



**NACH and the Greater NGH Chapter**  
**National Association of Certified Hypno-Counselors**  
**1358 Burnet Ave. Suite 1, Union, NJ**



# NEWSLETTER

**NEXT  
MEETING  
Wednesday  
Feb. 20,  
2013**

## WORLD HYPNOTISM DAY

It's just around the corner! January 4, is World Hypnotism Day and it is 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](http://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!

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*Happy New Year*  
*Happy Holidays to All*

**NGH SOLID GOLD WEEKEND FEBRUARY 22 & 24 2013**

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AWARD WINNING PRESENTERS:

[WWW.NGH.NET](http://WWW.NGH.NET)

## Visualization as a Step to Quit Smoking by 101Quit Smoking

Your mind is a powerful "device." This device can be used for positive or negative purposes. You win or lose in life based on the way you "run" your mind. Much of running your mind involves visualizing--visualizing what has already happened in your life, as well as what may happen, good or bad.

Visualization is very similar to what our teachers and parents may have called "day dreaming." Children excel at day dreaming and playing "make believe." As we grow older, we tend to suppress our daydreams because of pressures to conform to society's practical approach. Day dreaming or visualization allows us to create bright, fun, fantastic futures for ourselves. Unfortunately, visualization for adults becomes scenarios of unfounded fears, drudgery, regretful memories or just plain darkness.

You never lose your ability to visualize. Instead, you change your visualization to "practical" and logical thoughts. And often, adults do have vivid visualizations but of the negative doom and gloom, "the worst thing that can happen" variety. How often have you let your mind race with pictures of disaster and destruction? You see yourself lashed to a whipping post, being beaten by an IRS auditor, or you see your doctor telling you the pain in your head is a malignant brain tumor. Your mind can just as easily show you a refund check from the IRS or a "clean bill of health" from the routine physical. The problem and the opportunity with visualization is that your mind doesn't know truth from fiction when it evaluates the visions in your mind. Your mind simply accepts the visualization as reality. An example of this is the effect a scary movie may have on you. When the movie *Jaws* came out in 1975 many people were so frightened by it that they would go nowhere near a beach or lake. Some people were even afraid to take a bath or shower. The mental images of this monster shark took over the mind's rational ability to think and allowed people to imagine sharks coming out of the showerhead. For these people the experience was so real that they changed their actions in the physical world. In your mind you can create many different scenarios for yourself. You can visualize good or bad events. Your mind tends to act on these visualizations. Whatever you imagine, your mind will accept as real.

In time your mind will work to "fulfill" your thoughts, creating them in reality. Think negative thoughts, create negative results. Think positive thoughts, create positive results. Much has been written on visualization, and you should seek some more in-depth information on visualization techniques. Here are some quick tips for using visualization to help you quit smoking:

Visualization often begins with affirmations--positive statements you make to yourself. State your affirmations positively and as if you already have what you are affirming. If possible, state your affirmations aloud, five to ten times. Some examples of positive affirmations include: "I enjoy breathing easily and deeply," "I am free from any desire to smoke," "My hands and teeth are clean and smoke free," "I enjoy being around non-smokers," and "I am relaxed and calm." Write down some goals for yourself, relating to smoking. For example, "I will quit smoking by the last day of March," or "My body no longer desires nicotine." To create deep visualizations that can profoundly affect you, relaxation is very important. To relax you should sit in a comfortable chair and close your eyes. Begin breathing long, deep breaths. Count down from ten to one, breathing once per number. In between breaths repeat statements like "I'm getting very relaxed," and "going deeper." Once you reach the count of "one" (and the bottom of the steps), let your mind wander for a minute or two. Then begin focusing on the affirmations and goals you have created for yourself. Don't be concerned if you don't immediately see anything. You may only see cloudy or fleeting images. That's okay. With practice your visualizations will become more vivid. Focus on controlling the images, however faint they may be. If you have set a goal to quit smoking by the end of March, see yourself throwing all your cigarettes and ashtrays away on March 31. Try visualizing a package of cigarettes, then make it "explode." Visualize your lungs as very clean and healthy. Visualize socializing with non-smokers. Visualize yourself effortlessly running a marathon. Visualize your friends and loved ones honoring you at a quit-smoking banquet.

### Decide Right Now to Believe That You CAN Quit Smoking

If you don't, you will have a much harder time trying to quit. The best action you can take right now to start the quitting process is to fix in your mind the belief that you have the ability to quit smoking. You might say that you can't change your belief, but you can.

Believing you can quit is so important because your belief will guide everything you do in your attempt to quit. The way you think, the research you do, the steps you take, the people you talk to, the help you seek--all these will be influenced by the belief in your ability to give up cigarettes.

If you don't truly believe you can quit, you'll probably find yourself saying, "What's one little cigarette? I've got a headache. I just can't quit like other people." If you believe you can quit, instead you'll be saying "My head is hurting from withdrawal, but I can make it through this. I know the headache and other withdrawal symptoms will go away in a few days. My life is more important than a stupid cigarette."

Believing shapes everything you do. So does not believing. If you believe something strongly enough your mind will give you the correct thoughts to help your body take you in the direction of your belief. Can you imagine what life would be like if Thomas Edison hadn't believed that he could invent the incandescent light bulb? If Edison had begun his search for the solution without really believing he could create a light bulb that worked, he would have quit long before finding the answer. Edison tested more than 10,000 combinations of materials before finding the right one to create a light bulb! You must believe that you can quit smoking, even if it takes 10,000 attempts.

**Continued on Page 5**

## Benefits of Quitting Smoking .... to be found all over the internet

### BENEFITS

- **Within 5 minutes:** Passive smoke exposure risks for non-smokers decreases. Oxygen available to the heart increases.
- **Within 20 minutes:** Pulse Rate and Blood Pressure return to normal. Temperature of hands and feet returns to normal.
- **Within 8 hours:** Blood platelets are less prone to block arteries. Carbon Monoxide in blood decreases to normal.
- **Within 24 hours:** Risk of heart attack decreases. Athletic performance increases.
- **Within 48 hours:** Senses of taste/smell improve; smokers breath/odor disappears.
- **Within 2 weeks:** Walking/Exercise becomes easier. Lung function improves and body metabolism returns to normal.
- **Within 3 months:** Coughing, shortness of breath, fatigue decreases, risk of stroke decreases, bad lipids in blood return to normal and risk of gum disease decreases.
- **Within 9 months:**

Risk of fetal death and complications in pregnancy is at the same level as a non smoker.

**Within 1 year:** Excess risk of heart attack is 1/2 that of a smoker. Ability of lungs to fight infection increases, risk of peptic ulcers equals that of non-smokers.

**Since 1/2 of all smokers will die prematurely (in middle age) of tobacco-included diseases, your decision to stop smoking is central to your health and the health of your family. We are committed to helping you quit. With the New Year upon us, this is the time to stop smoking once and for all. What more can be said about the perils of continuing to smoke and the benefits of stopping.**

### AFFIRMATIONS RE-EDUCATE THE UNCONSCIOUS MIND

Following positive affirmations will help you to reflect on all that is good about you. It is a great way to nurture yourself and perhaps begin to become more familiar with the good within yourself.

Your outside world is simply reflecting your inside world. And you probably wouldn't be dealing with anxiety right not if things were going absolutely wonderful in your life, right? Happiness, not only creates happy emotional feelings, your emotional feelings, good or bad are experienced as physical sensations in your body. You rarely ever see really happy people in pain all the time, or scared or nervous. They are simply content within themselves and they tend to create a happy environment all around them that reflects their inner feelings. So, it goes without saying that our unconscious negative thoughts about ourselves can trigger stress. A negative self-image leads to thoughts of worry and danger, which can lead to panic.. There is a touch of negative and positive qualities, beliefs, and feelings in each and every one of us. Familiarity is a BIG key to change. When we see darkness in the world, we only recognize it because we are familiar with our own darkness. When we see light, the same holds concept holds true. The more you focus on the darkness outside of yourself, the more you will feel darkness inside. But the more you pay attention to the light and beauty the more you will attract or recognize or become familiar with that being your more common experience.

### Tony submitted these:

- I am a non-smoker
- Freedom from smoking is a great benefit to my health.
- My sense of smell is returning.
- My sense of taste is returning.
- My good health is most important.
- I live a healthy lifestyle.
- I am a permanent non-smoker.
- It is easy for me to be a non-smoker.
- All desire to smoke cigarettes has left me forever.
- I desire to remain smoke-free.
- Smoking is repulsive to me.
- I am proud of myself for being a non-smoker.
- I feel good about my smoking cessation.
- All needs to smoke have left me forever.
- I love myself as a non-smoker.
- I am completely at ease with myself as a non-smoker.
- I am happy being a non-smoker.
- I see myself as a permanent non-smoker
- I am welcomed everywhere I go as a non-smoker.
- I am finally free. I am free. I am free.
- It feels so good to be free.

### **The Brain in Neutral Hypnosis**

According to Dr. David Oakley and Dr. Peter Halligan of University College London and Cardiff University respectively, an important area of research is identification of the neurological changes in the brain when a person is hypnotized, before any hypnotic suggestions are given. They define this state of neutral hypnosis as "a change in baseline mental activity after an induction procedure and typically experienced at the subjective level as an increase in absorption, focused attention, Dis-attention to extraneous stimuli and a reduction in spontaneous thought." In their paper titled "Hypnotic Suggestion and Cognitive Neuroscience," they refer to three different studies designed to establish possible neurological differences between a state of no hypnosis and neutral hypnosis. Using PET scanning technology, one study found, in contrast to a state of no hypnosis, co-ordinated activity between several areas of the brain including the brainstem, the anterior cingulate cortex, the right inferior frontal gyrus and the right inferior parietal lobule. Another study found evidence of brain activity commensurate with a reduction in conceptual spontaneous thought, whilst, using EEG readings, a third also found disruption in normal communication between cognitive systems. Whilst Oakley and Halligan concluded that more research is needed, they indicate that neurological changes do appear to occur in the neutral hypnotic state. The data points to changes in the way different cognitive systems of the brain communicate in neutral hypnosis and may account for the experience subjects have of mental absorption, reduction in spontaneous thought and sense of detachment.

### **The Brain and Post Hypnotic Suggestion**

In recent years, Dr. Amir Raz of McGill University in Montreal has carried out research to establish what happens in the brain following post hypnotic suggestion. A post hypnotic suggestion is one given to a subject in hypnosis that is intended to be acted upon at a later date. Dr. Raz decided to base his experiment around the Stroop Effect. The Stroop Effect was defined in the 1930s. The Stroop test involves presenting the subject with words that are the names of colours. However, the word itself is coloured in a different colour to that of its name. Thus, red may be coloured green and blue may be coloured yellow and so on. This test presents conflict for the subject because the act of reading is so ingrained. To see the word 'red' yet be required to report its colour usually leads to errors and slower reaction times. Raz selected highly hypnotizable subjects according to the Harvard and Stanford scales and a control group of what he called 'resistant' subjects. They were given the post hypnotic suggestion that when they entered a brain scanner and heard his voice some days later, the words they saw before them would appear as nonsense and they were only to report on the colours of the words. After carrying out the experiment, Raz reported that those he had identified as highly hypnotizable did indeed see the words as scrambled and reported the colours without hesitation. Those subjects identified as "resistant" saw the words as they were written and exhibited the Stroop Effect. On comparing brain scans, Raz found that in the first group, the area of the brain responsible for decoding written words was suppressed as was the activity of the anterior cingulate cortex one of whose functions is conflict resolution. This did not occur in the second group. **Hypnosis as a Brain Research Tool**

An interesting application of hypnosis is in the study of rare neurological conditions. These include hysterical blindness, hysterical paralysis and visual neglect where the person has awareness of only half their visual field, to name a few. These are conditions that usually only occur in patients with other serious psychological disorders such as schizophrenia which makes them difficult to study. By inducing the symptoms of these conditions through hypnosis in otherwise healthy subjects, researchers hope to understand what is happening in the brain of the real sufferer. Current data is showing that whilst there are some similarities in brain activity in the real patient and the hypnotized subject, there are also some differences. As a consequence, how useful this research will prove to be remains to be seen

## HEART ATTACKS AND DRINKING WARM WATER

Every person, including hypnotists should be aware of issues like these for personal health and for the health of person near and dear to them, and the ones they touch. This is a very good article. Not only about the warm water after your meal, but about Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating.

For those who like to drink cold water, this article is applicable to you. It feels nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal. French fries and Burgers are the biggest enemy of heart health. A coke after that gives more power to this demon. Avoid them for your Heart's Health

### Common Symptoms Of Heart Attack

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive.

**A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. Read this & send to a friend. It could save a life... So, please be a true friend and send this article to all your friends you care about.**

#### **BELIEVE YOU CAN QUIT SMOKING**

**CONTINUED FROM PAGE 2**

Fixing in your mind a belief that you can quit smoking may sound impossible if you now believe that you don't have the ability. Here are some tips to help you change your beliefs: Realize that your old belief was founded on old ideas and circumstances and that your new belief is based on new information and your newfound desire to quit smoking now. On 3X5 cards, write out several positive statements about your ability to quit. Read your cards three times a day: morning, noon and bedtime. Some statements to use: "I believe that I have the ability to quit smoking," "I am a non-smoker," "I no longer need cigarettes in my life," "I happily quit smoking," "It's easy to quit smoking," "I am a powerful, self-directed person," "I control my own life." Make up some of your own statements. Make them positive, as if you have already completed the task.

Post a sign on your bathroom mirror with one of the above statements on it. Repeat the above statements to yourself, whenever you have a free moment. Use visualization techniques to visualize yourself mastering your smoking habit and winning the fight. Ask your family and friends to encourage you with positive statements about your ability to quit smoking

Although this is not hypnosis related, we thought you'd enjoy learning where some of our commonly-used sayings came from.

Here are some facts about the 1500's: Most people got married in June because they took their yearly bath in May, And they still smelled pretty good by June.. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married. Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, Then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, "It's raining cats and dogs." There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence. The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor." The wealthy had slate floors that would get slippery In the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, It would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a thresh hold.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables And did not get much meat. They would eat the stew for dinner, leaving leftovers In the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme:

"Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old." Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat. Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous. Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days... Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom; "holding a wake." England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be, "saved by the bell" or was "considered a dead ringer." And that's the truth.

Where did "Piss Poor" come from? Interesting history. They used to use urine to tan animal skins, so families used to all pee in a pot. And then once it was full it was taken and sold to the tannery... if you had to do this to survive you were "Piss Poor". But worse than that were the really poor folk who couldn't even afford to buy a pot...They "didn't have a pot to piss in" and were the lowest of the low.

## SPRING 2013 ACADEMY CERTIFICATION COURSE

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

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

Or Email Dr. Gatto at: [info@hypnoacademy.com](mailto:info@hypnoacademy.com) Or go to [www.hypnoacademy.com](http://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 SPRING session where excitement awaits you. Call Dr. John Gatto at 908 964 4467 to ask about **FREE FINANCING**

### SPRING 2013

Basic Hypnosis..... February 16/17 & 23/24, 2013

Advanced Hypnosis..... March 2/3 & 9/10

Advanced Clinical Hypnosis Certification..... March 16/17 & 23/24

EACH COURSE IS .....2 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

## 2013 MEETING DATE

**Wednesday:** February 20, 2013

**Networking:** 6:00–7:00 p.m.

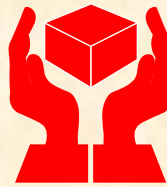
**Dinner:** 7:15 p.m.

**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: To 325 Chestnut Street, Union, NJ 07083**

**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.

*Happy New Year  
Happy Holidays to All*

*From Dr John Gatto, Tony De Marco, Joyce Rudinski, Sr. Lucille Durso, Ed Hamowy, Dr. Pat Conte & Joe Peoples*

## Board Members

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### Reservations

Members.....\$22.00

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**CALL: (908) 964-4467**

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