



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
October
21

WORLD HYPNOTISM DAY

OK, it's not until January 4, but it would be worthwhile to start planning for it today. World Hypnotism Day is just for us, and it is truly international! Why not log onto the website, www.worldhypnotismday.com, and start using the valuable resources there right now? There are hundreds of ideas and suggestions there for marketing, as well as royalty-free music. Hypnotists all over the world use World Hypnotism Day in their marketing, as well as in e-mail signatures. Have you thought about using that day to promote your practice, in your town. Think of World Hypnotism Day as the Super Bowl of hypnotherapy, with you selling the tickets and hiring the half-time act!

2009 MEETING DATES

October 21 November 18 February 17, 2010

No sessions December & January and July & August

Use this as a positive reminder of our upcoming meeting dates!

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Headaches and Hypnosis

It's no secret that the most common cause for headaches is stress. Did you know that hypnosis stress reduction can help eliminate those headaches quickly and effectively? The equation is simple: stress brings on headaches and headaches and hypnosis can release stress. the first step is to create a calm peaceful environment for hypnosis, either with a therapist or alone, using self-hypnosis. Hypnosis geared specifically to reduce headaches has been proven to help balance the immune system, alter the chemicals released in the brain, and create a different physiological state when a person is subjected to stress. All this adds up to being headache-free...for good! *Source: hypnosis.lifetips.com*

From the Editor by James M. Giunta

As the summer has turned to autumn, the changing seasons remind us that change is inevitable, going on all around us, all the time. One day the temperature drops considerably, suddenly getting our attention. If we had been watching more closely, we would have seen the signs of change all along. The first day of autumn can seem like a typical summer day. Then, a day comes that's nothing like summer, and we become conscious that the seasons are changing all the time, the giant wheel of the Universe doing its thing without prompting, and unstoppable.

Seasons change within us, too. Societies condition us to changes that most people don't question or rebel against. This season signals everything from calls to action to a new wardrobe. In September, we go back to school. For those who don't attend classes, there are other effects to be considered, such as changing traffic patterns and volume, school buses and pedestrians, and changes in sporting events and cycles.

There are subtle changes that go on within us, too. We tend to go inward during the colder seasons. If you decide to go with the flow of our seasonal society, this is the time to choose a project and begin to plan it by visualizing the outcome, the process, and gathering resources.

Autumn and winter are the seasons when it seems more natural to stay indoors, and also spend more time with our inner thoughts—developing, planning, and producing. Not only do we stay indoors more, but we also go inward, listening more to our inner voices of creativity.

Our clients feel the changes, even if they don't acknowledge them consciously. Stresses that are com-

mon place during the summer months seem different these days. There seems to be more pressure. Why? Because we are seasoned to begin bigger projects in September. Society has taught us to choose, plan, stay on track. Don't fall behind! Get good grades and keep up with expectations. And when, at a certain age, attendance at school stops for most people, we are still left with seasonal expectations that we are to be productive and conventionally successful.

Fortunately for our clients, they are seeking help from us, their subconscious behaviorists. We can understand the forces that drive them. All we have to do is learn to understand the trance that they're already in, then help them learn to break their undesired pattern so that they can go on with their conscious desires.

Seasonal change can be used as a metaphor for our clients, just as it is a metaphor for creative cycles and productivity. Anyone can understand that different seasons have different expectations and challenges—as well as rewards. If we choose worthy goals in autumn, we can work on them throughout the winter, and in spring everything will turn green. All of our efforts blossom as the frost fades and buds appear all around.

So what's in store for all of us this year? Something different for each of us! Something that we're already building, consciously and subconsciously. Let me ask you a question: Do you consult a hypnotist for help in achieving your goals? If not, I know a really great place where you can meet one: at our monthly meetings in Union! I hope to see you there this winter, while we create our successes and embrace the changes that are inevitable.

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October Horoscope with Judy Lewis

Libra -The Libra native at times has been deemed lazy, but that is far from true. It is the total distaste for confrontation that has them indecisive and missing in action. Now, however with Jupiter well aspecting your Sun you are focused and forceful in efforts to achieve your 10th house career goals. The stars are working in your favor and also your solar return spurs you on to succeed. Happy birthday, Libra.

Scorpio – Time to allow the energy of the 11th house to modify and expand your goals. A sleeping giant of emotion and desire has been awakened by the positive astral aspects of October. Improved finances and fun are in your future. This is the beginning of many gifts bestowed on the Scorpion native. All you have to do is show up and be yourself; the rest is easy.

Sagittarius - One of your characteristics that may create problems is giving relationships too much freedom. Treating a loved one the way you like to be treated has them at times feeling unloved and neglected. So take a hint from the more romantic signs and pay attention to the needs of others. This can avoid a rude awakening if a partner goes elsewhere for romance.

Capricorn -Pluto on the cusp of the 12th house that rules the subconscious may have you mentally reliving past hurts. Thinking of lost loves and opportunities can put a damper on your social life. Although the stars indicate this memory blast inevitable it is up to you to move forward with constructive thoughts. New and exciting adventures are around the bend and being in a positive frame of mind helps capitalize on them

Aquarius - Jupiter in the 2nd house of your solar chart indicates some very nice opportunities for financial gain. Are you ready to accept the possibilities of real success in your field. You can transcend difficult family problems or setbacks with ease at this time. Have confidence in yourself and in the stars. This astral energy is great for advancement.

Pisces - The Moon in your sign in the 2nd house as we enter October suggests using extreme caution with your finances. Keep personal information hidden as there may be attempts by someone to use it illegally. Forewarned is forearmed and you will stop any trespass into your vital financial territory. Remember, sometimes it's a loved one who does the trespassing.

Aries -The turbulence of the last six months is now behind you and the future seems bright. Finances that were hurting since 2008 have stabilized and before the end of this year your partnerships will bring in cash. That means less work for you. Travel at month's end will tighten your family relationships. All in all the stars indicate that "Happy Days Are Here Again"!!

Taurus - Health issues are at the forefront this month. Minor surgery, back ache, or migraine headaches, could be plaguing your peace. This is a great time to make changes in lifestyle or surroundings that will ensure your happiness. Remember to avoid stress at all costs. Get into your Zen by looking at the big picture and count your blessings. Improvements follow in November.

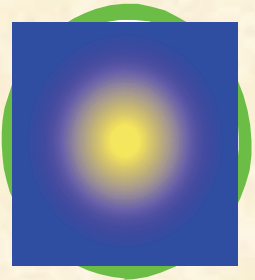
Gemini -Time to re-evaluate your direction. The retrograde is over. A clear path to success presents itself in the month of October. The gloom and indecision of the past months have faded and as with all Gemini's communication and writing are in the stars. So allow your higher mind to accept the possibility of happiness and go for the gold. The stars are working in your favor!

Cancer -Mars in Cancer in the 7th house of partnerships may find you itching for a confrontation or separation. This energy can be on the home front or with a business relationship. In this month you are not the quiet and compassionate Cancer but are bold and to the point in all your dealings. Don't do anything that may cause regret but hold firm to your principals. Many people will cheer the forceful but temporary new you.

Leo -Issues of insurance and mortgages of the 8th house are highlighted for Leo during the month of October. Make sure each and every bill is up to date and paid Unusual disturbances during the retrograde of Mercury stirred up some negative activity and now a clear head can undo some perhaps costly mistakes. All will be well if efforts to straighten out errors are done now.

Virgo - The effects of Saturn can be beneficial if you use your higher mind to eliminate negative thoughts about the lessons you've been subjected to. When an unpleasant event occurs there is always something to learn. Maybe in the future we can behave or react in a different way to make the outcome more successful. But for now realize that you have passed the universal test and are to proceed to the next level.

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.



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DEPTH OF HYPNOSIS ARTICLE BY KEVIN LINEHAN

In past articles it has been mentioned that hypnosis is a very common state of consciousness. There are many times a day in which we are in this altered state to varying degrees. Have you ever been driving along the highway only to find yourself 20 miles further along than you can remember? Where were you for those lost 20 minutes? Perhaps you were imagining the future, or recalling an experience of your past. Maybe you were mulling over potential solutions to a problem you are facing. During the 20 miles you spent in trance you might have become aware of things that are happening in a conscious way. For example you might recall later having seen a road sign, or sensed a car passing you on your left. At other times there is no conscious memory of anything that had taken place. This is because the level of hypnotic depth is constantly changing.

There are many other examples of the trance state that happen spontaneously throughout the day, getting lost in a good book, watching an interesting TV program, trying to reach that last level in the video game. What happens when someone tries to communicate with you at the same time? Do you hear them? Yes, once they have your atten-

tion you can recall how many times they have had to call you. Do you respond immediately? No, your focus is elsewhere. What causes you to finally respond? Well for a child playing the video game while Mom is trying to get him to come to dinner it might require a much louder voice which will tend to lighten the state of hypnosis so that the request to come to dinner is registered.

A hypnotist has methods to both lighten and deepen the trance state depending on the needs of the client.

There are many scales that are used to determine the depth of hypnosis. Some of them have 40 or even 50 divisions. Since the levels tend to overlap it isn't necessary to provide such a fine distinction between the levels of trance depth. The Arons Scale (named for Harry Arons) has 6 divisions, which adequately describes trance depth and includes responses that indicate the specific level of depth. The levels of depth in hypnosis are shown in the following table:

Levels and Descriptions of Expected Responses:

1. Light Trance. Relaxation, eye lock (eyelids won't open upon suggestion).
2. Light/Med Trance. Heavy or floating feeling, locking of isolated muscle groups, such as the arm.

3. Medium Trance. Smell and taste changes, number block (aphasia).

4. Med/Deep Trance. Response to post hypnotic suggestions, analgesia (no pain).

5. Deep Trance. Positive Hallucinations (Seeing something that is not there).

6. Somnambulistic. Negative Hallucinations (Not seeing something that is there).

To determine the trance depth of a person in hypnosis various testing can be done. For the lightest stage eye lock is the key. A suggestion that the eyelids are so heavy and the muscles around the eyes are so relaxed that they just won't open, and they don't, that person is in at least a stage one depth of trance. Arm catalepsy is a test for level two. A suggestion that their arm is stiff and rigid is made. If successful then they are in at least stage two, if not successful then they are at stage one. Progressive tests (see table) can be made to determine the exact level of trance depth.

Level one is all that is needed for hypnotic suggestion to have effect. For other uses of hypnosis such as regression or recall of memories stored long ago a deeper state is required.

Kevin Linehan and Christine Clarke-Swift own and operate OnTrac Hypnotherapy located in Atkinson, NH .

www.ontrachypnosis.com

IN PRACTICE

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PERMISSION TO TRANCE: MULTI-PURPOSE PERMISSIVE SCRIPT BY RICHARD NEVES

<p>You may begin by taking a few deep relaxing breaths and orienting yourself to the experience of relaxing...</p> <p>You're able to explore within yourself</p> <p>your thoughts, your feelings and many other things that you've come to know about yourself.</p> <p>I don't know just when the last time was that you spent time just sitting quietly with your eyes closed, drifting off to no place in particular...</p> <p>but I do know right now that there really isn't anything else that you have to do.</p> <p>Why not allow yourself the luxury</p> <p>of being able to just drift along, listening and not listening.</p> <p>That's right, just a little bit at a time</p> <p>maybe your conscious mind expects to be able to experience comfort</p> <p>and your unconscious can expect something even deeper</p> <p>so it really won't matter whether you consciously allow yourself the experience of a very deep light trance</p> <p>or unconsciously allow yourself a lighter state of deep trance.</p> <p>You really don't have to know just what to expect, but when you take the time to go inside</p> <p>just like you're doing now</p> <p>it's easy to notice how there's a part of you that knows how to breathe deeply</p> <p>and you can expect that part to always be there</p> <p>so that those deep and comforting breaths just seem to come</p> <p>and there's a part of you aware of this moment, now</p> <p>and a part of you that knows</p>	<p>about later</p> <p>and sooner or later</p> <p>you can have the confidence of knowing over time</p> <p>that change is inevitable.</p> <p>Some people seem to work so hard at staying the same</p> <p>as if that were even possible.</p> <p>You know and I know</p> <p>that change always happens and important things</p> <p>that are quite unexpected</p> <p>can change your life for the better...</p> <p>A new friend</p> <p>a new experience</p> <p>and you really don't know whether you can expect</p> <p>to be feeling the sides of that chair you're sitting in,</p> <p>the softness of the seat</p> <p>and when you first sat down to listen to my words, you really didn't know what to expect</p> <p>that you'd be thinking about your future and your present</p> <p>and the present that you can give yourself</p> <p>of a wonderful future but today always precedes tomorrow</p> <p>you probably knew that yesterday</p> <p>when you were thinking about tomorrow</p> <p>that you would be here today</p> <p>learning something at a much deeper level</p> <p>than you're even aware of.</p> <p>It's interesting to experience</p> <p>what happens</p> <p>when someone makes an important change.</p>	<p>Now, I know folks who talk about planting seeds</p> <p>even to the point of growing their own food</p> <p>just to be able to independently nourish the self.</p> <p>You know how it works...</p> <p>you just dig the hole in the ground</p> <p>sprinkle in some seeds</p> <p>there's nothing more to see just yet</p> <p>but there's a feeling</p> <p>a very strong positive feeling</p> <p>that there's something important about to happen</p> <p>and it may seem to take a while</p> <p>but you can anticipate with enthusiasm</p> <p>that the seeds you planted</p> <p>will surely yield something quite valuable.</p> <p>Now, there's a part of you</p> <p>that can be oriented to future possibilities</p> <p>on the basis of the choices you make now</p> <p>and the actions you take now</p> <p>the now which becomes the future</p> <p>and you might even be able to feel that powerful sense of expectancy</p> <p>that something important is growing</p> <p>something valuable and necessary is happening within you</p> <p>and it can feel really good to think about that</p> <p>and to look forward in time</p> <p>to when you'll be able to look back over things that you did before</p> <p>to make things so good now</p>	<p>when later is now</p> <p>and it did involve a lot of good planning</p> <p>and you can plan</p> <p>and you can even expect the unexpected, too</p> <p>and spontaneously discover things that you thought you could never expect</p> <p>which then turn out even better</p> <p>after all... sometimes we just can't know...</p> <p>how well things can turn out</p> <p>but if you remember</p> <p>and you can remember</p> <p>when you were a very young child</p> <p>it was very difficult to know</p> <p>that one day you were going to be a grown up</p> <p>the expectation you had as a child seemed so uncertain</p> <p>about when that would happen</p> <p>and I remember a friend of mine who just the other day</p> <p>remembered a delightful surprise</p> <p>learning one day</p> <p>when he was very young</p> <p>that he would one day be a grown up.</p> <p>and it came about in a very amusing way...</p> <p>he was only five or six</p> <p>and was playing with one of his toys</p> <p>and his father offhandedly remarked</p> <p>when I was your age</p> <p>I had a toy just like that</p> <p>he was shocked, and replied</p>
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(continued from previous page)

Daddy, you were a little boy once?
 He really just couldn't believe it
 and it's difficult, and amusing
 to remember
 so vividly that sometimes there are no ex-
 pectations
 and changes happen anyway
 like growing from a child
 into an adult
 and it's not something that you have to know
 too much about
 and if I had all the time in the world
 I would talk about self-fulfilling prophecies
 and unconscious expectations
 but I really don't need to mention those
 things right now...
 perhaps later something will occur to you
 about them
 at a deeper level.
 but I can wonder whether you've noticed
 that your breathing has changed
 and I don't remember
 saying anything about that
 and your pulse rate has changed
 did you expect that to happen?
 And sometimes the most soothing changes
 occur
 with no expectations at all
 but with the knowledge
 the deep knowledge
 that every change has a consequence
 and have you noticed
 how much more relaxed you are
 how your feelings are so much lighter
 and your thoughts so much more comforting
 and you're looking forward to the many
 ways of change that you know will occur

and there's a therapist friend of mine
 who has a sign in his office
 the sign has two sides
 one side says tradition gets in the way of
 progress
 and on the other side it says progress gets
 in the way of tradition
 and two sides, tradition and progress...
 progress and tradition...
 and it's traditional to progress
 and that's what planting seeds is all about
 you know things are going to be changing
 over the next few months and years...
 things you can look forward to
 doing differently
 and you can anticipate some of those
 changes quite well
 but there's something even more profound
 that I'd like you to know about
 there's a part of you
 that really knows well
 how to adjust to changes of the expected
 type
 and perhaps even more important
 of the unexpected type
 and I don't know
 if you have a name for that particular capa-
 bility...
 a name or a label
 or maybe it's a feeling that is familiar to
 you...
 maybe even an image or something that
 you say to yourself...
 but it's a part of you...
 a resource that you can use...
 and have used quite successfully
 to manage changes of all sorts...
 and you probably know what that resource
 is that I'm talking about... don't you?
 and now you can know how to enjoy that

feeling
 and how to get to that feeling...
 the confidence... that things can change
 and at the times that you most want to... or
 need to... you really can expect
 that feeling to be so strong
 and present in your awareness
 and it will occur in lots of places, lots of
 times... perhaps while listening to music,
 perhaps while thinking about things that you
 want more experience for in the future...
 perhaps while closing your eyes...
 to take in a few deep breaths...
 perhaps while planting seeds
 in the fertile ground of your own thoughts...
 so you can expect the expected...
 and you can expect the unexpected...
 and you can expect consciously what your
 unconscious cannot expect...
 the expectation within you
 of what the future is all about
 as you live it today... and tomorrow
 and when tomorrow becomes today
 a day at a time
 and you have all the building blocks
 for lots of wonderful future experiences
 and perhaps you can feel quite comfort-
 able... quite energized...
 and you might even expect
 a smile or two arising from the good feelings
 within you
 and so you can take whatever time you'd
 like to process your thoughts and feelings...
 to enjoy the comfort...
 and then you can begin to reorient yourself
 at a gradual and comfortable rate
 and then when you feel like you're ready
 to... and you want to...
 you can reorient fully...
 and allow your eyes to open...

Fall Academy Hypno-Counselor Certification Course Schedule for 2009

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

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 .

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

CEU Credit Hours

2009 MEETING DATE

Wednesday: October 21, 2009

Networking: 6:30—7:00 p.m.

Dinner: 7:15 p.m.

Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683



NACH and NGH

Working Together

Our meetings are always on the 3rd. Wednesday of the month.

Members receive CEU credits for attending meetings.

DIRECTIONS:

PARKWAY: Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road toward Union. Restaurant is at the far left corner of the intersection.

ROUTE 22: Take the Union exit on Morris Avenue (Kean University). Proceed toward Elizabeth on Morris Avenue for 1/4 mile. Turn 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, turn left on Salem Road and go to the end.

TOPIC: Past Life Regression

October's presenter will be Corene Noack.

Corene Noack of Open the Door Hypnosis, has been including Past Life Regression as a part of her Hypnosis Practice for the last two years. She was trained by The Academy of Professional Hypnosis and has reached the level of Master Hypnotist. She is also a Master practitioner of the Dolores Cannon method of PLR.

Corene will discuss her lifelong interest in Life After Death and the influences that led her to studying PLR today, and will reveal an important discovery about the use of PLR in Hypnosis. Maryann D'Angeli, M.A., LPC will also add a few word about Edgar Cayce, his experiences with "Past Lives" and The Association for Research and Enlightenment.

Board Members

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Please send your check in on time. Arriving unannounced may cause a problem with seating. Thank You!