER 4-6 NAT ASSOC. TRANSPERSONAL YPNOTHERAPY**  
Virginia Beach, VA

**NOVEMBER 17-20 SPIRITUAL COUNSELING Certification**  
Rancho Palos Verdes, CA

**NOVEMBER 25 AUS-**

**TRALIAN HYPNOTHERAPY Assoc.**  
Brisbane, Australia  
**DECEMBER 3 AUS-TRALIAN HYPNOTHERAPY Assoc.**  
Melbourne, Australia  
**DECEMBER 9-11 HYPNO-COACHING CERTIFICATION COURSE** Melbourne, Australia

**DR. SHELLEY'S TRAINING SCHEDULE**  
Dr Shelley offers hands-on training, proven methods, Continuing Education Credits and certification through the International Hypnosis Federation. Her individually oriented teaching generates enthusiasm, creativity and practical tools so you can immediately put what you have learned to good use. Call (310) 541-4844, e-mail IHF@cox.net

**AUGUST 25 PAST LIFE REGRESSION SPECIALTY Training**  
Las Vegas, NV  
**AUGUST 26-27 HYPNOTHOUGHTS CONFERENCE**  
Las Vegas, NV

**SEPTEMBER 8-25 THE ARTISTS WAY IN BALI BALI, INDONESIA** (includes airfare, classes, most meals, ceremony & more)

**OCTOBER 21-23 MID AMERICA HYPNOSIS CONFERENCE**  
Chicago, Ill

**OCTOBER 28-31 CANADIAN HYPNOSIS CON-**

**ERENCE**  
Burlington, Canada  
  
**NOVEMBER 4-6 NAT ASSOC. TRANSPERSONAL HYPNOTHERAPY**  
Virginia Beach, VA  
  
**NOVEMBER 17-20 SPIRITUAL COUNSELING Certification**  
Rancho Palos Verdes, CA

**NOVEMBER 22 AUSTRALIAN HYPNOTHERAPY Assoc.**  
Sydney, Australia

**NOVEMBER 27 AUSTRALIAN HYPNOTHERAPY Assoc.**  
Brisbane, Australia

**DECEMBER 3 AUSTRALIAN HYPNOTHERAPY Assoc.**  
Adalaid

**DECEMBER 4 AUSTRALIAN HYPNOTHERAPY Assoc.**  
Melbourne

**DECEMBER 9-11 HYPNO-COACHING CERTIFICATION COURSE** Melbourne, Australia

**2017 March 3-4-5 INT. HYPNOSIS FEDERATION CONFERENCE**  
Southern California, CA

**March 6-10 DR SHELLEY'S HYPNOTHERAPY CERTIFICATION CLASS (5 days)** Rancho Palos Verdes, CA

**HYPNOSIS FOR DISABILITIES**  
**By NANCIE BARWICK**

People with disabilities seek out hypnotherapy for the same reasons their non-disabled neighbors do: To change their weight, quit smoking, to address another personal issue, explore past life concerns, or they may have specific, disability-related reasons to want hypnotherapy. In order to meet the needs of this group and to secure the niche market for your business, there are some things you will need to know and do.

The definition of a disability is quite simple: It is any condition or situation that affects your abilities in the physical, emotional, or cognitive realm. A disability does not change who a person is, it merely affects their functioning in some way. The inner person, the soul or inner being, remains the same.

Disabilities include, but are not limited to conditions or situations that prevent a person from using one of their senses such as sight or hearing, performing physical activities such as walking or lifting or talking, or understanding the world around him or her in the ways that others do. People with disabilities are not sick. Living with a disability is their "normal" and must be treated as such.

To fully honor these individuals' needs in the best way possible way make note:

**1. People with disabilities are the experts on their own needs and abilities.**

Offer them the available choices and allow them to choose. For instance, if your new client uses a wheelchair, ask whether he would like to stay in his own chair or transfer to your client chair. Be open to what they prefer.

**2. Express no pity or discomfort.** No matter what you feel when you learn what your client has been dealing

with, address them in a practical manner-of-fact way.

**3. Honor their own beliefs, not yours.** You may have specific ideas of how disability occurs, based on your own belief system (religion, philosophy, training or reading). That's fine. AND don't assume that everyone agrees with you. Never push your beliefs on your client. You must respect your client's boundaries. Do your work as a professional. Understand that your client has their own beliefs. Unless it is clear that your practice involves it keep clear of angels, soul attachments, deities, and so on.

**4. As a healthcare professional, know what is required by the Americans with Disabilities Act.** You need to offer an accessible space or go to the client's home, and, if you do, 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 may be to your advantage to read the Americans with Disability Act as it pertains to professionals. 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. It's not as onerous as it sounds, there is usually a reasonable way to meet these requirements. To find more specific information on the law by reading it at [www.ada.gov](http://www.ada.gov).

*Nancie M. Barwick, My Disability Expert" was born with muscular dystrophy, which removed in 2003 through the Conklin Method Cellular Cleansing Method. Check her out at her website [www.doctornancie.com](http://www.doctornancie.com).*

## FORENSIC HYPNOSIS from pg 12

Ms. Manes indicated the bill said “an act relating to psychologists” yet, in fact, it related far more to other professions in an indirect way. People may not have been aware of it...

### FORENSIC HYPNOSIS

In 1992 an arsonist set fire to more than 70 structures in Washington state causing over \$30 million in damage during a six-month period. At first, Lutheran churches were targeted (twelve in one night!), then individual homes were targeted.

When a senior citizens home was torched on September 22, 1992, three elders died.

At fire number 28 fingerprints were captured and still there was no lead.

Finally, a woman came forward to report that she had met a well-dressed young man, who talked about the fires. He smelled of cologne and alcohol and seemed suspicious. Because she couldn't recall the details, a forensic hypnotist was called in. Under hypnosis, she “watched a mental movie” of the encounter and recalled a tall, well-dressed man and his “clean blue sedan” with the first three letters of his license plate— K4M. A forensic artist was called in and, after 2 hours of recall, he captured her description of the man. The drawing and a possible personality profile was released in newspapers.

George Keller recognized his son Paul, a traveling salesman, by the illustration and description and his son's call phone records correlated to each occurrence so the senior Keller called police to report his son. The young man confessed after authorities “complimented his “excellent evasive tactics” and was convicted of arson and murder and is now serving 99 years in prison... thanks to forensic hypnosis.

### HISTORICAL HYPNOSIS IN COURT ADMISSIBILITY

Hypnosis, when used with proper procedure and precautions, can generate helpful information in police investigations. When taken to court it may, however be deemed less reliable as judged on a case-by-case basis.

Because of the lack of legal consensus, some investigators now substitute a “cognitive interview” defined as “mentally invoking the context to stimulate recall of details that may not have been retrieved initially.” This veiled hypnosis calls upon “context reinstatement” and has a crime witness “mentally recreate the scene and report everything you remember.” The interviewer asks questions about what they saw, smelled, felt, and heard during the experience. They also may encourage the person “to re-experience the same moods you were in at the time” or to “recall the experience backwards.”

### COGNITIVE INTERVIEWING

by Saul McLeod email icon published 2010

In 1991, a Miami woman casually walking through an office-building lobby noticed two men standing together. Several minutes after her departure, the men murdered a person working in the building. Police investigators determined that the woman was the only person who observed the two suspects but her memory proved disappointingly sketchy. Police then brought in psychologist Ronald Fisher to help the witness remember. He interviewed her using “memory-enhancing strategies.” This produced a breakthrough clear image of one of the suspects who “brushed the hair from in front of his eyes.” She also recalled that he wore a silver earring.

techniques:

The interviewer “mentally reinstate the environmental and personal context” of the crime. They ask about the witness' general activities and feelings on that day including sights, sounds, feelings and emotions, the weather... they are then asked to report the incident from different perspective, describing what they think other witnesses (or even the criminals themselves) might have seen. Witnesses are asked to report every detail, even if they think it trivial because even an apparently unimportant detail might trigger key information.

### RECENCY EFFECT

Witnesses are encouraged to work backwards from the end to the beginning because, according to studies we tend to recall more recent events more clearly than others. This change of narrative order and change of perceptiveness is said to reduce a person's use of prior knowledge or expectations.

A psychology laboratory experiment conducted by Geiselman et al. (1985) compared the cognitive interview with a standard police interview and hypnosis.

(Geiselman, Fisher, et al 1985) claim that the cognitive interview approach leads to better memory for events (cognitive interview 41.2, hypnosis 38.0 and standard interview it was 29.4.) Participants viewed a film of a violent crime and, after 48 hours, were interviewed by a policeman using one of three methods: 1. cognitive interview; 2. standard interview (used by the Los Angeles Police); 3. interview using hypnosis. The average correctly recalled facts for There was no significant difference in the number of errors in each condition.

### Hypnotically Refreshed Testimony Katherine Ramsland

In 1845, a clairvoyant was put into a trance and identified a thief who had stolen four dollars from a store. A fourteen-year-old boy was located because of her description and confessed. Then in 1897, the Supreme Court of California ruled; “evidence discovered through hypnosis is inadmissible.”

**Harding v. State (1968)** was the watershed case for the admissibility of hypnotically influenced testimony. Unable to recall anything after being shot and raped, a young woman did describe the crimes and identify her assailant under hypnosis. This evidence was considered admissible, after the witness's reliability was established and several points corroborated her testimony.

**State v. Hurd (1981)** ruled that hypnotically influenced testimony was admissible if it complied with certain standards regarding reliability.

A more restrictive approach arose from *State v. Hurd*. In 1978 in New Jersey. Jane Sell was attacked with a knife while sleeping in her bedroom. She escaped, but afterward, could not recall any details. Under hypnosis by psychiatrist Herbert Spinegel— who did not interview her prior to the procedure and with considerable leading— she identified her attacker as her former husband, Paul Hurd. On the evening before the assault, Jane's current husband, David Sell, had a heated phone conversation with Paul Hurd regarding visitation rights. In a post-hypnotic state, Jane expressed mistrust about her thinking, but Dr. Spiegel and the investigating detective encouraged her to accept her identification to protect her children. She went ahead and identified Hurd as her attacker, and he was indicted and charged with assault with intent to kill, assault with a deadly weapon, possession of a dangerous knife, and breaking and entering with intent to assault.

**State v. Mack (1980)** was the first major case to apply the Frye test, (**Frye v. U. S. (1923)**) that said that for the admissibility of evidence a scientific procedure or technique must have a general acceptance in its particular field before the result of that procedure is admissible in court.

THE FRYE TEST defense argues on the basis of *Frye v. U. S. (1923)* that hypnosis was not generally accepted as a reliable technique and that Jane Sell's testimony was tainted by suggestion and coercion. In 1981 the case went to the New Jersey Supreme Court. Justices Pashman, Clifford, and Sullivan reviewed the issue of whether Sell's testimony was true recall or confabulation and the Court came up with guidelines for forensic hypnosis in that state:

#### NEW JERSEY DECISION

1. Witnesses must use a psychiatrist or psychologist trained and experienced in the use of hypnosis.
2. The hypnotist should be independent of, and not regularly employed by, the prosecution, police, or defense.
3. Information given by any party to the action to the hypnotist should be written or recorded and made available to all parties.
4. The hypnosis session(s) should be video- or audio-taped, including pre- and post-interviews.
5. Only the expert and the witness should be present during all phases of the hypnosis.
6. The subject's pre-hypnosis memories for the events in question should be carefully recorded and preserved.

Several courts reached similar decisions, yet there is a middle ground between the Mack and the Harding approaches.

The court rejected the Hurd approach and based its decision on the Mack ruling. “The Frye test should not be applied to hypnotically influenced testimony, but such testimony should be treated like any other eyewitness account.”

**State v. Palmer (1981)** In the “Pretrial Hypnosis and Its Effect on Witness Competency in Criminal Trials” 1983, the Nebraska Supreme Court's held in that unless experts generally agree that hypnosis can accurately improve memory, a witness who has been questioned under hypnosis prior to trial may not testify in a subse-

quent criminal proceeding regarding matters covered in the hypnotic session. The hypnotic sessions in the Palmer investigation were “performed in such an unprofessional manner that few jurisdictions would have admitted the subsequent testimony.”

The Palmer decision forbids the hypnotized witness from testifying about any matter covered in the pretrial hypnotic interview, and this places an unnecessarily high cost on the use of hypnosis in investigations. The Nebraska court remedied this problem, but still has not rectified the analytical shortcomings in Palmer. The paper includes 149 footnotes.

**(State v. Mack, 1980, In Minnesota)** Here was a ruling that a witness who has been hypnotized cannot testify about either pre- or post-hypnotic recollections in prosecuting a case. This ruling was based on that fact that there were a number of errors in the hypnotically-induced testimony.

A victim initially recalled nothing about her attack, but under hypnosis, she remembered her male companion, who had ordered her to remove her clothes and threatened her with a knife and then repeatedly stabbed her. Her account proved to be problematic: She remembered eating at a restaurant that did not serve the meal she recalled in some detail; she described the defendant's maroon motorcycle as black; she actually had danced with someone other than the man she described on the night of the attack; and she had suffered only a single wound. These discrepancies and her confidence in the hypnotically-restored “facts” caused the Minnesota Court of Appeals to rule that testimony was too inaccurate to be accepted in court.

### Ted Bundy

In 1986, Ted Bundy made a last ditch effort to appeal one of his capital sentences. He was convicted of first-degree murder of his last victim, twelve-year-old Kimberly Leach. His conviction was significantly influenced by the testimony of a witness who had been put under hypnosis. Bundy claimed that this was “constitutionally suspect” and he wanted his conviction overturned. The Florida Supreme Court reviewed his petition and found that the inclusion of the testimony was harmless error. Bundy asked for a review by the U. S. Supreme Court.

Kimberly Leach was reported missing in 1978 and suspicion turned to Bundy when the Florida police discovered that he was a suspect in numerous murders in the Pacific Northwest. Leach had been abducted and murdered, and her body was found two months after she was last seen. The only witness to the abduction was Clarence Anderson. He came forward five months later and said that he could not give a detailed account of either the victim or her abductor. He was several months off on the date.

At the request of the Assistant District Attorney, Anderson underwent hypnosis in two separate sessions. He then was allowed to testify, after unsuccessful attempts to suppress what he would say, that he had seen a man leading a young girl to a white van near the junior high school that Kimberly had attended. He identified Bundy as the man and Kimberly as the girl, describing their clothing in a manner that seemed convincing, although he had not known these details prior to hypnosis. His testimony was the critical link in a chain of circumstantial evidence. Throwing it out would collapse the case.

The Florida Supreme Court recognized that many higher courts barred hypnotically refreshed testimony, noting that the subject may erroneously credit memories that formerly were unreliable. Nevertheless, the court stated that if the witness is competent to recall facts in court that were “demonstrably recalled” prior to hypnosis, then the testimony can be admitted.

That meant, however, that the court should have thrown out Anderson's testimony, because his pre-hypnosis recall was extremely limited. The highest court of appeal found the Florida court in error, yet they still denied Bundy's petition. Eventually he confessed to the murders of twenty-eight women, so the point became moot. Nevertheless, the way his case was handled demonstrates the inconsistencies in judicial proceedings when it comes to this type of evidence.

### LEGAL COMPLICATIONS

In 1987, the U. S. Supreme Court reviewed a case from Arkansas in which hypnotically- refreshed testimony had been rejected, as dictated by state law. Mrs. Vickie Lorene Rock shot her husband during a fight, claimed it was an accident, and that she could not recall the details. She remembered that she had wanted to leave their apartment and her husband had prevented her and choked her. She'd picked up a gun, and while he hit her again, and she shot him. She believed that her finger had been on the hammer not the trigger, but that pg 14

the gun had gone off anyway.

At her attorney's suggestion, Mrs. Rock twice underwent hypnosis with neuro-psychologist, Dr. Bettye Back, who first interviewed her for an hour. The sessions were recorded. In a trance, she recalled that her gun had misfired when her husband had grabbed her arm. A gun expert testified that the Hawes .22 Deputy Marshall was indeed faulty and was prone to fire if dropped or hit, even if the trigger was not pulled. However, the prosecutor filed a motion to exclude this testimony and the trial court ruled that "hypnotically-refreshed testimony was inadmissible." The only statement Rock was allowed was what she had told the doctor prior to hypnotic treatment. She was convicted of manslaughter and sentenced to ten years in prison and a \$10,000 fine.

The Arkansas Supreme Court affirmed the conviction and restated that hypnotically-refreshed testimony is inadmissible per se because it is unreliable. Yet grounds for further appeal rested on whether a state law could so restrict a defendant's right to testify by excluding material parts of the testimony.

The U. S. Supreme Court vacated the Arkansas decision on the basis that a total ban of such testimony restricted Mrs. Rock's Fourteenth Amendment Right to due process and her Sixth Amendment right to call witnesses. Arkansas's law seemed to have followed other state court rulings, yet those other states had not applied this to defendants but to other witnesses.

The Supreme Court stated that to "totally exclude hypnosis is too arbitrary, and no state's rules may be arbitrary or disproportionate to the purpose for which they were designed... Arkansas's rule excluding all hypnotically refreshed testimony infringes on a criminal defendant's right to testify on his or her own behalf." In this case, tape recordings indicated that the doctor did not suggest responses, and there was expert corroboration regarding the defective weapon. The Arkansas Supreme Court was instructed to review the case again in a manner "not inconsistent" with the U. S. Supreme Court ruling on "allowing hypnotically-refreshed testimony."

That same year, 1987, the U. S. Court of Appeals for the Eighth Circuit ruled in **Little v. Armontrout** that an indigent defendant was entitled to a court-appointed expert to assist him in challenging hypnotically refreshed testimony used against him. On the evening of August 13, 1980, the victim, M.B.G., was raped in her apartment. The assailant wore one of her blouses wrapped around his head and another around his torso, but she noticed his hands were black. When the blouse on his head slipped, she glimpsed a partial profile. A policewoman interrupted the attack and the assailant fled through a window. M.B.G. gave a description of her attacker to police.

Two days later, M.B.G. was hypnotized by a police officer who had been to a four-day training workshop, and the session lasted two hours. An audiotape was made, but subsequently erased. However, M.B.G. was unable to recall any further details under hypnosis. Four months later, she was again hypnotized to assist her in sleeping better. The case was not discussed, as the officer later testified, and no tape was made. Soon thereafter she looked through photographs of suspects and picked out Leatrice Little, who had recently become a suspect, and then successfully identified him in a lineup.

He was convicted of rape and burglary, but he appealed on the basis of the court's violation of his Fourteenth Amendment right to due process. The Missouri Court of Appeals for the Eastern District reversed the conviction and remanded the case for a new trial. Then, through some confusion, transferred it to the Missouri Supreme Court, which affirmed the conviction, because Little had failed to prove that the testimony was tainted by suggestion. He appealed again. In reaching their decision, the Eighth Circuit reviewed two central theories of hypnosis: the "**retrieval theory**" proposed by Dr. Martin Reiser, (in which the police officer who hypnotized the victim was trained- all experiences are recorded and stored in a memory bank, and hypnosis aids in recalling details. The subject is encouraged to "watch" the event as if watching television, with the hope that more details will emerge.) and the "**construction theory**" proposed by Dr. Martin Orne (a memory of any given event is constructed by many factors, particularly the person's perception of the event relative to other experiences.) Proponents of this theory believe that the past is continually remade in the interest of the present, which entails serious problems with accuracy in hypnotically-induced recall.

In evaluating M.B.G.'s testimony, the court determined that the hypnosis sessions did not adhere to any of the safeguards cited in *State v. Hurd* (no recordings, no written pre-hypnosis interviews, the hypnotist was an amateur and not impartial, and others were present), and that some of the testimony was suspect. M.B.G.'s original physical description of the suspect did not match the defendant, and there could have been some suggestion

planted during the second session (closely following the time when Little came under suspicion). The lack of record of the session deprived the defendant of a means of attacking its credibility. Since M.G.B.'s was the only testimony that placed Little at the crime scene, and fingerprints found on a windowsill where the assailant escaped did not match Little's, there was no corroborating evidence. The state was ordered to commence a new trial within three months or release Little from custody.

#### POTENTIAL PROBLEMS

One reason that hypnosis used during an investigation is controversial are the problems associated with both the techniques used and with memory itself.

Psychologist, Paul Dell became the center of controversy when he came forward after the arrest of Tom Donney for killing his nineteen-year-old daughter in North Carolina in 1987. Dell had read newspaper reports about Donney's apparent lapses of memory and he introduced himself to the defense counsel as a psychological expert on multiple personality syndrome. He suspected that Donney might be suffering from this and he wanted to evaluate the man.

After a clinical interview, Dell put Donney under hypnosis, which he videotaped. He seemed to get nine other personalities coming through, which he said were manifested by finger tapping (ideo-motor responses). He also appeared to be coaching Donney to the effect that if those personalities did not come through, he'd be facing a probable guilty verdict. In other words, he gave Donney every good reason to pretend—and did so while Donney was in a highly suggestible state.

Dell then testified on the stand that this was a clear case of a man who was not responsible for his actions because a personality named "Satan" had made him murder his daughter. First of all, it was hardly a clear case, and second, Dell's method of eliciting the "personalities" was highly questionable.

The jury didn't buy it and found Donney guilty.

At issue in this case, and many others include:

1. The possibility that a recovered memory is incomplete, inaccurate, or based on some leading suggestion.
2. The possibility of hypermnesia or confabulation—filling in the gaps with false material that supports the subject's self interest.
3. The possibility that hypnotized person may experience a hypnotic recall, in which a posthypnotic suggestion of something that did not happen gets retroactively integrated into their memory as if it did.
4. The possibility that personal beliefs and prejudices may influence how an event was initially registered and/or how the person interprets it during recall.
5. The possibility that trauma has shifted or changed a memory.
6. The possibility of "memory hardening," which occurs when a false memory brought out through hypnosis seems so real that the subject develops false confidence in it.
7. The possibility that people can lie while under hypnosis (that's why polygraphs are sometimes used as a safeguard).
8. A false memory, once articulated, can be difficult to distinguish from genuine memories.

There are also numerous problems with trusting memory. During the late eighties, many cases were brought to court—and people were convicted—based on "repressed memory" testimony. Helped along by mental health professionals, plaintiffs claimed that childhood sexual abuse was suppressed from consciousness through a memory filtering mechanism that worked via dissociation. The abuse was so traumatic that the victim could store the memory away for many years and not recall it until they were adults. They had personal injury claims, they said, even though the injury had happened many years in the past. Therapists who saw the signs claimed that they could bring the memories forth with hypnosis.

It wasn't long before other mental health practitioners demonstrated that "repressed memories" could be planted and manipulated, and some of the most high profile cases were soon discredited. The professional community became polarized over this issue, with those who had invested their careers on repressed memories defending their turf against those who distrusted the phenomenon entirely. To date there is no clear consensus, so "expert witnesses" are not offering scientifically-verified information.

In *Little v. Armontrout*, the court reviewed three major approaches within the United States court system regarding hypnotically-enhanced testimony, stating, "The approach adopted by a particular court generally reflects its perception of the degree to which the above-mentioned problems affect a person's memory of an event."

The first approach permits the admission of such testimony, and any credibility issues are addressed during the proceedings. The second permits it as long as it complies with certain guidelines. The last approach bars the use of any hypnotically refreshed testimony, premising this on the Frye test.

Check out Smedley Butler a hit man for Bernays.

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#### Confusus sez

**Never play cards in the Serengeti.  
There are too many cheetahs.**

**A wise man once said,  
"I should ask my wife."**

**If you can't stand the heat,  
don't tickle the dragon.**

**To save time, assume I know everything.**

**Dishonest golfers don't play the fairway.**

## from pg 9 DEAF GIRL SPEAKS

I can tell by the warmth in her eyes that Nicole is empathetic toward me, because she knows what I've lived with. I understand how it's been, living with a profoundly hard of hearing person. My compassion has been communicated in the language of exchanged looks.

We will have our final lunch and leave in the morning. The scene resembles an oil painting by Claude Monet, "Summer Luncheon." I see the long, wooden table that occupies the shady part of the garden in the shadow of La Meije, the pink, snow capped, 3,980 meter high mountain peak. The table is covered with a floral, linen tablecloth set with four china plates, silverware and cloth napkins.

The hearty, Provençal chicken and vegetable dish is served with baskets of sliced French bread and salad. Catherine, wanting to make a contribution, to assist Nicole with the cooking, has made a plum tart. Unfortunately it's burned to a crisp. We eat it anyway discarding the most-burnt edges, brushing off the ash. I tell Nicole that this afternoon is the last chance for me to draw a portrait of Jean Pierre, something I've wanted to do since I first saw his angular French face and beard, his thoughtful eyes.

After two hours of discussion, savoring food, and the thin, mountain air, Nicole cleans the kitchen, Catherine is scrubbing her burnt tart pan and I'm sitting alone with Jean Pierre, as he drinks his coffee and smokes his pipe. He looks like Renoir in his seventies. I ask "May I play the role of journalist and interview you?"

It is easier for the two of us to talk to each other than you would expect considering our equal hearing loss. He tells me about his childhood, that he's been married 45 years; his beliefs about the world economy, his hope for peace. The longer we talk the easier it gets. His English is excellent and most importantly, he moves his mouth. We help each other, repeating as needed.

I excel in one-on-one conversations, as a student in the front row, and as a parishioner in the front pew. I love to talk. I love to listen. But, if there is more than two of us, I often can't tell who said what. Even if it's just two of us in a noisy place or if the lighting is not just right for lip reading.

I want to assure the speaker that I am listening, offering a sympathetic, though defective ear. When lost, hoping to catch the next sentence, buy time, I reply with "oh" and "um. I have to be careful not to use them together lest they be misinterpreted as saying, "ho hum."

I'm not afraid to ask the speaker to repeat something, but I have a two strike rule. If I still can't understand the words, after asking twice, I just smile and act as if I "got it." This does not always work, but it keeps things moving. I suspect I'm fooling no one but myself.

Figuring out what is said by whom, about who with limited information requires intuitive guessing with a bit of Devine assistance. It's solving a puzzle. It is fluid variety and creative like painting.

Unable to understand anything at large, loud gatherings where guests stand around chit-chatting; at weddings, noisy parties, art openings, I've perfected a simple survival system. I nod, smile, raise my eye brows in interest, say, "Oh, really?" Combine with previous sounds, oh, ah, and um. Repeat as needed.

I am not just faking it to avoid detection, I'm also conserving energy. It's exhausting enough, without the added stress by asking, "Who are we talking about?" or "What did he say?" Social chatter runs amuck when two people talk at once. My eyes dart back and forth trying to

catch shapes formed on the lips of the person talking. It's like watching a tennis match. The conversation can change in an instant. When I ask for help, by the time the "interpreter" has filled me in the subject has changed and the speaker has moved on to another group.

Though I blend in; smiling, nodding, ooing and awing, it's too risky to say anything or ask questions, because I have no idea what the conversation is about! "Fake it till you make it" is my motto. I move on to the next group, pretending to work the crowd.

To paint Jean Pierre's portrait, he sits in his chair near the dining table, his pipe in hand, facing the light stream-



ing in the open door. I pose him to maximize the form and he agrees to be quiet and not move. I promise to give him a break twenty minutes. Perching myself on the edge of a chair across from him, my paper is on a board propped against the table so I can look at him 80% of the time, the paper 20%. I start with his eyes. Drawing slowly with my sharpened 6B charcoal pencil I indicate the lines of his eyelids and move down to his nose and mouth, making the bristle textured lines in his squared off beard. During his five minute break, he views the work in progress with a concerned look. "Don't panic, it's not done yet," I say. He resumes his pose and I finish the hair, ears, neck and collar. Do I think about capturing a likeness or his spirit? No, I am simply enjoying the thickness or thinness of the lines I see, one line next to another, how it all fits together, but, somehow his generous spirit is evident in the finished drawing. It is in the eyes and the expression in the corners of the mouth, in the process of quiet intention. My model is pleased. Nicole is going to frame it, hang it in the house. I'm happy with the drawing and how they received the results.

This night we have a scrumptious dinner in the Dumont's summer home. We've maximized short chats shared in English with "normal" misunderstandings. I've learned facial expression, eye contact and paying attention are excellent communication methods. Not hearing or speaking the language- not being able hear in general-creates a degree of chaos, but also "worketh patience" with its own reward. We have grown to understand, to appreciate each other.

"We're away next summer," Nicole says. "Our flat in Paris will be available if you want to stay there?" It's a generous gift, an artist's dream come true.

I say, "Oui, merci!"

The next day as we prepare to leave with luggage in hand, I am overcome by the majestic landscape in morning light, sheep grazing on steep green pastures. I can't take my eyes off the mountain. It's the last time I'll see it. I leave my bags and walk to the farthest end of the garden. I stand by the fence on the edge of the precipice, hands

raised in adoration, I face the snow capped mountain peak and sing all the verses of Amazing Grace.

The following summer I arrive in Paris with Matt, a young student who will be painting with me for the first week. He took one class in French and promises to apprentice as my interpreter. For the entire month of August I live "like the locals" with art students and friends visiting me in the Dumont flat in Montmartre. This is the same place where the Impressionists lived and painted a hundred years before.

Nicole helps us settle in. She shows us how to lock, unlock the door, where the key is kept. She's trying to give us directions, dates and times to the open air market and tell us how to buy Metro tickets. I'm jet lagged and sleepy, not absorbing all the words. I'm relying on Matt to get the information I suspect I'm missing. Some of the instructions are in English, some in French. After half an hour of chatting away, she looks bewildered. She knows I'm hard of hearing, and I wonder why she's surprised I'm missing a few things, here and there?

"What's the matter?" I ask, looking into her kind, puzzled eyes.

"Eva, don't you speak French?" Nicole asks.

"No!" I reply, unbelieving. I wonder how could she possibly think such a thing?

"I thought you spoke French!" she says.

"I'm sorry Nicole, but I can hardly speak English." Suddenly, I realize what she means. While painting in her garden, sitting at her table for three days and nights with Jean Pierre and Catherine during those long lunches and dinners last summer, I never uttered a French word or phrase except the ones for yes, please and thank you. Nor, did I understand a single French word and only half of the English ones. The art and music, compassion and gratitude had taken us into an understanding beyond limited vocabulary. All those hours spent paying attention with my eyes and listening with my heart while my gracious hosts spoke French created the perception. In my diligent desire to discern the soulful essence behind the undecipherable words, Nicole believed I had understood everything she said. She knew she'd been heard.

*Eva Margueriette will teach a one day drawing and painting class in Rancho Palos Verdes, Sunday October 16 from 9-4. The cost is \$100 and includes lunch. Call (310) 541-4844 to register.*

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Looking for lessons in watercolor or oil painting? Join the Artist Studio for weekly classes.

Eva opens her private art studio Wednesday mornings and Thursday afternoons for group instruction. Private lessons available upon request. Monthly Workshops also forming in watercolor, basic drawing and oil painting instruction.

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## WE JUST ARE BY SPENCER HUMM

There are two theories about the expanding universe. One is that it will keep expanding until everything disappears into infinity, the other is that everything will eventually begin contracting until it collapses into a singularity... the center of a mega-black hole. They even say there may be a giant black hole at the center of our galaxy that is, even now, calling all the matter in the Milky Way home with an irresistible and ever-increasing gravity. They say that our sun will eventually expand, go super-nova and engulf the solar system. There are also theories of roving black holes that, over the course of eons of time, will eventually arrive in our solar system, if it still exists, and consume everything. Even more likely, an asteroid will collide with the Earth. It happens every day on one scale or another and there is evidence that one may have caused the ice age and killed the dinosaurs. It's only a numbers game that determines the next asteroid collision and its potentially catastrophic size. It will not likely happen in our lifetime, but if the human race survives, it is inevitable we will see this occur.

None of this is likely to happen in our lifetime. Why is it that these things cause a sense of dread for people? Why would a species of beings who only live 90 years care what will happen long after they are gone and even long after their species is likely to be around? I think it boils down to a delusion that we will live forever that is coded deep in our psyche. We want to live forever as an individual, because everything we have been taught by the ego, by consumerism and by people who would control us says we are separate from everything else and need to continue to add more to our-

selves to be whole. It's a never ending game of seeking, adding, desiring and reaching "out" from our ego.

Over 100 billion years ago, when the stars were cooling from the heat of the big bang, YOU were there, though you had not been born yet. Hundreds of billions of years from now, when the last star is dying YOU will be there even though you will have long since died on earth. That is because the person that you think you are is only one glimmer in the light show of eternity and YOU are the show. YOU eternally, indestructibly, everchangingly and inevitably ARE.

Believe it or not. I dare you not to return to it

In an article by Collective Evolution

If you believe you will get sick all the time, and believe you have pain because it's all out of your control, you will continue to have it all in an uncontrollable manner until you realize the control you have over much of what we attract within the body."

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## MIS-CARRY

(Excerpts from the book "Motherhood Lost" by Linda L. Layne)

The word "mis-carry" itself sounds like you've carelessly dropped something meant to hold.

Miscarriages are a fact of pregnancy. It happens and is the most common complication of pregnancies. Studies suggest that 20% of all pregnancies end in a miscarriage; most in the first trimester.

Most expectant women and their partners are filled with excitement and expectation. And then, in an

instant, their hopes and dreams have vanished.

Until recently most women waited until the second trimester before sharing their news. Now more are telling their big news earlier. This makes a miscarriage even more difficult.

Pregnancy comes with a list of do's and don'ts. So, if you miscarry, many feel like they did something wrong. I couldn't believe my midwife when she said "it isn't your fault." Instead, I kept replaying what I'd said a week or two earlier when a friend asked me "could you be carrying twins."

"God, I hope not," I'd said, "I'm daunted enough by the challenge of

caring for just one baby."

Women who miscarry are not always offered the same sympathy and comfort as a one who has lost a child that has been born. They often have to bear the grief on their own. Yet, a woman is actually mourning the very real and very painful loss of a child. Not to mention any accompanying guilt even if it isn't her fault. With a miscarriage there is no body to be buried. Yet there are still feelings to be dealt with.

Hypnosis can make a world of difference to a grieving parent. It may discover and relieve long held grief and guilt.

## ACCESSING DIVINE WISDOM

by C. ROY HUNTER

(Includes excerpts from his book "The Art of Spiritual Hypnosis: Accessing Divine Wisdom" Blooming Twig Publishing)

Divine wisdom is an amazing gift of hypnosis and parts therapy. I have had a client who spent years in a wheelchair WALK out of the office after a session. A couple grieving the loss of a child overcame the pain and healed their relationship.

Many of clients discover their spiritual realms when experiencing an outgrowth of ego state or sub-personality work promoted by my teacher Charles Tebbits as "parts therapy." A conflict between parts, is easily resolved when the inner mind evokes the person's perceived Higher Power (God, Heavenly Father/Mother, Yahweh, Creator, Divine Source, Holy Spirit, Jesus, Buddha, Quan Yin, Saraswati...). I call a planned spiritual session a Spirit Trek. Here are two case studies from my newest book...

### CASE STUDY #1 ATHEIST DON

A most profound session happened almost two decades ago after Don told me on his first visit "I am an atheist." He came for smoking cessation and accepted suggestions for managing stress yet his inner child strongly rejected the positive suggestions to stop smoking. By third session, he was better able to manage stress, but still smoked like a chimney. I used parts therapy to help him resolve his inner conflict between the part of him wanting to smoke and the part wanting to quit. The two parts of Don refused to listen to each other so I asked for a third part who could provide suggestions to help the other parts resolve differences... silence. Finally, I said; "There is a part of Don that has his highest and best wisdom, knowledge, understanding, training and experience. You are an important part of Don, and can access his best intelligence. It's important for you to come forward and provide words of wisdom to help bring a resolution. Don is willing to listen. When you are willing to communicate, please let us know by moving the YES finger or saying, 'I am here.'" His finger moved and the voice said "I am here."

"What name or title shall I call you?"

"Call me Higher Self."

This part immediately spoke to both parts in conflict, and brought resolution within five minutes. When Don emerged from hypnosis, his first words were, "WOW! I did-



n't know I believed in God before today... my Higher Self showed to me a spiritual realm and there can only be a spiritual realm if there is a God." It was a profound life-changing experience for Don.

### CASE STUDY #2 BLINDED JIM

Jim, a devout Christian, spent years wondering why a loving God would let him be born blind. He hinted at anger. At his request, two of his personal friends sat in on the session. In an accessed past life he recalled being a castle lord in medieval Europe. He described in vivid detail what he saw... a large oak table, a bowl of fruit and the green rolling hills beyond the moat that he saw as he looked out the window. There was an apple tree with ripe red apples falling on the ground because they had not yet been picked. He continued to describe a large stone fireplace, with "dancing flames of fire" and the head of a buck on the wall above the fireplace. I then suggested, "Move forward in time to when something significant happens... BE there!" Jim, speaking as the castle lord said, "Several of my subjects have come to complain that their taxes are too high. I responded by raising their taxes rather than reducing them, and told them if they complain again I will raise them more." When he entered the total peace following this life, his Higher Power spoke directly into his mind saying, "My purpose in that life was to learn the difference between being a ruler and being a leader...and I failed miserably. I was blind to the needs of my people, so I chose to be born blind in this life in order to remember that lesson." After the session, Jim was no longer angry at God and said he now understood the Gospel when Jesus healed a blind man and the disciples asked, "was the man born blind because of his sins, or his father's sins?"

The session was especially amazing for him to "remember" what it was like to see. For years he wondered what "dancing flames" looked like, and what red and green looked like. One of his friends witnessing the session asked, "Don't you dream?" Jim responded "My dreams were in the four other senses, touch, sound, taste and smell; because I never had a frame of reference of what it would be like to see. This brings up the compelling question, how can a man, blind from birth, remember seeing in a hypnotic regression? We can only wonder what kind of explanation a scientist might offer. One skeptic said, "He lied; it was a fantasy." In any event, his life improved afterward and he stopped anger and blame.

*Parts Therapy aficionado, Roy has been teaching since 1988. His website is [www.royhunter.com](http://www.royhunter.com)*

## SHAMANISM & SOUL RETRIEVAL BY SHELLEY STOCKWELL-NICHOLAS, PhD

(Excerpts from Shelley's book "Hypnosis: How to Put a Smile On Your Face and Money In Your Pocket")

The world's first doctors were shamans who embraced physical, emotional and spiritual energy as one. Shamanism relies heavily upon entrancing ceremony and rituals to evoke the desired state of mind. Many rituals involve hypnotic tools like smells, smoke, repetition, sound, suggestion, and sleep deprivation. Some rely on mood altering substances.

A shaman has often been the spiritual healer who assists others to awaken deeper states of consciousness and soul searching. Such states focus upon living in celebration, releasing discomfort or blocks, restoring wellness and becoming enlightened. Shamans have also been called alchemists, oracles, medicine men, medicine women, mundunugu, hunas, ducuns, witch doctors, exorcists, magicians, sorcerers, warlocks, witches, dowsers and those who do voodoo.

Some use negative hypnosis by instilling fear that only they can remove. Their main thrust is cutting cords of ghosts, aliens, and goblins. Religious exorcists are masters of the dark approach. One participant of a tour I led to Egypt years ago, went frantically about each sacred site releasing "evil spirits." She saw them everywhere while the rest of us did not. The power of such negative suggestions became a self-fulfilling profusion of unhappiness. Similar negative hypnosis is the basis of some religions.

The shamanism we promote at the International Hypnosis Federation evokes a happy balance love and power, male and female, light and dark, inner awareness and harmony.

The best accentuate the positive, eliminate the negative and celebrate co-creation with a higher source and light. My personal rule of thumb for shamanism, and everything else, is "if it's not fun or doesn't manifest fun, don't do it."

A depressed woman who visited a Manhattan Beach, CA psychic reported "I was told that it would cost hundreds of dollars to rid my attached ghost and depression." A few more visits and some \$15,000 later, this gullible woman was really depressed! All this to say guru G-U-R-U (gee, you are you). You are the true shaman for you hold within you profound magic and wisdom. The trick is to find ways to tap this power at will and seek a path that allows you to discover the spiritual dimension of your reality.

### WOUNDED HEALERS

In shamanic society, the holiest healer was the wounded healer. For in the wounding, the gods were summoned for healing to take place. Those who overcame were gifted with their power to heal others. Soul retrieval,

psychic surgery, healing touch, Reiki, and healing suggestion from enlightened hypnotherapists have and do work miracles.

### TAKE BACK YOUR SOUL

Ancestors of all cultures: shamans, healers, hunas, medicine people and priests note that during painful rituals and traumas of life, we lose vitality and joy. Our language talks about "lost souls" or having your "spirit broken." Psychologists call these experiences "dissociation caused by trauma" or Post-Traumatic Stress Disorder. Trauma is held in your cells even if you don't consciously notice it. Take back your soul. Stay conscious and you'll have healthy boundaries. Hypnosis and Shamanic soul retrieval bring back disowned essences and heal the past. A nice way to do soul retrieval is with a friend or sitter or someone who specializes in it. Just like western hypnotherapy, the goal is integration.

How to do Soul Retrieval: **Play enchanting music.** Drumming, the pounding surf or "ohming" are great and then...

**Bless yourself:** "I bless myself on all levels: Physically with radiant health, energy, vitality; Mentally with clear thinking, focus, direction, to find my path and purpose; Emotionally with unconditional love, peace, joy, and harmony for myself and others; and Spiritually with guidance so that I may truly fulfill my life's purpose."

**Breathe:** Take a deep breath, and let it out. You can shake a rattle, drum, chant and voice tone.

**Affirm:** Think these words or say them out loud: "I take back my soul, I am whole. I take back my soul, I am holy."

**Take a shamanic journey:** Imagine yourself traveling in the void back to any time in your life where your soul essence, vitality, or energy separated from your being. It could be a little memory, such as skinning your knee, or a big memory, such as being beaten, molested or abandoned. When you find that thought, image, memory, or uneasy feeling, invite that little you out of hiding. "Come home, it's safe now. It's time to come." Use whatever ploy is necessary to convince this disengaged part of you to leave this parallel reality and come back home. Call upon allies, guides, fantasies, anything you need to do the convincing. When it is done, breathe fully to your heart, and let in that part of yourself, saying, "Welcome home, it's safe now. I love you."

*Dr Shelley, is President of the International Hypnosis Federation and teaches soul retrieval and similar techniques in her "Spiritual Counseling Certification Courses." Call (310) 541-4844 for more information.*

## WHAT'S SHAKIN'? HELP FOR FATIGUE BY SHELLEY STOCKWELL-NICHOLAS, PhD

We naturally tighten then shake as an aftermath of pressure. "I was shaking like a leaf," "My hands were shaking," "My knees were knocking..." describe your innate discharge of excess tension.

Physically releasing tension with yoga, exercise, acupuncture, tapping bypasses mentally "having to figure it out." Tension release is a terrific hypnotic induction technique where you systematically tighten and release muscle groups. Squeezing a soft ball for five seconds and then opening your hand to let it go relaxes too.

Tension release exercises are said to turn down hyper-aroused tension and fight/flight/freeze responses of those with chronic fatigue and PTSD using contraction vibration.

Muscle quiver/tremor exercises are a new buzz being promoted to calm and relax. Coined as Tension Release or TRE by David Berceci, PhD, the approach is similar to a bioenergetics, facial muscle release I learned in Hawaii in the 1970s.

Participants stand with feet apart, slightly wider than shoulders. Then, they slowly roll from one side of the feet to the other. A series of stretching exercises follow culminating in lying on your back on yoga mats with feet together and knees out-splayed (affectionately called the "clam shell"). This posture evokes bold or refined vibration or quivering.

Shaking needs to be comfortable so it is tempered by moving knees closer together or farther apart or by placing your feet on the floor and finally straightening your legs and rolling on your side.



## VAPOR-US

By SHELLEY STOCKWELL-NICHOLAS, PhD

**Time, mind and life... your most valuable commodities...**

**defy definition.**

**They stick out their tongues and tease**

**"Catch me if you can" then vanish in a breeze.**

## DO YOU CLUCK?

I often think, say or do

- I have special friends I gossip with.
- I can't wait to call with the latest poop.
- I love celebrity gossip
- Juicy stories about others excites me.
- I love scandals and digging the dirt.
- I start a sentence with "don't tell anybody..."
- Let's have a family dinner and talk about those who didn't come.
- I'm angry with you, so I'll tell everyone else rather than work it out.
- Talk a little, pick a little, pick, pick, pick...
- As I learn someone's inner-most secrets they reward me to keep me quiet.
- My sharp tongue sometimes cuts my own throat.
- I bash men or women "They're all alike..."
- I spread rumors about other people.
- I can be petty, punitive and unforgiving toward others.
- I can be petty, punitive and unforgiving toward myself.
- I feel guilty about some of the things I have said about others.
- I can't keep confidential information confidential.
- I gossip about myself.

We all enjoy taking about others but if your inner thoughts regularly criticize and judge, or you openly finger inadequacies, you may be a gossip addict.

## BOOKS BY SHELLEY STOCKWELL-NICHOLAS CALL: (310) 541-4844 ihf@cox.net

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**WIN: Coaching Guide For Yourself and Others (also called Hypno-Coaching)**

## LEARNING SELF-HYPNOSIS BY LARRY GARRETT, CHt

Self-hypnosis started with Emile Coué.

He'd look in the mirror and say, "Every day in every way, I am getting better and better." In 1922, he brought this affirmation and self-hypnosis to the public with his best selling book, "Self-Mastery Through Conscious Autosuggestion."



Anyone can learn self-hypnosis and successfully achieve their goals and self-mastery. Similar to any other training, practice is the key! Most methods work well with varied levels of success for different people.

All you need is the right easy access combination to enter this new world. With the knowledge or skill to apply self-hypnosis properly, goals become reality.

The quickest way to understand self-hypnosis is to view it as training requiring the logical and emotional mind to cooperate; the objective and subjective combined! A good example is learning to ride a bike. To learn to ride a bike, you would first learn how to sit on the seat, hold the handlebars and then push on the pedals. This is the logical part. You then need to learn balance to keep from falling. This is the subjective part.

In learning self-hypnosis, you must achieve relaxation, allow yourself to fantasize and then experience the changes that occur within you. This is your personal skill of achievement. You learn about yourself from within. A favorite phrase of mine is, "Until you have a stomachache, you didn't know you had a stomach." When you know that you have a stomach, before it aches, it will never hurt again. If you learn about yourself from within, you will always have self-control. When the mind is in balance, every-thing operates in harmony.

Self-hypnosis is your direct link to the mind, consciously and subconsciously. Self-hypnosis gives the mind a message that is far stronger than most other communications. When you use self-hypnosis, it becomes a clear channel for all information taken in and accepted by your subconscious mind.

Much like riding a bike, there are many things you need to learn quickly and well.

Manuals or books on self-hypnosis give instructions with a meaningful interpretation yet some may be difficult to follow. Especially if the language used is very conscious or rational... Examples...

"Cigarettes are bad for you!" (Not easily embraced by the subconscious mind.)

"Cigarettes smell and taste terrible." (Stale cigarettes are better than none.)

"Losing weight will make you feel better." (Food makes me feel better.)

"The food will taste terrible." (Stale crackers are better than nothing.)

"You will have no fears." (Fears protect you.)

"You will feel confident." (Confidence might create expectations.)

As you can see, the subconscious responses show that the inner mind has a different view... usually very logical. The words can almost be academic. Even when these suggestions are very positive, forceful and repetitive the information it lacks great strength when speaking to the subconscious mind.

The wrong language is like trying to open a document on your computer written for one program and when it was written with another program. The subconscious mind has difficulty in understanding conscious language.

### REASONS AND RESULTS

Understand that the subconscious might have a very strong and positive reason for inappropriate behavior or habits. Inappropriate, as that may be to your logical mind! If the behavior or habit is emotional in nature, it is stronger than you can imagine. "When emotion and logic are in conflict, emotion will always win."

The subconscious, subjective mind may be convinced that eating or not eating was a message of love, well being, protection, or health. Maybe smoking was a message of relaxation, confidence, or strength. When these messages were learned and told to the subconscious mind in the language it understands the best, it implied a feeling or picture, not just words or thought. Good self-hypnosis has you look at the time when you received a message and from whom... your parents, teachers, or peers. "They wouldn't lie to me..."

### DON'T SHOULD ON YOURSELF

Words of conscious thought seldom have any emotional or personal meaning. "Should" is an imposition to the subconscious mind. If you want to see subconscious resistance tell yourself or have someone else tell you that you "should" do it: "You should quit smoking" or "You should eat healthier." This instruction, to the subconscious mind, is like oil and water; maybe worse. It is in direct opposition to the instructions you learned when the habits started. You can almost feel a physical resistance when someone tells you that you "should" do something.

Health worries, emotions, addictions, strength, intelligence, love, knowledge, relationships and many more conflicts between the logical and the emotional mind are examples of how the subconscious mind will resist an instruction or message it has not been programmed to accept.

What you know comes from the logic and what you feel comes from the emotions. Usually, what you feel rules your life! A subconscious message at one time was positive (or perceived as a positive) and, after many years, it forms a path in your brain that you follow with ease.

An old message may reinforce itself with, "This will make you feel better." Habits that are not good for you, relationships that are un-comfortable, and fears that cripple may be perceived as an easy way out. It wants to protect you from what you protected from what you fear will be un-comfortable.

The trigger for the subconscious mind is stress. Stress is poison to the mind and body. "Fight, flight, freeze" means, kill, run or play dead. Food, cigarettes, love, weakness, and disease... all feel better, familiar and safe when you are under stress.

When I first learned about hypnosis, my instructor told me, "The subconscious mind is there for one purpose, to keep you safe." When a smoker or over-eater cannot have their habit, they often become anxious. When you are standing on a corner waiting for a bus in a strange neighborhood, and experience angst; when you are in a relationship that is threatened; when you are ill, you begin to feel anxious and want to be okay.

Some people need to worry to make things okay and if they don't worry, they feel they aren't doing anything. Of course, this is not logical yet it's incredibly powerful.

Your subconscious mind believes what you think about the most is true. Repeated thought has more strength. The conscious mind uses a little more logic in this process. The conscious mind says that is logical or appropriate is right or true. There is one challenge with this statement. When the emotional and the logical mind are in conflict, the emotional or subconscious mind will always win.

### TALKING TO THE SUBCONSCIOUS

To re-educate your inner thoughts and effect positively change you need to learn to speak the language your subconscious mind uses to hold on to messages. To change is means there may be a feeling of dis-comfort or resistance. Your subconscious likes the easiest path (or way).

### SELF-HYPNOSIS FOR THE SUBCONSCIOUS

The subconscious mind has many openings or access points that allow communication; pictures, feelings, smells and thoughts and most importantly, intent. Intent sparks energy that precedes emotion, pictures or thought.

Begin with intent, then emotion, then a thought and then action. Thoughts are things! Imagine that your subconscious mind has a door on it that occasionally opens to allow access. You need to know how to open the door and when it is open. When open it is strong enough to wipe out all of the other messages you programmed in since you were born.

The day you came home from the hospital, and maybe before that, you began to be programmed. If you are male, you probably were put into a crib with a blue blanket and a ball. If you are female, maybe you were put in a crib with a pink blanket with a doll. From that moment, you were told who you are, how you should act, and what to do to be comfortable. The bio-computer within you began to be programmed. This is what you are attempting to change now. Messages that told you that you were good at something may not necessarily be good for you. Is it good to eat to feel better to become overweight? Is still true that you shouldn't speak to strangers? Some old messages no longer fit your needs. So it is time to clean them out!

How can you clean out your mind?

Self-hypnosis is like a shower for your mind. It cleans away old thoughts that contaminate what you really want and need. If you hoard bad stuff in our memory and only remember bad stuff you'll always remember bad stuff. Even if an uncomfortable memory is deeper than easy recall, it is strong. When mind becomes overwhelmed with so much thinking you go out of control with overwhelming thoughts, actions, words and habits. This "Over-reactivity of mind" The mind becomes overwhelmed as you lose the ability to think of what you really want.

Our conditioning becomes automatic, especially when under stress. With so many thoughts, we become stressed! We become what we think about all day long. What do you think about all day long? Do you think good thoughts? Do you think about your habit all the time? The

mind does what it is used to doing and believes that to be true or easier. The values or rules of the subconscious mind are different than those of the conscious mind.

This becomes the main reason to learn self-hypnosis. It provides for the best communications to the subconscious mind. Once you learn to communicate with the subconscious mind, you can rule the universe of your mind. Anything and everything is possible when you learn the skill of communicating to the subconscious mind. You need only to ask yourself what is your mind capable of. If anything is a possibility, it becomes easy to understand that life can improve and change. I might sound like a Ford dealer selling Fords as I imply self-hypnosis is so great. It is great as a tool to create the change you want, but it is not the only tool. Obviously meditation, biofeedback, prayer, yoga and many more skills of the mind are good. Self-hypnosis, based on my experience and knowledge, is more appropriate because it allows us the ability to change quickly and very precisely. We are a society of speed and accuracy.

Intent is a magical quality of the mind that will almost immediately creates change. Intent is subtle and yet so strong. It's less than a thought and greater than a story. Intent, when understood, creates miracles. Once the mind begins an intent, the wheels have begun to turn and the journey is underway. Usually it's difficult to stop once in motion. Learning the skills of intent is similar to balancing your bike. It just happens once you learn it, without thought; just an action.

A thought is not always strong enough to achieve your goals. With just thought, you could spend many years just wanting to accomplish a goal. Have you ever had a friend who speaks for years about something they are going to do while other friends just do it without even a mention?

Here is the key, once you are sure you want something without reservation or fear, simply express this intent to your subconscious mind and it's under way.

### A TECHNIQUE FOR YOU

Now for the technique to open the door to the subconscious mind!

There are as many techniques that reach the subconscious. A unique quality you determines the best method. If you took an art class, a good instructor would lead you to your own unique skill. So allow me to teach you a technique that will assist you in finding the method that will work best for you. Then you can find your own unique way that best serves your needs.

There is a great phrase that says, "All hypnosis is self-hypnosis." The hypnotist is uses a technique they feel is best for you. It's then up to you to allow the hypnosis to take hold. The best hypnotist is you. You know how and what your mind is feeling at that moment of hypnosis. Your skill lets you to achieve the hypnotic state and to know what to do once you are in that state. The art student will learn a style that works for them and then decide what they will create. Self-hypnosis is a self-creation! I think progressive relaxation works well for most. A progressive relaxation technique will quiet and focus your thoughts to a specific direction.

Many instructors teach you to word your instructions positively, repetitively, and strongly. Often, once you have entered into self-hypnosis, your mind will feel altered or spacey and it might become difficult to recall your specific instructions.

I suggest a different approach. Before you do anything, think of your goal or any wall in the way of your goal. Then feel intently as though you have already achieved your goal. Great. Now follow these instructions. Imagine yourself when you have used intent. Almost always, when you have used intent, you achieved your goal. Let's use the example of looking for a new home. You might be visiting a potential living space and, in your mind, you begin to create the way you would layout your furniture. As you begin to layout the entire living space, you have created intent. You now have intent to purchase or rent. Most likely, when you have reached this position, you decided that it is the home for you. That is the power of intent. At times, without knowing it, intent can be formed and the wheels begin to turn and you have a created a new aspect of your life without ever knowing how you reached that level. Positive or negative, intent will create what you have put out.

### TIME TO DO THE SELF-HYPNOSIS!

Prepare yourself as though you were going to practice your art class. Choose a time that will be free from distractions. Unplug your phone or turn it off. Choose a time when others are not around. Self-hypnosis is a very personal and intimate experience. It can be weakened or violated by the smallest of distractions. I have heard feedback from many that said someone walking in the room or the slamming of a door would create anger within them. The experience that you are attempting to create is an experience of oneness. The relationship becomes very profound with you. At that moment, you want no one or nothing to interfere with your journey. The quest is to be

free from all thoughts, feelings or emotions. There will be an open feeling without question as you learn to achieve this state of mind. It will feel most likely like nothing, but everything. It will feel light as well as heavy; it will be quiet as well as active. There will be a definite separation of mind. The conscious and the subconscious are usually together in thought. They separate usually only when there is a level of stress. That is when and why a habit will exist so easy when stress occurs. The door that I spoke of earlier will then open and allow old messages to come out to the surface. When you are using self-hypnosis, you will experience this door opening to allow the entry to change or re-educate the subconscious mind.

After you've prepared for your journey and removed all distractions, lie on your back in a comfortable position. You might choose your bed, the floor, an easy chair, or the couch. Elevate your head a little, maybe with a double pillow, almost in a position to read. Close your eyes to reduce any conscious distractions. Your goal is to focus and reduce your conscious mind activity. A few slow deep breaths allow you to begin to calm. Deep breathing always calm you as it slows down your system. Now, take an inventory of yourself and your state of mind. Are you physically comfortable? If not, readjust yourself until you are. Are you beginning to quiet your thoughts? If not, resolve whatever is in your mind to attempt to quiet it. Quieting all thoughts is the key and it gets easier with practice.

As you lie back and take inventory you begin to leave your logical mind behind for a little while. Your intent is installed to take a deep breath and for now shut down your system. Begin by letting your body fall into place. This could be much like floating in water. You just let go and your body will know what to do. Of course, if you are usually active in mind or body, take it easy and it gets easier as you practice. I am sure that the first time you got on a bike, you wobbled or possibly even fell a few times before you understood balance. It can be a challenge to explain balance and similarly it can be difficult to explain altered states. Yet once you've experienced it, even a small sample of it, you add to it and, in a short order you have perfect the balance of mind.

Now focus on different parts of your body. Begin by thinking of your feet. How often do you really think of your feet? Seldom; unless perhaps if they hurt. Learn about your feet. Let your mind to scan your feet and know them well. Now gently tighten up your feet, first toes, then and the arches and now create awareness to your feet being tight.

This represents challenges, habits, emotions that tighten. As you are aware of your feet being tight, slowly and gently relax or release them. Allow this relaxation to occur as slow as possible. As you do become aware of the release of any wall or habit that exists in your mind. Often we want something we don't like to be gone immediately. It just doesn't happen that way. It is deep and has been with you a very long time. But just like your feet relaxing, slowly changing your thoughts is a gentle practice of patience. If you are gentle, your mind will cooperate. As you progressively relax your body, re-establish your intent. Picture, imagine or feel a strong thought that you have already accomplished your goal.

Now slowly release anything in your way... a habit or behavior or emotion.

Good. When you have relaxed your feet as instructed, you might do another inventory again. Are your feet relaxed? Did you relax very slowly? Do your feet feel dif-

ferent? Do you feel your feet at all? This last question is a very important one, as eventually, when you learn this skill well, you will have no physical feelings in your body. Your mind has release any tightness mentally and physically. This will be the availability to open the door to create changes. With an absence of feelings, you will be able to accomplish most any goal, as there will very few or no thoughts that will resist or create conflict. At this time, if your feet don't feel relaxed enough, do it one more time for practice and this time, attempt to release the tightness in your feet slower with great attention placed on the procedure.

Now it is time to move to the rest of your body. This is the why it is called a progressive relaxation. You are progressively relaxing each part of your body until you have completely relaxed and very little activity is occurring in your body or your mind. The mind will eventually stop most activity because the process of relaxing progressively will also cause the mind to begin to accentuate focusing.

Our goal, if you recall, quieting and focusing. Both will occur as you begin to relax each part of your body. You can become creative with this process. You can move from relaxing your feet to your lower legs in a very similar manner. You could tighten up your calves, hold them tight for a moment or so and then with the same attention as you placed on your feet, and release your lower leg muscles very slowly. Each time, you must be very aware of this relaxation or release of the body parts. Move up each part of your body in this manner until you have created the skill of just re-leasing each body part without the tightening. You might almost view this as the balance of a bike with the tightening representing training wheels.

Most likely you might fall asleep during this process. This is very natural and quite permissible, as you have already begun the process of change with the intent in the beginning of the self-hypnosis. I had mentioned earlier that many instructors would suggest giving suggestions at this time. Two issues exist which make this difficult. One is that you become very spacey and the other issue is that you might fall asleep. When you begin with positive intents and thoughts, they will follow your movement of consciousness change and apply themselves as needed.

Remember to be creative, much like the art class or riding the bike. As you progressively relax each part of your body, you will want to learn as much as you can about the changes that are occurring. The more that you learn, like any other skill, the easier your accomplishments will be. It is beneficial that you learn about each part of your body as you relax it. You might learn that you have tightness in your hips or your chest. Maybe you will learn to release backaches or abdominal discomforts. Anything is possible once you learn about who you are and how you feel. By practicing this technique, you will create knowledge that will heighten your lifestyle and life.

The more that you learn in this manner, the more control that you will have over health, habits and actions that you no longer wish to have in your life. You can move slowly up each part of your body and reach your head area. If you do this without falling asleep, you can learn much about your thinking, as you will begin to focus on your head as though you are focusing on your thinking. Not that they are one in the same, but we often imagine our thoughts to be in our head. For an individual that grinds their teeth or has frequent headaches, this will be an important time to become aware of tension stored in your head and you can skillfully learn to remove or reduce

that tension. The sky is the limit with these techniques.

After you have finished the process that I have described, you have many options. You can allow yourself to drift off into a natural sleep. This is an excellent way of falling asleep, as it is a quiet way of falling asleep. Often many individuals fall asleep with activity in their mind. This is not conducive to good sleep as it can influence the way that you awaken. When you practice this technique, you will begin to fall asleep at peace and when you awaken, you will feel a very positive energy of body and mind. You can also have a great experience while you are relaxing in this manner. Maybe like flying a kite, you may drift around your consciousness. You will have many thoughts swimming in your head at times. It is very exciting to learn these thoughts and understand why they are there. Remember that you are opening the door of your subconscious mind and there is much activity inside that compartment. As the door opens, there will be a lot of images that will be free-associating inside of you. As minor as these thoughts may seem, they all have a very strong meaning. Learn about them and you will often find that they are the keys to unlocking another door toward your success.

Still another experience that you might have could be that you will begin to just lull in a space of consciousness much like taking a bath. You can just float without any thoughts. You will just feel as though you are cleansing. As I had mentioned earlier, you need to clean your mind occasionally and this is the method to accomplish this. Just allow yourself to lull in this space of consciousness as it is much like meditation. Nothing really happens, but much is happening. At this time, you are creating great healing factors. You are healing your body by relaxing with such profoundness. You are healing your mind by allowing it to be free from thoughts or stress. At this level of consciousness, you are creating strength in many areas, including the ability to concentrate, focus, and comprehend. The mind seldom has the ability to have such strength. We seldom learn that these options are available to us.

In conclusion, you can then either drift off as I had suggested or you can conclude the experience with some positive thoughts of well-being and reinforcements of the intents or thoughts that you had in the beginning. The more often that you practice this, the easier it will become for you to accomplish greater goals.

Almost anything that you can imagine is waiting for you to tap into.

If you think it, you can have it.

## MEMORY

By **SHELLEY STOCKWELL-NICHOLAS, PhD**

Mysterious memory;  
wafting impressions  
clouds you see; then gone.  
Secret vaults of mind wait to find:  
fleeting fragments, vivid scenes  
imagined spins of what things mean  
The long and short of it: What you retrieve  
determines what you perceive and believe.

## FREE FOR THE MONEY By SUSIE BOWERS

If you offer your potential clients a free consultation you let them know that you want to get to know them better and learn about their challenges. Once you know them better, you can make the best recommendation for them. The free consultation step is very important when building rapport. Without rapport a hypnosis or coaching session will be less effective. So when this person becomes your client, you will already be half way to a successful session. It doesn't matter whether you sign the potential client up for a session or package, because they will remember that you cared about them enough to offer your time free of charge. As business owners, we need to create the perception of value and success. Screening the client should raise your success rate, and in turn, your value. Sometimes a client will come back to see you in the future and/or refer their friends and family. It's been said no one cares how great your services are until they believe how much you care about them! Start off by showing you care!

Here are some ground rules for your free consultation.

**1. BELIEVE:** Most of what we do revolves around "belief." Your client needs to understand that in order for them to succeed, they must believe in what they do, expect it to work and be committed to the process.

**2. SIGNED FORMS:** Have the client sign a confidential intake form containing their information. This form will explain how the free consultation works. How much your services cost and what you offer. If the client does book a hypnotherapy or coaching program of multiple sessions, for example, the free consultation ends and you may begin now with your paid appointment.



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Dr. Shelley Stockwell-Nicholas, President IHF