

HYPNOLINK 2004

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National Association
Of Certified Hypnocounselors

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NEWSLETTER

Board Members and Contacts

President

Dr. John Gatto, A.C.H.
Office: 908-964-4467

E-mail:

GGattohypno@aol.com

Web:

www.hypnoacademy.com

Board Of Directors

Anthony F. DeMarco, L.L.B. PhD
Lucille Durso, C.S.J.P.A., A.C.H.

Editor

Roxanne Cortese, CHP, A.C.H.,
Off: 908-561-1511
Fax: 908-561-7916

E-mail:

cj4yourhealth@comcast.net

Contributing Editor

Ed Hamowy, A.C.H.

Meeting Coordinator

Joyce Rudinski, A.C.H.

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

My Friend John Deepening Technique

This deepener is a variation of Milton Erickson's "My Friend John" method. It works well for resistant subjects as most people like to help others or show them what to do; consequently the subject, in showing his best friend how to go into trance, goes into trance himself (or herself).....Here's what to say:

"See that chair over there? I'd like you to imagine that your best friend is sitting there, wanting to be hypnotized, and that you're the one who is going to show him how to do it. So form an awareness of how your friend looks, whilst sitting there. Give the instructions to your friend after me (in your mind, if you wish)."

"Tell your best friend to close his eyes. Tell him to relax the tiny muscles around the eyes. Are they relaxed? Good, now tell him to relax all of the facial muscles and very slowly, very gradually, talk him through relaxing the rest of his body, working down from the head to the toes and the shoulders to the fingertips."

Give a long pause to allow your subject to carry out this instruction, intercepted with "that's right" "good", "relax", very softly. Watch your subject for muscle relaxation and change of skin color. Then continue:

"Now tell your best friend to breathe slowly, and deeply, in and out, deeper and deeper. Now tell him that in a moment one of his hands will begin to feel light and floaty. He might begin to wonder whether it will be the right hand or the left hand. Tell him that those fingers are lifting ever so slowly, ever so gently, off his lap (or wherever the hand is resting), and it is beginning to float all the way up."

This is an excellent tester to see how your subject is responding. By now his own hand should begin to lift, and when you observe the signs of this, encourage the movement by saying "lighter and lighter".

"And when his hand touches his face you will go into a very deep trance. You will hear everything that I say but you will feel so comfortably relaxed that you just want to sink deeper and deeper down into that wonderful feeling."

If by chance the hand does not move at all, deepen the trance further by asking him to take his friend down a very steep staircase. Be sure first though that he is not afraid of heights.

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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.

The Jig Saw Visualization

The following information is designed to set off the process of visualization and lead your client into an awareness of any unresolved issues of the moment. It works well for people who feel that something is wrong in their life but cannot pinpoint exactly what it is. Begin by asking your client to visualize a common, everyday object and ask him questions about what the object is. The colors of the given response indicate areas of concern. The following is an example of how this works.

As the client is sitting comfortably. Therapist says:

“I’m going to test the power of your imagination whilst you’re nice and relaxed. I want you to imagine that you can see a vase of flowers. Just imagine the vase of flowers sitting on the table over there; close your eyes to help your imagination along and then picture it clearly in your mind’s eye. Now tell me, what color is that vase? What is it made from? What sort of flowers are there in the vase? What colors are they? What do they smell like? How do they feel?”
As you ask each question, pause long enough for a reply. Then continue with:

“Now imagine yourself sitting upright in the chair and picture a small table standing in front of you. On that table are several different colored and different shaped containers; there are red, blue, yellow and green; some containers are square, box like, some cylindrical. Inside each one of these containers is a separate set of jigsaw puzzles. Nod your head when you can see yourself, sitting at the table, with the different colored containers. Good.

Now I want you to choose just one of these containers – any color and shape that you prefer – and take out the pieces of the jigsaw puzzle onto the table. Notice how there is no picture on the lid of the container so I have no idea what the picture will eventually be – neither have you at this stage. But it will be a picture of a scene or an incident that is closely connected to your present problem.

Your subconscious mind knows exactly which pieces it is looking for, and will help you to fit those pieces together so that you can see what the picture is. So start now, putting the jigsaw together – a piece here – a piece there – and you can do it so much quicker in this relaxed state – much quicker than you would normally do – and when you wake up in a few moments you will be able to tell me exactly what you saw in the picture as it began to build up.”

At this stage, pause for about five minutes to allow the picture to come together in your client’s mind, before counting him out of hypnosis.

If dialogue is not forthcoming, ask the client to describe what he saw, ask if there were people, children, clothes, animals, places, etc. Find out what was going on in the picture or what people are thinking about. Most people should have been able to visualize something which will describe their inner-mental state – whether in actual or symbolic form. Sometimes there are pieces still missing or the revelation may cause surprise or even abreaction – if the subject becomes upset then you can ask him to break up the jigsaw and put the pieces back into the box until he’s ready to re-examine them.

By noting the colors of the shapes that your client has mentally selected you could take the following list as an indicator or some underlying emotion which the subconscious mind has brought up.

Red would symbolize unconscious dangers, fears and phobias or aggressive sexual conflict.

Green is generally taken to indicate jealousy or sibling rivalry.

Yellow is a sign of cowardice or feelings of inadequacy but it can also symbolize optimism.

Blue is a sign of coldness or lack of feeling.

White indicates purity.

Purple is a mystical color and is often prevalent in hypnotic states.

Pink reflects the feminine side of one’s personality

Mays Meeting

What a wonderful presenter we had as well as fun with Jane Doherty. I'm sure she will be back again next year, talking about spirits and crossing over. Many purchased her book and she signed each one personally. **CONGRATULATIONS to Elizabeth Piano for winning the raffle.** I know we had to turn several people away because of no more room and not a correct headcount for food. It would not be fair to the people who paid in advance and confirmed a reservation to not get their seat and food. That is why we stress each month about calling in advance to let us know you will be attending. Once in a while we may be able to make an exception, but this workshop we couldn't. We had over 50 people and by letting in the extra 7-10 people means less food for the people who paid and a more crowded table because we now need to squeeze 1-2 more chairs in at the table. I did write in capital letters that seating would be limited for this meeting. Again we are sorry ,but sometimes we must stick to our decisions. See you at June's meeting.
REMEMBER.....no meetings in July or August, our next meeting will be September.

INFORMATION CORNER

THE GREAT POTENTIAL OF HYPNOSIS AWARENESS DAY

You have the exciting opportunity to participate in the NACH highly-considered Hypnosis Awareness Day for the General Public, tentatively scheduled for Saturday, August 7, 2004, at the Holiday Inn, S0.Plainfield. We have had excellent response to this proposal at our monthly NACH meeting on May 19th at which 50+ members attended the Jane Doherty Psychic presentation. This is your chance to further the understanding and acceptance of hypnosis by the public. Take a look at the attached Questionnaire and please complete and return to us ASAP. We need your help to make this a great success. Do it now!

UPCOMING WORKSHOPS AND CONVENTIONS

NGH Convention: August 13,14,15, 2004, Nashua, NH. To Register: (603) 429-9438. Hotel Reservation: (603)888-9970 @ Sheraton Hotel.

Prayers & Positive Thoughts Section

Note Bene: If you or any member that you know needs some prayers or positive thoughts, please send the info to our Editor, Roxanne Cortese so that she may post same. Let's help each other. **PRAYERS WORK**

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*

SAFE-GUARD (ANTI-RADIATION)



Tony DeMarco will give away free a Cellular Phone anti-magnetic wave device per the attached picture and description to everyone attending June's meeting. Must be present to receive one.

Safe-Guard: Cellular phones generate Electromagnetic Waves that are transmitted directly from your ear to the brain. Frequent use over an extended period of time can be hazardous to one's HEALTH. SAFE-GUARD is made of special ceramics and conductive materials to absorb and eliminate harmful **Electromagnetic Waves.**



Spirituality is Finding Your Self

Your *self* (small "s") is the person you are here on this planet. Your *Self* (capital "S") is the greater *energy* of the Universe that connects all of us. Learning about who you are, how you can control your world by changing your attitude, and learning to *respect* and *accept* others helps unite us together, strengthening that universal *energy* that keeps us alive. What you call this universal *energy* is unimportant. It is there, whether we see it, feel it or believe it. When we are in harmony with it, our lives are smoother and easier. When we fight it, we are only fighting our *self*. A house divided cannot stand; a person divided cannot function fully. Whether in the workplace or in our personal lives, our attitude about the world defines how our life unfolds. Make a choice today to live the fullest life possible - filled with friends and enjoyable work. The world will be a better place for all of us.

Please pray for my daughter Nicole, she needs long distance healing from all Reiki practitioners to strengthen her emotionally as well as physically. Just pray for her spiritual healing in her time of need now. Thank-you, Roxanne



N.A.C.H.
National Association of
Certified Hypnotherapists

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TO:

FIRST CLASS

HypnoLink 2004 Newsletter

Deepening Technique / Jig Saw Visualization / Free Gift / Winner of Raffle / Hypnosis Awareness Day / Topic / Presenter

TOPIC

Memories of God and Creation,
a book review with Todd Larchuk, Ph.D., A.C.H.

NEXT

MEETING

**Wednesday
June 16th**

Networking

7:30 PM
Dinner

8:30 PM
Meeting

Galloping
Hill Inn
Union, NJ

No meetings July & August

Todd will be reviewing the fascinating information that Dr. Shakuntala Modi, M.D. received from her patients during past life regression. The similar recalling's from many different patients, along with the remarkable healings that resulted in their lives, inspired Dr. Modi to write several books, Memories of God and Creation being the latest of these. Dr. Modi relates how her patients were able under hypnosis not only to recall past lives but also to describe events all the way back in time even before creation. Astonishing revelations reported in this book that Todd will review include descriptions of God before creation, the origin of evil, the purpose of creation, the purposes of our lives, what happens to us in heaven in-between lives.

To help everyone approach the material of the book with an open and receptive mind, Todd will first present a few mind expanding examples from modern science.

Todd Larchuk, Ph.D., A.C.H, received his doctorate degree from Columbia University in 1993 specializing in the area of quantum optics. He is currently working as a software engineer for Lucent Technologies in Holmdel, NJ. Todd is a graduate of the Academy of Professional Hypnosis, and recently opened a hypnotherapy practice in Red Bank, NJ.