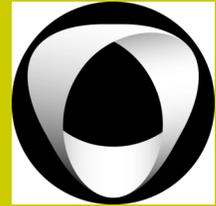




NACH and the Greater NGH Chapter
National Association of Certified Hypno-Counselors
1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**
Wednesday
March 18,
2015
6:30 PM

Presentation for March 18th, 2015—Networking begins at 6:30 PM
HYPNO-KINESIOLOGY with Elaine Billy

Hypno-Kinesiology is a method of touching trigger points on a person's arm to help them travel back to their life experiences to release energies that hold them back from being the best that they can be. It's a simple and direct technique which Elaine learned over 20 years ago from great hypnotist, Carl Carpenter, now deceased. Hypno-Kinesiology is a truly holistic approach to healing and is unique in its ability to address the widest range of issues: past, present and future, personal and interpersonal; cognitive and emotional; imaginative and reality-based situations; verbal and non-verbal. Elaine has been a faithful member of the NACH since its inception and a member of the NGH for over 20 years. A good hypnotist puts as many tools as possible into his or her bag, as knowledge and diverse techniques lead to successful sessions. You cannot afford to miss this presentation. We are limited to a seating of 30 persons at the dinner so first come, first served. Send in your check ASAP to reserve your seat now.

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21st P 9**

HAPPY VALENTINES DAY

Call for Presenters!

In the efforts of the NACH to steadily build our organization, we are calling for any NACH member in good standing to submit his or her name and topic for presentation at our dinner buffet meetings. We shall consider all submissions. This is your chance to participate in our growth. Also, any member in good standing may suggest a topic to be presented and we will search for presenters to accommodate your request. Email all correspondence to infor@hypnoacademy.com with a copy to Ichrepta@yahoo.com.

Abstract: Recent brain research indicates that it is possible to talk to the Amygdala, a key part of the brain that deals with certain emotions. The inner mind is concerned with emotion, imagination and memory as well as the autonomic nervous system which automatically controls our internal organs. By talking to the amygdala, an experienced hypnotherapist can relax the autonomic nervous system shutting down, or curtailing the trigger that sets off secretion of the adrenal and pituitary glands. This gives the body an opportunity to rebuild its immune system in many chronic illnesses.

When a patient is in a hypnotic trance the amygdala automatically shuts down the rapid alert system and turns off the stress hormones epinephrine, corticotropin, and glucocorticoids. I have tried to talk to the amygdala in a number of critical cases including a 22-year-old woman with diabetes and a fear of hypodermic needles, 40-year-old male with osteosarcoma and prostate problems, and a 75 year-old man with kidney failure. In each case, the technique of relaxation through hypnosis has proven a highly effective tool in giving the body a chance to heal itself through its own inherent wisdom system. This is the part of the mind that knows how to make you breathe and send oxygen to your blood cells.

David Barlow of the Boston Center for Anxiety and Related Disorders claimed in a Newsweek article (Feb. 24, 2003) that it is actually possible to talk with the amygdala, a key component of the brain that deals with emotions like fear. Since this idea was consistent with the basic tenets of hypnosis, it intrigued me.

"Hypnosis is a way to access the untapped power of the mind and alter brain functions. In this state of intense relaxation and concentration, the mind is able to focus on positive suggestions which can be carried out at a future time. These subliminal messages are surprisingly powerful.

"The mind is like an onion. The outer layer, or conscious mind, deals with intelligence, reality, and logic. The inner mind is concerned with emotion, imagination, and memory, as well as the autonomic nervous system which automatically controls our internal organs (i.e., how we breathe, send oxygen to our blood cells, or walk without using the conscious mind.) The internal mind is on autopilot, reacting to the dictates of the pleasure principle. It seeks pleasure and avoids pain" (Warren, 2003, pp. 175-6).

It is these characteristics that make hypnosis a highly effective therapeutic tool in dealing with a wide spectrum of mental and physical disorders. When a therapist is doing hypnosis, the amygdala is turned down. Therefore, I call this "talking to the amygdala." The hypnotist can actually relax the autonomic nervous system, shutting down the usual "fight, flight, or freeze" response and curtailing the trigger that sets off secretion of the pituitary and adrenal glands. This gives the body a chance to build up its immune system and reduce trauma (Frank and Mooney, 2002) in many chronic illnesses (i.e., irritable syndrome, bulimia, cancer, high blood pressure, and Parkinson's disease.) Even the Wall Street Journal (Friedman, 2003) has documented how hypnosis has entered the mainstream and is using trance states for fractures, cancer, and burns and speeding recovery time.

Dr. David Spiegel, Stanford University researcher, speaking at the 54th Annual Conference of the Society for Clinical and Experimental Hypnosis, November, 2003, in Chicago reminded us that although we don't fully understand how it works, there is significant evidence that hypnosis can be effective in helping people reach into their own unconscious resources to solve problems normally beyond their ability. Not only does it work, but it often succeeds where modern medicine has failed.

That evidence continues to pile up. Hypnosis is now being used in dentistry, fertility, childbirth, allergies, eating disorders, headaches and improved academic and sports performance. Eleanor Laser, PhD. assists physicians like Elvira Lang, MD by performing hypnosis and analgesia during operations at the Harvard and Iowa University Medical Schools. Hypnosis is not sleep, but an altered state of consciousness in which a person accesses that part of his or her mind that is capable of adjusting the problem without the conscious, thinking mind directing it.

In addition to being a psychotherapist, author, researcher, and educator in private practice in Rockland County, New York, I am also an experienced hypnotherapist. So I decided to put David Barlow's statement to the test. Patients don't have to know where the amygdala is located and what it does. The unconscious mind knows. The unconscious mind knows how to work without the conscious mind directing it. That's one thing I have learned from years of conducting hypnotherapy. You can rely on the patient's unconscious mind to come up with the answers, while the therapist contributes positive suggestions.

First, I did a little research on the amygdala and was surprised to find that tremendous progress has been made in just the past few years in our understanding of the brain and how it works. I was also amazed that no one has put it all together in one place. So I thought I would conduct my own experiment.

The Amygdala:

The amygdala is located on either side of the middle of the brain known as the Limbic System. There are two of them, each 1.5 centimeters – the size of a walnut. The amygdala is critical for certain kinds of negative emotions, particularly fear, but it can also provide an important link to creativity and increased intelligence. Richard J. Davidson, Director of the Laboratory for Affective Neuroscience and the W. M. Keck Laboratory for Functional Brain Imaging and Behavior at the University of Wisconsin in Madison has studied this area of the brain and mind-body interaction since 1999. He explains that many parts of the brain work together to produce complex behavior such as emotions (Gyatso, T. and Goleman, D. 2003). It was found that the amygdala plays a key role in the circuitry that activates emotion, while the prefrontal cortex does much of the regulation. Evidence suggests that regions of the left frontal cortex play an important role in positive emotions while the right frontal lobe plays that role in certain negative emotions.

Another key part of the brain is the hippocampus, a long structure directly behind the amygdala which has been linked to memory. The hippocampus is essential for the appreciation of the context of events. Some emotional disorders such as Post-traumatic Stress Disorder and Depression involve abnormalities in the hippocampus. In both these disorders, it was found that the hippocampus actually shrinks.

The amygdala, the hippocampus, and the frontal lobes (p. 193) are all extensively connected with the body, in particular with the immune system; with the endocrine system which regulates hormones; and with the autonomic nervous system that regulates heart rate, blood pressure and other functions.

The brain provides a complex system of feedback circuits involved in the reaction to stress and trauma. This process starts (Sapinsky, 1993) with the actual or perceived threat of death or injury that activates the higher reasoning centers in the cortex. The cortex, in turn, sends a message to the amygdala, which is the principal mediator of the stress response. The amygdala then releases corticotropin-releasing hormone to stimulate the brain stem to activate the sympathetic nervous system by way of the spinal cord. This triggers the adrenal glands, located atop of the kidneys, to release epinephrine and glucocorticoids. These two hormones act on the muscles, heart, and lungs to prepare the body for the “fight,” “flight,” or “freeze” response. When the stress becomes chronic, glucocorticoids induce the locus coeruleus to release nor epinephrine that makes the amygdala produce even more CRH and other stress hormones as the reaction escalates.

Dr. Hillary P. Blumberg, and a team of researchers at Yale University (Scanning a Brain, New York Times, Dec. 30, 2003) have found that the amygdala and hippocampus are much smaller in teenagers and adults with bipolar disorder. That finding may provide doctors with a new tool for early diagnosis and treatment of the disorder. Teenagers and adults with bipolar disorder are at high risk for suicide.

Recovery function is the time it takes for a person to come back to a quiet baseline condition of the brain after being provoked by an emotion as in a traumatic event. Certain people have a prolonged response and others return to the baseline very quickly. It has been shown that people with quick recovery function have less activation in the amygdala. The amygdala and hippocampus in their brains are larger and a more normal size than those of anxious people. These people show more activation in the left prefrontal cortex. They report that their everyday experience is filled with feelings of vigor, optimism, and enthusiasm (Gyatso, T. and Goleman, D. 2003, p. 197). Other Research:

Other research projects have centered on the memory which has been linked to adrenaline, the hormone secreted by the adrenal glands in response to anxiety, stress, and fear. Dr. Jim McGaugh at the University of California at Irvine demonstrated that rats injected with adrenaline just after learning a task had enhanced retention (Friedman, 2003) Dr. Larry Cahill also at Irvine shows that blocking the effects of adrenaline could prevent emotional arousal from enhancing memory. That implies that any emotionally charged situation that causes adrenaline release will produce stronger memories.

Dr. David Barlow of Boston University's Center for Anxiety and Related Disorders, claims that we can actually talk to the amygdala and reduce stress in our minds and bodies. As a hypnotherapist, I know that the unconscious mind is best addressed by hypnotic language in a trance state

I was further encouraged by numerous scientific studies in recent years showing that the hypnotized mind can exert a real and powerful effect on the body. Hypnosis is increasingly being used today to help women give birth without drugs, for muting dental pain, treating phobias and severe anxieties, helping people lose weight, stop smoking, or even improve their performance in athletics or academic tests (Wall Street Journal, Waldholz, 2003). The stage was set for my first trial.

Three Cases: My first example involves a patient who feared an upcoming operation and the possibility of his blindness or death. He explained that he was a professional golfer, and had been diagnosed with osteosarcoma. His physician had just found a tumor the size of a golf ball behind his left eye. He had been warned that he had a slim chance of retaining his eyesight and having the tumor removed. Furthermore, there was a real possibility that he would not make it through the operation. We had five consecutive sessions during the week before his operation. The patient told me that he was a multimillionaire at age 40. All he wanted was to play golf, and his wife would not let him. He was deeply depressed and without a "causa sui" (a reason for living) (Becker, 1983, p. 119), and often dreamed of dying. Dr. Norman Shealy, a Harvard-Trained neurosurgeon and researcher, and many others have concluded that the immune system becomes compromised by depression, stress, anger, and guilt, leading to many diseases including cancer.

In each hypnosis session, I relaxed the patient's amygdala, shutting down the fear and enhancing the outcome. I did not explain to the patient that I was talking to his amygdala, but under hypnosis in a trance state, the amygdala shuts down the stress hormones, giving the patient an opportunity to rebuild his immune system. I am not a golfer. But I suggested that when the surgeon drilled into his skull, he would hit a hole in one and the tumor would pop out. On the day of the operation, the patient showed no fear of the procedure. When the surgeon made the initial incision just behind the eye, the tumor simply rolled out of his head without further intervention. The patient arrived at my office the following day with his eyesight intact and nothing but a band aid covering the incision. The tumor was sent to Johns Hopkins and the Mayo Clinic for analysis. To this day, the surgeon and his colleagues don't understand what happened. They think they made an error in diagnosis. The tumor was just not as serious as they originally thought. This patient has decided to become a golf coach, thereby reducing his depression and finding a "causa sui." His immune system was now functioning well. About six months later, he began having difficulty with his prostate. Because of their constant fighting, his wife turned to smoking pot which made her amorous. His amygdala was activated by her sexual demands and the fear that he would not be able to perform.

The prostate is a male sexual gland that surrounds the neck of the bladder and the beginning of the urethra. The gland secretes a thin opalescent fluid that forms part of the semen.

An activated amygdala doesn't wait around for instructions from the conscious mind," explains Claudia Haub (Newsweek, Feb. 24, 2004, p. 46). Once it perceives a threat it can trigger a body wide emergency response within milliseconds. Jolted by impulses in the amygdala, the nearby hypothalamus produces a hormone called Corticotrophin Releasing Factor, or CRF, which signals the pituitary and adrenal glands to flood the bloodstream with epinephrine, adrenaline, nor epinephrine and cortisol. These stress hormones then shut down nonemergency services such as digestion and immunity, and direct the body's resources to fighting or fleeing. The heart responds, the lungs pump, and the muscles get an energizing blast of glucose. The stress hormones also act on the brain, creating a heightened awareness and supercharging the circuitry involved in memory formation.

In autoimmune diseases, the immune system is confused and attacks the body. Hypnotherapy can help stimulate healthy immune system functioning where only foreign invaders or mutant cells are attacked. A general understanding of how autoimmune diseases operate is helpful to patient and therapist alike. Sometimes pictures of the disease process and immune system help to facilitate the internal changes necessary for healing or remission.

This patient underwent tests which indicated a PSA of 2.4 ug/L. We began hypnosis focused on his prostate. In a quiet, relaxed state, I asked him to locate the pipe that controlled his prostate gland, reminding him that the back of his mind knew better than I just how to put it in working order. His PSA level has now been reduced to 1.66 ug/L. (The normal range is 0.0 to 4.0.)

Perhaps even more dramatic is the case of a 75-year-old man with kidney failure who was facing the prospect of dialysis. This patient had been through three heart attacks and showed an allergic reaction to the contrast dye used in angioplasty. His kidney function, as measured by the level of creatinine in his blood, had declined to about 20-25% of normal. Using the same technique of inducing trance and reducing all stress hormones, I asked the patient to visualize himself in a healing garden, and using all of his senses, imagine through the powers of his own pure subconscious mind -- which knows better than I do -- sending healing energy to the parts of his body that need it most. In a sense I was using his own intuition to empower him. After three sessions of hypnosis focusing on improvement of his kidneys, blood tests showed his creatinine level was reduced from 3.0 to 2.0, equivalent to approximately 50% of normal and a 100% improvement. Although his kidneys are not perfect, dialysis is no longer necessary. We are now working on his carotid artery which shows a partial blockage.

Serious medical malfunctions are not the only areas susceptible to the power of hypnosis. This case involved a 16 year-old girl who was failing math with a 53 average despite attempts to tutor her. After three months of hypnosis once a week, her average climbed steadily to an amazing 85. Through hypnosis, I was able to shut down the stress hormones that can impair memory and taught her how to anchor those feelings of calmness. Eventually, she was able to perform her own self-hypnosis prior to scheduled tests at school. I helped her to realize that her brain was like a computer, only better. In fact, it was the prototype for all manmade computers. We went over the fact that in the first five years, she learned more than at any other time in her life. She learned a language, to tell

one person from another, to distinguish different objects, to begin mastery of her ABC's, how to color, brush her teeth, and many other things. All of this was data she was able to program into her brain before she was five years old. Now that she was 16, those tasks slipped in to her subconscious mind. Just like breathing or sending oxygen to her blood cells, she didn't have to think with her conscious mind about how to do it.

The same principle holds true for math, science, and anatomy. Only now, it is much easier. Data we store in our computer brain can be retrieved just the way we retrieve the method for tying our shoelaces. First, the patient is given a simple way to anchor the feeling of calmness, perhaps by simply placing his pointer finger and thumb together, putting her into a state of self-hypnosis so the stress hormones do not interfere with her memory bank. Then she is told to tackle the easiest questions first, giving the patient a feeling of success. Success breeds success. Reducing stress hormones and strengthening the ego combined with desensitization helps patients with school and test-taking.

I can't claim that every case is an absolute success, but I can say that more and more and with the perseverance of my patients, I have been getting better and better results.

As Stephen Kahn and Erika Fromm have told us, therapists go through change every day. The profound transformation in my work came about with the understanding of how hypnotherapy works. Until then, I was confident it worked, but I didn't understand how. That understanding has reassured me and made it possible for me, in turn, to reassure my patients. As continuing research unlocks the secrets of the brain, hypnosis will emerge, breaking the barrier between art and science.

There are other cases, some more critical than others, but they all end the same way. In all cases, even the patients find it difficult to accept that hypnosis was effective in eliminating the problem. They sometimes would prefer to think that the original diagnosis and the laboratory tests had been wrong. Since it often appears so simple, hypnosis may not get the credit it deserves. The main thing is that the problem that brought the patient to me has been solved.

METHOD:

Let me clarify what I mean when I say "talking to the amygdala." When I hypnotize a patient, the amygdala normally shuts itself off. The body and mind are at rest. There is no fight, flight, or freeze response, and all stress hormones are shut down. The patient is constantly reassured that he/she is in control, and that the patient's unconscious mind will intuitively know where to direct the healing power. The critical point is that the patient's brain knows how to solve the problem even if the patient doesn't consciously know that he knows.

The procedure is no different in principle from any hypnosis session, and consists of six discrete steps: (1) Set-Up, in which the subject is reassured of his/her control and offered the choices of staring at a spot on the ceiling, opening or closing their eyes, etc.;

I often tell them that I don't want them to go into a trance too fast or too slow. It is all up to the patient. This reinforces their sense of control; (2) Induction, direct or indirect using parallel process narratives to reinforce the realization of the power of the brain, in which the patient enters the trance state and goes to a deeper and deeper level. An example of parallel process narrative might be Erickson's famous story in which a horse wandered into his family's yard when Erickson was a young man. The animal had no identifying marks, (Rosen, 1982) but Erickson offered to return the horse to its owners. In order to accomplish this, he simply mounted the horse, led it to the road, and let the horse decide which way he wanted to go. He intervened only when the horse left the road to graze or wander in to a field. When the horse finally arrived at the yard of a neighbor several miles down the road, the neighbor asked Erickson, 'How did you know that that horse came from here and was our horse?' Erickson said, 'I didn't know – but the horse knew. All I did was keep him on the road.' pps.46-47.

The analogy is obvious. Like the horse who knew his way home without intervention, the unconscious mind knows instinctively how to solve the problem; (3) Talking to the amygdala, in which the therapist uses metaphors and ego strengthening suggestions to facilitate healing intuitively like trees that are barren in winter and flourish in spring. I sometimes suggest they can marvel at the metamorphosis that took place overnight. You know that your pure subconscious which is active day and night can repair, rejuvenate, and regenerate creating new energy and sending its intuition to the part of the body that need it most. You may be amazed or surprised where it sends it first. My voice will disappear while the back of your mind – your pure subconscious -0- allows you to do the work. When you are ready to continue, you can let me know by wiggling your finger. This is known as ideomotor signaling. Even though the patient may not have consciously heard what I said, his or her unconscious mind heard me. This suggests that a call on the patient's unconscious mind to solve the problem, assuring the (4) Post-Hypnotic Suggestion, in which the patient is reassured that he/she will awake feeling physically well and refreshed with no ill effects from the trance. I often give them a post-hypnotic trigger, on the form of words or anchors that help them stay calm so the healing can continue. An example might be the words "easy control." Another anchor would be to put their pointer finger and thumb together anytime during the day they feel the need to calm down; and (5) Return, in which the patient is brought gradually to full alertness. Then we discuss their experience and how it felt.

(February 9th, 2015 EDITOR'S NOTE: Rafael is presently a student at the Academy of Professional Hypnosis and has written this Script during the Basic aspect of the Certification Course. Every student is required to write 2 scripts after the first 2 days and then each script is read in class on the following weekend. A critique is had from the students and the teacher. Along with the comments, a sense of passion permeates the room as each student does get a feel for the script-author which also stimulates self-thinking. Quite rewarding!!)

You know why you are here today Rafael. You have requested to be released from the restrictions of your past.... and to accept absolute and total freedom of living your wisdom, talents, powers and abilities. You desire to live to your fullest potential and beyond.

Take a slow deep breath and let it out slowly to show you agree. Let us begin, as we prepare to embark on a journey to gather ALL the necessary tools and strength you need to fully integrate and live your wisdom, talents, powers and abilities. One thing you need to understand is that you must gather energy for strength. Your best choice is gather ALL your energy and strength from the very sources of which caused you pain, for these are the most powerful sources of energy and strength, for your body, mind and Soul. Next, you need to understand how recognize these sources of energy and strength. You recognize them as All the times of embarrassment, shame, lying, teasing, bullying, guilt and torture. These experiences occurred in your learning, as you made an occasional mistake, as you attempted to live your wisdom, talents, powers and abilities. Embarrassment, shame, lying, teasing, bullying, guilt and torture are tricks of the insecure mind used to keep you from living your wisdom, talents, powers and abilities.

First, before we begin the journey you need the LIGHT OF KNOWLEDGE AND WISDOM. The LIGHT OF KNOWLEDGE AND WISDOM shines the light on the experiences to enable to use your knowledge to learn from the experience and use wisdom to understand the lesson and the moral. Remember, you must journey quickly. It is best to gather all the tools, energy and strength you need. Now, take a deep breath and as you exhale look out over the horizon into your past. Your past extends to the beginning of time. You recognize it as the LIGHT OF KNOWLEDGE AND WISDOM shines as a giant sun at the beginning of time. Quickly, now, run toward the LIGHT OF KNOWLEDGE AND WISDOM. to bring it with you as you search for, learn from, understand and gather ALL the energy and strength you need from all the painful times. The LIGHT OF KNOWLEDGE AND WISDOM is like a search beacon lighting up each and every painful experience. You quickly learn, understand the lesson, the moral and move on to the next one.

You are quickly learning and understanding each lesson and moral. You are learning and understanding and more quickly as you find each one. Faster and faster you learn, deeper and deeper you comprehend the lessons and morals. These lessons, understandings and moral are quickly becoming part of your very core, the very fiber of who you are. You feel the energy and strength from each experience fill and course through you body, your mind and your Soul. Your energy and strength is growing with each and every experience.

Remember: Embarrassment, shame, lying, teasing, bullying, guilt and torture are the tricks of the insecure trying to control you. They burn to ashes in the LIGHT OF KNOWLEDGE AND WISDOM. The LIGHT OF KNOWLEDGE AND WISDOM purifies their energy and your pain for you to absorb all their energy and strength. So burn them to ashes. Fry those things up! There some over here! There is some over there! The light finds them all! This is fun burning all these things to ashes, watching them blow away in the wind and (WOW!) absorbing all this purified energy and strength, this is awesome! Moving quickly, faster and faster with each experience. You may find and experience which you feel you need more detail to learn more. That can be done through dreams over the next week. You may choose the write them and the lessons and morals. Right now, moving quickly is best for you to be gathering tools, energy and power. This is fun! Making your journey fun is soooooo empowering! Take a deep breath and prepare to enter the present. Note: You have all that you needed from your past. You have knowledge of your experiences. You have wisdom from your learning and understanding. You have all the energy and power you need. You are doing great!

You find yourself almost ready to live your wisdom, talents, powers and abilities. Almost ready because you have one more break though to make. During your past you had shielded yourself inside FEAR. FEAR is all around you like a giant egg shell. You still have the LIGHT OF KNOWLEDGE AND WISDOM with you. You know that you are like a baby eagle ready to burst out of your egg. Feel you energy and strength building, more and more. Now is the time! Now, you are ready! You have the best tools, you have all the energy and power you need! You are excited as you feel all that stored up energy and power coursing through you veins, emanating from every cell of your body, mind and soul.

You feel your body tensing up as you exert all your wisdom, all your talents, all your powers, all your abilities, to break out of this shell of fear. You are like an eagle ready to fly! You want out of this shell..... Now! You apply all your wisdom, all your talents, all you powers, all your abilities to freeing yourself from fear!

You feel the fear weakening! You hear the fear cracking! You know fear is breaking apart. Break It! Break it! Break the fear now! You see the light of the world peeking in. You are more determined now than ever to break out of this fear and leave fear behind you forever. You thank the fear because it protected you and as the eagle you know, you have learned and understand that fear was only a tool to protect you as a shell protects a baby bird. When you are finished with it, just as the bird, you must let it go. **Break the fear!**

BREAK THE FEAR! FEEL YOUR POWER! WHOOOOO WEEEEEE! YOU DID IT!

Now that you broke the fear you feel your whole body relax. Relax. Feel your freedom, Know your freedom. See your freedom. Know that every time you relax you are fully living your wisdom, your talents, and your abilities. Fear is in your past forever. You are free to live your wisdom, talents, powers and abilities now and forever. Fear disappears EVERY TIME you relax. Now and forever you are free, say it: I am free. I am free I

Your wisdom talents, powers and abilities guide you now. Your wisdom, talents, powers and abilities are growing beyond measure, as you leave fear.... farther and farther behind you. Feel free in the knowledge of the many benefits of feeling free, being free and living free. One benefit is that ONLY those with unconditional love and respect for you, your wisdom, talents, powers and abilities are attracted to you. Only those with unconditional love and respect for you, your wisdom, talents, powers and abilities are looking to meet you. Your unconditional love and respect for everyone attracts unconditional love and respect from others. Those who choose otherwise, choose to move away from you, because you are a beacon of unconditional love and respect, and those who choose to live otherwise, choose to live away from you.

Rafael, You are allowed to live your wisdom, talents, powers and abilities. Tell your inner child he is allowed to live his wisdom, talents, powers and abilities. You are ALLOWED! YOU ARE ALLOWED! YOU ARE ALLOWED! RAFAEL, YOU ARE ALLOWED! You, as a being of unconditional love and respect, respect those others for who they choose to be and you wish them unconditional love and respect, in their chosen lives. Happiness is another benefit to living your wisdom, talents, powers and abilities. You feel happy because you are fulfilling you heart's desire, you are living to our highest and best good. The more you relax the more you are living to your highest potential and beyond. Happiness is contagious and you love to spread happiness around. Share your happiness.....Smile.....always smile.

Affirmations for awakening. Now, I shall count from 1 to 5. On the count of 5, you shall be fully awake, refreshed and back to present awareness.

- 1 - Remember fear always disappears in the light of relaxation.
- 2 - You are the master of relaxation.
- 3 - Happiness is the opposite of fear.
- 4 - You are the master of your happiness.
- 5 - Live your wisdom, talents, powers and abilities, **FOREVER!**

You are very relaxed. Take another deep breath and feel your body sink into the chair, a deeper relaxation. Today you have chosen to find your mold of the future. Yes to mold your future you decide what mold to use. Conceive the different types of molds; pliable as clay for a container, hard like the marble the marble cutter sees the future form within, taught like the canvas on a frame for soft paint to flow onto, plastic like the 3D printer makes for the surgeon to test the future outcome of the surgery. There are many possibilities of molds to be used. The form of mold is for you the artist to choose to create the possibilities of your future.

What is the future? One year is the future. One month is the future. One day is the future. One hour is the future. One minute is the future. One second is the future. Now is the future.

WHAT YOU THINK NOW MOLDS THE FUTURE.

The future is an extension of today. What you think today, do today, create today, make choices today **Molds Your Future**. You are the artist. What mold do you choose? Choices you make mold the future. Today's choices mold your future. Choose for your future.

Healthy choices of food, exercise, thoughts, positive words. Your thoughts and choices mold the future. Healthy choices, positive words, positive thoughts **Mold Your Future**.

YOU MOLD YOUR FUTURE.

Intelligent thought out decisions' for health, prosperity, love, work, move you into your mold of the future. Intelligent decisions for health. Intelligent decisions for prosperity. Intelligent decisions for love. Intelligent decisions for work. Intelligent decisions **Mold Your Future**. Your intelligent thoughts **MOLD YOUR FUTURE**.

Remember: the circumstances of your life tomorrow is molded by your mental conduct of today. You choose your formulation of your future. **Mold Your Thoughts. Mold Your Future. Mold Your Thoughts. Mold Your Future. Mold Your Thoughts. Mold Your Future.**

What you think is who you are; you think positive thought today, everyday positive thoughts mold your future. You make positive choices, today; everyday, Positive choices mold your future. **Positive choices Mold Your Future. Positive choices Mold Your Future. Positive choices Mold Your Future.**

You are grateful for the positive thoughts. Grateful for the positive possibilities molding your future. You are the artist of your future. You hold your mold. You see your future. Take some time right now and use your artist's talent and with your mold conceive the possibilities in your future. **NOW (pause for at least 30 seconds).**

(Editor's Note: February 9th, 2015 Carol knows that the subconscious mind thrives on repetition and therefore has used the words 'Mold' and 'Future' many times throughout the script. As brief as the script may seem, it was preceded by a 20 minute White Light Induction, a Deepening Technique and followed by many Affirmations)

(For persons interested in becoming a Certified HypnoCounselor (Consulting Hypnotist, Hypnotist) contact Dr. Tony De Marco at 908 964 4467 or email tony@hypnoacademy.com or visit www.hypnoacademy.com to review the course materials, instructors' backgrounds, fee and ability to register online thru paypal, also with an option for paypal free financing for 6 months. Spring classes begin on March 21st, 2015)

**Spring 2015 Academy of Professional Hypnosis
HypnoCounselor Certification Course Schedule**

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. Tony De Marco at.....(908) 964-4467.

Or Email Dr. De Marco at: tony@hypnoacademy.com or register at www.hypnoacademy.com

You may take 6 months to pay through PayPal Credit at www.hypnoacademy.com See Details there.

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 in-class study and homework assignments, which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified HypnoCounselor". You may call yourself Hypnotist, Consulting Hypnotists or HypnoCounselor. 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, 2015 session where excitement awaits you. You shall be in awe when you are 'Welcomed to the World of the Mind'!!

BEGINNING ON MARCH 21st, 2015

MARCH 21, 22, 28 & 29

April 11, 12, 18, 19, 25, & 26

Saturdays & Sundays 9 AM—5 PM

(10)Class days plus many hours of Homework depending on your own personal effort.

Classes are conducted at 1358 Burnet Avenue, Suite #1, Union, NJ 07083

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 .

\$2,385 includes an extensive 300+ page Academy course book plus scripts and materials for the National Guild of Hypnotists plus a one year free membership in the NGH, world's largest hypnosis organization with 15,000+ members.

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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

2015 MEETING DATES

Wednesday: March 18, 2015
Networking: 6:00—7:00 p.m.
Dinner: 7:15 p.m.
Presentation: 8:00 p.m.
Meeting Place:

COSTAS RESTAURANT

120 Chestnut Street, Roselle Park
Roselle Park, NJ

(One mile from former meeting place)



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 COSTAS RESTAURANT 120 Chestnut Street, Roselle Park NJ 07204

Parking is in the Municipal Lot in the street directly across from Costas 908 241 1131

PARKWAY: Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping Hill Road toward Union. Restaurant is straight down Chestnut St. on right side, 1 mile from 5 Corners.

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 to the end.

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CALL: 908-964-4467

Seating limited to 30. Please send your check in on time. Just showing up causes problems with seating

NACH

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