

HYPNOLINK 2004

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National Association
Of Certified HypnoCounselors

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NEWSLETTER

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

CALL: 908-964-4467

(**payment due 5 days prior**)

3RD Wednesday of each month

MIND OVER PAIN..... from Infinity Institute

Try these techniques - using your imagination as a pain reliever. Imagine a clock with a single hand.

Noon represents the sharpest, most uncomfortable, most intense pain imaginable. Six o'clock represents total relief, a place where you are floating on a cloud - where pain cannot touch you. When you are in pain, set the pointer at the pain's level - 10 o'clock for instance. Inhale deeply, and as you slowly exhale, imagine the pointer sinking down towards 6 o'clock. Repeat as necessary and feel your discomfort drift away just like a cloud in the sky.

Take a couple of deep, slow breaths and allow your body to relax. **Imagine a sponge ball of pure energy resting on your lower abdomen that gently rises up in front of your body to your forehead.** As you exhale, roll the ball down the back of your head, neck, spine and the back of your legs and onto the floor. Notice how the ball is absorbing all of the discomfort, and removing it as it goes down your spine and legs to the floor and into the ground below.

Close your eyes and breathe deeply, allowing your body to relax with each breath. **Imagine a beautiful place that is peaceful and safe,** where you can do anything you want. Make it as vivid as possible, noticing sights, sounds, smells and touch. Notice how good it feels to be in this place where there is no pain, and remember that you can return here anytime simply by imagining it.

Close your eyes and imagine you are in shallow warm pool of crystal clear water. The water washes over your body and as it does it washes away any discomfort you may have been feeling. Just lie there with your head resting on some sort of support - soft and comfortable. Look up at the clouds in the sky - watch them change shapes and disappear into thin air. As you do, you notice that you are feeling much better. The water gently washes away your discomfort just like the clouds disappear into thin air.

Take a few minutes every so often to practice using your imagination to create the world you desire. *What the mind can conceive, the heart believe, the hand will achieve.*

The Eleven Signs Of Inner Peace

- Loss of interest in conflict.
- Frequent attacks of smiling.
- Frequent overwhelming attacks of appreciation.
- Loss of desire to judge in judging other.
- Unmistakable ability to enjoy each moment.
- Tendency to think and act spontaneously rather than from fear based on past experience.
- Loss of interest in interpreting the actions of other.
- Loss of the ability to worry (a serious symptom)
- Contented feelings of connectedness to others and nature.
- Increasing susceptibility to love extended by others as well as an uncontrollable urge to extend it.
- Increasing tendency to let things happen rather than make things happen.

Author Unknown

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.

For the person who has been diagnosed with MS, an excerpt from the cassette tape, *Relaxation/Stress Control*,
From Anne Spencer, published by Infinity Institute.

For the person who has been diagnosed with MS, the very first use of hypnosis would be to learn the relaxation process. In doing this the body, mind and spirit begin to come into harmony and balance. Anyone who has a disease is out of balance and needs to learn basic techniques to recreate equilibrium. The following is an example of relaxation through hypnosis. an excerpt from the cassette tape, *Relaxation/Stress Control*, published by Infinity Institute.

"Now, sit in a quiet comfortable place, not a moving vehicle. Hands in your lap, legs uncrossed and feet flat on the floor, or you may prefer to recline on a lounge or bed with your arms and legs extended. Close your eyes, tilt them slightly upwards, and begin to relax slowly... Take a deep breath and on the exhale, imagine and repeat to yourself the number 3 three times... Take another deep breath and on the exhale repeat the number 2 three times... Take another deep breath, and on the exhale repeat the number 1 three times... You are now at a deeper more relaxed level of consciousness than you were when you began. Notice how relaxed you are. Each and every time you take a deep breath, you will go deeper into relaxation, want that to happen and let it happen. If you could be more comfortable, let that happen. Mentally focus on your toes. Release and relax your all tension and pressure from your toes. Focus on the soles of your feet, release and relax all the tension from the soles of your feet as you go deeper and deeper into relaxation. Focus your sense of awareness on the heels of your feet, release and relax all pressure and tension from this part of your body as you go deeper and deeper into this wonderful state of complete relaxation. Notice how when you relax, your feet begin to get warmer and feel more comfortable, or perhaps they are beginning to feel very heavy, like lumps of lead. That is normal for this state of consciousness. Some people feel light like they are floating, while others feel profound relaxation. Whatever you feel this is how your body is responding to the suggestions. This is how hypnosis feels. You can hear my voice, sometimes I may seem to fade away, that is all right, it too is normal. Your inner mind is taking in all of these directions and your outer experience is what you are aware of. You are doing fine. Now focus your attention on the calves of your legs, release all tension from them, let go and go even deeper into relaxation. Let that feeling of relaxation continue to go up to your knees, release, relax and let go. That's right, you are doing fine. Relax your thighs, release all the tension as you go deeper and deeper. Focus your sense of awareness on your hips, release all tension from that part of your body as you go deeper and deeper, allowing yourself to go to the abyss of relaxation. Focus your sense of awareness on your abdomen, release and relax that part of your body, and cause the abdominal organs to function in a normal healthy way as you go deeper and deeper into relaxation. Focus your attention on your chest. Now release and relax all pressure and tension from that part of your body, and cause the organs within the chest to function in a normal healthy manner as we go deeper and deeper into relaxation. Let go of all tension with every breath you take and with every word that I say. Focus on your arms, release and let go. Letting go, so that even your fingertips feel relaxed. Focus on your shoulders, release and relax all tension from your shoulders. Let them become loose and limp like cooked noodles, good you are doing fine. Take a deep breath and go deeper. Your shoulders and arms are loose and limp. Notice how good that feels as you go deeper and deeper into relaxation. Focus your sense of awareness on your throat and neck. Release and relax all tension from this part of your body. Place it in a deep state of relaxation, going deeper every time. Focus your sense of awareness on your face. Now, release and relax all tensions and pressures from this part of your body, and place it in a deep state of relaxation, going deeper and deeper as we continue. Focus you sense of awareness on your eyes and the muscles around your eyes. In fact relax your eyes to the point that they won't open, when you are sure that they won't open, try to open them and you'll go into a deeper state of relaxation. Stop trying now and go deeper. You are doing fine. Release and relax all pressure and tension from your head. Place your head in a deep state of relaxation, going deeper and deeper as we continue. Focus your sense of awareness on your scalp. Release and relax all pressure and tension from that part of your head completely.

You are now in a state of complete relaxation. This is a wonderful and healing state to be in. You can return here any time you wish by taking three deep breaths, closing your eyes and repeating the numbers 3, 2 and 1 three times, and this is so". May I suggest that you put this on tape yourself, or have someone read this part to you. You will notice benefits the very first time you use this process. Hypnosis is cumulative. It is like compound interest, the more you invest in using it, the greater the rewards.

The script continues with a visualization of a quiet scene, walking down a staircase of relaxation, and positive affirmations. Positive affirmations are positive self talk. It is important to have positive self talk repeated as a way to eliminate the negative self talk. Hypnosis used in this way contains relaxation, mental imagery/visualization and affirmations. Once a client learns to use hypnosis then the script is developed to meet the particular needs of the day. For example, feeling warm, comfortable and flexible might be a goal for the MS person. The mental imagery might be one of sitting in a hot tub moving legs easily and effortlessly (E&E) and eventually doing leg bends E&E. For a person who liked dancing an image of themselves dancing on a warm August night in the moonlight with their favorite person can produce healing results. Other images used might be more clinical, for example the muscles themselves being like rubber bands able to expand and contract E&E on command. The mental imaginings are endless and infinite in design.

The important ingredient for all of hypnosis to work is **desire, belief and expectancy!** Goals must be attainable, at least in the mind, and they must also **s-t-r-e-t-c-h** the goal planner to greater quests. The body can achieve what the mind accepts and the heart believes. All disease is stress related, therefore it is important to seek every avenue of putting the body, mind and spirit back into harmony and balance. This includes nutrition, exercise, work, profession, environment, housing, friends, relationships, entertainment, TV viewing, etc. The mind controls the brain, the brain controls the body and the body reflects the inner self-talk. **Health is a natural state, lack of health is unnatural.** Hypnosis can and should be an integral part of any natural health care plan. There is an old saying, "*People don't plan to fail, they fail to plan!*"

Hypnosis sessions are short term and with the aid of spaced repetition through cassette tapes for reinforcement, the client can achieve positive results the very first visit. Because therapist and client work together to reach the stated goal, the number of sessions depends on the client's ability and receptivity to the process, usually 5-10 sessions.

Dr. Conte's Chakra Balancing Affirmations

1. I trust my Higher Self to fulfill my basic needs. My life is filled with prosperity and happiness.
2. I accept and acknowledge my sexuality. My physical health and mental health are strong and pure. I am worthy of love and sensual pleasures. Life will offer me whatever I need for total happiness and fulfillment.
3. In a smooth and healthy way, I release all my repressed, unresolved and negative emotions. I now claim my personal power over my thoughts, desires and actions. I have a strong and a healthy immune system.
4. I easily and freely give and receive love. My heart is healthy and strong and filled with love. I am a wonderful child of God and deserve love. I now forgive myself and others for all past transgressions, mistakes and misunderstandings.
5. I easily, tactfully and freely express my deepest feelings and emotions. My speech is compelling, yet compassionate and responsible.
6. My inner vision is strong and clear. I trust my intuition. The answers to my life's challenges are clear to me.
7. I accept and embrace my spirituality and divinity. I now give myself permission to function in perfect health and harmony- physically, mentally, and spiritually.

(Requested by the members after his talk at the last meeting. Thank you Dr. Conte for a wonderful journey.)

INFORMATION CORNER

Today I only allow positive energy to flow through me. Today I feel vital, abundant and

UPCOMING WORKSHOPS AND CONVENTIONS

IACT Convention in Atlanta, May 26-May 31, 2004 at which Drs. Gatto and De Marco shall present a one day HypnoTapping workshop, and 2 one hour seminars.

NGH Convention: August 13,14,15, 2004, Nashua, NH. To Register: (603) 429-9438. Hotel Reservation: (603)888-9970 @ Sheraton Hotel. **If you cannot get a room at the Sheraton, Roxanne has room for a room mate at NGH, interested call her at 908-561-1511.**

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 their 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 give permission to use this information freely. *Roxanne Cortese, Editor*

NLP for Successful Surgery By Cheryl Beshada, CHT

Visual Suggestions:

1. See your body healing.
2. See yourself walking comfortably after surgery.
3. It appears to me that you'll do just fine.
4. See your incision healing quickly.
5. Picture your incision just fading away.
6. Beyond a shadow of a doubt, your body heals much faster than you think.
7. You can plainly see your body healing.

Auditory Suggestions:

1. You hear that you're doing just fine.
2. Your mind communicates the message of Speedy Healing to every part of your body.
3. It's clear to me that you heal quickly and completely.
4. To tell you the truth, you feel comfort and relaxation.
5. You easily tune into your Inner Healer for complete and speedy recovery.
6. I hear that your surgery will be a total success.
7. You are well informed of the powers of hypnosis to heal your body quickly and easily.

Kinesthetic Suggestions:

1. Your mind accelerates the healing process.
2. Surgery goes smoothly.
3. You are being rejuvenated and restored to perfect health.
4. You experience only pleasant sensations of healing.
5. Your body heals very quickly.
6. Your heart continues pumping at the perfect rate for your good health.
7. Your blood pressure is at the perfect levels for your good health.

Picture ... Hear ... and See all the love and light and support that you have all around you and know that this is with you before, during and after surgery, just as strongly, just as surely, just as powerfully as it is now ... **and this is so**

Quotes To Live By

Belief consists in accepting the affirmations of the soul; unbelief, in denying them.

You must begin to think of yourself as becoming the person you want to be.

One comes to believe whatever one repeats to oneself sufficiently often, whether the statement be true or false. It comes to be dominating thought in one's mind.

We cannot always control our thoughts, but we can control our words, and repetition impresses the subconscious, and we are then master of the situation.



N.A.C.H.
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TO:

FIRST CLASS

HypnoLink 2004 Newsletter

• Mind Over Pain / Relaxation for MS Patients / *Information Corner/ NLP for Surgery / Chakra Affirmation / Presenter/Topic*

TOPIC

A SUPERNATURAL EVENING

With Jane Doherty

NEXT

MEETING

Wednesday

MAY 19TH.

7:00 PM

Networking

7:30 PM

Dinner

8:30 PM

Meeting

Galloping

Hill Inn

Union, NJ

This program will be an action-packed, experiential evening exploring the unknown with noted psychic, Jane Doherty. You will be treated to highlights of the funny and not-so funny experiences of being a psychic, the spirit world, as well as discover why you have not, yet , recognized your own psychic ability. You will leave this presentation with a basic plan and simple steps for you to awaken your own gift, including how to use what you already know -hypnosis- to facilitate the process. **One lucky winner will win a gift certificate for a private consultation with Jane or a chance to be at her next séance.** Jane's book, *Awakening the Mystic Gift*, will not be released to book stores until the fall, but she will have copies for sale at the presentation and will be glad to autograph them for you.

Jane has been named "**One of the Top Twenty Psychics**" in *Woman's Own magazine* and has appeared on numerous television shows, including the **Today Show, Fox Network News, CNN, the Daily Show on Comedy Central, NBC News, Sightings and Reuters News media**, and featured in dozens of live radio talk shows, magazines and newspapers, including the **New York Times, Philadelphia Inquirer, NY Post, Woman's World Weekly** and the *Industry Standard*.
BOOK EARLY FOR THIS MONTHS MEETING LIMITED SEATING

June Meeting

Memories of God and Creation, a book review with Todd Larchuk, Ph.D., A.C.H. Todd will be reviewing the fascinating information that Dr. Shakuntala Modi, M.D. received from her patients during past life regression. 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.