

Success Stories

Commemorating
World Hypnotism Day
2006 Edition

INDEX

Hypnotism Works

Acknowledgements

Chapter 1 -- Weight Loss

Weight Issue

By Juliette Lackey

Weight Loss Case Study

By Jeanette Laitner

You Can Lighten Up And Win At Losing!

By Jane Percy

Weight Loss Wisdom

By Beverly Taylor

Chapter 2 -- Smoking Cessation

Many Problems – Many Methods

By Tom Eagles

Non-Smoking Grandmother

By Jane Stewart

Chapter 3 -- Athletic and Music Performance

Case History: Athletic Performance

By Michael Ellner

Running A Marathon Faster!

By Bryan M. Knight

Run Amadeus Run!

By Tom Nicoli

Swimmer Removes Self Limits and Beats the Clock!

By Tom Nicoli

From Piano Player to Master Musician

By Lisa Halpin

Chapter 4 -- Overcoming Fears

Becoming A Calm Passenger

By Joan Scully Ballantyne

Back In The Saddle Again

By Roxanne Emigh

Packing Away The Fear of Needles

By Gloria Gorce

Goal Completion

By Joyce Holmes

Test For Bugs

By Wendy Packer

Gatophobia – Learned In Seconds – Eliminated in Minutes

By Bill Pettek

Fear of Heights

By Franklin Sluijters

Chapter 5 -- Releasing Traumatic Events

God Sent Me An Angel

By Conrad Adams

Transformations Through Dreams

By Annie Pattichi

Helping A Vietnam Veteran Release War Based Flashbacks

By Kerry K. Skiffington

Joys & Traumas

By Joy Weaver

Music Of The Mind

By Katherine Zimmerman

Chapter 6 -- Pain Control

Pain Control

By Ann Richards

Migraine Release

By David F.L. Smith

Chapter 7 -- Personal Improvement

A Rising Star
By Gayle Berg

Hypnosis For Motivation
By Susan Burns-Marriott

Transforming Negativities Of The Mind
By Marilyn Gordon

Career and Life Enhancement
By Lisa Halpin

What a Difference a Positive Thought Makes!
By Teresa Perciful

Chapter 8 -- HypnoBirthing

Shelley's Beautiful, Breathtaking Birth Experience
By Kathryn McGlynn

Chapter 9 -- General Health Issues

Hearing Too Much
By Bill Cashell

Releasing Migraine Headaches By
Bill Cashell

I Was Blind But Now I See
By Michael R. "Ron" Eslinger

The Leg I Didn't Have Just Keep On Hurting
By Michael R. "Ron" Eslinger

Harrowing Halloween
By Seth-Deborah Roth

The Hand That Couldn't Move
By Anna Vitale

Chapter 10 -- Sleep Issues

Sleep Disturbances
By Phil Hamilton

I Am Sleeping, Debbie!
By Debbie Papadakis

Overcoming A Sleeping Problem
By Christine Regan-Pugh

Chapter 11 -- Past Life Regression

Pain From Another Place

By Georgina Cannon

Past Life: Learning From a Client

By Susy Hall

Karen's Regression To Wisdom

By Michael R. Hathaway

Past Life Regression

By Priscilla Keresev

A Tribute to a Hypnosis Instructor: The Value of Past Life Regressions

By Tom Thomas

Chapter 12 -- Relationship Issues

Transforming Relationships

By Debbie Papadakis

Hypnosis For Jealousy

By Debi Livingston

Chapter 13 -- Helping with Medical and Surgical Procedures

Tooth and Freedom

By Donna E. Kemper

Cyclist Down!

By Seth-Deborah Roth

Chapter 14 -- Dealing with Loss and Separation

Childhood Experience: Getting Over Grief

By Pearlan Feeney-Grater

Chapter 15 -- Using Hypnosis to Find a Lost Object

Recalling A Lost Engagement Ring

By Joe Packard

Chapter 16 -- Self-Hypnosis

Self Hypnosis: Hypnotist Heal Thyself

By Jane Govoni

Hypnotism Works!

Consulting hypnotists from around the world share within these pages their fascinating stories of the myriad ways that hypnotism has changed lives—and it can change yours as well. From the case studies and testimonials, you will gain a new understanding of the important role that hypnotism plays in so many lives and, then, wisely use it to enhance yours.

Dr. Dwight F. Damon, President
National Guild of Hypnotists, Inc.

****Note: All clients' names have been changed in order to protect their privacy.****

Acknowledgements

We would like to take this opportunity to thank the many people involved in making this informative edition of *Success Stories* – commemorating World Hypnotism Day 2006:

Tom Nicoli for envisioning and introducing the concept for the WHD.

Elsom Eldridge, Jr. for his dedication to the field of hypnotism and for his creative ideas to conceive the *Success Stories* World Hypnotism Day E-book.

Lisa Halpin for managing the process.

Debbie Papadakis, as the *Success Stories* Committee Lead – for many hours of work, collecting the stories, and coordinating the efforts of the committee.

Fiona Biddle – Lead Editor for all World Hypnotism Day publications.

The many committee editors for their tireless help in sculpting the stories into parts of a book: Courtland Elliott, Dianna Guglietti, Penny Hathaway, Dr. Tania Hreczko, Robert Martin, and Elliott Meltzer.

And finally our thanks to the many fine professionals who shared their powerful success stories in order to bring the practice of hypnotism into the light of public understanding.

Chapter 1 -- Weight Loss

Weight Issue

"Ann" came to see me about a severe weight problem. She said she was depressed, obese and lazy. She didn't feel like working, didn't enjoy her kids and couldn't stand her husband. She felt useless and insecure. During our first 3 sessions, all Ann did was cry. She couldn't seem to relax deep enough to stop her tears.

I've never failed to help a client lose weight. But in order to help Ann, I had to find out the source of her overwhelming sadness that seemed to be consuming her. On our fourth session, she agreed to an age regression.

Taking her back through the years, we found out that when she was only 3 years old, she accidentally fell down the cellar stairs at home. Her mother, busy in the kitchen, sent her older brother down to check on her. Although she was badly hurt (several broken bones), her older brother, who was only a child himself, was dragging her up the stairs by one arm! At that moment, Ann decided subconsciously that she didn't matter...

We did parts therapy and a lot of suggestion - explaining to her subconscious that her mom and brother didn't maliciously intend to hurt her – her mother just made a mistake, and her brother was too young to know better.

The effort paid off in a big way - Ann now owns her own business, looks great, feels great and has found a treasure box of self-worth within herself.

Contact Juliette Lackey, CHt, at Center of Thought 16 Lafayette Terrace Nahant, MA 01908
Phone: 781.593.4222 Website: www.CenterOfThought.com
Email: Juliette@CenterOfThought.com

Weight Loss Case Study

When "Sandra" came to see me in March of 2004, she was 100 pounds overweight, and had been hospitalized with heart problems. Her doctor told her she had to get rid of this weight and she had tried dieting, but just couldn't stick with it.

I told her it would take 4 - 6 sessions and she agreed to come for sessions every 2 weeks. She was 100 miles away, but was desperate to lose weight.

At the first session I did some direct suggestions to help her see what she would be and look like in one, five, and ten years if she continued on the path she was taking. I then had her imagine herself at her goal weight, in control of her eating habits, drinking 6 - 8 glasses of water a day and having fun exercising her body. I then had her take this new image of herself into the future for one, five and ten years to see how happy and self confident she felt.

Through our continued work together, Sandra discovered that as a child her family was very poor and didn't always have enough to eat. So she learned to eat any food available and eat fast. I helped her understand that as a child she had no choice, but that as an adult she does have choices.

I used some NLP techniques along with the hypnosis to change the way Sandra felt about sweets and soda pop, so they were no longer important to her. She was a great hypnosis subject and steadily lost the weight.

Sandra finished her 6 sessions and returned once every 2 months for reinforcement sessions. By the end of eleven months Sandra had lost 95 pounds and has kept it off. She is very happy and has sent me 4 other clients from her area!

Contact: Jeanette E Laitner BCH, CI at Hypnosis Wellness Center 515 N 87 St., Suite B
Omaha NE 68114 Phone: 402.333.1069 Fax: 402.898.1195 Web site: www.aplushypnosis.com
Email: jglaitner@cox.net

You Can Lighten Up and Win At Losing!

“Joanne” was a skeptic when it came to hypnosis but a weight loss program using hypnosis and healthy living has changed her mind.

Lighten Up, a new program offered at Backus Hospital Center for Healthcare Integration in Norwich, CT uses group hypnosis as part of its tools to help participants turn cravings into healthy actions. The program, created by Jane Percy (CH, CIH), Director of Riverlight Wellness Center in Stonington, CT, is a six week program which incorporates coaching and hypnosis to help participants change their minds about food and lose weight.

“The positive reinforcement has really been transforming,” said Joanne, 54. “I’m a very cognitive person and I didn’t think hypnosis would work for me, but I was desperate to find a way to lose weight. I had tried all the other ways.”

Joanne said the comfortable setting and the group sessions helped her focus. She completed the program in June 2005, continues to practice what she learned and continues to lose weight, gradually and sustainably. Weekly classes included discussion, journal writing and hypnosis. “We used Jane’s beautiful weight loss CD which helped reinforce Lighten Up goals.”

“We all have reasons for gaining weight,” she said. “We make choices but it is also about our history and what speaks to us. When I was ill as a child, my father would give me chocolate malts so I learned in my programming ‘when you don’t feel good, it helps to eat’. You need to give yourself new messages.” Joanne said her healthy food plan included eliminating wheat and sugar which reduced her pain. She has lost a total of 40 pounds and continues to lose.

“I have about 90 pounds to lose so that I can be a healthy weight. I’ve been married 30 years and my goal is to get back to my wedding weight.”

Joanne added that “Jane Percy is an excellent facilitator and she made the experience safe and positive.”

Several months after completing the course, Joanne continues to lose and she says that it is “easy” and she “doesn’t even think about it now...it just happens naturally and she continues to listen to the hypnosis CD.

Another Lighten Up participant echoes Joanne’s endorsement: “I just completed the six week Lighten-Up course. Besides losing 10 pounds my cholesterol dropped from 248 to 177. My triglycerides went from 238 to 101. All this since starting your class. I am not dreading my next doctor’s appointment, rather looking forward to it. I am motivated to continue as I still have a way to go. Thank you.”

As of this writing, “Connie” has lost 16 pounds and continues to lose. She listens to the CDs and avoids the foods (wheat and dairy) which contributed to her inflammatory blood cholesterol condition -- and her doctor is very pleased with her!

Contact Jane H. Percy, Director at Riverlight Wellness Center, LLC 107 Wilcox Road Stonington, CT 06378 Phone: 860-245-3632 Website: www.riverlightcenter.com
Email: jane@riverlightcenter.com

Weight Loss Wisdom

“Sue,” a woman in her fifties, came to see me for assistance in losing weight.

Sue had tried Weight Watchers, Jenny Craig, visits to the gym, and diet pills. She experienced no lasting benefits. Before coming to see me, she wasn't exercising, and when stressed, was eating comfort foods. She wanted to lose thirty pounds.

I use the Transformational Healing Method (THM) developed by Marilyn Gordon. In the first hypnosis session, she immediately felt "Mother Earth connecting to me...good and nurturing." We anchored it to her thumb and forefinger with her personal code word "Warm." Next I spoke to the part of her that didn't want to exercise. I asked if it had a purpose; “No.” To get rid of it she shrank it to a speck, and sent love and light to where it had been.

The part that craved comfort food said its purpose was to fulfill her and provide strength. Sue vividly remembered not being able to buy food as a child, as there was no money. As she wasn't ready to handle this right away, I encouraged her to practice self-hypnosis every night with a personal reinforcement tape.

During the second session Sue shared with me that she never had enough heat or clothing as a child. Sometimes it would be so cold that her blanket would freeze against the wall. As an adult, warmth was most important to her, so her “warm” anchor was very valuable, and she had been using it regularly. In hypnosis, she realized that it was her path to be an independent woman. She also had a spontaneous realization that the purpose of food is for nourishment only. This felt new to her - a powerful, transformational insight.

In the third meeting, Sue reported that she had no carbohydrates at all in her house. Her appetite had reduced and she had been replacing negative thoughts with positive thoughts or an affirmation mantra.

Going into hypnosis, Sue went very deep. I asked the inner mind to bring up what was important. Sue saw a short, elf-like man, and felt a pain in her stomach connected to him. When I asked him if he had a purpose in her life, he said that he didn't need one - he just wanted to be there. He was not a part of Sue. I asked Sue if she wanted to remove him and she chose to move him into the light. Once she sent him into the light, Sue had a profound burst of wisdom. These were her words:

"My higher purpose is to be true to myself, to be in the world as a participant instead of observer. It is important to have *Movement*: mentally, emotionally, physically and spiritually. Movement with purpose. "Saying" is not the same as "doing." I need to connect to *Movement* within me."

Both of us realized that the elf-like man was an obstacle to her, and she left knowing that she would easily have an active lifestyle and would set and achieve goals for her life. With the obstacle removed, she now had tools and techniques to support her. Best of all, Sue would never be cold again!

Contact Beverly Taylor, CH, Director, at Healthy Spirit Relaxation Center 2881 Castro Valley Blvd. #3 Castro Valley, CA 94546 Phone: 510.886.6780 [Email: HypnoTherapies@aol.com](mailto:HypnoTherapies@aol.com)
Website: www.hypno-therapies.com

Chapter 2 -- Smoking Cessation

Many Problems – Many Methods

“Peter” came to me for help to stop smoking. He was a tall man who walked stooped over in chronic despair; the source of which I learned was leg numbness due to spinal complications in surgery. This was a man who loved dancing with his wife; thus his despondence. In addition, he was a recovering problem drinker with serious family issues, and his doctor told him that if he didn't stop smoking he wouldn't have much time left.

In desperation, he called me. During his sessions, Peter homed in on EFT's meridian tap-tap-tapping with its simultaneous verbal reframing, parts mediation, time-lines, future pacing, and anchoring that is all part of the process. Peter also reported being amazed by the Ericksonian deep trance hypnosis sessions. He said it was like being tucked in and having a story read to him. A persuasive, compelling story, you might say...

In each of his sessions we engaged in effective strategies to drive wedges between the cravings, the triggers that led him to smoke despite extreme risk, and anxiety that drove negative emotions that he “held down” (he thought) by smoking.

As time passed, I noticed that he had increasingly more spring in his step, and that he was far sunnier in the later sessions than he was in the early ones.

Ultimately, he was delighted and overwhelmed by his results with hypnosis, just as I still am with every client I see. It's miraculous, magical, and at times utterly humbling!

In fact, Peter was so delighted with his results that he sent his wife to see me to help her reduce her anxiety levels. We used a lot of the session time for EFT, and again sealed the changes with NLP and hypnosis trance. She sent her daughter to me, who had feelings of despair and worthlessness. Again, the results were equally dramatic. After completing their sessions, they were able to go to a family reunion in Western Canada – and enjoy it! A story book ending, eh?

I don't know if it was the NLP, the EFT, or the deep trance hypnosis that was responsible for these truly remarkable successes. Three modes of therapy. Three clients. Three successes! Who wouldn't want success like that, right?

I credit all of that success to the giants upon whose shoulders we all get to stand: Ormond McGill, Milton Erickson, Gary Craig, Richard Bandler, and a select few others.

Contact Tom Eagles, B.A., NLP, CHt. at MindFX Hypnosis 319 Sherwood Drive Thunder Bay, Ontario P7B 6L2 Canada Phone: 807.767.4814 Mobile: 807.626.6433 Toll Free: 888.255.0561 Website: www.mindfxhypnosis.com Email: tom@mindfxhypnosis.com

Non-Smoking Grandmother

Pat came to pick me up at five in the morning. We were catching plane to NGH annual convention in Nashua, New Hampshire. I had two cartons of cigarettes sitting on the table and an open pack in my purse. Pat said, "Leave them here. You won't need them. Remember you decided to quit smoking." Today was the big day! After thirty years of being a super smoker, I was going to become a Non-Smoker. I said, "Okay, I remember my promise.

I had to quit. My daughter was pregnant with my first grandchild; she told me I could not associate with the baby if I was smoking. I had no choice; I had to quit smoking. On the plane, Pat hypnotized me and I chewed a quarter of a piece of my Nicorette gum. When things really got tense, I would rub my thumb and forefinger together and remember to breathe deeply and would say, "Each day I am getting better and better. I am a non smoker." Hummmmmmmmm!

Are there some benefits here for daily living?

I should mention that I am ADHD and each time that Pat hypnotized me, I felt amazingly calm and free of anxiety. Hummmmmmmmm! Yes there are!!!

I am an academic coach who specializes in assisting kids who are ADHD or who have non verbal learning disabilities. I became a hypnotherapist and incorporated hypnotic techniques into the programs for my kids and myself. The hypnosis helps us with concentration, anger management, organization skills, test anxiety and performance, sports performance, and remembering information.

New ideas keep cropping up, and I employ hypnosis and self-hypnosis to help solve them. My kids and I are learning easier and faster, and our levels of stress and anxiety are reduced. As one of my kids who is a hockey goalie says, "When I visualize, we win and when I don't visualize we lose!" For people with attention and learning issues using hypnosis makes life good.

P.S. Today I remain a non-smoker.

Contact Jane Stewart, Ph.D. at Phone: 248.585.7416

Chapter 3 -- Athletic and Music Performance

Case History: Athletic Performance

A client reported that she was having trouble getting her head into training for a major international race. As a world-class athlete, she knew the level of commitment necessary to compete at the highest levels, and she just wasn't feeling motivated to push herself that hard. After a series of nagging injuries interrupted her conditioning program, she was just going through the motions with several weeks to get back into competition shape.

I asked her what she wanted to get out of our sessions, and she told me that she knew that the way she was training wouldn't be enough to be competitive, let alone win the race, and that she wanted me to help her get back into a winning mindset. I pointed out that her setback could be one of the great learning experiences in her life. She had the chance to discover that whenever she does the best that she can do, it's always appropriate to feel like a winner.

The imagery we used had her moving further and further away from the pain and frustration that came with her setback and moving into the groove of enjoying all of the pleasure and satisfaction that comes with knowing that you are doing the best that you can. In our 3rd session, I gave her a post-hypnotic suggestion that when the gun went off, she would automatically move into her peak performance zone and run with confidence and ease.

I will always remember the joy and excitement that was in her voice when she called me from Spain to tell me that she had just helped her team win the Silver Medal.

Testimonial: "Even with all of the physical training I did, I realized that I needed to also invest in mental training as well. Initially thoughts of competing in a world game triggered feelings of inadequacy and the old "I'm not enough" and "I can't do this" thought patterns. After three sessions I went into the race with a sense of calm and confidence, and when the gun went off, I went into a zone of relaxed concentration and ease that I never experienced before. I did my fastest race ever and helped Team USA come home with the silver medal. I feel so blessed to have a person like Michael Ellner in my life and encourage ANYONE who is ready to go beyond self-limiting thoughts to immerse themselves in this kind of support."

Contact: Michael Ellner at Metropolitan Medical and Wellness Group New York City
Phone: 212-580-3471 - revdocnyc@aol.com

Running A Marathon Faster

I specialize in helping people conquer anxiety, end panic, stop phobias and proof themselves against stress.

“Sam ” was 32 years old, lean and fit. He was stressed and anxious that he might once again fail to run the Ottawa Marathon as fast as possible. He’d been thinking of hypnotherapy for over a month. Now that the Marathon was only two weeks away, he set aside his misgivings and sat in front of me. I searched for emotional reasons for his “failure.” Sam defined it as fatigue at 30km causing him to walk instead of run the rest of the Marathon. It came to the surface that he wasn’t always as fit as he is now. So he’d not been able to pass the 30Km point.

Probing drew out that in nervous moments before each run; fear of failure invades his thinking. “So I put that out of my mind and tell myself I’m not going to stop at 30Km.” I explained that his statement was almost commanding his subconscious to stop at 30Kms, because the subconscious brackets the word “not”.

As our hypnosis session began I used a simple eye-fixation induction with deep breathing, progressive relaxation and eyelid heaviness. Earlier I had asked him where he’d feel “relaxed, calm, confident and strong”. Sam chose a beach on Prince Edward Island.

I suggested he imagine knock-down clown cut-outs spaced along the beach path. Each clown cut-out was numbered. He would kick or punch each cut-out as he ran by. I encouraged him to call out joyfully as he demolished them one after another until he reached number 42.

Then I brought him out of hypnosis, and after a brief recap, re-inducted him. This time I encouraged him to imagine the actual race, with suggestions of increasing confidence as the kilometers flashed by. The 28Km point was a signal that his strength, stamina and ability increased four-fold.

Post-hypnotic suggestions reinforced that he would achieve his targets, enjoy the run and feel proud of his achievements. He created a phrase for self-hypnosis sessions: “I will enjoy running the Ottawa Marathon in 3:20.”

In the next session I gave Sam time distortion suggestions so that marathons would seem to take far less time than in reality. This time he chose to see numbered funny faces on the ground. He maintained a steady pace. (It was amusing to watch Sam “run” while seated on the couch -- his legs moving in rhythm to his imagined run). Each time he stepped on a face he would feel a surge of energy and conviction that he would complete the marathon in 3:20 or better.

Sam did improve his time in Ottawa, and used self-hypnosis to improve his performance in future runs. It was three months later that he called me, full of excitement: “I ran the Montreal Marathon in one minute under my target. Self-hypnosis is fantastic!”

Contact Dr. Bryan M. Knight, MSW, PhD at Hypnosis Headquarters 7306 Sherbrooke West Montreal, QC, Canada H4B1R7 Website: <http://hypnosis.org>

Run Amadeus, Run!

Westwood, Massachusetts High School running back, “Amadeus”, had all the skills and natural assets of which a football star is made. But after injuring an ankle, he learned what every athlete knows. The game begins in the mind.

Though consciously Amadeus was well aware that his ankle had healed and his doctors had given him the word to play again, he was unable to play at the level he had played at before his injury. His ability to play with the skill and abandonment that he required for athletic success was prevented due to the omnipresent thought that he could injure his ankle again.

When I first met with Amadeus he told me, “Every time I go to make a move or cut I think I might get hurt. I’m not as confident any more when I play.”

I had Amadeus scheduled for 3 visits, each a week apart. The first session went well and he left as most clients do with one of my hypnosis audio CD’s to use daily to reinforce his confidence levels and to remove the anxiety he was experiencing. When he arrived for his second session he told me he was “feeling more confident and played a little better.”

Amadeus spent the following week with my Athletic Series CD’s to improve his mental focus with guided imagery and mind practice techniques. When he came in for his third session he had great news. “So tell me, how was your week.” “It was good,” Amadeus replied rather modestly. “Good how”? I asked. “Well, I ran for 212 yards in last week’s game. I just kept moving my feet and breaking tackles. And I did something I never did before without even thinking about it. I made a spin move on someone when they went to tackle me in the open field and ran for the touchdown.”

Is there any more I could want to hear? Not really. 212 yards?! The beauty to the follow up of this session was my next client “played ball” when he was younger and when Amadeus told Paul about the results and the 212 yard game, he stood up to shake his hand. Next?

Contact: Tom Nicoli, BCH, CI at A Better You Hypnosis, Inc. Phone: 781-938-7779
Website: www.ABetterYouHypnosis.com Email: info@ABetterYouHypnosis.com

Swimmer Removes Self Limits and Beats the Clock!

When Swampscott, Massachusetts teen “Joe Michner” needed to shave seconds off his race time in the pool, he opted for an alternative training method: hypnotism.

“My problem was that I had all the skills to swim, but I needed to cut 9 or 10 seconds off my time. I had the ability to do it, but I'd get in to swim and I couldn't get any faster," said the 18-year-old Boston College freshman. The big question was, how? Joe opted to turn to hypnotism for the change he was seeking.

Joe experienced what so many of us do, daily. We have the ability to do what we want and know it, but what prevents it from happening are our thoughts. And the most expedient and effective approach to change those limiting thoughts is the process of hypnosis. Joe realized this very quickly. Though Joe came in for 3 sessions, he had improved after the first hypnosis session.

When Joe came in for his second session, he said he was able to swim and enjoy it like he used to. Over time, as a top level competitor, it became work for him. And the need to perform was always on his mind, which is what prevented him from simply doing what he already knew how to do, after all his years of training and experience.

“The hypnotism was more to not be self-conscious so I wouldn't have to think about it. It helped me relax and have confidence,” Joe explained after his sessions. Michner not only beat his own high school record, but he is now a member of BC's Division I swim team.

Many athletes have used this process but called it something else, such as guided imagery or visualization for success. In programs using sports psychology athletes learn about deep visualization and relaxation skills. But Michner said hypnotism was the only enhancement technique that worked for him. “One of my friends did it (sports psychology). He improved, but it wasn't the big improvement I wanted,” Michner said.

Contact: Tom Nicoli, BCH, CI at A Better You Hypnosis, Inc. Phone: 781-938-7779
Website: www.ABetterYouHypnosis.com Email: info@ABetterYouHypnosis.com

From Piano Player to Master Musician

So many people wish they had musical “talent”. Many children start with piano lessons and end up hating music, and set it aside. For some however, it seems to come naturally.

“Martha” attended a seminar where I spoke about the use of hypnotism in ‘mental rehearsal’ – which I sum up as “If you can do something successfully in your mind, then you can do it in your life!”

I presented many areas where this technique could be useful; including sports performance, public speaking, test taking, and as a way to get past many fears and negative self-talk concerning “what if”s”. The “what if”s” are the negative thoughts people have about “what if” this happens, or that happens, or I can’t do this, or “what if THEY think... something.”

Martha called herself a “hobby” piano-player, (not a “musician”) – although she’d taken piano lessons most of her life, and she was now in her fifties. We had an immediate rapport, as I’m a hobby musician myself, and I dabble with several instruments. Martha told me that after all these years; her problem was that she couldn’t *play* the piano. That was difficult to believe, because over *forty* years of lessons sounded like a lot to me!

At her first appointment, I discovered that she was currently working with her teacher on a piece by Tchaikovsky. Wow, I thought... working on Tchaikovsky, and this lady thinks she can't play? The last piece she had studied was Rachmaninoff.

As we talked further, I found that Martha was unable to ever play anything without written music, and never able to play for anyone other than her teacher, or for her own pleasure when she was alone. How about "Happy Birthday"? No, she had never played that for anyone. "Jingle Bells"? No, never played for a sing-along of Carols. In fact, she was unable to play in a piano store to 'test-drive' a piano. Even her husband and children had never heard her play.

It turned out that she had played publicly when she was a child, at recitals and such, but she set music aside for several years when she was a young mother. When she went back to playing as an adult, her master teacher said that she was the most talented that she'd ever heard.

Using hypnosis, we worked on releasing the limiting beliefs she had formed – erasing those "what if's". We also re-programmed her belief that the music was "dots on the page" and found the place deep inside her where the music 'lived'. Then we worked with the mental rehearsal techniques. Only then, would she even consider playing for me. I'll never forget when I brought an electronic keyboard to my office, and she was certain she was still unable to play. Then, while hypnotized, she played Rachmaninoff – *perfectly*, without music.

She later told me that at her next lesson, while she played Tchaikovsky, her master teacher cried. The teacher said that she had always had the music in her hands, but that now, she owned the music in her soul. Her later concert recital was well attended by her family and friends, and the salespeople from the piano store.

Contact Lisa Halpin, DCH, BCH at 2723 Crow Canyon Rd. Suite 209 San Ramon, CA 94583
Phone: 925-831-9837 Website: www.hypnosisdoctor.com
Email: hypnocoaching@gmail.com or DrLisa@hypnosisdoctor.com

Chapter 4 -- Treating Fears

Becoming a Calm Passenger

“Barbara” was petrified about being a passenger in the car with her husband. She explained to me how it had become even more of a problem as it had begun to make her sick physically as well as mentally. She is an intelligent woman who thought she could handle this situation all on her own; unfortunately this was not the case.

Barbara couldn't wait to get started on her journey to freedom. We communicated via e-mail initially and I arranged to get her in quickly since she was ready. When Barbara came in I gave her a lengthy intake to fill out at home should she decide to come back for other issues (which she did).

The first visit was fruitful; the interview prior to the hypnosis was successful and informative giving me the needed pieces for the session that followed. Barbara was not sure about hypnosis and how successful it could be, however she was more than ready to leave behind the emotional and physical strain her fears were having on her health and her marriage.

It is important to mention that the client herself indicated that the spouse was a reasonable driver and yet this apparent irrational fear had been escalating for several months.

I had the client e-mail me with her progress and she stated that she and her husband took a trip that week for seven days. Barbara stated that she had only one instance the entire trip where she used her anchor to bring herself back to calm.

Accomplished in just one visit! She was so relieved that she came back once more for a “tune-up”. Barbara was still experiencing success with being a calm passenger a month later, at which time she came for another issue.

Contact: Joan S. Ballantyne, CHt, RMT at Wings of Healing 39549 J R Blvd. Novi, MI 48377
Phone: 248-344-2219 Fax: 248-449-1439 [Email: jsbwings@twmi.rr.com](mailto:jsbwings@twmi.rr.com)

Back In The Saddle Again

The female voice on the phone asked, “Can hypnosis help someone that fell off a horse and can't get back on?” Yes, I replied and made her appointment. An attractive 40ish woman arrived, we did our pre-talk. Even though she was referred to me, she was VERY apprehensive and somewhat skeptical, so I introduced her to Emotional Freedom Technique because she is desperate to “get back on her horses”.

She breeds horses, breaks and trains them in her “spare time.” This means she works a full time job and works the horses on weekends and evenings until she can create enough income to quit the day job. Horses are central to her well being and not being able to ride caused her much anguish. In 1994, a terrible accident resulted in compound fractures of the right leg and

ankle that required surgery, physical therapy and six months of recovery time. The body seemed to have healed well. However, for 8 years because of this overwhelming fear, she was not able to ride. In fact, it would take her nearly three hours to saddle and bridle the horse. If she actually got into the saddle, and the horse shook its head or stamped its foot, off she would fly, sweating, upset and miserable because she could not make herself ride her wonderful horses.

Since we had excellent results with EFT prior to hypnosis, she agreed we could use it during her session. She was determined to lose her fear to regain the joy of riding. Usually I regress to cause, but we thought we knew what the cause was when we began, which we did-to a certain degree. I regressed her and she took us right to the accident. We did hypnotherapy for the accident, both before it actually happened and the events leading up to it. Surprisingly, she was NOT afraid of the horse at any time! On speculation I asked her “what was your husband doing when the accident occurred?” “He is right there” she said, “screaming at the horse.” He’s furious at the horse because he sees how badly she is hurt and she fears for the horse’s life!

It’s the ANGER her husband was expressing at the horse that “convince her to not get back on her horses.” His anger bypassed her “Critical Factor”, making it unsafe for her to ride. Riding from that moment on would endanger her beloved horses.

I ask her to “rate your fear for the horses life, on a scale of 0 to 10. “Oh, she answered, a definite ten!” Three rounds of EFT brought that fear down to a zero. We then did some “future pacing” and checked all around for fear of any kind about riding. She was clear and we did forgiveness work for the horse, her husband, and then herself.

By the time we finished it was too late for her to get home before dark and ride. When I finished my first session the next morning, she had left an excited message to say, “I can ride!” For the first time in eight years, I’m back in the saddle and I can’t thank you enough!”

Contact Roxane L. Emigh, C.Ht at BRAIN MATTERS 985 Town Branch Road
Charlotte, TN 37036 Phone: 615-789-6187 FAX 615-789-6187 [Email: vities@att.net](mailto:vities@att.net)

Packing Away the Fear of Needles

I had a client, "Judy", who called me as a referral from one of my other clients. She told me she needed to give herself chemotherapy, but had a horrific phobia to needles. She had had cancer surgery and thought she had given herself enough recovery and treatment time to book a trip to Europe with her husband. It turned out there were delays and glitches and all those things that happen when we try to control outside events and experiences! Her therapy wasn't finished. So rather than going the usual route of having someone else give her the treatment, she was going to have to do the chemo injections herself. But she knew she couldn't do it, her fear of needles being as great as it was.

Judy was so motivated to find out why she had such a fear, that her subconscious threw up its hands and said "OKAY, I'll do it". I regressed Judy to her early childhood where she remembered a situation that led to this horrific phobia of needles. Her family had been exposed to some contagious disease and had been brought to the hospital for inoculations and observation. She had a large family and they took each person separately. She was the last sibling along with her father and when the medical aides took her, she became upset and began to scream. They took her into a small room and instead of being kind and gentle with her, several people held her down forcefully, telling her to quit being a baby as someone injected her with the inoculation.

While Judy consciously "knew" of this incident, she had not dealt with it emotionally. Using the parent/adult/child ego states to discuss, express and release all the emotion attached to this incident, I was able to negotiate with the parent to discontinue its protective role with Judy and assume a mentor role who is available upon request. The adult and parent ego states worked out the contract and how this would take place and the child had its time to express itself and be heard. The final step was the group hug with the transformation and integration of the ego selves.

The following week, Judy came back to me for a second session and as she walked into my office, she had this huge grin on her face and exclaimed, "I did it! I gave myself my first shot and it was easy and painless!" She was ecstatic; hardly able to believe this could happen with one session. This final session was merely reinforcement of her success with visualizations of her giving herself the chemo injections in a comfortable and relaxed manner. When she returned from her trip, she called and let me know that her chemo injections went without incident and she'd had a lovely vacation.

Contact Gloria Gorce, C.Ht. at Healing with Hypnotherapy P. O. Box 681, Bakersfield, CA 93302-0681 Phone: 661.322.1759 [Email: ggtriangle@sbcglobal.net](mailto:ggtriangle@sbcglobal.net)

Goal Completion

My client had become very successful at achieving his goal of establishing a successful business that as soon as it was clear that his business would succeed, he would immediately begin losing money. This had happened three times now and he was really upset. He admitted that each time, the failure seemed to be his own fault. He would start procrastinating and failing to follow through with promises, as though he was determined to fail.

I told him it was certainly worth a try so we agreed to meet. After induction and deepening, I asked him to take me back to when his problems first began. He immediately visualized his church. He was sitting in a pew but he couldn't hear the minister. This made me wonder if his problem involved something he had heard from his minister involving success or being involved in business that he didn't want to acknowledge, so I asked him to imagine that he was reading an article in a magazine with the same message that the minister was discussing in church.

He said the article was about a quote from the book of Matthew, about Jesus telling his disciples that it was hard for a rich man to enter the kingdom of heaven. The article went on to say it was easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.

I asked what he thought that meant and he clearly stated that if a man was rich he wouldn't be able to go to heaven. Clearly here was the heart of this man's problem. He wanted to make money, he knew how to make money, but he believed that becoming a successful businessman would keep him out of heaven!

I asked him if he could remember anything else Jesus had said about money. He said that Jesus always seemed to be saying that money was evil and that you should give it away to others. I asked him whether he knew the story of the master who gave money to three servants. He did. I asked him to tell me the story, and his voice began to rise with excitement as he related how the master had praised the servants who had taken his gifts and doubled them and that he had sent the conservative servant away.

I asked if this story had any relevance to his current issues and he said right away that it wasn't making money that was bad, that it was hoarding the money that was bad and that it was actually his responsibility to make money as long as he used it to help others that needed it. At this point, he was so excited that he might have come out of hypnosis! But I asked him to be careful to remember this lesson and to take a little time to let this new understanding integrate all through his subconscious mind, after which I brought him completely out of hypnosis.

He called me six months later to say that he had been successful again and so far, there had been no evidence of his previous self-destructive habits!

Contact: Joyce Holmes, MSW, PLC, CHt at Triangle Life Coaching, Glendale Ave,
Durham, NC 27704-41 14 Phone: 919/ 599-8230 2500

Website: www.possibilitieshypnosis.com www.JoyceHolmes.com

Email: joyce915@mindspring.com

Test for Bugs

It's funny how clients come to call you. I had advertised in a local college paper offering help for students to overcome test anxiety. I ended up with a student who had a fear of bugs; all kinds of bugs, except for butterflies.

When "Lynn" entered my office she was visibly upset because it was springtime and the bugs and insects were out in full force. She had walked to my office and heard the buzzing of a flying insect and "freaked out". Her heart began to pump faster, she started to tremble and hyperventilate. All these reactions and she never saw the insect.

After completing an intake and having her fill out a hierarchy form, we sat and talked about the Initial Sensitizing Event (ISE) that had such a profound effect on her reaction to insects. With some exploration, we discovered it. She remembered an incident when she was 3 years old and

saw her mother running out of the bathroom screaming and crying uncontrollably. Her mother had seen hundreds of water bugs in the tub and it took the entire family to calm her down. Lynn spoke about this incident as though it had happened yesterday.

After explaining what hypnosis is and debunking the myths, I tested her level of suggestibility and saw that she was very receptive. I started the session with progressive relaxation and ego strengthening and then made several positive suggestions based on our discussions.

When she returned to the waking state, she felt very good, relaxed, and calm. She had a feeling of increased confidence and overall well-being. I happened to be writing with a pen that had a plastic ladybug on the top and when Lynn opened her eyes she said, "What a beautiful lady bug". At that moment I knew her fear of bugs was truly a thing of the past.

The following is the testimonial from Lynn:

I'm 20 years old and for years I've been terrified of bugs. When I saw a bug, whether it was an ant, bee, moth, roach, or spider, my heart would race and breathing became more and more difficult. My fear started controlling different aspects of my life like family vacations. It also began to affect relationships with friends, family, and my boyfriend. I had to find a way to get help, to rid myself of this fear. I contacted Wendy and through my sessions, she helped me erase my fear. I'm so proud of myself. Without Wendy's

help I don't know how much worse my fear would have become. I thank Wendy it was with her guidance that I am now free from my fear of bugs.

---Lynn E, Bronx, NY

Contact: Wendy Packer R.N., CHt Certified Forensic Hypnotist at 91 Kensington Oval,
New Rochelle, NY 10805 Phone: 914-589-0655

Website: www.hypnonurse.com E-mail: wendy@hypnonurse.com

Gatophobia -Learned in Seconds-Eliminated in Minutes

It happened one evening, after a nice dinner. Sitting in the living room and starting to do a hypnotic induction on two very close friends, when suddenly, one of the three cats in my house happened to walk across my friend, Bryan Tomari's, foot. Instantly, Bryan jumped, and his whole demeanor changed. The incident shook Bryan so much that the induction could not proceed. I asked Bryan what was wrong, and he professed that he had a fear of cats (Gatophobia) .

Since this was a specific phobia with a specific trigger; and, knowing that a phobia could cause a person to suffer anxiety attacks; and, in some cases, disable a person's life; I decided to see if we could trace the phobia back to a specific triggering event. This triggering event is usually an event that took place at an early age of life; and, in most cases, was in the person's mind as a traumatic event.

I helped Bryan to go back in his mind to try and recall the event that initially caused the phobia. Many people avoid that which they fear, and many phobias are extensions of fears that everyone has. Finding the cause and its severity would be the key to a “NLP Fast Phobia Cure.”

Bryan recalled a time years before when a cat turned and attacked him and drew blood. Using this starting point, I was able to use “NLP” to desensitize Bryan to the thing that he feared the most, “cats.” This was a fast phobia cure using NLP and Bryan thanked me when he left.

Many months later, I followed up with Bryan and his wife, Mary. They stated that Bryan had been around cats several times and he had even petted them, and they no longer caused him any anxiety. Bryan’s phobia disappeared!

Contact: Bill Pettek, C.HT at First Trance Hypnosis Therapy 107 Summit Avenue, Absecon, New Jersey Phone: 609-432-3255 Website: www.BillPettek.com Email: Imbp@aol.com

Fear of Heights

As a family doctor I had always been curious about the impact of the human mind on the healing of my patients. People with the same diagnosis got such different outcomes. About 8 years ago I came in contact with NGH and started studying and practicing hypnotism. 5 years ago I closed my doctor’s practice after 30 years and decided to go along as a hypnotherapist . Here is one of my first cases:

A 62 year old lady came into my office to say goodbye. She had to move to a nearby town for financial reasons. She was about to leave her 2 floor house in our village to live on the sixth floor of a flat. She told me of her fear of height; she even had difficulty to look outside the window of her new home!

At that time I was still in general practice and had just begun to study hypnotism. She didn’t know that, but I needed practice. So I offered her a session to work on her problem. She agreed, mainly because she trusted me having been her family doctor for years.

The next day we did an age regression session and she went easily back to the cause and beginning of her problem. She experienced herself as a 3 or 4 years old kid while she was playing in her pajamas with her little cousin of about the same age. They were jumping around on their bed and suddenly the bottom crashed .Her mother came in almost immediately, looking angry. Whether it was the shock of the downward movement or/and the angry looking face is not so important - it was easy for her to reframe the image in hypnosis - and the next day she was able to walk outside on the balcony of her flat! At the conscious level she had had no remembrance of the event and the whole procedure took no more than 45 minutes.

Compared to the regular psychological methods of dealing with fears and phobias this was almost a miracle. Besides it saved a lot of time and money and it was fun!

Contact: Franklin Sluijters BCH, A.C.H.E at Akkerstr.21 485 1aj Ulvenhout the Netherlands Phone: 0031 76 5651468 or 5616499 Email: sluijters@planet.nl

Chapter 5 -- Releasing Traumatic Events

God Sent Me An Angel

When you assist others with changes in their lives, you never know what the next call will bring. Challenges, opportunities, and lessons come in strange ways. And the call I received from “Irene’s” mother was no exception.

Irene was almost seven years old when her mother called in desperation. When Irene was five, she accidentally drank drain cleaner, which burned her mouth, throat, esophagus and stomach. As a result of the trauma she would not swallow. She had undergone several surgeries, but still would not swallow. The doctors advised her mother that unless Irene started to swallow again, it would necessary to permanently close the esophagus, an operation that could not be reversed.

When Irene arrived at my office, she carried a small bottle that she used to spit into rather than swallow her saliva. She had a feeding tube that bypassed her esophagus. Her mother told me that it was necessary to change Irene’s pillowcase every day, because she would not swallow even while sleeping. Someone suggested hypnosis, so Irene’s mother brought her to me believing that I was Irene’s last hope to lead a normal life. I admitted there was only a slim glimmer of hope, but, I promised to do my best, and said a silent prayer for guidance.

At Irene’s first appointment I learned that she believed in Guardian Angels. So she and I invited them to help and we got started with hypnotherapy. Before the appointment concluded I discovered a lot about this beautiful child that God had sent to help me. She spoke of things that few children her age could conceivably have known. She assumed a meditative position at the beginning of each session. She called her Guardian Angels by name. Her mother couldn’t explain how Irene knew the things she knew, much less where she learned about meditation. For me there was only one explanation. Irene was indeed a message from God, an Angel.

Although she still would not swallow, by the third appointment Irene was sipping from a straw. During her fourth, she began to take sips of water directly from the glass. At her fifth, she drank a full glass of water. Following her sixth, she asked her mother for macaroni and cheese for dinner. She arrived for her seventh, with exciting news that she was making frequent trips to McDonald’s for hamburgers and fries. Shortly thereafter she announced that fried chicken had become her favorite food.

It has been more that a year since I have worked with Irene. She asked her mother to bring her by my office a few days ago to visit and catch up with news. It was really good to visit with the Little Angel. The incision where the feeding tube had been was completely healed and she eats just about anything she wants. Her doctors are astonished. She has inspired me. I am reminded of the words “You can be transformed by the renewing of your mind”. Hypnotherapy helps us to do just that. I feel blessed to play a small part in the process.

Contact: Conrad Adams PhD. at Infinity Hypnosis Institute 216 Lobdell Avenue, Baton Rouge, LA. Phone: 225-924-0604 [Email: conrad@infinityhypnosis.net](mailto:conrad@infinityhypnosis.net).

Transformations through Dreams

It has been my experience so far, that whenever a client has a nightmare and we work through it using hypnosis, they end up having a wonderful metaphysical experience. I believe nightmares are just a desperate attempt by our Higher Self to convey a message.

“Ashley”, a 26-year-old mother, was depressed when she came to see me. She felt very guilty because she had an abortion before she was married, which was still plaguing her. She had a recurrent nightmare since that time.

The nightmare started in a dark cemetery with Ashley trying to find her grandfather’s grave. She wandered, feeling very scared, until she saw a tall priest. She tried to find a way to get to the priest. When she started walking in his direction, she encountered a woman dressed in black, who wore a headscarf with a white cross on it. She thought it was a nun, but upon approaching, she realized it was the Virgin Mary. She was then immediately transported to her grandfather’s grave where the Virgin was waiting for her, holding in front of her a child of 6-7 years with the most beautiful blue eyes she had ever seen. They were full of love, forgiveness and compassion. Ashley wanted to kneel down and hug the child, but her knees failed her and she collapsed before she could. She then woke up panicking and tearful.

In hypnosis, I asked Ashley, after she described the dream, to choose one element in the dream that stood out, to become that element, and describe her first impressions and reactions through the eyes of this element. She chose the blue eyes of the child. When she became those eyes, she started describing feelings of pure and absolute love, feelings of wholeness, understanding and forgiveness. She had clarity about herself and her life that she had never had before, and all negativity was lifted from her.

She then felt light and pure and found herself in a beautiful green park where she realized that this child was herself (and not the soul of the child she aborted, as she had thought before). It was her inner child showing her a new way to live her life. The child was telling her to learn how to love herself and to find love inside so she could share it with others. It also explained that the darkness of the cemetery was how she had been living her life so far and that she could now release all that negativity. There was nothing to feel guilty about; she just needed to learn how to love.

She describes this message now as a most important treasure she had kept hidden deep inside of her. Ashley had found meaning in her life from those blue eyes, and she would not waste another minute in guilt or depression. “It’s as if a fire has been lit inside of me and all I have to do is to keep it going!!!”

Contact: Annie Pattichi Clinical Psychologist MA, Hypnotherapist CH, CI
P O Box 21852 1514 Nicosia Cyprus Phone: (357)22 44 22 80
Mobile: (357)99 468 260 Fax: (357)22 44 22 81 [email: dersana@spidernet.com.cy](mailto:dersana@spidernet.com.cy)

Helping a Vietnam War Veteran Release War-based Flashbacks

Helping a Vietnam veteran to find peace from daily flashbacks is one of my most rewarding experiences in hypnotherapy. "Bill" came to me through his chiropractor. The chiropractor had asked if I could help with Post Traumatic Stress Disorder (PTSD).

He explained about Bill's flashbacks. Bill couldn't sleep, because his nights were interrupted by flashbacks to Vietnam experiences. I knew I could help him sleep much better, at the very least, so the chiropractor sent him along.

Bill told me all about the insomnia, how he found himself suddenly alert, always guarding, in the night. It was worse in winter, as most of his tour of duty had been during winter months, the cold and fear mingling in his physical memory. He also had flashbacks during the day: suddenly he would realize he had stepped back to the jungles of Vietnam. This had happened every day for 40 years.

Bill's needs really stretched me but I knew I had the tools and I felt a special obligation, having grown up watching white coffins roll off transport planes on TV while the day's casualty figures were quoted. I didn't know how long it would take nor did I have a complete treatment plan, but I had a start. He was so willing, so open; there was no resistance.

Initially, I addressed the sleeping. I wanted to give him something right away, and I wanted time for research and to think through how best to approach the flashbacks. My second step was to regress him to the time and place where these flashbacks began, to learn what the specific root was. I learned about the wet and the cold of the foot soldier's life. I learned his feelings about the cold reception at the homecoming - being called a baby-killer.

But things improved dramatically after 3 sessions. Bill was sleeping through the night and having fewer flashbacks in the day. He was happy with our progress, and willing to do what I asked.

On the fourth visit, I used parts therapy. By the end, the vigilant soldier part of Bill worked out a compromise with his practical self. The soldier would give up the flashbacks, if Bill would keep some other remnant behaviors, which caused no anxiety, stress or unhappiness.

The most important of these was that if Bill would continue to sit with his back always to a wall, then the soldier would agree to stop the flashbacks. Bill's practical self was glad to agree.

Just four sessions later, Bill was functioning much better, and living more comfortably. It still seems too short a treatment, but Bill was really right there, trusting me, and so open to the process. He was ready. I feel blessed to have had such an eager client, as well as such a teacher!

The beaming, grateful smile when we said good-bye - that will stay with me always.

Contact: Kerry K. Skiffington, DHyp at Hypnosis Works in Burlington, and Bristol, Vermont.
Phone: 802-453-5411. Web site: www.HypnosisWorksVermont.com

Joys & Traumas

“Mary-Lou” was referred to me by her psychiatrist, diagnosed with the most extreme type of psychosomatic condition: Conversion Disorder. He did not expect me to relieve the condition, but hoped that stress-reduction hypnotism might help her learn to relax and minimize the episodes. Mary-Lou’s disorder caused her lower back to freeze up with no physical cause. Her legs would buckle and she would fall, most often when standing at the top of a long flight of stairs. To make matters worse, Mary-Lou came from Latin America and spoke very poor English. My Spanish is worse than her English, making communication difficult. So I began by asking Mary-Lou to imagine her fingers were slowly rising, pulling her hand and arm upward until she touched her face, triggering deep hypnosis. This was something she could repeat at home, to achieve the relaxing self-suggestion I sent her home with.

Once Mary-Lou learned the relaxation and self-suggestion process, she asked to continue working with me, to uncover the root cause of her condition. Her doctor said I could go ahead and try, but considered it impossible.

We worked together weekly over nine months, the longest I’ve ever worked with one hypnotherapy client. During that time we discovered a number of important incidents from Mary-Lou’s earlier years, which may have influenced her present condition.

At the age of four, after an earthquake, Mary-Lou had been forced by her mother to jump over the yawning gap between her uncle’s tall staircase and his house. To her four-year-old mind that gap looked like a chasm that might swallow her up. Then at fifteen, when she was preparing for her *Quincenaria*, the coming of age celebration for Latin American girls, her father injured his back in the same region that now froze up for Mary-Lou. She was very close to her father and was looking forward to dancing with him at her celebration and now he couldn’t even walk.

Her present condition began when her youngest child turned fifteen, the same age she’d been when her father was injured. In her mind, he had come of age. None of her children would be dependent on her anymore.

And so she developed a condition mimicking her father’s when her last child reached the age she was when her father was injured; her subconscious mind connecting the distress over her children growing beyond needing her, her distress over her *Quincenaria* and her childhood distress over staircases. Understanding this helped Mary-Lou control her back spasms.

Contact: Joyce Weaver Mail: PO Box 14, East Islip, NY 11730 Phone: (631) 224-1357,
[Email: joyweave@verizon.net](mailto:joyweave@verizon.net)

Music of the Mind

This client came with an interesting request. "Elizabeth" hears music playing in her head all the time. The music changes and a specific song can be triggered by sounds, a thought, words, locations, smell, anything that triggers a memory. Now, some of you may be thinking that you, too, have songs running through your mind. In this case, however, Elizabeth explained that she gets the full song – she hears a full orchestra, and she hears every note beginning to end. She thinks that the audio portion of her brain doesn't shut off. This started at age 10. Although it plays all the time, it has been worse the past 5 years, since her daughter was born.

It is important to resolve this because it makes Elizabeth edgy, it's distracting, and she has to use outside music to drown out the internal orchestra. It is hard for Elizabeth to relax; it affects her sleep, making her more tired. If Elizabeth goes shopping with her daughter and her mother, their talking combined with the background noise level, sends her into sensory overload.

Elizabeth's father was an alcoholic, and her mother blind. There was a great deal of fighting and emotional tension between her parents. Elizabeth's dad gave love inconsistently – she was smothered or ignored. Music became an emotional comfort and companion early in life.

Following the induction I invited in her parts who knew about the music. Here's who came in:

- 3 yr old Elizabeth, who reports that mom and dad always had music playing.
- 6 yr old Elizabeth reports that she doesn't like her dad and undermines him by putting tacks on the floor by his bed.
- 10 yr old Elizabeth says now the music is more about me and who I am. It's music I like, and the age when she had her first tape of her own music.

At first she doesn't particularly want to interact with these parts because they remind her of her unhappy childhood. So when I asked if she could rescue these parts, she said no. Then I asked each part what she wanted from grown up Elizabeth. They all wanted to join her. They felt left behind. Once they asked, she agreed. I asked if staying young is beneficial or if they want to grow up and Elizabeth says that they have already grown up. I ask if they are inside or outside Elizabeth. They're on the outside and it feels good for them to be there. They are all holding hands and she says that it's like having 3 sisters. She invites them into her sanctuary. They agree that she no longer needs the music. Remember, the music provided comfort. So she imagines a deep well in the ground, filled with water. The music flows into the water. She could lower a bucket into the well whenever she wants it back. The ceramic pitcher next to the well is now empty.

Elizabeth was quite surprised at the content of this session. She told me when she finished therapy, that she closed a door on her past and had left these parts behind. Now they want to be with her. She had spent a great deal of energy over the years keeping her childhood locked away. She was amazed and delighted at how good she felt after reclaiming these parts. She also reported a dramatic reduction in the music that used to play in her head following this final session.

Contact: Katherine Zimmerman, CHT CI, Reiki Master at 2110 K Street, Ste. 18
Sacramento, CA 95816 Phone: 916-373-1932 Web site: www.trancetime.com
E-mail: trancetime@charter.net

Chapter 6 -- Pain Control

Pain Control

“Kathy” had never experienced hypnotherapy before. This 42-year-old lady was half way through her chemotherapy treatment for recurrent breast cancer. The cancer had metastasized to her bones and in spite of morphine, she was in continual pain. She wanted hypnotherapy for pain relief and sleep; she was unable to sleep because of constant pain.

Kathy was a tiny frail lady who looked exhausted. She shared with me that if she could only get some sleep she would feel so much better. Kathy was Catholic and her faith and the support of the church was her strength through this difficult time of her life. We talked for about an hour, and I could see that she was enjoying the opportunity to share some of her fears and concerns about her illness and her family.

Due to Kathy’s frail condition the session was held in her own home. Kathy lay on a bed with a soft blanket covering her. I used guided imagery about angels and her deep faith to introduce Kathy into hypnosis, and Kathy was soon showing all the classic signs of deep hypnosis. Before the session she had shared with me that pain today was in her abdomen and this is where I focused at this first session. I gave positive suggestions about her pain reducing, becoming smaller and smaller, and finally we washed it away with healing waters. Kathy used her hand to indicate that the pain had gone. I continued speaking softly telling her she was safe and she let herself go into a deep sleep. I continued using guided imagery that supported her personal belief system; when I left Kathy she was sleeping peacefully.

At the second session, I gave Kathy the tape of her first session to use for sleep and pain control. Kathy was excited about this session. She greeted excitedly, and she told me that she was sleeping much better, confirming my feeling her that fears had been preventing her from sleeping and the first session had addressed that for her.

Once again Kathy went easily into hypnosis, and in this session I gave her suggestions that her right hand was getting cool and cooler. When she indicated to me that she was feeling this, I suggested to her that when she put her right hand on a painful area of her body that area would cool, and that coolness would numb the pain. Then we focused on her left hand and I suggested that it became warm, and much warmer, and she would place her left hand on the newly cooled area and that it would warm and heal.

When I could see that she was using this technique effectively to reduce and heal, I continued to make further suggestions about sleep and relaxation before bringing her out of hypnosis.

During telephone follow-up with Kathy she shared with me that she loved the tape and used it often. Kathy used the heat and cold technique for pain control. I smiled when she told me that her husband also found it beneficial for relaxation and sleep. She told me she was happy that she had decided to try hypnotherapy, and she now felt that she had workable tools to help her through this difficult time of her life.

Contact: Ann Richards at Dynamic Hypnotherapy Innisfil, Ontario Canada
Phone: 705-431-9865

Migraine Release

I've been very fortunate with my hypnosis career so far, but I'm not sure if I would have kept at it were it not for my very first client.

"Judy" is a woman in her early 50's who had persistent migraine headaches and had been having these headaches for over 30 years. She had tried everything from acupuncture to seeing a pain specialist. It finally came down to her having to make a choice between continuing to teach piano lessons or to take her migraine medications. She had gone through just about every known medication and was down to her last choice, a medication that caused her to lose feelings in her hands, which would not allow her to teach piano.

After many consultations with her pain specialist she had reached his last recommended option - hypnosis.

I had just started my practice after training with Cal Banyan at the Banyan Hypnosis Center. Judy came to me through my wife who is a pharmacist. Judy had been complaining about the loss of sensations in her hands and fingers and had mentioned to my wife that she was looking for a hypnotist who could possibly help her. My wife quickly presented her with my newly printed card, and I heard from Judy the same day.

I took a history on her and found that she had been suffering these headaches for 34 years and that they would come and go over that time, but never did she have a week without at least one debilitating migraine.

Our initial session consisted of helping her into a deep state of hypnosis, giving direct suggestions for letting go of the pain associated with the headaches. I also provided her with some tools to help her through any future headaches with little or no medication, thus allowing her to resume teaching.

The second session was much more dramatic. After helping her to return to a deep level of hypnosis, we started a regression together to the first time she had a migraine.

After some time we finally reached that very first headache and discovered that it was associated with guilt about an unwanted pregnancy. Her child was born with some hearing problems, and Judy had internalized the hearing problems with her guilt about not wanting to have a child at that time. She had allowed that guilt to grow to the point that she was punishing herself with the migraine headaches.

After a third session together working on forgiveness of herself and forgiveness of others, she was able to release the guilt and move forward with her life.

Without realizing it, Judy also helped me move forward with mine!

Contact: David F.L. Smith CH, MH at Zamak Hypnosis Center Sandpoint and
Coeur d'Alene, Idaho Phone: 208.263.0520 Toll Free: 1-866-777-1107

[Email: dave@thezamakgroup.com](mailto:dave@thezamakgroup.com)

Chapter 7 -- Personal Improvement

A Rising Star

“Connie” was a skinny, soft-spoken young adult. Her journey through life filled with disappointment at every turn. Her parents had divorced when she was young. Her hard working mother raised both Connie and her brother and her Dad never sent them any money, rarely called or came to visit. She grew up a latchkey child, babysitting her brother and preparing dinner each night in an effort to lighten her Mother’s load. With little money, Connie couldn’t buy new clothes or go to any of the places the kids talked about at school. Connie’s clothes were hand me downs from cousins who seemed to get whatever they wanted. She never complained; the kind of person who suffered in silence, never letting on how unhappy and difficult life really was for her.

Quiet in demeanor, it seemed no one ever noticed or cared about what she did or felt. When she was about 12 years old, she realized that her mom was an alcoholic, a silent drinker, each and every night. By day, Connie would find an empty bottle and quickly hide it so that her brother wouldn’t find it. Alone and scared, she worried what would become of them, fearing her Mom might start drinking during the day and lose the job that supported them in their modest lifestyle.

In her junior year in high school, things got worse. Connie’s Mom met a man and started to stay out most nights. Connie started to feel very angry and disappointed in her mom, and in her Dad, whom she really didn’t know, as well as in her boring, lonely life. It was more than a teenager could bear. Then, it happened. Provoked by some of the girls at school, Connie exploded. It was shortly after her hospitalization that she called and we met for the first time.

She was 19. Anxious and fearful, the one thing she had always held on to in her life was her dream to become a singer. She had been a talented singer and musician all those years, first in the choir, then in the school band and later in a local teen band. But now, she was consumed with anxiety and couldn’t sing or write the songs that had been her escape. Without her music she had nothing. For her, a life without music was a life not worth living. Not having the time or money for years of psychotherapy, she was anxious to try hypnosis.

I hypnotized Connie on two separate occasions. When she returned for her third and final visit she was elated. The fear and anxiety were gone. She could sing and compose again and she felt happy and strong.

The letter that I received from her several months later said it all. She had won an international demo contest for a musical arrangement she had submitted and her work had received an incredibly positive review in a well-known musical publication. Connie was a rising star!!!

Contact: Gayle R. Berg, Ph.D. at Psychological Solutions 70 Glen Cove Rd. Suite 209
Roslyn Hts., NY 11577 ; Phone:516-621-0888; Website: psychologicalsolution.com;
Email: psy3333@aol.com

Hypnosis For Motivation

When I was a neophyte hypnotherapist, practicing as a resident in a clinic, a young black man came into my office. When I asked what I could do for him, he leaned forward and declared, “Ms Marriott, I want to be a millionaire by the time I’m thirty”. He was twenty-one, married with one child and another on the way. He had a high school education and worked in a factory.

“Mr. Smith” had been raised in a small house with nine siblings in south Georgia. His parents earned little, and it could be said that his subconscious program for money and success was poor. John had two powerful positives working for him: His parents had demonstrated great faith in and love for him as a child. Secondly, when he was painfully picking cotton as a five year old, the landowner was verbally abusive, and John made a powerful emotional decision to have enough money that he would never be treated like that again.

When I offered a discount he refused, stating that it would be a disservice to both of us, because it wouldn’t honor what I was worth and would tell him he wasn’t capable of paying. He already understood important basics of success programming.

I taught Mr. Smith self-hypnosis and a hypnosis-based success program, which he practiced every day with excellent results. He researched possible careers and decided to learn real estate investment. We worked with learning, recall and follow through, which bore fruit in the classes and workshops he took. We set up a dietary and exercise program that would support his mental and physical performance. He worked very hard and did more than was asked for in homework assignments.

From the beginning we worked on making him comfortable with people who were better educated or socially-placed, or demonstrated other differences that created feelings of insecurity in him. When he felt ready he approached several of the wealthiest men in Atlanta, asking if they would mentor him. At least one of them said yes.

We worked almost every week for two years, by the end of which he had purchased ten rental houses using the information he had learned in the no-money-down programs. He also began to explore spiritual areas of life. When I last saw him, he was a successful stock investor and had begun to develop a program for people of color to help them do what he had done.

Mr. Smith was my teacher as well as my client. He showed me what powerful tools hypnosis and self-hypnosis can be in the hands of someone who desires change and is willing to commit.

Contact: Susan Burns-Marriott, CHT in Crawford, Colorado
Phone: 970-921-5406.

Transforming Negativities of the Mind

Even though we and our clients have brilliant resources inside, we have habitual tendencies of the mind that play like endless tape loops, tendencies that cause us suffering of one kind or another. Some of us are constantly thinking, pondering, worrying, or figuring it all out. Some of us have a tendency to feel insecure, put ourselves down, or feel less worthy than almost everyone else. Some feel perpetually resentful or rageful or grief-filled. Others primarily see the dark sides of life. One area that we address in the hypnotherapy work that we do is to contact the “Wise Mind,” that part of the inner self that has great helping potentials for all the negativities within.

Confidence, Love and Courage

A young woman had a habitual tendency to put herself down or to feel put down by others. She was, in a word, insecure. Paying attention to it in hypnosis, she found knots in her stomach, tightness in many places in her body. Her Wise Mind showed her a bird of freedom taking away her burdens. She felt light and free. She put her thumb together with her index finger, saying, “I am lightness. The bird of freedom is carrying my burdens away. I am loved”. This was something she could do consistently in the context of her life to keep centering her if or when the pattern resurfaced. This is called an “anchor”, as it is a way of pressing “save” to hold the healing in the deep inner mind.

Another woman had great childhood pain and sadness. In paying attention, she felt the sadness all through her body, bracing herself for something terrible to happen, always waiting for the other shoe to drop. Her Wise Mind showed her the great resource she had for healing this: the love of her grandmother. She put her thumb together with her index finger, experienced herself together with her grandmother, as she said, “I am loved”. The experience of love is the central healing resource that is innate in everyone, and it manifests in one form or another. It is highly significant, as the lack of love is the primary cause of all human emotional difficulties.

Still one more woman had a paralyzing fear of going to the dentist. She paid attention to a feeling of panic, like she might pass out. She remembered a dentist from when she was ten, a man who was cruel and who would hurt her. Her Wise Mind gave her two angels – one of Courage and one of Peace. She anchored with her thumb and index finger, seeing the angels and saying the words, “Courage and Peace”. Her next visit to a dentist was ecstatic and beautiful. Not only had she uncovered a root cause of her distress, but she was also able to shift her consciousness to a state of comfort and peace.

It would be ideal if all you had to do were to do this once, and it would last forever for you or your client. That can happen, but often patterns recur. As you meet them with awareness and perseverance, you build your healing and enlightenment step by step. When you pay attention, invite in resources, and anchor the resource states, you are able to be more consistently in touch with your radiant and loving essence.

Contact: Marilyn Gordon BCH, CI at Center for Hypnotherapy Certification
PO Box 10795 Oakland CA 94610 Phone: 510.839.4800 Toll Free: 1.800.398.0034
Website: www.hypnotherapycenter.com Email: mgordon@hypnotherapycenter.com

Career and Life Enhancement

“Betsy” needed a new career. She had worked for 18 years in the insurance business, typing up policy information. When she started to experience some numbness in her hands and feeling like she needed to stretch her fingers often, she just thought she was bored with years of typing the same things over and over. Months later, there was more numbness and tingling, and she finally went to her family physician. He told her that she had carpal tunnel syndrome from doing such repetitive work for so many years. Betsy immediately began doing everything she was supposed to do for her recovery, including many sessions of physical therapy. She was on disability leave from her job for many months. The doctor then advised her that she “got away with” not having surgery this time, but if she continued the same kind of repetitive stress at work, surgery would be inevitable.

Betsy was referred to me by another client; a friend of hers, with whom I had worked to overcome some fears and anxiety. She was so impressed with her friend’s new found self-assurance, she wondered if I could help her too.

Betsy was afraid of having to ‘start all over again’ in a new career, and had no idea what kind of job to pursue. She had worked for the insurance company since high school – and had gotten the job only because she knew the insurance agent as a family friend. In other words, she had never *decided* to work there, she just ‘fell’ into the job.

Using the methods of my technique that I call HypnoCoaching, we used a combination of hypnotism, self-exploration exercises and coaching to help Betsy find the perfect new career. We began with hypnotism to increase her self-confidence and trust in herself. When we worked together to help uncover her personal “Core Values” she was impressed that five key words so well summed up what was truly important to her: Nurturing, Contribution, Respect, Action, and a word she made up – “Ecologism” (which she defined as care for all living things). We also explored her “Life Goals” to uncover what she really wanted to experience in her lifetime.

Framing everything with these new understandings of what she really wanted in life, we set action plans for her to research various types of careers, and training programs. She had strategies for how to proceed each week to meet her goals, and how to get past obstacles. Along the way she also learned self-hypnosis so that she could maintain her confidence and enthusiasm and belief in herself. After she concluded that her perfect job was as a Veterinary Technician, we continued to use HypnoCoaching to help her through training school, and eventually to help her in job interviews. She ended up happily in a new career that was not only good for her hands, but good for her *heart* – by living her life in alignment with that which is truly most important to her.

Contact: Lisa Halpin, DCH, BCH, CI at 2723 Crow Canyon Rd. Suite 209, San Ramon, CA 94583 Phone: 925-831-9837 Website: www.hypnosisdoctor.com
Email: hypnocoaching@gmail.com or DrLisa@hypnosisdoctor.com

What A Difference a Positive Thought Makes!

This is a story about a wonderful 13-year-old spirit that came to my office before the 2005 school year started. "Samantha" walked in, a young girl who had doubts about her abilities to succeed in school, sports, & relationships with her peers. "I make C's in school," she stated. "I just don't know why I need to go to school." She was just in a negative FUNK!!!

There was a spark in Samantha as I spoke to her about what she did want to do. "I love to draw." After talking to her and sharing with her that she could be anything and accomplish anything she set her mind to, we had our session. She decided to focus on doing better in school, sports, and her passion, drawing.

With words of encouragement, focusing on improving her drawing, sports, and study habits, Samantha could visualize and understand that KNOWLEDGE was her key and POWER to personal success. She could see herself succeeding, and she could be anything she sets her mind to.

Her parents reported to me that Samantha was making A's and B's this school year. She had her best season in soccer. She has found a private high school and taken the admission test. This school has an excellent art program. She has already made her mind up on what college she plans to attend (an art college). I spoke to her before writing this article, and she is ready to come back to visit me for a booster shot of Positive Thinking.

Wow! We all need to learn to seek our inner strengths and set those internal goals, and our wonderful mind will lead us there.

Hypnosis is our safe, enjoyable tool to change that mind-set. Hypnosis is not just for adults, as you can see by Samantha's story. Hypnosis can allow people to see the great potential that they have within their own minds, and make wonderful positive things happen.

Be proud of yourself, Samantha! You go girl!!! The sky's the limit! People ask me why I'm a hypnotist - outcomes like this are why!

Contact: Teresa Perciful, CH, RN at Today's Hypnosis North Little Rock, AR
Phone: 501.416.0066

Chapter 8 -- HypnoBirthing

Shelley's Beautiful, Breathtaking Birth Experience

“Shelley” and her husband attended my HypnoBirthing class four years ago, had a glorious birth experience with their first child and took a refresher class before the birth of their second child.

Shelley and her husband practiced their hypnosis techniques for several months prior to each birth, so that, during labor, they were easily able to incorporate all they had learned.

Both labors were very brief and Shelley was ecstatic after each. I'll let Shelley tell you the rest:

Hi Kathryn,

On October 28th our second child was born. What an incredible experience yet again. Guess how long this time...? Two hours fifteen minutes.

I drove my family to the airport to pick my mother up and was having Braxton-Hicks contractions, as I had been for six months; only this time they were very rhythmical. I had been hypnotizing myself several times a day. I didn't think I was in birthing mode. I was 40 weeks and expecting delays as had occurred with my first child.

So we are listening to Elvis Presley, singing and having lots of laughs. Picked up mummy at 7.15pm - Please bear in mind I am driving. Stopped off at the market, got home, decided to have a bath. We went to the hospital at midnight. I was still not feeling anything more than pressure.

I listened to the hypnosis relaxation tape; my husband took me beautifully, lovingly and calmly through the breathing and glove anesthesia, etc. I came out of my focused state only to pee and to tell him to stop giggling at one point, which was when I felt my first "painful contraction", obviously just me trying to prove once again how amazing HypnoBirthing really is, as on the three occasions I felt anything, I was out of hypnosis. My midwife was right by my side, telling me to let go, and to let my body do the work. How right she was.

Kathryn, this was again, another surreal, life changing, beautiful, breathtaking experience, and to think that only a small population actually get to experience it is so sad!

At 10 cm, my whole body just took over. It was like I woke up from the deepest sleep. In what seemed like two minutes, our baby was born. Can you believe she was 8lbs 13 oz - I didn't think I could deliver a nearly 9lb baby but it was very, very, very easy. No tearing, no episiotomy, no pain. I was so much in control of my own body that I was actually completely out of control...what I mean is that I didn't have to do a thing - my body just did it!

This whole experience could not have happened if it hadn't been for you, teaching and nurturing us in the beautiful way that you do. All I can say is, thank you Kathryn, as words really aren't enough! I love you, Shelley.

Contact: Kathryn McGlynn, CHt. at Journey of the Mind P.O. Box 685 Sturbridge, MA 01566

Tollfree: 877-217-3560 E-mail: ybglum@juno.com

Websites: www.hypnosis.ws & www.hypnobirthingbaby.ws

Chapter 9 -- General Health Problems

Healing Migraine Headaches

An 87-year-old woman came to me because she was suffering from migraine headaches. I asked her how long she had been suffering and she told me that it had been a life-long problem.

She had just had a migraine the night before and was still feeling residual pains from the headache. In a relaxed state, we were able to reduce her pain until it was gone. I asked her if she could tell when a headache was coming on and she said yes.

Then I had her connect with the feeling that the headache was coming on, which would show up in her upper stomach. She started to feel anxiety from the feeling, so we addressed the anxiety until it was gone.

Since it would take years to regress her back through all of her headaches, I had her go back to the very first time she could remember having a migraine headache. She quickly went back to the very first, which she had never told anyone about.

When she was in eighth grade, her parents made her go to a different school. She had to leave her friends and walk a mile and a half to the new school. She described herself as being angrier with her parents than she had ever been before. When she got half way to school, she developed a migraine headache, which made her ill enough to throw up and have to return home.

I asked her how she felt about it now and she said she was still just as angry as she had been on that day. Within a few minutes we were able to desensitize the event and release the resentment she had held all of these years. She felt a great sense of relief. It has been over a year since we worked together and the headaches have not returned.

Contact: Bill Cashell, CH, at Better Life Hypnosis 861 S. 156 Ave. Omaha, Nebraska 68118
Ph: 402.598.5988 Website: www.betterlife-hypnosis.com
Email: bill@betterlife-hypnosis.com

Hearing Too Much

A young woman named “Elsa”, who was in her final year of college, came to me for help with learning skills. She had heard about a seminar I had done on Accelerated Learning and wanted to have some individual help.

I asked her about her study habits, learning styles and in particular, where did she feel she needed help. That is when she got to the real heart of the matter. Elsa told me that she had a learning disability that was diagnosed as early as the first grade of elementary school.

She explained that the problem was with her hearing. She tested high on the hearing ability scale. The problem was that she would hear everything at a loud volume and could not distinguish the different sounds or where they were coming from. In middle school, she was fitted with special headphones and the teacher was fitted with a microphone that would transmit to her. During that year, she made the honor role.

I could tell that she was a very intelligent person, and I felt that part of the problem was with her hearing and part of the problem was with the stigma attached to having a "learning disability".

Using hypnosis, we started working on her self-image and self esteem. After a couple of sessions she was convinced that she could learn anything. I also did some research on her condition, which is known as *Auditory Processing Disorder*. This condition is not a physical problem, but is really a matter of the brain not distinguishing where the different sounds are coming from.

Under hypnosis, I introduced several sounds from different locations. I turned on a television, a radio and a CD player at different locations. Then I had her follow my voice as I walked around the room. She was able to understand everything I said from any location without any interference. I asked her to focus on the other sounds, one at a time. She was able to do it without any problem.

After the session, her hearing returned to the way it had been before. I consulted with Dr. Kevin Hogan, who has worked extensively with Tinnitus and hearing problems. He said that I was probably on the right track and it would just be a matter of having enough sessions to re-train her brain. She continued to improve with each session until her hearing improved to what she felt was normal.

Contact: Bill Cashell, CH, at Better Life Hypnosis 861 S. 156 Ave. Omaha, Nebraska 68118
Ph: 402.598.5988 Website: www.betterlife-hypnosis.com
Email: bill@betterlife-hypnosis.com

I Was Blind but Now I See

“Sally” was examined by a number of doctors at the Medical College of South Carolina and diagnosed with Benign Essential Blepharospasm (BEB), a disorder characterized by involuntary muscle contractions and spasms of the eyelid muscles.

She was referred to one of the foremost medical experts specializing in her condition who treated her with botox. However, her condition continued to deteriorate. She voluntarily quit driving. Watching TV or reading became a chore and was accomplished by holding one eye open with her thumb and finger. She had to hold her husband’s arm on her daily walks to avoid straying into trees and mailboxes. For all practical purposes, Sally was functionally blind.

Having exhausted all avenues except surgery, she finally decided that this was the last hope for some relief. The probability of success was assessed at 50-50. The long-term consequence of the surgery, called a partial myectomy, could be that she would be unable to close her eyes and would then have to deal with chronic dry eye.

One week before her surgery, a friend suggested that Sally see a Navy Nurse who had achieved wonderful results through hypnotism. He (Ron Eslinger) had successfully conducted “stop smoking” and “weight reduction” clinics; and worked with clients with severe cancers; complicated childbirth situations; and a myriad of other complex medical problems.

Ron agreed to see her. He had not worked with any clients suffering from BEB, and would have to research this disease to understand more. He made it clear that he could not guarantee positive results.

He explained the basics of hypnosis to Sally and then hypnotized her. As he started, her eyelids were full of spasms. After approximately 20 minutes, the spasms ceased. As she was brought out of her session, she seemed relaxed for the first time in 5 years. There clearly had been some kind of a major break-through in ameliorating her condition. The success achieved in this session was so significant that Sally cancelled her surgery.

With each hypnosis session, there was progressive improvement in her condition. The involuntary closing of her eyes was slowly being brought under control. Each night Sally would say an affirmation: “Every day, in every way, I am better”. Ron made her a tape and taught Sally self-hypnosis which she did daily.

One year later, Sally has regained the confidence and ability to once again drive her car. This has restored the independence she had lost for 5 years. This, coupled with a self-hypnosis session every day, has allowed Sally to fully regain her life style including playing golf as well as she ever did.

Sally considers Ron, her hypnotherapist, to be a miracle worker and fondly refers to him as her “Guru”. Hypnosis worked for Sally when every thing else failed!

Contact: Michael R. “Ron” Eslinger RN, CRNA, APN, MA, BCH, CI at Healthy Visions Wellness Center in Oak Ridge, TN. Email roneslinger@yahoo.com
Website: <http://www.eslinger.net>

The Leg I Didn't Have Just Kept on Hurting

"I don't know how this works, but it does." Those were the words of “Bob” twelve weeks after his first visit to Healthy Visions Wellness Center where hypnosis was used to teach Bob how to control his Phantom Limb Pain. Prior to this, Bob was taking pain medicine two to three times a week. Sometimes the pain was so unbearable that he went to the emergency room for intravenous pain medication.

Fifteen years ago, Bob went deer hunting at a favorite spot in the mountains near Huntsville, Tennessee. As he reached the area where he would set up his deer stand, he was taken down by a severe deep cramping and burning pain in his right leg. A pain so severe that it brought tears to his eyes and a scream of agony from deep inside - a pain so intense that he was unable to walk or even stand.

He was down and lying on his back, and the only way back down the mountain was to use his rifle and good left leg to push himself inch by inch. "With nothing else left to do, in agony I spread my orange hunting jacket out where it could be seen from the sky and crawled under my truck to...."

Bob and a friend had discussed that they would both be hunting in the same area of the mountain on the same day. Luckily around lunch time, Bob's friend decided to hike over to where he knew Bob usually parked. He quickly dragged Bob from under the truck and struggled to get him inside. He drove as quickly as he could to Huntsville Hospital where Life Star transported Bob to University Medical Center. Bob is alive today because of his friend.

Bob had a Popetiel Artery Aneurysm – as a result, his leg was amputated just above the knee that day, but gangrene set in, and two days later a second amputation was done that included his hip joint.

For fifteen years following the surgery, Bob continued to have frequent and often severe pain in his amputated leg, until he came to Healthy Visions Wellness Center. Since his initial visit on March 2, 2005 he has been pain free.

Why and how does this work? No one really knows, but when we do something that creates pain such as a burn or a cut the pain is sent by an electrical signal to the brain. There is no pain until this signal gets to the brain. Stop the signal and you stop the pain. The body has the ability to create its own anesthetic. For Bob and many other amputees the memory of their pain persists and the subconscious mind can not tell the difference from a memory and the real thing. However, when we change the memory or the thought, we change the brain's response.

This worked with Bob by teaching him how to think back to a time and remember how the leg felt before the trauma and amputation. The subconscious mind does not know the difference between what is real and what is imagined, which in Bob's case by changing a thought and uncovering a past memory, he was able to change pain into comfort.

Bob was also instructed to imagine a switch between the amputated leg and the brain. He was also taught many other techniques to stop the possibility of future pain; including pretending that he had a TV remote control that he could use to turn the pain up or down. He could hit the mute button or simply hit the off button to stop the pain. He also used the remote to let him travel into the future to see himself doing the things he likes to do and doing them comfortably.

He was seen five times prior to the writing of this article during which he learned self-hypnosis, guided imagery and creative visualization to manage his stress, his comfort and his quality of life. Because all hypnosis is self-hypnosis he easily learned how to control his pain and not let it control him. I am always astounded, as I was with Bob, at how hypnosis can make such major changes in people's lives.

Contact: Michael R. "Ron" Eslinger RN, CRNA, APN, MA, BCH, CI at Healthy Visions Wellness Center in Oak Ridge, TN, USA. Email roneslinger@yahoo.com Website: <http://www.eslinger.net>

Harrowing Halloween

For those not familiar with my story, besides being a Certified Clinical Hypnotherapist, I am also a Nurse Anesthetist and my husband is an Urologist who also is a Flight Surgeon trained in field emergency medicine.

It seems as if the universe is putting me in one emergency hypnosis opportunity after another lately. I was attending a Halloween party recently, when I was called upon to help with a bloody nose. The 12-year-old girl suffered frequent nosebleeds, but I did not discover this until later.

I have discovered that with children there is often no need for a formal induction. They seem to have a thinner layer of experience that separates them from their imagination. As I applied some pressure by squeezing the nostrils, I asked the girl to close her eyes and pretend that she could go to a room that had control panels for all the working parts of her body.

We used a "magic flashlight" to search. We found the control switch for her heart rate, then her breathing, etc. Then while she looked for the area that handled her nose and I asked her to lift up her finger (ideomotor response) when she found it. She simply visualized closing down all the blood vessels until all was well. The bleeding stopped so rapidly it even surprised me!

Contact: Seth-Deborah Roth CRNA, RN, MNBCCH, CHT at Hypnotherapy for Health 2118 Castro Valley Blvd., Suite 3 Castro Valley, CA 94566 1393 Santa Rita Road, Suite A Pleasanton, CA 94566 Phone: 510-690-0688

Web site: www.hypnotherapyforhealth.com

Email: sethdeborah@hypnotherapyforhealth.com

The Hand That Couldn't Move

When "Jordan" labored up the steps to my office, assisted by his wife, my heart sank. The stroke he had suffered made walking an ordeal and verbal communication almost unintelligible.

"I want my arm cut off! I hate it! It's useless!" he said.

"I want to help you to help your body, Jordan. How can your arm work well for you if you hate it?"

In our pre-hypnotic interview, Jordan revealed he'd been a Navy Gunner and played baseball as a child. He also spoke of a negative remark made by a Physical Therapist.

He had little trouble entering into hypnosis. I asked him to imagine himself as a young boy playing baseball, using his left arm to hit a homerun. Next I brought him to his days as a Navy Gunner, feeling both arms against the ship's cannon and sensing the power of the cannon and the strength in his arms.

Then I shifted the imagery to the negative physical therapist. "Hear the physical therapist saying, 'forget about that arm, you'll never use it again.'" Now imagine yourself saying to the therapist: "You have no right to tell me what my arm can or cannot do! You are not God!" I had him repeat this over several times. Then I began using my Hypnoaesthetics mind-body technique to direct the life energy of the body into the left arm. I watched as the fingers began to twitch and move slightly as they could not do before.

The following week Jordan came for his second session. . "I'm angry with God." He said. "Why did he do this to me? I went to church every Sunday and always prayed to him."

"Jordan" I said. "do you remember when you came in years ago with your wife?" "Yes" he answered. "Do you remember how overweight you were?" "Yes." "Do you remember how poorly you ate back then?" "Yes." "So did God do this to you or was it your high fat diet that contributed to your stroke?"

He was silent for a while. "I did it to myself."

In this hypnotic session I used the same visualizations as I had the week before but added a spiritual presence. I asked him to thank the spiritual presence for the wife and children he was blessed with. Then I once again used the Hypnoaesthetics mind-body technique bringing more life energy to the arm. I then asked him to imagine the arm becoming a light feather. I watched in amazement as his arm began to slowly rise up to arm level! I called his wife in. "Oh my God! It's a miracle!" We were overjoyed! Jordan regained a good portion of mobility to his arm and became more positive.

I wish I could end this by saying he lived happily ever after, but Jordan suffered yet another damaging stroke some months after, followed by a heart attack. Still I will never forget Jordan and the day hypnosis made his paralyzed arm move again.

Contact: Anna Vitale, C. Ht., C.I. at Mindlight 199-44 21 Avenue Whitestone, NY 11357-4120
Phone: 718-352-5359 Web site: www.mindlight.net E-mail: mindlight1@aol.com

Chapter 10 -- Sleep Issues

Sleep Disturbances

One client taught me the importance of putting my name and telephone number on any tapes or CDs I make. "Susie" was having difficulty sleeping and asked me if I could help. I hypnotized her and assisted her with achieving a deep, sound sleep nightly (except for needing to respond to emergencies and the bathroom). Following the session, I made a "sleep" tape for "Susie" to use at home if she felt the need. I incorporated into the tape some of the personal issues she brought to my attention during our session.

About a month after I gave Susie her tape, I was walking my dog in the local park and Susie was there at the same time. After thanking me and assuring me that she was sleeping much better now, Susie told me she nearly had the paramedics at her home earlier that week. It seems her adult children were over to her house and found the "sleep" tape lying on a table.

"What's this?" they called to their mother, who was seated on the sofa. Susie said before she could answer, the kids had already put the tape in her tape recorder and pushed "play". Susie immediately fell fast asleep on the sofa.

The (adult) kids tried to arouse their mother, but she was deeply asleep. As her kids told her, they yelled, prodded and tried to awaken her to no avail. This activity went on for about 15 minutes. The kids were very concerned that mom had some medical problem and were debating a call to the paramedics when Susie finally responded to their prodding and calling. They all had a good laugh when Susie told them what the tape was all about. Susie told me in parting, "You know, that tape really works!"

Contact: Phil Hamilton CHt, at TrancePathways Phoenix, Arizona, Phone: 602-330-6886

[Email: azphil@cox.net](mailto:azphil@cox.net)

I am Sleeping, Debbie!

"I am sleeping Debbie! I am sleeping during the whole night. Thank you for enhancing the quality of my life!"

The first time "Isabella" came to my office was for a free consultation. I asked her to tell me the issue that brought her here she said, "I do not know where to start. First of all I have not had a peaceful sleep for a long time -- 20 years plus....." she said as she started to cry.

"I also get these tremendous migraines that are so unbelievable that not even two prescription painkillers can calm them down. I have to live with them. I have gone to several doctors, but nothing has helped me.

"I am so tired from not sleeping and I am further exhausted from the migraine headaches that I have nowhere to turn. My headaches are usually worse when I go to bed at night. So I have this

vicious cycle, I get headaches, I take pain killers, I am exhausted, I go to bed, I turn around and around, I get more frustrated and the cycle continues.”

I explained to Isabella that I would need a doctor’s letter before addressing the migraine headaches. We can never know what is behind the headache.

On the first appointment, I hypnotized Isabella and she seemed to find peace for a little while. Then I asked her to “imagine you are going to bed and tell me what is happening.” The minute that she imagined she went to bed the color in her face changed, a fear took over her and she started to turn her head from side to side looking very miserable and full of fear.

I assisted her to look at the whole situation with adult comprehension and to detach herself from any emotion connected and to describe the situation to me as best she could. “Someone is in my bed”, she said.

Isabella had been abused when she was 7 or 8 years old by her step-father. Isabella had associated going to bed with the abuse. Her body and mind went to a fearful place. Then when her parents separated, she felt guilty but did not know why. She suspected that her mother had found out about the situation and that the knowledge had broken her marriage.

During the next couple of sessions we cleared all these painful childhood memories. We replaced them with positive feelings. We went over the forgiveness procedure. We did Decording™ to clear the energy between her and her step father – and also her mother.

At last Isabella felt free. She was free from any negative association that brought up the headaches and kept her from sleeping. She finally felt peaceful. I asked her “Imagine you are in your bed and it is time to sleep, what is happening?” She said “I am asleep.” I let her sleep for a little while in my office. It has been two years since Isabella’s sessions and she is still sleeping deeply and comfortably. Her headaches are history and the once sleepless nights are now filled with peaceful and restful sleep.

Contact: Debbie Papadakis BCH, CI. at Hypno Healing Institute Inc. 355 Keele Street, Toronto, Ontario, M6P 2K6 Canada Phone: 416.760.8996 Toll Free: 1.888.758.3223 Fax: 416.760.9240 Website: www.hypno-healing.com Email: debbie@hypno-healing.com

Overcoming a Sleeping Problem

Several weeks ago a client came to me about a sleeping problem. “Sarah” told me that she always had trouble sleeping, especially when she went away on trips, which she had to do quite often.

She told me that she would imagine herself not sleeping even before she had to go away. She felt feelings of frustration and hopelessness. She would even imagine herself having to take the sleeping pills ahead of time. By the time she went away she was stressed out and would toss and turn all night long until she actually took the sleeping pills. If she didn't take the pills she would be tired all day long.

At home, she had the same problem of not being able to sleep. I asked her what she wanted to accomplish in our session together and she said that she wanted to fall asleep easily and effortlessly at any time of the day and in any location, without the pills.

I decided to do a relaxation induction with her to relax her and then I created a recording with her to help her sleep easily and peacefully every time that her head rested on the pillow. I also gave her a self hypnosis script to do every night before she went to bed until she was able to sleep on her own. I told her it was important to do the self hypnosis when she is away as well.

She felt very relaxed after the session and left feeling refreshed and positive. I didn't see her for several weeks as we were both very busy. When she finally called, she said that the hypnosis was very successful and that since our session she slept anywhere, anytime and in any location without the sleeping pills. She was delighted with the results.

Whenever she went away she just did her self hypnosis and slept.

All this was accomplished in just one session and the self hypnosis that she did was a follow up on her own. She now wants to do further sessions with me to deal with other issues.

Contact: Christine Regan –Pugh, Spirit of the Wild 25255 Warden Avenue R.R. #3, Sutton West Ontario, LOE1RO Phone: (905) 476.4503 [Email: spiritofthewild@sympatico.ca](mailto:spiritofthewild@sympatico.ca)

Chapter 11 -- Past Life Regression

Pain From Another Place

Four years ago I was working with a client around the issue of weight loss. “Jessica” was then a tall, blond, blue-eyed woman in her mid 40’s who came from an affluent part of town, had gone to a private girl’s school and lived a very peaceful, cloistered life within her family structure and friends. She wanted to lose a final 15 lbs before her daughter’s wedding.

A month before the wedding, she developed very sharp pains in the top of her legs which prevented her from using the treadmill or moving around freely. With the wedding day looming, she had blood tests, x-rays, bone scans and all the other tests that could be arranged. Absolutely nothing came up.

In panic she came to see me about a pain management program so that she could handle the wedding plans and entertainment schedule up to and including the day of the wedding.

With Jessica’s permission, I decided to use the approach of talking directly to the pain – using Parts Therapy while she was in hypnosis. No response! So I changed tactics and asked her to regress to the moment the pain came into her body. She found herself as a male, in a hot, dusty place with a young boy by her side. Wearing a long white robe and sandals, he was walking quickly with the boy towards the market place. “I’m an Israelite” she said and we have to make sure we are discreet. If we run into Roman soldiers we could be killed or harmed in some way” Her demeanor, her voice and her use of language had changed. She was whispering breathlessly:

“We have to go to market to buy food, but we have to do it quickly before the soldiers come.

“Find yourself now at the place where you live” I suggested.

“We live in a cave. It’s cool here, and safe. Just outside of the town.. Here is where we live our lives.”

“Go now to the event which caused the physical pain in your current life”.

“We are at home, finishing our evening meal. We hear the soldiers coming. We can hear their footsteps. Marcus wants to march with them and runs out to join the line. My wife starts to cry, fearing for her only son. I watch helplessly as he runs toward the column of soldiers and starts to march alongside them, smiling, looking up at the soldiers, arms swinging. One of the soldiers steps out of the row and is chatting to Marcus who points up at where we are watching from the mouth of the cave.”

At this point Jessica’s breathing becomes shallow and her voice trembles with fear.

“Marcus is running towards us, calling out to us and the soldier is following him. Two other soldiers also start coming up the hill towards us.”

Jessica then shrieked and I told her to lift herself above the scene, to feel no pain, and tell me what was happening. The soldiers killed Marcus with their sword, raped and killed his wife and sliced off his legs as he tried to run, and left him to bleed to death in agony..

We closed off that life with healing and forgiveness, and a rather shaken client returned to full awareness of the psychic pain she had been carrying – and amazement that she should be anything other than white North American. Then she realized the leg pain had gone. And it never came back!

Contact: Georgina Cannon, D.MsC, BCH, Director Ontario Hypnosis Centre
94 Cumberland Street, #3 10, Toronto. Ontario M5R 1A3
Phone: 416 489 0333 toll free: 1-866-497-7469

Website: www.ont-hypnosis-centre.com www.ohcschool.com www.returntopastlife.com
Email: info@ont-hypnosis-centre.com

Past Life: Learning From a Client

The most distinctive case in my career as a hypnotherapist happened not long after I started to use hypnosis. It was distinctive for two reasons. First because of the outcome for the client and second for the way the case caused me to re-examine my beliefs.

I expect that I am one of those lucky people. I have my own clinic and hypnosis is my full time job. After completing my Psychology degree I felt as though I didn't have all the tools I needed to help people. Hypnosis fascinated me and so I looked round for someone to teach me.

I found a school run by someone who had practiced hypnosis for nearly 40 years. One day in class one of the students asked about 'past life'. We were instructed very firmly by our teacher to 'stay away from all that stuff'. I read a few articles on past life and decided that the teacher was probably right.

Then a client helped open my mind. "Jessie" was referred by her doctor. She suffered from a severe case of sweating. She had tried everything and as a last resort, had decided to have her sweat glands surgically removed. Her doctor suggested that she come to me for help with pre-op anxiety.

When Jessie arrived we completed her history. She was a happy stay at home mother and had had her problem as long as she could remember. Nothing about her life seemed to stand out as remarkable.

I went through a normal induction, and suggested that she should go back to the origin of the problem. I was staggered when she started telling me about her life as a roman soldier. I was stunned and a bit worried. As she continued to tell me about her life as a soldier a little voice inside my head whispered that dreaded word 'past life'.

She talked of the horrors of war and the misery of wearing hot, heavy armor in the heat. She talked of walking for miles with the sun beating down whilst the officer's horses kicked up dust that carried back along the ranks. She talked of thirst and blisters and how her armor rubbed her skin raw. She described how she felt being away from her family for years and her anger at her life.

I listened with amazement and fascination until she stopped talking. On emergence she expressed the same amazement. 'Where' she asked 'did that come from?'

Jessie called two weeks later to say that she was no longer suffering from the sweating problem. Her doctor suggested that she cancel her operation. I have seen her twice since then for other problems. But sweating has never been a problem since that day.

Did I open my mind to studying past life – I sure did!

Contact: Susy Hall CCHt B/A Psychology at Hypnosis Centre Suites 4 & 5 Post Office Square 115 Brisbane Road, Beaudesert, AU 4285 07 55414585

Past Life Regression

“Jane” came to see me after I worked successfully first with her older son for nail-biting, then her younger son for focus and concentration in school, and her husband for weight loss. She felt crippled by social anxiety so strong that she was unable to attend PTA meetings, work outside the home, or attend her husband’s important work functions.

On our third session I suggested past life regression therapy, as our first two hypnosis sessions had yielded only moderate results.

She regressed to a lifetime as a peasant woman named Angela whose husband worked as a stonemason for the village patron in the late 1600s. Her husband broke a window in the commission of a petty crime and lost his job, and the two with their young son were sent out from the village.

We moved forward through several episodes in this regression to a time when she was living with her son and his wife in his house. Her son’s wife, Melissa, was pregnant with their first child, and her son John (her own son Bill in this life) charged her with helping with the birth. (Melissa is now Jane’s mother-in-law in her current life).

Melissa died during childbirth, though the child survived. Although she had no experience with midwifing, her son blamed her entirely for his wife’s death, and never spoke to her again. She died several years later, never having been accepted by her son again.

After the regression, while still in hypnosis, I helped her to understand that it was not surprising that she experienced intense shyness as Jane; after all, the last time she was asked to do something important, somebody died, and she was totally rejected. Then I helped her to draw the conclusion that she had not in fact killed Melissa; didn’t she appear in her life now as her mother-in-law, with whom she had a wonderful relationship?

This recent session was one of the most rewarding regressions I’ve ever done, for its immediate positive results. Within two days Jane emailed to say: “A big thank you for your time during our

session on Friday. It is thrilling to know just where the confidence issue came from. I'm just amazed every time I think about it!"

Just two weeks later, her husband (my weight loss client) sent an email saying: "Jane has also landed a part time job and is very psyched about it. Further affirmation that hypnotherapy works."

That email also stated that their younger son had been awarded a trophy by his school for most improvement in mind and attitude.

Contact: Priscilla Kerese, C.H. at Via Hypnosis 1201 Oregon Road Cortlandt Manor, NY 10567
Phone: 914-672-9741 [Email: changes@viahypnosis.com](mailto:changes@viahypnosis.com)

Karen's Regression to Wisdom

I first met "Karen" in the beginning of the summer of 2005. She had purchased my book *EVERYTHING PSYCHIC* and called to say how much she enjoyed it. She was amazed that she only lived an hour and a half away and promptly made an appointment to come for a past life regression. I found out that she is an NGH Certified Hypnotist and an accomplished Animal Psychic with worldwide contacts. She was also being pushed by the Universe to end her day-job as a disciplinarian for a junior high school and take the leap of faith that would plunge her into her life's calling, working with animals and people. She had found that her psychic gifts could be used to help people, but she was afraid to use them in that direction.

Our first meeting was interesting enough. As soon as she sat in the "hypnosis chair" she began to receive images in her mind. Getting down to business, Karen easily began to drift into trance, and as we went back in time, her whole physiology suddenly changed as she started an intense Native American chant. We determined that it was an ancient medicine man that was also there to guide her. He was her strength. Underneath him we discovered the "Great Knowing". He was there to keep her focused on accomplishing her goals. After several sessions, he turned the assignment over to "The Great Calmness" who can help her trust in her intuitive abilities and be open to the guidance that goes with her.

On another note, Karen was also booked to fly to an international convention in September. There was one small problem however: she was terrified of flying. On almost all of her previous trips there had been some kind of an emergency. A pilot friend had jokingly told her to let him know when she was flying so he could avoid being in the air at that time. She thought that she was the cause of the emergencies. As we looked at her fear from a different view, she understood that all these flights had landed safely, and maybe that was because she was on board at the time.

I created a hypnotic tape for Karen to listen to before her trip. Everything went smoothly, and she was a great hit at the convention. She is learning through hypnosis to trust her wonderful gifts from her soul's past and is now updating them so they will be useful to many people in the future.

Each session seems to provide an incentive to learn more. I believe her special talents will become greatly sought after in the days and years ahead.

Contact: Michael R. Hathaway at White Mountain Hypnosis Center PO Box 276, 428 Conway Rd
Madison, NH 03849 603-367-4530, fax 9096 [Email: penmike@psynet.net](mailto:penmike@psynet.net)
Website: www.whitemountainhypnosiscenter.com

A Tribute to a Hypnosis Instructor: The Value of Past Life Regressions

My NGH instructor, Dorothy Eliason, first hypnotized me for past life regressions in 1994 or 1995, when I was learning hypnotism.

During one regression I saw myself in a mining accident. The mine shaft had collapsed and I had fallen a long way, breaking my back when I hit bottom. Then I was smothered with debris. I was trapped, in great pain, couldn't move and was suffocating from lack of oxygen

I watched rescue workers haul my lifeless body out of the mine. There was no pain; no feelings of loss, just a "knowing" that it was my body that they were hauling out and that I had died. The only emotion was a sense of peace and resignation.

The mining accident didn't make much sense to me until years later when it dawned on me that in this lifetime I was afraid of heights, had claustrophobia, chronic back problems and asthma. These symptoms have all but disappeared since the regression. I'm not sure if they disappeared immediately or if they just got progressively better, because I didn't realize that any healing had taken place until different circumstances brought the changes to my attention.

I wasn't aware that my claustrophobia had been healed until I had to get into a tiny space above a false ceiling to reconnect the ceiling fan in my office. This was about five years ago. The space was so small I couldn't even turn over. In the past I would have panicked and refused to even go into such a tight area for fear of being trapped, but for some reason it seemed okay to me, and I was able to do it myself.

I have also noticed that my fear of heights has diminished to the point where I was able to paint the gable end of my home, 20 feet in the air this summer. I didn't get shaky and nervous as I painted. I was glad to be done so I could get down, but the important thing is that I could do it at all. In the past I have always had someone else do those sorts of jobs for me.

My back problems have all but disappeared. I spent many years bent over due to low back problems and often visited a chiropractor two or three times a week. Now I go every other week for a tune-up and feel better than I did when I was 25. (I'm 57 going on 25.) My breathing problems have improved as well. I used to depend on a mist inhaler to get through the day and I haven't used one now for a long time.

This all adds up to one big healing that came from several different areas - all due to my past life regression at the hands of a true professional, my NGH Instructor and good friend, Dorothy Eliason.

Contact: Tom Thomas, CHT at Alpha Hypnosis 416 S. 5th Avenue, Pocatello, Idaho 83201
Phone: 208-232-2401 Website: www.alpha-hypnosis.com Email: gitnsleepy@yahoo.com

Chapter 12 – Relationship Issues

Transforming Relationships

“Norma” walked into my office in tears. She had not seen her son in 7 years. The last time she had seen him she told him to leave her house. Her son had a lot of emotional issues and his teenage attitude did not help at all. She had thrown him out for the fourth time and he had finally gone.

Norma had cleaned up her life, but the fear of not seeing her son again was gradually taking over. Her emotional issues had gradually re-surfaced to the point where she was not able to sleep or eat. She tried contacting him, but he did not respond. Finally he sent an angry message telling her that he did not want to talk to her again. As far as he was concerned he did not have a mother. By the time she came to see me, she could not stop crying. During our session we did Decording™ to clear the negative energy between Norma and her son. Basically we re-visited and changed any emotional history with negative situations and feelings.

We cleared her negative emotions and limiting beliefs, removed all blockages that held her back in life and finally we cleared and transformed the cords that held her memory of all the situations between mother and son.

The next day she knocked at her son’s door feeling good about meeting him. He opened the door and looked at her in complete surprise. At first he said “I do not want to have anything to do with you.” Then he looked at her again. “Come in.” They talked for hours. Both expressed their feelings. Both of them cried. They met many times after that. Each time they expressed their mutual feelings, apologized to each other and most importantly, forgave each other. They are now considering sharing an apartment. They are healing their wounds.

The love they had for each other was always there, hidden under their emotional wounds. The Decording technique healed those wounds, clearing the energy to bring them back together. Norma is now sleeping normally. She is happy, and continues to keep me updated on her progress:

“I had a major relationship issue with my only son for the past 14 years. We didn't speak to each other for years at a time and when we did, we argued over nothing. I came to see you for help and during our hypnosis session we practiced "Decording". One month later, my son and I have peacefully reunited. He said that all has been forgiven and that he loves me very much.

These results are an incredible breakthrough and I know it is a result of the "Decording" technique that we practiced. I am still blown away when I think of how our lives have been transformed in one short month. This is beyond belief and I am thrilled to say that this is truly a miracle. Thank you so much, Debbie.”

Contact: Debbie Papadakis BCH, CI. at Hypno Healing Institute Inc. 355 Keele Street, Toronto, Ontario, M6P 2K6 Phone: 416.760.8996 Toll Free: 1.888.758.3223 Fax: 416.760.9240 Website: www.hypno-healing.com Email: debbie@hypno-healing.com

Hypnosis For Jealousy

When “Diane” first called me for a hypnosis session, she wanted to know if it would help her husband not have another affair. I said of course not, but hypnosis could help her release the hurt and uncomfortable feelings she had about the situation and help change her perspective.

During the first session, using the Affect Bridge technique, she released the hurt feelings of mistrust and rejection, as well as go back to the first time she ever experienced those feelings in her life. She was surprised to discover she had felt the same way when her father left her mother when she was a little girl.

After the second session Diane was able to understand where she had “lost” herself in the relationship. She started taking responsibility for her thoughts and feelings about her husband. She also got inspired to spend time doing nice things for herself; free from worrying whether or not her husband would have another affair.

On our third session together, I helped her find the original mental image picture of when she first fell in love with her husband. She was able to see that image and immense love was still stored inside her. I suggested she allow that original love to flow through her. She said it was such an easy, no effort thing to do because beneath all the ups and downs her and her husband had had together, they still truly loved each other. She left the office with a renewed attitude about herself, her husband and their marriage.

A few weeks later I received a postcard from the two of them; they were enjoying a second honeymoon in Europe, and when they return the husband wants to schedule sessions for himself!

Contact: Debi Livingston, BCH, CI at ISHI School of Hypnosis Training
2432 Ellsworth St. Berkeley CA 94704 Phone: 510.549.0975 Toll Free: (800) 642-9355
Website: <http://www.hypnotraining.org> <http://www.debilivingston.com>
Email: hypnodeb@yahoo.com

Chapter 13 -- Helping with Medical and Surgical Procedures

Tooth and Freedom

“Christine” had an infected, impacted wisdom tooth and was extremely fearful about having it extracted. Having successfully worked together six times in the past three years to conquer several other fears, Christine was already familiar with Hypnosis.

This time, I combined Hypnosis with EFT (Emotional Freedom Technique). EFT is a simple, yet effective tool to literally tap the unpleasant emotional residue of a traumatic or troubling incident right out of the body.

In trance, Christine accessed the first sign of anxiety, the mere thought of calling to schedule the surgery. We tapped on that until the stress was gone. We continued using hypnosis to identify all of the fears, and EFT to tap them away, until all of the aspects creating anxiety were gone. This included setting the date for surgery, removing fear of losing sensation in her mouth and tongue, removing fear that something would go wrong, and relieving anxiety about driving to surgery.

Ultimately, in hypnosis, she was able to visualize herself going through the entire scenario with no anxiety. I then gave suggestions for a positive experience, that she would remain calm and relaxed and would heal quickly.

Here’s what Christine had to say afterwards:

“I’m proud to say I had the surgery yesterday and sailed through it! The surgeon remarked that the tooth was pretty decayed and it needed to come out right away. The surgery was more difficult than expected. She had to smash and break the tooth into small pieces and remove it piece by piece. Then she had to cut the gum to dig out the roots, which were quite long. I handled it very well considering the complexity of the situation. When I arrived at the office, I felt scared so I took 3 deep breaths in the car. Once inside, I used my Walkman to play a guided imagery tape during the surgery. I managed to allow my body to go completely limp in the chair and then entered a state where I felt like one part of me was in the chair having surgery and another part of me was hovering slightly above my body. I took no drugs though I was offered Valium or anesthesia. I only wanted Novocain. I felt very lucid and calm, and the surgeon commented on how relaxed and peaceful I was and how well the surgery went. I even felt well enough to return to work for a little while afterwards. And all sensation returned to my tongue and mouth and chin. That evening, the surgeon called to check on me and asked if I still had numbness and tingling. When I replied that sensations had returned to normal, she was really surprised. She said that was very unusual because the type of Novocain she gave me is much stronger than a dentist typically administers, and that typically the numbness and tingling last at least several days. Thank you for all of your help.”

Contact: Donna E. Kemper at Innovative Hypnotherapy Center, LLC 88 Bradley Road Suite 1 Woodbridge, CT 06525 Phone: 203.387.0750 [Email: donnakemper@gmail.com](mailto:donnakemper@gmail.com)

Cyclist Down!

Besides being a Certified Clinical Hypnotherapist, I am also a Nurse Anesthetist and my husband Ken is an Urologist who also is a Flight Surgeon trained in field emergency medicine. In September of 2005, my husband and I were called upon to provide emergency assistance to a mountain biker who had fallen. He was semi-conscious after a serious fall from his bike, and his friend was desperately looking for help when he happened upon some children from my daughter's school outing. The kids ran for help and luckily we had not left the area yet. It was a half-mile hike up the rocky trail to the fallen cyclist.

He had knocked out teeth, bitten through his tongue until it was totally lacerated and had split his lower lip. His nose was broken, and blood poured from his mouth and nose. He had several serious cuts in his head, which were also bleeding profusely.

First things first! My husband carries a light on his keychain and checked the victim's pupils to determine consciousness. I asked the cyclist his name - he knew that much, but he thought the year was 1998! Obviously, some head trauma had taken place. We needed to stem the bleeding, but we couldn't apply a compress inside his mouth because he was not able to breathe through his broken nose. Hypnosis to the rescue! I told him I could help him if he wanted me to. (*Always be sure the client agrees!*) In my induction I included information about the power of the mind, with some well-known stories about Yogis who could lower their pulse and blood pressure and even lie on broken glass without bleeding. This won his confidence and we went on to visualize of his capillaries closing.

I told him that the blood had cleaned the wounds – and now it was time to shut down the bleeding. I reaffirmed that he was going to be fine – that help was on the way, and that his job now was to relax and stop his bleeding. I also told him that his bleeding would stop because eventually all bleeding will clot (Giving him confidence in his ability!). The bleeding was slowing down!! Next it was time for a little “glove” (localized) anesthesia because he was starting to feel his pain. This was somewhat less successful, as he was still in a very agitated state, perhaps due to shock.

Help arrived after about 30 minutes, as the rescue team scrambled up the path with their equipment. The next challenge for hypnosis to overcome was getting him strapped on the board to carry him out. After getting him to stand upright, I asked him to imagine himself rigid and stiff while they put the board behind him, and then I had him imagine falling backwards onto the board. Once he was successfully strapped to the board, six paramedics had to hike the half-mile down the rocky trail to the ambulance.

It all helps to prove that hypnosis belongs in the first-aid kit!

Contact: Seth-Deborah Roth CRNA, RN, MNBCCH, CHT at Hypnotherapy for Health 2118 Castro Valley Blvd., Suite 3 Castro Valley, CA 94566 1393 Santa Rita Road, Suite A Pleasanton, CA 94566 Phone: 510-690-0688 Web site: www.hypnotherapyforhealth.com
Email: sethdeborah@hypnotherapyforhealth.com

Chapter 14 -- Dealing with Loss and Separation

Childhood Experience – Getting Over Grief

I received a call from a woman who desperately wanted help for her seven year old daughter, “Gloria”. Gloria was a model child and student. Upon learning of the death of her very special Uncle, Gloria began to show signs of withdrawal and deepest sadness. This behavior remained for over a month’s time. She would not eat, go to school, or play with her friends. With permission from her physician, I agreed to help.

When Gloria entered my office, she was somewhat teary-eyed, clinging to her mother, but willing to sit with me, since I invited her mother to stay. In easing Gloria’s apprehension, I acknowledged her sadness, disappointment and hurt. My honesty appeared to build instant trust.

I suggested that, “You will feel better as you need to. Of course, we know that you want to, don’t you? And if you didn’t want to, you wouldn’t be here, would you? Of course you wouldn’t. But you are here, aren’t you. So of course you want to make this better, as you know you do and you know we will.” She began to stare at me, as she nodded her head yes. Within seconds, she was settling down as I paced her with my breathing, rate of speaking and movements. As she relaxed, I asked her to help me with the image of Uncle Billie.

I directed her to take several long, slow, deep breaths. After her third breath, she slowly closed her eyes, sat back in her chair and became calm and responsive. I asked her to think of her Uncle’s age and the count backward to her age (37 to 7). She only reached the number 19 and drifted off. At this point, she began to respond to my questions, one by one, describing Uncle Billie in terms of his height, hair and eye color, clothes, facial expressions, body language, scent, touch, tone of his voice and finally his words. At this point, I directed her to talk to Uncle Billie in whatever way she was comfortable ...quietly or out loud.

She quieted and remained silent for a few moments and then began smiling. I gave her the suggestion that whenever she felt a need for Uncle Billie, she simply needed to take a few long, slow, deep, conscious breaths as she imaged him in her mind’s eye. In addition, I gave the suggestion that she would feel in touch, secure and loved.

Hearing these words, with eyes still closed, she smiled again and spoke out loud, “I see him.” I gave her a third suggestion that if and when she wanted to say “good-bye”, she would still be able to “think” him whenever she felt the need. A few moments passed. Then, I observed her waving her fingers by her side. The session was complete, as she was directed to open her eyes when she was ready.

She is eating, back at school and making play dates, once again.

Contact: Pearlan Feeney-Grater at The Self Center 805 Main Street, Winchester, MA 01890
Phone: 781.721.7299 Website: www.theseelfcenter.com

Chapter 15 -- Using Hypnosis to Find a Lost Object

Recalling a Lost Engagement Ring

“Debbie” came by one morning, to see if hypnosis could help find her lost engagement ring. She had lost it four days before, after a party with her fiancé and friends. She and her fiancé argued and she went home alone. The next morning when she woke up the \$7,000 engagement ring was gone. All she could remember with her conscious mind was that at one point the previous night she thought “Well, I guess I’m not engaged anymore”, and took the ring off.

I asked her to let her subconscious mind tell us where she last saw the ring, and what she was feeling the last time she held it. I thought the feeling would take us to where she removed the ring and we would be home free. My initial plan was to regress her back to a time prior to losing the ring, and have her go back over the scene a few times; each time filling in more detail. Then bring her up to the time that she took off the ring.

In hypnosis, she regressed to the night she lost the ring. I didn’t want to lead her, so I listened for any indication of taking the ring off. When none came, I had her be a cameraman filming her every move.

She thought she had put the ring in a dark, “disrespectful” place. My fear was the trash can! But this didn’t make sense because at one point she thought about throwing her fiancé’s computer in the pond, but thought that would be going too far. So why throw a \$7000 ring in the trash?

The camera technique worked well. She recorded many new details. I gave a direct suggestion that when she emerged, her subconscious mind would be relaxed and before the day was over the placement of the ring would bubble to her conscious mind. Upon emergence, she had a clearer definition of the “disrespectful” place – it was where a \$7000 object was placed with \$1 objects! Asked about the darkness, she said that she usually kept most of her house dark.

Returning her to trance, I regressed her back to her house that night. She “checked” each room for a disrespectful place. Still no AH-HA, so I gave the direct suggestion again, that her subconscious mind would stay calm and let the placement of the ring just bubble up before the day was done.

Debbie did not have her AH-HA while sitting in my chair – it came two hours later while she sat quietly on her couch at home. She called to say she found her ring in a curio cabinet in the darkened living room, among a profusion of \$1 items. A dark, disrespectful place to me did not have the same meaning for her!

Contact: Joe Packard M Ed. BCH at Dynamic Mind Institute 15 North Main Street C-4
Bellingham, MA 02019 Phone: 508.478.8500 Fax: 508.478.8600
Web site: www.joe.packard.name Email: joe@packard.name

Chapter 16 -- Self Hypnosis

Self Hypnosis: Hypnotist Heal Thyself

Seven years ago my command center exploded and I had a major stroke. Both of my carotid arteries collapsed. I was 47 years old and in perfect health. I have an undetected rare disease known as Hyperfibrodysplasia. There is no cure and no preventive measures. I was told I lost one third of my brain, I may need to go to a nursing home and my arteries would never reopen. I sat in the University hospital seeing everything double unable to control my body or words.

There is a funny thing about strokes even though when asked the date I thought it was 1812 and I did not know my name I did remember Viktor Frankel a hero of mine. The passage I remembered said everything could be taken from us except our attitude. I decided to fight. Every doctor that visited me to try and find out why I was still alive and what was going on in my mind was asked to draw a picture of what was going on medically in my head. I needed to see so I could do what I know and that was 20 years of hypnosis. I designed my own therapy beyond the speech and physical therapy. Over and over I would use the self-hypnosis to redesign my arteries pushing them open and super gluing them to the liners. I imagined the connections refiring and a fuse box with tripped fuses. When I was unable to sleep I would move to my work area in my mind and imagine a healing light radiating fixing every area I touched.

Seven years later I still have repair work to do but people would never guess I had a stroke. I am back to the work I want to do.

Contact: Jane Govoni at Sky Blue Dreams 264 Cty Rd EE Oxford Wis 53952
Phone: 608-586-5820 [Email: janeggovoni@yahoo.com](mailto:janeggovoni@yahoo.com)