



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

The Mentalist TV Show

NEXT

MEETING

Wednesday

April

15TH

I have had more people come up to me and ask me about the type of hypnosis and suggestions being made on the TV show "The Mentalist". I actually watch this show and enjoy it, but every time The Star uses hypnotic techniques and post hypnotic suggestions I cringe. He makes it look so easy that a hypnotist can quickly and easily give anyone a post hypnotic suggestion and that when he touches them they blurt out all the information that he requires.

Since TV is the source that most people believe when they see or hear something, I feel the way hypnosis is being used on this show is very negative for our business and destructive.

As we all know the first question from our clients is, "Will I say anything against my will or talk about my secrets?"

Well according to the show, you will. I feel as a group from all organizations we need to file a petition about how they are portraying hypnosis. Like with many professions we need to be portrayed with respect and not unrealistic. When TV starts hurting our profession we need to stand united and correct what is being broadcast on this show.

Again this is just my personal point of view. I would be interested in the members opinions.

Roxanne Cortese

IN THIS ISSUE

- The Mentalist
- Hypnosis for Billiards Script
- April Stargaze
- To Your Health
- Meeting Pictures
- Past Life Article Corene Noack
- Jigsaw Script
- Upcoming classes
- Topic/Presenter



HEALING ENERGY CIRCLE A HUGE SUCCESS

Our March 18th, 2009 NACH-NGH Greater New Jersey Chapter meeting was the 'kick-off' of a Healing Energy Circle among the people attending the dinner meeting. Member, Patty Pedersen rendered a beautiful presentation so that persons in need of healing may receive it from a group concentrating on sending this energy through the universe. Thought and prayer are extremely powerful and we are beginning to realize that Distance Healing is real and rewarding. Patty shall conduct a Healing Energy Circle again at our next meeting on April 15th. Any member may email the name, location, and issue of a person or persons to us, or give the information on the night of the meeting, and Patty shall read all of the names so gathered and then lead the group in sending energy to those in need. Please be prepared to give the information at the beginning of the meeting so that Patty has to time to assemble the list. This is a chance to expand your horizons and help others. We all benefit from the power of prayer and energy, and in a group the power multiplies rather than adds. You will be surprised to feel the energy yourself and to begin your own healing. You owe your participation to yourselves!

Hypnosis For the Billiard Player

"I/Your am/are excellent at billiards. Your/My strategy is perfect. You/I naturally make the right moves. You/I stroke the cue ball with perfect speed and English for the shot. Your/My stance is perfect and comfortable. Your/My bridge is solid and allows the stick to strike the cue ball flawlessly. You/I play perfect position; placing the cue ball exactly where you need it to be for your/my next shot. You/I use perfect English; inside, outside, top and bottom. You/I understand diamond systems and use them to pocket balls. You/I run balls along rails perfectly. You/I shoot combination shots perfectly. You/I pocket balls in the side pockets, you/I pocket balls in the corner pockets, and you/I adjust your/My stroke to bank balls perfectly. You/I know where to aim on the rail to kick balls and you/I do it perfectly in you/My game. You/I know how to carom your/my ball off other balls and you/I do it perfectly. You/I know what English to use to get a break out and you/I do it perfectly. You/I absorb instruction, both visual and read, and apply it perfectly in your/my game. Your/My observation of other people's shots is photogenic and you/I use this to learn more and improve your own game. You/I am/ are confident you will win when you/I play billiards. You/I adjust easily to different tables, felt, rails, and balls. You/I excel at billiards. Your/My key words for post-hypnotic suggestion are **"perfect shot."** Luck is always on your/my side. You/I get all the rolls. Your/My subconscious mind does all that is necessary and proper to pocket balls. You/I run racks. You/I see clearly which ball to hit and how to position the cue ball for your/My next shot. You/I adjust subconsciously to the rack you/I am/are given to make balls on the break. Your/My subconscious mind knows when and how to play safe, and you/I do it perfectly. You/I set your/My partner up with perfect position when I/you play scotch doubles. You/I hook my/your opponent when you/I need to You/I strike the cue ball where it needs to be for your/my next shot. You/I am/are excellent at billiards and get better every time you/I play.

You/I am/are calm when I/you play billiards. You/I look at the table and know exactly what to do and do it. When you/I shoot billiards you/I think **"perfect shot" and you/I excel".**

Your/my subconscious mind's self image is how your/my subconscious mind sees you. It is how you/I am/are if you/I act the way that is most easy.

One way to think of your/my subconscious mind is as a robot where the robot responds to the programming it has received. That programming is everything you have been exposed to and thought to be true at the time. The conscious mind is like a filter, filtering out what it believes to be not true. Unfortunately much of what we have been exposed to occurred before that filter was in place, before age 5. You would think that your conscious mind would be in charge, but that is not the case. In many ways your subconscious mind, the robot, is in control. We do things all the time that we consciously do not agree with (addictions, destructive behaviors, etc.), but it is all but impossible to do things over time unless your subconscious mind, the robot, agrees with them.

The new technology in sports psychology has to be hypnosis. Research shows dramatic improvement when the mind is focused and experiencing new skills and abilities while in trance. Imagery and visualization are part of the puzzle, but the most significant method to improve your game, is the use of hypnosis. Your underlying beliefs must be in agreement with your goals. Most common blocks to winning have to do with worthiness and the belief that you deserve to succeed and win. Hypnotherapy and NLP techniques can uncover and release these negative programs.

You cannot fight your subconscious mind, because you are fighting yourself. The only course that works over the long run is to upgrade how your subconscious mind sees you, the subconscious self image.

There are so many individual sports that we do not think of focusing on to use hypnosis. It seems "GOLF" is the only one that there are workshops on.

Billiards is an [International Sport](#) that has grown in the past few years. Its on TV now also.

Since I am on a POOL league, (can you believe that?) Everyone I come in contact with are very negative, angry people when they don't make a shot or talk negatively about their skill level and shot making.

So I have decided to focus on making a CD on Hypnosis for Billiards. It is a totally new area to get into, BUT, you need to learn about pool to instill positive suggestions, like what's in this short script.

What will set you apart from other hypnotherapist's is knowing your sport down to the smallest detail.

Roxanne

April Horoscope with Judy Lewis

Aries - A preponderance of energy as the Aries native enjoys their solar return. Sun, Venus, and Mercury in the 11th house of your chart indicate a new positive and forceful change in direction. Your hopes and dreams may have been somewhat modified over the past two years but your perseverance and luck are strong factors in planning a new and exciting life. This is the beginning of your New Year and it will be a happy one.

Taurus - The Taurus sun in the 12th house may find you reminiscing about what might have been. The past is gone with its sometime sadness, but today holds the seed of prosperity and success. Turn the page on pain and close the door to regret. This time period will motivate you to heights you never knew existed. Just accept the simple concept that you too can be happy and leave the rest to the universe.

Gemini - The moon in the 2nd house governing finances suggests a tumultuous cycle for the month of April. This is the time to keep focused and most of all, maintain your psychological balance. You are not the only one suffering economically. The winds of luck bring opportunities that will stabilize your money issues. Just remain steady on the sea of April and by mid-May you will be singing "Happy Days are here again."

Cancer - Many times known for their reserved nature, somewhat like their symbol the crab, it is said the Cancer native hides away from stress in a shell. Third house aspects in April with a Mars trine may be pushing the Cancer native to take on work in the neighborhood. Volunteering to clean a park and start a garden, showing up at town meetings are all part of the astral energy. Your community spirit is high in the month of April.

Leo Don't believe the news reports of gloom and doom. The Leo native in the month of April may be on the verge of making a great windfall with stocks, bonds, or real estate. Don't overlook any opportunities that are placed at your feet. Possessing a clear head, positive attitude, and a little confidence, you could be leaving April with a whole lot more money than when you entered.

Virgo - The 5th house Saturn may find your creativity and your romantic life suffering during the month of April. Not a good time for speculation in love or money. The astral advice suggests that you keep silent and cautious now. Hold tightly on to your heart and pocketbook. The month of May will release any restrictions and an overall glow of happiness will return.

Libra - The month of April is a great time for karmic evaluation and soul searching. Throw in a few preventive health exams and you will have a prescription for progress for the whole year. A lean and mean, Libra machine will be able to fight and win in this game of life. Complications no longer hold any appeal and the astral energy will chisel a new, improved Libra out of the overdone dramatic energy of the past.

Scorpio - Your work ethic can never be questioned but activity to the 6th house ruling employment is giving you a seemingly sluggish attitude. This must be acknowledged and dealt with before your past strides are wiped away. It is a great time for a mini vacation, a health spa, or some other retreat that allows you to recharge. May brings with it the star pattern that revitalizes your life but in April it's best to stay behind the scenes.

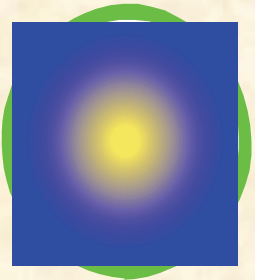
Sagittarius - Sag, in your ambitious hurry to achieve, you may be stepping on the toes of a few friends. Your natural love of gambling is fun but taking a chance on loved ones can make you a big loser. Don't gamble with the real gold of life, true friendship. An aspect to the 7th house, governing partnerships, is much better in the month of May.

Capricorn - Eighth house energies may find your sleep rocked with the activity of dreams. Psychic impressions and visits from those relatives that have passed on should be analyzed with the skill of a detective. What are they trying to tell you? Should you be changing the course of your life? Are you fulfilling your destiny? Cap, your life is more than work. It's about service to the world, your family, and living up to the potential in your birth chart.

Aquarius - Aquarius, with Neptune conjunct Jupiter, you have the ability to achieve your most ambitious goals. In the back of your mind, ever since you were a child, you have thought of being a certain kind of person. In April you can forge ahead with the help of the universe. No goal is too high and no dream is too big if you act now. If you don't, you will have to await another Jupiter return in about 12 years for your success.

Pisces - Your corresponding tarot card is the number 12 in the major Arcanum, called the Hanged Man or the Martyr. You must admit you do have the tendency

Astrology is a long-established method of exploring ourselves, our [relationships](#) and our place within the world. It works by taking a look at the significant environmental influences operating in a particular place at a given time - as expressed through the [horoscope](#) in the symbolic relationships of the heavenly bodies. Astrology, the science of the stars, can give us insight into all manner of situations, from the personal to the political and from the most intimate to the most mundane.



Stargazine 2009

All rights reserved

Stargazing

709 Broadway, Bayonne, NJ

Judith Lewis

stargazine1@aol.com

201 339 4555

stargazingonline.com

Mindfulness Meditation

Mindfulness is a type of meditation that essentially involves focusing on your mind on the present. To be mindful is to be aware of your thoughts and actions in the present, without judging yourself. Research suggests that mindfulness meditation may improve mood, decrease stress, and boost immune function.

1. Find a quiet and comfortable place. Sit in a chair or on the floor with your head, neck and back straight but not stiff.

2. Try to put aside all thoughts of

the past and the future and stay in the present.

3. Become aware of your breathing, focusing on the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall, the air enter your nostrils and leave your mouth. Pay attention to the way each breath changes and is different.

4. Watch every thought come and go, whether it be a worry, fear, anxiety or hope. When thoughts come up in your mind, don't ignore or suppress them but simply note them, remain calm and use your breathing as an anchor.

5. If you find yourself getting carried away in your thoughts, observe where your mind went off to, without judging, and simply return to your breathing. Remember not to be hard on yourself if this happens.

6. As the time comes to a close, sit for a minute or two, becoming aware of where you are. Get up gradually.

Any articles you may come upon that you would like to share with the members, please send them to me. I know we are all on computers all day long, share the information.
Roxanne

**TO
YOUR
HEALTH**

I found a great place to purchase organic essential oils that are made as you order it. Good price. Go to my website and look up his link. Highly suggest his oils. Roxy

Past Life Regression by Corene Noack, Member NACH

I believe in reincarnation and everlasting life. Curiosity about these ideas led to my lifelong study of past life regression through Hypnosis. The following is my theory. I believe our Spirits exist forever. We spend time between lives in an afterlife, where we have full access to "Universal Knowledge". This Universal Knowledge is a record of all things and experiences of the past, present, and future. Spirits communicate effortlessly. I do not think that a person needs to believe in God or even have an awareness of the possibilities of existence beyond life to come to this afterlife. The truth is like physics, it is true for everyone. To people who think there is no God and no existence beyond our lives, I say, "When I see you in the afterlife I will say, 'I told you so!' " I believe we have human lives for experience. We feel exultation and devastation during life as humans. These experiences teach valuable lessons. Through reincarnation we receive our education and most importantly learn to connect with others. My definition of God is all of us together: humanity, plants, animals, objects of the Earth, spirits, and beings of the Universe. All of us are interconnected like the Internet. The Internet consists of individual computers, which have various types of hardware that give them the ability to perform tasks and have connectivity with others.

We are like individual computers. We have a database and processors in our brains. Our hardware consists of our mouths, eyes, and so on. These parts allow us to communicate, perform tasks, and connect with others. Our success in life is based on our ability to make connections. Our first connection is with our mother. Next we seek out family and society. After death we reach out to the Universe.

Like computers, we also have the ability to have wireless connections (ESP, mind reading, and clairvoyance). Not all people have the ability to read and write or can experience wireless communications. There are ways to open these connections. Education and practice strengthen reading and writing skills. Likewise, our wireless skills can be strengthened through meditation and self-hypnosis. My father told me to use my mental powers. He showed me how he could visualize and focus on the structures inside his body and heal them. I was not sure I believed him then, now I do. Between 1843 and 1846 Dr. James Esdaille performed hundreds of major surgical operations using mental anesthesia alone. Patients said they felt no pain and none of them died in surgery. His hypnotic suggestions helped his patients fight the onset of infection giving them an unusually high survival rate. I would like to see more health professionals embrace the benefits of hypnosis and incorporate it daily in treatments and therapies. Humans have made remarkable advances in my lifetime and will continue to advance in unimaginable ways. It is my belief that Hypnosis will help.

JIGSAW HYPNOSIS SCRIPT

"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. Black is a symbol of despair and gloom.

Pink reflects the feminine side of one's personality.

These color interpretations are a rough guide only. The best way to interpret a color is to find out what it means to the person involved.

Hypnotic World

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.

MARCH MEETING PICTURES



Audience Participation to Relieve Allergies

Fall Academy Hypno-Counselor Certification Course Schedule for 2009

Approved by the National Guild of Hypnotists, the largest hypnosis organization in the world. Become certified by the Academy of Professional Hypnosis.

TQ; All Persons Interested in Hypnosis Certification.....call Dr. John Gatto at..... (908) 964-4467.

Or Email Dr. Gatto at: info@hypnoacademy.com Or go to www.hypnoacademy.com

to print your registration form.

The Academy of Professional Hypnosis, the first school of Hypnosis to be licensed by the State of New Jersey, Est. (1991)

Schedule:

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (Est. 1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified Hypno-Counselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the FALL session where excitement awaits you.

Basic Hypnosis.....Oct. 3rd and 4th and 10th and 11th

Advanced Hypnosis.....Oct. 17th and 18th and 24th and 25th

Advanced Clinical Hypnosis Certification..... Oct. 31st, Nov. 1st. and Nov. 7th and 8th

EACH COURSE IS2 WEEK-ENDS

NEW INCOME

THE PRESENT STATE OF OUR ECONOMY DICTATES ACTION TO CREATE NEW INCOME OR SUPPLEMENT YOUR PRESENT INCOME. FALLING BEHIND ON OBLIGATIONS CAN HAPPEN VERY QUICKLY. TAKE STEPS NOW TO ENHANCE YOUR FUTURE EARNING CAPABILITIES. OUR ACADEMY OFFERS THIS POTENTIAL TO PERSONS INTERESTED IN HYPNOSIS CERTIFICATION AND TO THOSE WHO HAVE STUDIED AT OTHER INSTITUTIONS WHO DESIRE TO LEARN DIVERSIFIED PERSPECTIVES AND PARTICIPATE IN EXTENSIVE TEACHER-SUPERVISED, STUDENT-TO-STUDENT, HANDS-ON TRAINING INVOLVING ONLY REAL-LIFE ISSUES. ENTER A RESPECTED PROFESSION, WHILE ALSO GAINING SELF-CONFIDENCE, SELF-ESTEEM AND THE EXCITING TECHNIQUES TO USE IMMEDIATELY FOR CLIENTS, FAMILY AND YOURSELF .

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 Hypno-Counselors, (NACH), NGH nor of its editors or officers. All information is printed with permission or comes from a free informational website. All persons will be credited if available for any rewritten information.

Thank you- Roxanne Cortese, Editor

Feel free to copy this schedule on the classes and send it to your local newspaper under "around town" to help us spread the word.

CEU Credit Hours

2009 MEETING DATE

Wednesday: April 15th, 2008

Networking: 7:00 PM

Dinner: 7.30 PM

Meeting Place:

Galloping Hill Inn, Union, NJ



DIRECTIONS:

PARKWAY: get off at exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road towards Union.(908) 686-2683. **ROUTE 22:** Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make right on Salem Road and go to the end. **STATEN ISLAND OR LONG ISLAND:** Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, make a left turn on Salem Road and go to the end.



NACH and NGH

Working Together

The Appointment Book is the best place to write down the years meeting dates. This is where we set up our days. Please remember that the meetings are always on the 3rd. Wednesday of the month.

You receive CEU credits for attending meetings.

PRESENTER: *Joe Peoples* **TOPIC:** *Stage Hypnosis Show*

There are quite a few members that have not seen live stage hypnosis shows and we would like everyone to see one 'in action'. Stage hypnosis kept hypnotism alive in the 'dark days' before the hypnotism renaissance of the 1950's. It does incorporate some of the principles that we use in clinical hypnosis and you will see similarities in the approaches of selection of audience candidates, the induction, the hypnotic state, the suggestions, and the responses, along with any deepening and ultimately the awakening.

Come join us for an evening of entertainment while learning how Joe Peoples' "The Stage Hypnotist" utilizes his stage skills in his practice.

Joe Peoples BIO

Several years ago, as a result of taking a Stage Hypnosis workshop, Joe decided to pursue the study of hypnosis and is a graduate of the Academy of Professional Hypnosis. He is a Practitioner of both Neuro-Linguistic Programming and Neuro-Semantics and is a member-in-standing of Stage Hypnosis of the World, an

organization comprised of stage hypnotists.

He also is a graduate of the Ultimate Stage Hypnosis Training and combines stage techniques in his clinical interventions, believing that play is an integral part of relating to the Inner Child and an elegant way to gain rapport with clients. Joe is also our official NACH photographer and we look forward to him showing his other talents to all of you.

Another Great Evening to invite family and friends

Board Members

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.

ADVISORY BOARD

Ed Hamowy, A.C.H.

Pat Conte, MD, A.C.H.

Editor

Roxanne Cortese, CHP, A.C.H. ,

Off: 908-561-1511

E-mail: cj4yourhealth@comcast.net

WWW.JerseyHolisticCenter.com

Contributing Editor

Ed Hamowy, A.C.H.

Meeting Coordinator

Joyce Rudinski, A.C.H.

Photographer

Joe Peoples

Reservations

Members.....\$22.00

Non-Members.....\$25.00

At the Door..... \$2.00 Extra

CALL: 908-964-4467

**Please send your check in on time.
Just showing up causes problems
with seating**