

Dave Elman..... 'All Hypnosis Is Self Hypnosis by Christopher J Harrison

Dave Elman was born in the USA in 1900 and became interested in hypnosis at a very early age due to the influence of his father who was a student of hypnosis and the consequent witnessing of demonstrations of his father's hypnotic capabilities. His interest in hypnosis grew into his teenage years and then took somewhat of a back seat when he found out that a girlfriend's father forbade him from associating with his daughter for fear of any 'seductive powers' he may have over her. He returned to the subject as he approached adulthood and during this period he resolved to maintain an open minded attitude to experimentation and indeed would not accept any 'old theories' without personal proof or evidence. His young adult life took him into radio broadcasting where he became successful as a writer/broadcaster/producer, and it was during this period whilst producing a program that contained a 'live' hypnotist act that he realized that his knowledge on the subject was indeed greater than others and so he began to perform hypnotic demonstrations, mainly for charity. It was during one of these very successful demonstrations that he was approached by a group of doctors who were in the audience and had been taught hypnosis, but were not having much success with it in their practices. He subsequently attended one of their lectures on the subject and whilst he did not doubt the sincerity of their teacher, he was alarmed at the amount of misinformation that was offered to these medical professionals. Elman decided at that point in his life to draw up a course on hypnosis for him to personally teach to members of the medical profession. His style of induction was derived from that of a stage hypnotist's in that it was a rapid style and he figured that this was

necessary for doctors as they were always time constrained and he taught his students that they should be able to complete this phase in one minute. Elman taught his students two basic beliefs which revolved around the following statements.....Firstly, that any person can be hypnotized, provide that they are willing, and no fear is present and that there is the correct communication between the operator and the subject. Secondly, hypnosis is a state of mind in which the critical faculty is bypassed and selective thinking is established. In practice, his system was to get his client to simply close their eyes and to 'pretend' that they could not open them...and to concentrate hard on this pretense. This suspense of judgment was the entering wedge into hypnosis and the next stage, after a few rounds of fractionation, was to get the client to start counting backwards, (out loud) from 100, with the instruction that were to let the numbers drop out of their mind and within only a few numbers they will disappear completely. over the course of the next 17 years, up until his death in 1967, Elman taught probably thousands of medical professionals but always kept his teaching on a personal level. By that I mean that it is not apparent that he taught anyone else how to teach his methods. He only ever wrote one book that was originally titled.... 'Findings in Hypnosis' and later re-named ' Explorations in Hypnosis' and finally re-named simply 'Hypnosis'. The only other memento of his teaching is a set of six original tape recordings of his work and this, like his book, is still available. As I mentioned, throughout his life Elman would only teach medical professionals, but after writing his book he surely would have realized that it would have been read by thousands of non-medical people. It is also apparent that in the latter stages of his life he was invited to

As I mentioned, throughout his life Elman would only teach medical professionals, but after writing his book he surely would have realized that it would have been read by thousands of non-medical people. It is also apparent that in the latter stages of his life he was invited to give a lecture to an audience of non-medical personnel and he surprisingly accepted this offer. I wonder if he was latterly of the opinion that there was a new breed of non-medical hypnotherapists and they deserved to be taken seriously! 'All hypnosis is self hypnosis' is a basic statement that all books and teachers of hypnotherapy seem to agree on but not everyone knows that this statement was first attributed to the late.... Dave Elman.

Workplace Stress Killer At Work by Karen Martin

No-one is immune from an invisible killer which stalks silently through every office, factory floor and work-place. It doesn't discriminate against age, sex, race or occupation and its grip tightens as the social and economic pressures of 21st century life increase. An epidemic of stress-related illnesses has driven unprecedented numbers of the population to bail out of the workplace. Countless others resort to antidepressants to help them face the day. So, just what is going on in this age of unparalleled prosperity and comfort? Heart disease, stroke, hypertension, irritable bowel syndrome, migraines, crohn's disease, psoriasis, allergies, insomnia, depression, anxiety and even cancer can all be triggered or

aggravated by stress. It compromises the immune system and symptoms like exhaustion, muscular tension and an increased heart rate all put tremendous pressure on the body. Health is further undermined by mood swings, poor eating habits, lack of exercise and an inability to concentrate, which all take their toll on emotional wellbeing.

Most employers now recognize the commercial benefits of keeping employees happy and legislation goes some of the way towards offering protection from stress factors like overwork and poor working conditions. But corporate culture often demands long hours and there is no such thing as a job for life any more. Add to that our 'buy now pay later' credit-funded lifestyle and you have a recipe for stress overload.

On the one hand, stress gives us our drive and motivation to get out there and achieve our potential but too much of it has the opposite effect. Once there is a gap between our ability to cope with stress and the amount of pressure we are under, problems appear overwhelming, confidence shatters and performance goes into meltdown. Job security is compromised, relationships suffer and habits can easily turn into addictions. Ask around among friends and colleagues and you will find this grim scenario is all too commonplace. Being in a job which doesn't make the best use of your skills, working for a company which doesn't provide adequate training and being given too much responsibility causes stress (too little causes boredom which is also stressful). And so do 'toxic' companies where bullies thrive and staff are motivated by fear. It only takes one or two insecure, unsupervised personnel in key positions to make the working day an absolute misery for their colleagues.

Stage Fright by Del Hunter Morrill, M.S, C.C.H

There is an old saw that "speaking in front of others" is the second most terrifying thing a person has to do in his or her life. If it is the second, then what is the first? Some say death, and some say burning alive. What is it about performing that would make it almost as frightening as dying by fire? For the majority of the population, it is hard to imagine standing in front of an audience without feeling one's throat go dry, knees become weak and wobbly, and the stomach churn. Whether at work, in school or in a large performance hall, stage fright can take such a firm hold on people, that they can become temporarily immobilized and unable to respond. For many, the very thought of even having to offer their name in a group, or to make a brief announcement is so overwhelming that they will do anything possible to avoid being in such a situation. In many cases, performance fear can affect some people's normal and necessary activities to such an extent that they are unable to succeed in the work they have been given to do.

The fact that the greater part of our population experiences being in front of a group, or having everyone's eyes upon them, as terrifying, should not be surprising. After all, most of us have experienced the

stress of having to perform "properly" from the time we entered school and had to correctly answer the teacher's questions in front of all of our peers. Just the strain of having to "get it right," suffering the responses of our teacher, or even our classmates, is often enough to make most people nervous about being "in front" for the rest of their lives. There are other causes of performance phobias that can stay with people for the rest of their lives: ? Repressed severe stress that can surface in the form of irrational fear, typical, for instance, of people on a job where there is a lot of pressure to succeed, or at home, where a family member tries hard to please.? Another person's reactions to having to perform before others may inadvertently serve as a role model. ? More than one negative experience many have built up fear to the point that just the anticipation of being in a performance situation can cause a phobic response.

A seemingly unrelated issue may be involved, in which the inability to speak before the public without terror may be a symbol of the inability to speak up for oneself in other life situations. ? Continuous ridicule, depreciation, or dissatisfaction, especially by a parent, can lower a person's self esteem to the point where

they believe they have nothing worthwhile to say, or that whatever they say may be "wrong". A painful emotional experience in the past can produce an unreasonable fear of the same or similar situation either at a conscious or subconscious level.

his leads us to the question of what to do about it. Telling oneself to simply "get over it" doesn't work. And, for many people, just doing it more often does not lessen the fear. Such a fear can seem impossible to unlock, or even to understand. However, the competent hypnoterapist can help trace the majority of such performance phobias, and help the client release them forever. Working at the subconscious level, where the fear has "hooked in", is the most effective and quickest way to help a person through any fear, even if at a phobic stage. Hypnosis can do what will power alone cannot. Hypnosis can help a person achieve the relaxed, focused, and receptive state of mind that is necessary to change the negative programming that lies in the levels of the mind that we call the "u n c o n s c i o u s " or "subconscious" self. The problem with surmounting stage fright is that the conscious mind can come up with many justifications to support it. It

can argue, however irrationally, that the fear is a real thing, and that one is quite powerless to change it. But hypnotherapy side steps that. In a sports metaphor, it is like a football player who makes an end-run around the other team's guards in order to score a touchdown. The hypnotist makes an "end run" around the conscious mind's objections. By doing so, the client is more receptive to helpful suggestions and to accessing his or her own inner resources.

Often just giving suggestions that calms a person and encourages self confidence in performing situations is all it takes to help a conquer this fear. By "reprogramming" one's subconscious mind, stage fright can be laid aside, and the client is freed to "step into the spotlight" with far more confidence. What you think becomes what you now can do, instead of what you did before. Also, a trained hypnoterapist can act as a guide to help a person identify the specific event or person that caused the fear, and to sever its emotional ties. In a hypnotized stage of mind, the person confronts the fear, yet feels it now as a non-threatening experience. Once a "demon" is unmasked, it no longer has power.

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Good. Relax. Listen to my voice and only my voice. Now imagine what would it be like, if you could relax immediately after taking three long quiet breaths. Now relax and inhale slowly. Exhale and breathe out all your worries and stress. Relax. Inhale very slowly. Exhale and breathe out all your tension. Relax. Take a deep long breath. Exhale all your thoughts out. Notice how relaxed you are. Your facial and neck muscles are free of tension and relaxed. Your inner being feels peaceful. Your mind is calm. Because you are so calm and relaxed, you can open up your natural channels of energy and you fall into deep and safe state of hypnosis faster and more comfortably. This means, you can address any issues and behaviors you want to change. Notice, it is a good thing to relax and fall into deep safe hypnosis because you will be able to subconsciously perfect any imperfections you may have. As I will make suggestions and positive affirmations, you will consciously and subconsciously accept these positive suggestions.

Good. Very good. Now, allow the sound of my voice to soothe your mind and body while I speak slowly and softly. It's as if your body is already knows how to relax and put itself into deep state of hypnosis and relaxation. I want you to understand now that you are ready to find love, consciously and subconsciously. You are open to love and you want to give and receive love. You are ready to build a lasting relationship with a man you desire and respect. You are ready to let go of control and let the universe to bring you a man you always wanted to have in your life. You are ready to be in a relationship, to spend time with him, to cook, to eat, to read and converse with him. Everyone deserves love and be in a relationship with a man they desire, especially you. There is a shift in your subconscious mind and in your body that allows you to become open to love, to become a love magnet. You are ready for love and for a lasting, fulfilling and happy relationship.

Now imagine and when I say imagine, I mean visualize, feel, hear, smell and notice the men you want to be with and share your life with. Imagine the qualities you admire reflected in your man:...face...body...character...laugh...his voice...interests and hobbies. See the man you desire in your mind's eye and feel how good it feels to be with him. See yourself having fun with your man. See yourself walking together, holding hands and smiling to the people that pass by and loving every moment and minute of it. See yourself enjoying a delicious dinner that you both cooked. See yourself doing activities that both of you enjoy such as yoga, meditation, reading and having heated discussions. See yourself being kissed, caressed and loved by him.

Know that you are open to accepting your man into your life NOW. You deserve love NOW. You deserve happiness NOW. You deserve to give and receive love NOW. You have done everything in your life to become the person who is deserving of love. You have gone to school and educated yourself and graduated with a degree that you love. You have a great job that allows you to exercise independence and buy absolutely anything you want. You have your own house, your own car, your own interests, hobbies and your own life. The only thing that is missing from your perfect life is love with a man you desire. Your life purposes have been to win. You want to win a man whose company makes you deliriously happy and make you beam from ear to ear. You are a smart woman who you attract him with your mind. You are a successful woman so you attract him with your professional drive. You are a beautiful woman so you attract him with your feminine beauty, yin energy and opposite polarity. Know that you are open to accepting your man into your life NOW. You deserve love NOW. You deserve happiness NOW. You deserve to give and receive love NOW. The time is NOW and it begins TODAY. (Dilafruz wrote this script while a student at the Academy)

ELIMINATE PAST STRESSFUL/HORRIBLE EXPERIENCES by DAWN GAITA (Academy Graduate) P6

Good. Very good. Just relax. Listen to my voice, only my voice. Allow your thoughts of calmness, to combine with my thoughts and suggestions and permit them to become one, to gain strength together. And now, you focus on what is important for you to be able to face, accept and eliminate negative and painful experiences you have had in your past. So listen and completely immerse yourself in the positive thoughts and suggestions for erasing your painful experiences.

We all have inside of us a little child. A scared little child. I want you to see yourself as what you would imagine the little child inside of you to look like. I want you to see all of her features, her hair, her smile. I want you to reach out your hand to that child and pull her close to you, protecting her as a mother should. I want you to feel the softness of her skin. Smell the freshness of her hair. Sense the innocence about her. Now you are going to guide this child through her early childhood. Sense the age of this child and imagine what she is experiencing at this age. You are her mother, you protect her from any negativity she comes across. Hold her hand and walk her through that year. What do you see her enduring? How are you protecting her? What ever comes her way you protect her from. You are in control and the outcome is always a positive one. Walk her through another year, who do you see, what do you feel? As you encounter any painful situations, you whisk her up and take her away. Protect her, love her. Feel her arms wrapped around you and yours around her. Take her somewhere safe, somewhere peaceful. Imagine yourself at a lake or a beach. Feel the fresh air blowing through your hair. Hear the birds or the seagulls sing. Sense the tranquility in the air. As you stand there holding her, she looks into your eyes and thanks you. She hugs you. Then she says something you have been waiting to hear for so long. So long. What are those words that you have longed to hear?

Good. Very good. Continue to listen to my voice and feel safe and secure. Now take the child by the hand and continue moving forward into early adolescent. What does she look like. See her, feel her, smell her. Imagine that she is so happy, so happy that you are still with her to protect her, to love her. Imagine that you are walking through another year. Imagine that this year is on a chalkboard. A chalkboard of life. Step back and take a look at the chalkboard. Ask the child to tell you what pictures hurt her. Tell her not to be scared and to trust you. Look her deep in the eyes and tell her you love her and that you protect her. Feel her trust in you. As the young girl points to pictures that hurt her, you take an eraser and make them go away. Take the eraser and just wipe them away. Assure her that they are gone forever and can never come back.

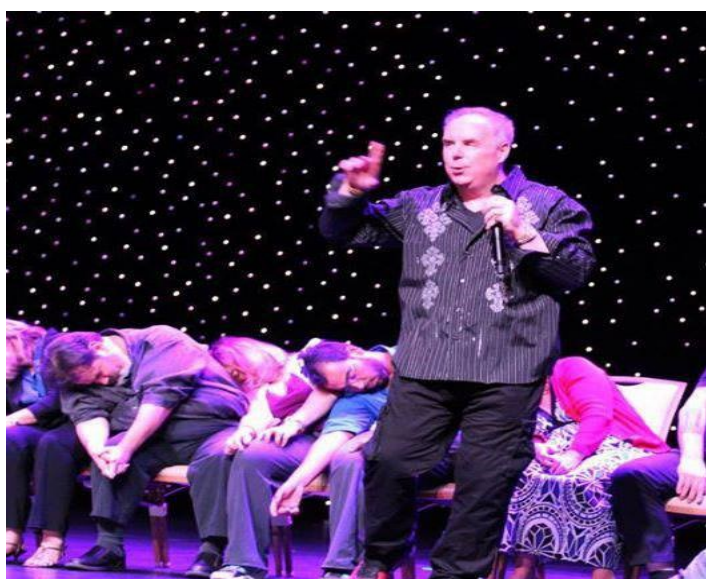
Good. Very good. The two of you step back and look at the board. There are a few blank spaces and they look empty. So the young girl grabs a piece of chalk and puts it into your hand. She smiles and tells you to fill in the blanks. See yourself filling in the blanks. The young girl smiles with approval. You both step back and look at the chalkboard and smile. You are both satisfied with the pictures. You reach down and embrace her, she feels so safe and secure. She now knows that the magical eraser can erase any painful experiences she may have had. You know that all you have to do is use the eraser. As you go through life and face scary situations you now know that they are on a chalkboard and all you have to do is use the eraser. You know that you can protect yourself and the child from any harm because you have the eraser.

See yourself in the future, picture something you might feel is painful happening. Your mind immediately goes to the chalkboard of life. You have the eraser and are able to face any painful situation. Your mind responds to these suggestions readily and without resistance.

Now, take a deep breath, exhale and relax. All these suggestions that I have given you are now strongly implanted in your subconscious mind. They are a part of you now, and remain with you from now on and for the rest of your life. In fact, with every breath that you take, the suggestions are growing stronger and stronger. You feel free and safe. You feel free and safe. You feel free and safe.

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