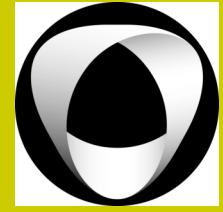




NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

NEXT MEETING
Wednesday
June 17, 2015
6:00 PM
Last meeting before summer break!

Presentation for June 17 Meeting: TUNING FORK THERAPY



Ever wonder what happens when a musician plays their instrument or sings or simply imagines they are playing and singing? When they are playing, singing or imagining, they are outwardly expressing and living within the resonance of the energy of life within them. Their joy comes from the balance of their energy of life. The mysticism of the ancients' perceptions of a human energy field is slowly opening up to us, as the minds of modern science, open. The human energy field expresses itself in many forms: heat, light, and sounds. A musician's joy when playing and singing as part of a group, an orchestra, etc. is the unification of everyone's energy field.



Carol and Rafael Danaher have chosen to share the resonance of the main energy centers of the human energy field with all who wish to hear. Their method is Tuning Fork Therapy. Learn, as they introduce us to the concept that sound heals. Both are graduates of the Academy of Professional Hypnosis and hold many certifications: NLP (Neuro Linguistic Programming) Instructor, White Light REIKI Master, Integrated Energy Therapy, Firewalk Instructor, Heart Energy Balancing, Practical Mysticism, Instructor of Vibrational Healing, and more. This is an exciting presentation which will expand your skills and horizons. Call Tony at 908 964 4467 and send your \$25 check to assure your seat. Email tony@hypnoacademy.com

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THE WORLD'S LARGEST AND FRIENDLIEST HYPNOTISM CONVENTION

August 7,8 & 9, 2015 Best Western Plaza Hotel - Marlborough, MA.

Our NGH 65th Year Anniversary! Yes, it's almost that time of the year again. Now is the time to make plans and choose which courses to take. You can look on line at WWW.NGH.net and start surfing all the new workshops and presenters for this year. Take part of your vacation this year to attend. It is the best thing you can do for yourself, your profession and business. You will always come home feeling confident, renewed, energized and applying all that you learn immediately. There is such a feeling of positive energy at the convention every year and the friends you meet from all over the world is fantastic. Come join all the fun at the NGH 65th Year Anniversary. So sign up now and get your hotel reservation early. (*Look at last page to see our members who are presenting seminars)

Hypnosis in Sports by George Bien

Using hypnosis in sports is nothing new. Sports' history is replete with examples of its uses, but often under the guise of names such as: autogenic training, mind conditioning, entering the "zone", etc.

Sports Psychologist, V.A. Romanov said, "The shaping of psychological readiness is one of the main tasks in preparing athletes for competitions". In the 1956 Melbourne Olympics, the Russian team took with them no less than 11 hypnotists. Mental training was also responsible for the Russians winning more gold medals in the 1976 Olympics than any other country. This included two of the three judo titles ordinarily taken by the Japanese.

During their 1978-79 tour of Australia, England's cricket captain Mike Brearley consulted a hypnotherapist. In the early 1980s, hypnotist Peter Siegel worked with bodybuilder Lee Haney who went on to win the Mr. Olympia title eight years in a row! In 1985 Peter worked with bodybuilder Mike Christian who went on to conclusively win the Mr. America and Mr. Universe titles. In his book, "Pro-Style Bodybuilding", Mr. Universe winner, Tom Platz, says, "Unless my mind triggers the will to improve my physique, it won't happen. Essentially, the mind is the master potentiator in bodybuilding". Yes, Tom consulted a hypnotist!

Even heavy-weight boxing

champion Mike Tyson had a personal hypnotist named John Halpin. Golfer Tiger Woods had undergone hypnosis as a teenager. And if the above doesn't impress you, how's this for a lineup? - Players from the New York Mets, Los Angeles Dodgers, Chicago Cubs, Detroit Tigers, Los Angeles Raiders, New York Islanders, Dallas Cowboys, Florida Marlins, New York Rangers, to just name some, have utilized the services of a hypnotist. Yet, many athletes who use hypnosis sometimes don't own up to it because of the age-old myths associated with the modality.

Baseball players had been utilizing hypnotherapy in the 1970s. One of the most famous examples of sports hypnosis is the story of Minnesota Twins', "Hall of Famer", Rod Carew. Carew, one of America's greatest baseball players, had suffered an injury, and even though the injury technically healed, he continued to experience pain. It may have been psychosomatic, but real enough for him, which in turn caused a severe case of self-doubt. St. Paul, Minnesota, hypnotist Harvey Misel, worked with Carew and helped him come back to the best season of his entire career, with a batting score of almost .400. Carew went on to win "The most valuable player award"! Eventually, hypnotist Misel was hired by the Chicago White Sox, and at one point, claimed 200 clients in major-league baseball.

Mental trainers push their clients to develop systematic "pre-

performance routines," including relaxation breaths, focusing exercises, and self-talk. Hypnotist Harvey Dorfman, made his career by helping out the Oakland A's during their 1980s glory years.

Boxer Ken Norton has used hypnosis training before his famous victory over Mohammed Ali. Tennis star Andre Agassi, worked extensively with Anthony Robbins, utilizing NLP and hypnosis. Phil Jackson, coach of the Chicago Bulls basketball says that they practiced daily self-hypnosis when he coached Michael Jordan and the Bulls to their six NBA Championships.

Please note that hypnosis cannot create a talent-less athlete into a superstar competitor. It will however amplify the athlete's innate talent and capacity, and enable him/her to access as much of this ability as possible.

Key Beliefs for Success

There are several key beliefs that will carry you a long way towards success.

You already have all the resources you need to succeed:

Every human being is born with the right tools to succeed in life. Other people, accidentally or on purpose, create the conditions for failure. You carry within you all your life exactly what you need to succeed at anything you want. You are exactly smart enough, tall enough, healthy enough, whatever enough.... to go and take what you want from life.

If it's difficult, you're doing it wrong:

Apply this very simple rule to everything you do. If it is difficult you're not doing it right: find another way of doing it. You will immediately know when you are doing things the right way because it will be easy.

There is no failure; only feedback:

When you fail at something, there is only one meaning to take from it. There is no success without failure. The only thing that failure tells you is that you are not doing it right. Failure says nothing about you, only about how you went about things. After each failure, ask yourself what you learned from

it and change how you go about it.

What the thinker thinks, the prover proves :

Your mind is programmed to act according to your beliefs. If you believe that the world is full of nice people, you will mostly find nice people. If you believe the world is full of cheats and liars, you will see them everywhere. Your mind filters all incoming signals and matches them to internal models of the world. Your mind will change the signal to match the model. If you think the world is against you, then a part of your mind will prove this in every situation by deleting any incoming information that does not fit with this theory, or will distort it so that its meaning changes. In a sense, you create your own world, your own reality.

So if you want to be a success, then think about success all the time, and your prover will prove you are success by changing your behavior and your perceptions to suit what you are thinking.

People always make the best choices open to them:

Every behaviour you do, no matter how strange or destructive it is, is actually being done for your benefit. There is no point in blaming other people or even yourself for how you behave. What you need to do is to examine the behavior, es-

tablish what it is trying to do for you, and find a different way of getting the same effect.

The solution is more important than the cause:

Spending time on finding out what underlies a particular problem is seldom as valuable as learning how to prevent it happening and how to deal with the consequences. Focus on the solution to your problem, not its roots. When a forest fire is raging, and planes are dropping water bombs and people are fleeing burning homes, there is no point in trying to find the match that started it.

~~~~~

**The man who thinks he can, and the man who thinks he can't, are both right. Your greatest limitations are not in the world around you: your greatest limitations are the beliefs you hold about yourself.**

~~~~~

(Nancy Rutherford is a recent graduate of the Academy of Professional Hypnosis and wrote this script after the first weekend of instruction. Script writing and in-class critiquing by instructor and students is an integral part of our certification course.)

After the Induction, deepening, and while in the client's Safe and Secret Place:

Good. Just relax, deeply relax. Now go back and see yourself as a young child, a young girl of 5 or 6 or 7. Feel yourself as you were and the joy of your body. How strong it is. How capable. You already have ideas about who you are as a being, and as a soul. You are free. You are practical and highly functional. You love the freedom of your body and the way you spend your time. See yourself as you toughen up your feet for walking on gravel in summer. See your pride in your accomplishments of running, climbing, and swimming. You are strong. You are agile. You have a relationship with nature and a secret world that no one else knows about, but where you feel you belong. You know the trees, you know the paths. You can walk silently in the woods. You are free. Feel the knowledge that resides behind your eyes. Feel the satisfaction in knowing you are connected to all of life, a part of it all, with your own special place in it, a place you belong. Now see yourself as that girl, called inside, and now it's time to bathe, and your mother wants to curl your hair. I know that you find this distasteful and insulting. We are now going to turn this around, and find some power in it. You already know that you are free and even wise at this young age. Look at your mother. Can you see that she is not as free as you? She is looking for someone to play with. And this is how she likes to play. Can you allow, as a gift, for her to set your hair? Let's turn it into a game. Let her set it up, and smile at her, and toss your head around. See her laugh. Now go ahead and take the curlers out. And now go ahead and roll her hair up. One by one, take one out, and roll one up, on her. See your hair free, and her hair set, just as you each would like. See both of you smiling in the play of it. See her now brushing your hair and recognizing and accepting your preference. See how good it feels to be sharing this moment together. Happy. Different. Close.

Take the curlers out of mom's hair now and see it curled just the way she likes it. Tell her it's pretty. See her smile. Look in the mirror together. See the differences, see the smiles, looking in each other's eyes, seeing the difference of chosen expression. Her hair styled, your hair free. How good it feels spending time with mom, being ourselves. See the smiles, gentle laughter of simple pleasure. You have a mom who loves you. She loves to play with you. She wants to know who you are, and she wants to share who she is. Mother and daughter together. Different and close. You are free. You are free. Free to play. Free to say yes, free to say no. Free to be known as you are. Willing to be known as you are. See and hear your mom say "thank you". See and hear her say "I'm sorry, I think you're pretty too". Feel how it feels to hear those words. To see her looking into your eyes and saying those words. And now her eyes light up in surprise as she says, "I know! Let's go and find you a pair of moccasins!" now take her hand as she reaches out for yours, and giddy with excitement, takes your hand firmly, and guides you into your next adventure. Feel the years of resentment melt away. Feel the joy in being recognized and loved by your mom. Forgive yourself for holding back with fear, and feel how good it feels to express yourself, and share. Forgive your mom for being too preoccupied to notice your uniqueness. Enjoy the richness of sharing freely.

You are unique.

You are loveable.

You are pretty.

You are free.

You are compassionate.

You are playful.

You are worthy of the right to explore your uniqueness.

You are successful being exactly who you are.

You have a mother who loves you.

You have everything you need for happiness.

You have a special place in the world, and unique gifts to share.

You are free.

You are loveable.

You are glorious and clever and pretty and worthy.

From now on you grow happier and more content being exactly as you are.

FUNDAMENTAL CAUSES—PERSONAL SELF ESTEEM ISSUES

I DON'T DESERVE IT

The fundamental belief is that "I am a nobody". Nobodies don't deserve the promotion, the pretty girl, the day outwhatever. Many people believe this about some aspect of themselves. They may be good at business but cannot allow themselves to succeed in relationships, or sport or some other area of life.

THERE'S NO POINT

"Nothing will change, I will still be me". The belief is that no matter what happens 'me' cannot change and will always be inadequate.

I'VE GOT THIS SECRET FLAW

A belief that some aspect of their physical attributes (My nose is bent, I'm too fat,) or their history (I once did this thing and....) or their mental attitude (I would just die if I had to give a speech....) can never be changed and is the reason holding them back. No one has every skill they need but this should not be allowed to prevent trying. The 'not enough' excuse is a wonderful way of prevaricating.

FEAR OF BEING JUDGED

I'M NOT GOOD ENOUGH

Many people fail in relationships because at the first sign of trouble they leave. The basic thinking is 'I am going to reject you before you can reject me. I know you will reject me sooner or later because I am faulty. So I might as well push you away first and not have to suffer the pain of another rejection'.

EVERYONE IS LOOKING AT ME

This belief is a fear of being exposed and found wanting. Many people believe that others are constantly watching and judging, that every part of them is subject to merciless scrutiny. This fear stops them doing anything that might bring them to public attention.

FEAR OF THE UNKNOWN

Staying away from the unknown is a good way of staying safe. However, this core protective mechanism can keep people stuck when applied at the wrong time and place.

FEAR OF FAILURE

A reluctance to try anything new can develop into a refusal to do anything at all. "I would make mistakes".

FEAR OF SUCCESS

The opposite of 'fear of failure', this is actually very common. "How would I manage twenty staff?", "I would have to go to cocktail parties", "People would ask me what to do".

The problem with limiting beliefs is that your mind will work tirelessly to make sure that they come true.

Psychological research has shown that selective perception is a fundamental human defense tool. People do not easily change their theories, assumptions, expectations and impressions even when evidence contradicts them. Once a mental decision has been made, it tends to persist even in the face of contradictory information. This is especially true if the person has given himself a cause and effect

type explanation of how the information they have justifies the belief they hold. The simple process of explaining to yourself or to someone else why you believe what you do has the unexpected consequence of making you even more sure of your belief, and makes you more likely to reject any information that discredits that theory, belief or attitude. So challenging a belief and making you justify why you think that way actually affirms that belief and makes it harder to change. In fact studies have shown that when a person is offered information that discredits their beliefs or attitudes, in order to evaluate that information they have to first recall their belief and examine it, which has the effect of reinforcing the belief.

It has been shown that people under stress protect themselves by dimming awareness of new information. This process creates a blind spot, a zone of self deception and blocked attention so that new information just does not register.

This does not mean that self limiting beliefs cannot be changed. It means that before new beliefs can be taken up the person has to put themselves into a receptive state and the new information needs to be presented that exceeds some threshold value. When the new information is sufficiently different or compelling the person will automatically reassess their self limiting beliefs and incorporate the new information to create a different belief.

Source: Hypknowsis.com

Fall Academy HypnoCounselor Certification Course Schedule for 2015

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 Fall, 2015 session where excitement awaits you. You shall be in awe when you are 'Welcomed to the World of the Mind'!!

BEGINNING ON October 3rd 2015

October 3, 4, 10, 11, 17, 18, 24, 25, 31 and November 1

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, the world's largest hypnosis organization with 15,000+ members. Free financing is available

YOURSELF .

While providing informal information through the writings in this Newsletter, the views expressed and written do not necessarily represent the thoughts, views and opinions of the National Association of Certified HypnoCounselors, (NACH), NGH nor of its editors or officers. All information is printed with permission or comes from a free informational website. All persons will be credited if available for any rewritten information.

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

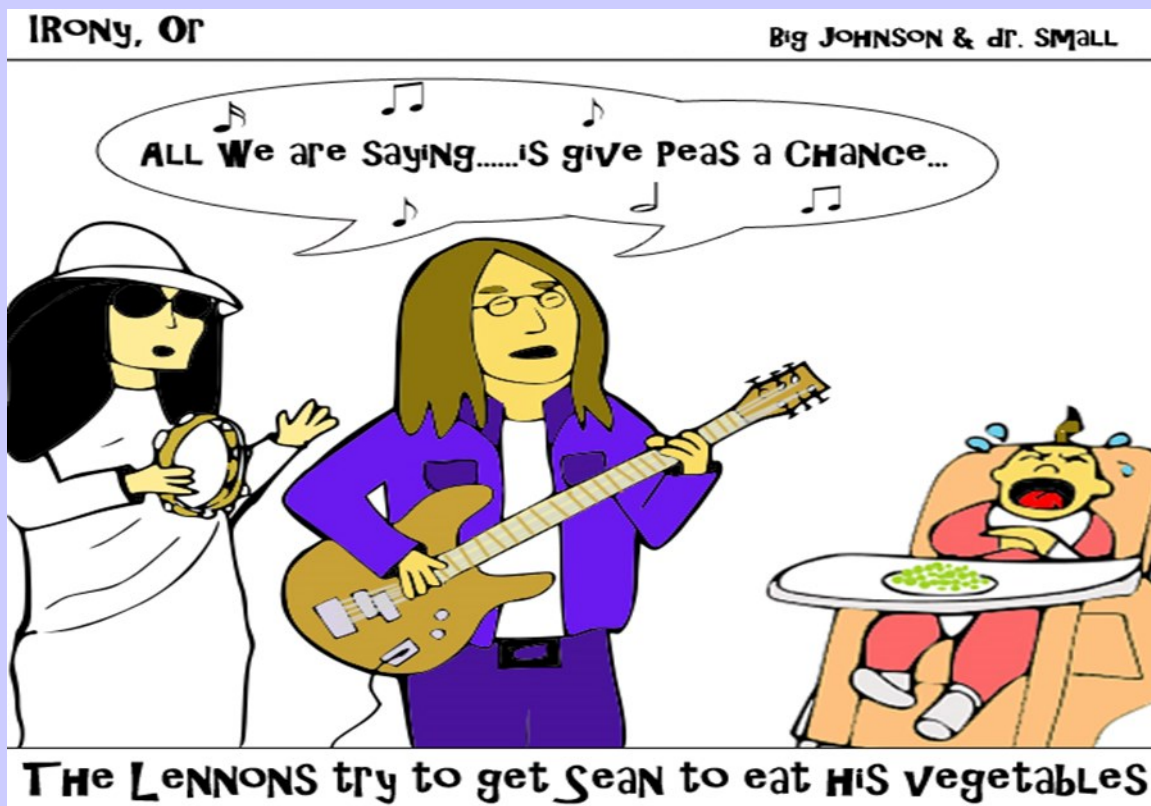
A friend of NACH member Ellen Gecker is on the waiting list for a heart transplant at Hershey Medical Center. The expenses are huge and he needs help. We believe that this is an honest and worthy cause. We are not asking for contributions, only that you visit the designated website often and write a favorable comment on the comic strip.

Ellen Gecker: My very creative husband, Marc, and our very artistic friend, Dave Johnson, have created a comic strip called Irony Or. (I'm the editor and the joke tester. If I laugh, it gets in.) This strip will be available every day at the website, <http://www.gocomics.com/ironyor>. They provide a service for a reasonable fee for aspiring cartoonists called Comic Sherpa where new artists can present their work to the world. We'd like to ask you to please check it out each day and write a comment in the comments section (you first need to register your name--real or fictitious). We'd also like to ask you to forward this email to everyone on your email list and ask them to do the same.

Our reasons for asking this are partly mercenary. Some of the strips that have begun their life in Comic Sherpa have gone on to be syndicated and made money for their creators. Dave is now moving up on the heart transplant list at Hershey Medical Center and the expenses he and his family are facing are going to be huge. If he can derive income from his talents it would be a great blessing since due to his inherited heart condition he has not been able to work for some time. In addition to that, we're having a great time creating this strip, and who wouldn't want to be paid for creating a comic strip? That aside, the immediate financial needs for Dave are such that we hope that you will help out by not only spreading the word but also by asking your friends to make comments to indicate a following which could help in attracting a syndication deal. So please, pass it along. Also, we hope you and your friends find it funny and will read it every day just because it makes you laugh.

A day without laughter is a day wasted. Charlie Chaplin

- 1) Every day go to www.GoComics.com.
- 2) Register for a free account. You can use a fictitious name as your "handle".
- 3) Click on Sherpa tab.
- 4) Click on Irony Or.
- 5) Make comments every day. You can also respond to another comment.
- 6) Click on the star below the strip. That will put it in your Favorites but it also show up that you're a "subscriber". The more subscribers, the better it looks for us.
- 7) Every day after that, you can just click on "Favorites" and our strip will open. Thanks so very much. Ellen Gecker



CEU Credit Hours

2015 MEETING DATE

Wednesday: June 17, 2015

Networking: 6:00—7:00 p.m.

Dinner: 7:00 p.m.

Presentation: 8:00 p.m.

COSTAS RESTAURANT

120 Chestnut Street, Roselle Park

Roselle Park, NJ

(One mile from former meeting place)

908 241 1131



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.

NEW JERSEY MEMBERS PRESENTING AT THE NGH CONVENTION

- Tony De Marco:** *Thinner Band Imaginary Gastric Band Surgery Teleseminar July 23rd at 9 PM EST <http://budurl.com/demarco2015> and a TBH Post Convention 2 Day Workshop Monday and Tuesday, August 10th & 11th <http://www.ngh.net/conv/2015/222.pdf> (Web Description) *Destructive Triggers/Healing Triggers (1 Hour)**
- No Smoke Poke Hypnotic Smoking Vaccination (2 Hours)*
- Hypnogenes: Epigenetics & Hypnosis (2 Hours)*
- John Kalinowski:** *The Hour of Willpower (1 Hour)*
- Lori Chrepta:** *Incorporating Akashic Records into Your Practice (1 Hour) & (2 Hour) Workshop*
- James Giunta:** *Maximize Your NGH Conference Experience (1 Hour)*
- Use Hypnotic Anchors For Inductions, Deepening, Success (2 Hours)*
- Janet Crain:** *Tree Reading For Fun & Profit (1 Hour)*
- Walter Stock:** *Journey to Tir Nan Og (Celtic Underworld) (1 Hour)*

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

NACH

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