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**NEWSLETTER**  
National Association  
Of Certified Hypnocounselors 1358 Burnet Ave. Suite 1 Union, New Jersey 07083

# HYPNOLINK 2005

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### Reservations

Chapter Dinner Meetings  
Members.....\$20.00  
Non-Members.....\$25.00  
AT The Door..... \$2.00 Extra

CALL: 908-964-4467  
(payment due 5 days prior)  
3RD Wednesday of each month

## YEAR OF JUBILEE "50th" for Sister Lucille

Sister Lucille is celebrating 50 years in the religious order. Congratulations to a wonderful woman. Would you believe Sister Lucille entered the congregation to become a neurosurgeon? But instead was trained in Secondary Education. Good thing, or she would not have entered our lives. Lets read about Sister Lucille's timeline of her life.

Studied elementary education (grades 5-8th), Religious studies and Psychology. She taught throughout NJ, California and back to NJ. She began to study psychic healing, dream analysis, body psychometry, I Ching, Tai Chi and mind control when returning from California in 1978. She also is a Reiki III and healing touch practitioner, spiritual direction and instructor of the Four Agreements. Sister Lucille then met Dr. John A. Cardino and in 1985 began her quest in hypnosis. She has studied with the best of instructors. Then she met Dr. Tony DeMarco and Dr. John Gatto and along with Dr. Cardino they founded the Academy of Professional Hypnosis and the National Assoc. Of Certified Hypnocounselors. Over the past 20 years Sister Lucille has been learning, teaching and innovating within the field of hypnosis.

Sister Lucille was an Ambassador of the USA to China in 1994. She has received honors in 1976 in Who's Who in Education, in 2005 in Who's Who in Business. She was the recipient of the Presidents Award in 2005 form IACT also in 2003 for the Humanitarian Award, and in 1994 Educator of the Year Award. ....**Shall I go on?**

Sister Lucille feels her life has been blessed with loving and devoted parents, sister and family. Her friends have been her treasures through life and her religious congregation has empowered her to become the person she was born to be.

She is an educator and presenter at many seminars and workshops. She has combined hypnosis with counseling in an attempt at reducing the number of visits necessary for clients. It is because of Sister Lucille's profound belief in the spiritual bonding of humanity to Creative Mind of God that she has so deeply immersed herself in the field at all levels. It is because of her belief of her Congregation of Religious Sisters in her ability to be a liaison between humanity and the sacred that she has been encouraged to continue in her pursuit of and performance in the field of hypnosis.

Congratulations Sister Lucille, we are blessed to have you as a part of our lives and organization. Keep up the good work.



## Celebration!

### INSIDE THIS ISSUE

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While providing informal information through the writings in this Newsletter, the views expressed and written do not necessarily represent the thoughts, views and opinions of the National Association of Certified HypnoCounselors, (NACH), nor of its editors or officers.

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**ACADEMY OF PROFESSIONAL HYPNOSIS**  
**Fall Session Start Sept. 17- 2005**

**Basic Hypnosis course (33hours) \$495**

September 17th, 18th, &amp; 24th, 25th, 2005

**Advanced Hypnosis Course (33hours) \$495**

October 08th, 09th &amp; 15th, 16th, 2005

**Advanced Clinical Hypnotherapy Certification  
(34 hours) \$495**

October 29th, 30th, &amp; November 05th, 6th, 2005

Visit [www.hypnoacademy.com](http://www.hypnoacademy.com) for info**Place:** Holiday Inn 4701 Stelton Road.  
South Plainfield, NJ 07080 Tel. (908)753-5500**Time:** 9:00 am – 6:00 pm

For Brochure &amp; Financing Info:

Dr. John Gatto at (908) 964-4467

**ATTENTION**

Only Presenters shall be permitted to sell their products and only on the date of their presentations. Any other sales will only be permitted with the permission of Dr. Gatto and at a charge of 20% of the sales for NACH.

**UPCOMING MEETING DATES FOR 2005**

Clip out and save, or put all dates in your appointment book  
**June, 15th.....September, 21st, October, 19th...November, 16th**

**NGH Convention****August 12th, 13th, 14th, 2005**Royal Plaza Hotel.....**508-460-0700**

Marlborough, MA

Call NGH to sign up .....**603-429-9438****THE SPARK.....SCRIPT**

Donated by.....Genny Stone

After a suitable Induction ..... starting to go on that inward journey ... taking yourself deeper and deeper into your innermost being ... finding that place ... deep inside ... where there is peace ... and calm ... and tranquillity ... and you can be curious about that place ... and those comfortable feelings that you are noticing as you come closer ... and closer ... coming to a place of safety ... and comfort ... deep inside yourself ...this place that feels more ... and more ... comfortable ... and safe ... and peaceful ... as you settle yourself down ... deep inside yourself ... and you know something now ... that you have been only vaguely aware of up to now ... becoming aware that this place ... deep inside ... has been here for a long ... long ... time ... and as you look around yourself ... taking in the tranquillity of the scene ... being aware that this place has just the right kind of light for your needs ... knowing that you are surrounded with soft sounds that soothe and comfort ... feeling gentle wind on your skin ... light perfumes floating on the air ... everything just as you need it for your comfort and peace ... and I want you to take a few moments ... to explore this place ... and you can become aware that this .....

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**HAND BREATHING - Terence Watts**

A fairly unusual induction method which works well for almost anybody.

Standard 'settling down' introduction, then:

Now I'm going to ask you to concentrate on your breathing for a few moments... but I wonder if you can imagine a very strange idea... a very strange idea indeed... I wonder if you can imagine that you can actually breathe... through your finger-tips... just imagine that rather strange idea that you can actually breathe in through your finger-tips... imagine that you can feel the air moving into your hands... quite slowly at first... just with a faint tingling sensation which you might feel on the back of your hands... or perhaps in your palms... and then just imagine that feeling moving slowly along your arms... through your elbows... just imagine that comforting flow of air moving through your elbows into your upper arms... and then into your shoulders... both arms... both shoulders... maybe finding again that faint tingling sensation... perhaps in your elbows or forearms this time... then moving down through the body... down into your legs... and through the thighs... through the knees into your shins and calves... and again, you might feel that faint tingling sensation, just there, just below your knees... then down through your ankles and into your feet... and out through the feet... And you can find a great deal of calmness and easiness... in that rather strange idea that you can breathe in through your fingers... that you can actually feel the air moving through your whole body... in one single, warming, comforting...

unidirectional flow... and because it is a unidirectional flow of air... moving through your whole body in one single comforting flow... the calmness and relaxation you breathe in... simply doesn't get involved with the tensions and stresses that you breathe away from yourself... the calmness and relaxation that you breathe in... simply doesn't get involved with the tensions and anxieties that you breathe away from yourself... so that with each breath you take... with each word I speak... you find yourself becoming steadily more and more... relaxed... with each breath you take, with each word I speak... you

become steadily more and more... relaxed... beginning now, perhaps, to notice the weight of your head against the back of the chair... wondering if that weight might seem to gently increase as you relax even more... the weight of your feet on the footrest... wondering if that weight, too, might seem to gently increase... even as you think about it... and some people can find that sensation of total relaxation... that feels as if they are actually beginning to sink gently through the chair... actually beginning to sink gently through the chair... so that it seems almost as if the chair is beginning to envelop you... you are so relaxed... a good feeling... a feeling of great calmness and safety... great calmness... that increases with each breath you take, with each word I speak... as you continue to breathe in through your fingers... allowing that comforting, warming, relaxing flow of air... to move through your whole body and out through your feet... And this is something you can do for yourself whenever you want to... simply settle yourself into a comfortable position... with your eyes closed... then simply imagine yourself breathing in through your fingers... imagine that flow of air comforting and relaxing every part of your body... then breathing out through your feet... and each time you breathe out just say to yourself: "Relax... now..."... just saying: "Relax... now..." to yourself with each breath you breathe... will act as a trigger to your subconscious mind... and on the fourth time you say it... on the fourth time you say it... you'll find yourself to be more relaxed... than you've ever been before...

### This nicely done confusional-type script by Michael McKee can have many uses...

But you can remember that sometimes you see things and sometimes you miss them don't you. And you can think of a time when you were looking for something in plain sight and looked and looked and when you came back later there it was all along. And isn't it interesting to note that the unconscious mind can choose just what to notice and what not to notice.

There is a story of Milton Erickson who once went into a factory and noticed that the workers there could talk to each other and understand each other but that he couldn't hear a word they were saying because of the loud background noise of the factory.

He realised the unconscious mind can choose to not notice certain things. And there is another story of the town of Niagara Falls which was right next to the famous waterfalls. One morning the residents of the town all ran to each other and asked what was that loud noise. It took an outsider to remind them what silence sounded like... they had acquired the ability to totally tune out the noise of the falls and when the river was diverted so the falls could be reinforced because they were collapsing they hadn't made the transition to hearing without the background noise.

Now it is interesting that those people could go other places and find the lack of background noise quite natural but in their lives the unconscious mind had learned to simply tune out the noise of the falls.

And isn't it interesting to speculate just how your unconscious mind can manage to undergo the experience of not noticing to notice things? Take for example the color blue. It can be true blue but it can also be an emotional state. And I don't know just how exactly your unconscious mind can make the switch to thinking of blue as only the feeling. That's right. There are many color's and for a while your unconscious mind can forget to remember that feeling color and forget to even remember the name for that color that you don't need to notice. And you can notice many things. You can notice the color of the grass or the color of the tea you had back then for breakfast but isn't it easy to forget to remember that you don't need to even notice that particular colour. You might even be surprised that others notice some things that you don't but that is only natural. You are trained to notice some things that others notice so it is very easy to let others notice some colorful things that you simply don't notice. And you can not notice so easily....

For some things are here and some other things are over there and some other things are off color but we don't need to make jokes just yet. So letting the off color be off the other end of the spectrum of consciousness you can think of innuendo and maybe even make jokes of a different kind but some things are simply easier to not take notice of like

the speck of mascara on the old lady's face that belongs only around her eyes or the bad jokes that are so easy to forget that you might as well have not noticed in the first place.

### **Con't from page 2....The Spark**

place is ... as small as a grain of sand ... and ... as large as the Universe ... and as you feel it expand ... and contract ... in time with your breathing ... you can make yourself so familiar with it ... that it will be a place ... that you will want to return to ... time ... and time ...and time ... again ... and in these few moments ... which will, in this relaxed state, be all the time you need ... you become aware ... that somewhere in this place ... set in a safe corner ... there is an eternal spark ... the breath of the Universe ... that is the life force within you ... and you know that this spark was inside you already ... when you woke this morning ... when you were a child ... when you were a baby cradled in someone's arms ... even when you were in the womb ...this spark came into you at the moment that you were conceived ... and that tiny body grew and became you ... developing inside that safe warm place inside your mother ...taking your rhythm from the stars ... from the planets ... from nature ... naturally developing in the right way for you ... and when you were born ...you knew this place was deep inside you ... and you returned to it easily whenever you needed to ...and you kept returning to this place when you were a child ... and a young person ... and the spark continued to guide you ... through your life ... up to the time you came and sat in that chair ... a few minutes ago ...and this spark ... which is deep inside you ...where you are right now ... listening to me ... will continue to guide you ... right up to the end of your life ... and as you breath your last breath out ... the spark will carry the essence of you ... back to the Universe ... back to your home among the stars ... and the connection is there from the beginning of time ... to the end of time ... and as you take a few moments ...to gaze around this place of peace and calm and tranquility ... and know that the spark of life is always there ... safely guiding you ...and know that ... at any time you choose to ... in the future ... you can make this journey again ...to this place deep inside you ... and rest in the peace ... and calm ... and tranquillity ... breathing to the rhythm of the Universe ... stars all around you ... and the spark of life making the connection ... from the beginning of time ... to the end of time ... and now ... I want you to slowly retrace your steps ... coming back along the same journey that you took to this place ... and with every step that you take ...on this journey back ... you feel more energised ... you feel light and positive ... you feel alert and clear ... the sounds in the room and around the area are clearer ... the light is becoming brighter ... you are aware of your body in contact with the chair ... your hands on your clothing ... the air in the room on your face ...and every breath you take bringing you back to ... this time ... this room ... this town ... and ready for the rest of the day that is spread out before you.

### **FOR YOUR INFO:**

Many of the articles that are written for this newsletter come from wonderful websites I have stumbled upon, shared by other colleagues, sent to me by free hypnosis e-mail lists I am on, newspaper articles etc. or my own information that I am sharing with you. Where there is no name it is just a general information shared by many. You will always see the name of the person if someone submits there own personal information for credit. The WEB has a world of free information on Hypnosis and I have spent years tracking them down. All articles taken for the newsletter gives permission to use this information freely. *Roxanne Cortese, Editor*



N.A.C.H.

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HypnoLink 2005 Newsletter

TO:

FIRST CLASS

- *Year of Jubilee / Upcoming Workshops / The Spark Script / The Hand Breathing Script / Confusional Script / Topic/Presenter*

NEXT  
MEETING

TOPIC

**LIVE.....LAUGH.....LOVE**

An Evening of Humor with Bob Hertzendorf

**Wednesday  
June 15th**

Networking

**7:30 PM**

Dinner

**8:30 PM**

Meeting

Galloping  
Hill Inn

Union, NJ

No meetings July/August

**BACK BY POPULAR DEMAND.....**

Bob is back, bigger, better and funnier. Bob, who is a member of NACH, is a practicing HypnoCounselor, and former nurse. He recently appeared in Community Theater in Lakewood, New Jersey in the role of Banjo in the "Man Who Can To Dinner". He has done comedy and burlesque sketches in summer musicals, and recently played a role as Toni Merelli in "Lend Me A Tenor". Bob was also in a variety show based upon the comedian Rodney Dangerfield. Its good to get away for a an evening of friends, laughter and networking. Forget about work, stress, and pressures of every day life. This is our last meeting going into the summer. So lets get together as friends, let our hair down and support Bob for sharing his talents and humor with all of us. See you there, bring tissues, you'll laugh so hard, the tears will roll down your face.

**Remember.....**

**A smile, a laugh, an attitude and good thoughts are the best medicines.**