

The Hypnosis Examiner

Feature Article: "STAGE HYPNOSIS"



Stage hypnosis is performed in front of an audience for the purposes of entertainment, usually in a theatre or club. Expert opinion is divided over whether participants' responses are best explained as being due to an altered state of consciousness ("*hypnotic trance*") or by a combination of deliberate deception and ordinary social psychological factors such as disorientation, compliance, peer pressure, and ordinary suggestion.

A modern stage hypnosis performance regularly delivers a comedic performance rather than a demonstration to impress an audience with powers of persuasion. Effects of amnesia, mood altering and hallucination are demonstrated in a normal performance. Stage hypnosis performances often encourage audience members to look further into the benefits of mind powers.

Stage hypnosis evolved out of much older shows conducted by Mesmerists and other performers in the 18th and 19th centuries. Scottish surgeon James Braid developed his technique of hypnotism after witnessing a stage performance by a Swiss Mesmerist named Charles Lafontaine in 1841. Braid recounts similar performances by "electro-biologists" in his day, e.g., the following statement from a pamphlet for an "electro-biology" performance which begins by clearly emphasizing that a "waking state," as opposed to hypnotic or Mesmeric somnambulism, was being employed.

"Persons in a perfectly wakeful state, of well-known character and standing in society, who come forward voluntarily from among the audience, will be experimented upon. (see STAGE, page 7)

WE HAVE A
NEW LOOK!



Happy New Year and welcome to 2014!

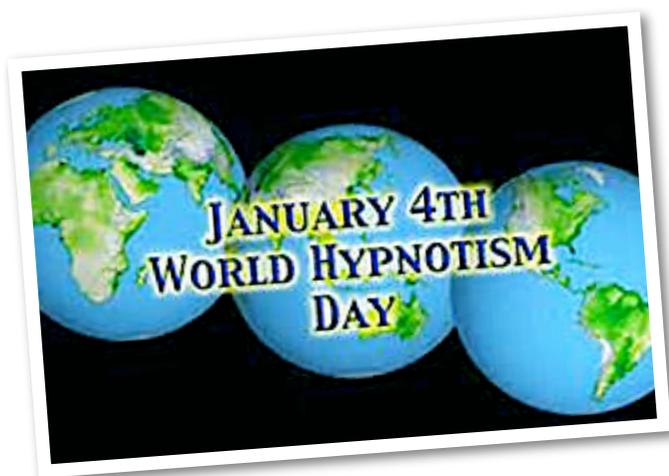
We're starting the new year with a new look. After just two years of publication, we decided to bring a fresh and new look to our readers with a brand new design for the quarterly newsletter.

As technology grows and changes the way we live, work and play, we too, will keep up with our changing world.

-The Editor



ANNUAL WORLD HYPNOTISM DAY



World Hypnotism Day, January 4th, was established in 2005 to help educate the general public of the truth and benefits the timeless and natural process of hypnotism has to offer anyone. Movies and books of fiction have warped the perception of hypnosis, which is why World Hypnotism Day is a necessity in order for more people to understand the truth and use this natural, expedient and effective process for personal change.

On World Hypnotism Day, and days before and after January 4th, hypnotism professionals around the world combine their efforts presenting free and low cost events in their area to promote hypnotism and help the general public become more aware of hypnosis and the benefits it offers any individual desiring personal change.

Be sure to go to the World Hypnotism Day web site at www.worldhypnotismday.com on the main page to receive the links to 4 Free audio downloads and to receive email from World Hypnotism Day with more information how hypnosis can help you. Tell your family and friends so they too can end the struggle of will power and use the beneficial process of hypnosis to reach personal goals and make positive changes.

Health & Wellness, Unlimited will be offering “Free” hypnosis sessions in the privacy of your own home! If you’ve never experienced hypnosis before, this is a great way to have a personal experience anytime, anywhere that you chose. We come to you!

All that you have to do is “key” us into your life. Do you have a computer, laptop, tablet or smartphone? See the next page to find out how you can connect.

DEALING WITH DIFFICULT CLIENTS

Part Two: “When The Hypnotherapist is the Problem”

Having a difficult or uncooperative client walk through the doors of your hypnosis practice is, sadly, inevitable. As practitioners, we are duty bound to give the best treatments to even our most truculent and otherwise disagreeable subjects, so we do our best to identify what it is about these clients that makes them so difficult to treat. It’s certainly easy to find fault with those who are disappointing us by refusing to relax or actively fighting the healing suggestions we make.

So we search for some kind of client pathology—resistance, learning disabilities, personality flaws, emotional instability, mental illness, trust issues (the list goes on). But what happens when none of our clinical judgments about the client fits the bill? At that point we



must, with great reluctance, turn the spotlight on ourselves as practitioners. This is very difficult for most of us to do, because it implies that we have done something wrong, or missed something significant, or that we aren’t as skilled as we believed ourselves to be. If any of these is

true, it casts a negative light on our competence and capabilities—something we would rather not consider.

But why look to ourselves as the problem? After all, are we as therapists responsible for the way our clients act in session? The answer, sometimes, is yes.

Inadequate Training

Of course, there are a number of factors about a therapist that may have a negative impact on the relative success of our hypnotherapy efforts. First and foremost is our level of training. If a client comes to us with a problem we have never treated before, we may feel uncertain about proceeding—even if we do have some great scripts for that condition. This uncertainty may (see *DEALING*, page 4)

HAPPY NEW YEAR & NEW YOU

World Hypnotism Day

What is World Hypnotism Day?

This is a free event sponsored by thousands of hypnotists around the world. Globally, hypnotists offer special events and appearances to educate and inform the public about the many benefits of hypnotism.

Do I need an appointment?

No. We encourage everyone to contact us, ask questions and find out what hypnosis can do for you.

Have you experienced the Resolution Blues?

Learn how to beat the Resolution Blues and succeed at your goals. What could be a better way to start the New Year then learning about and using the amazing power of your own mind?



“FREE EVENT”

When: Saturday, January 4, 2014

Where: In the privacy of your own home

Times: 9:00 a.m. - 5:00 p.m.

How: It's simple and easy to participate. Choose the option below that's right for you to get involved and try hypnosis during our annual celebration.

1 - Download our Hypnosis HWU App. Go to “Audios.” Select “Relaxation.” Then just listen and enjoy a beautiful relaxing hypnosis script.

2 - Go to our web site on your desktop, www.hypnosiswellness.org. Go to “Audio Downloads” and click. Select “Self-hypnosis for Relaxation and Stress Reduction.” Then just listen and enjoy a beautiful relaxing hypnosis script.

3 - Can't get the app on your device? Get our app on your favorite mobile device by going to www.hypnosiswellness.org on your device. It will redirect you to choose the option to load our *Mobile Web App* on your favorite device. Follow the instructions. Then select the “Relaxation” audio. Listen and enjoy the beautiful relaxing hypnosis script.

Questions or assistance?
I'll be available “ALL DAY”
for a “FREE Consultation!”
Jonathan B. Walker,
Master Hypnotherapist
Call me at: (609)923-4999
Email me at: tophypno@aol.com

DEALING (from page 2)

not stop us, because we reason that there must be a “first time” for us to treat any condition, but it could show up in our own speech and behavior.

In fact, that uncertain feeling could easily be conveyed to the client in thousands of unconscious and non-verbal ways. It is always useful to remember that establishing a strong bond of trust between ourselves and our clients is vital to our success as hypnotherapists. If the dominant thought in our own mind is that we’re not certain as to what we’re doing, clients may easily sense this. It could be communicated openly should the client ask if we have ever dealt with, say, enuresis, before. Even without the spoken question, however, the client may sense the hesitancy in our speech, or perhaps a bit of nervousness in our preparations. Even a subtle cue could be enough to set off conscious or subconscious alarm bells in the client—and that could destroy the trust and compromise the treatment.

One way to head off such a problem is simply to do more research on problems that we have never treated before. In our example above, if we can build a strong foundation of knowledge about enuresis and about how hypnotherapy works to alleviate it, we can then truthfully say that while we have not treated a case, we have done extensive research on the problem and feel confident about the efficacy of the treatment we’re about to administer. That may be enough to alleviate our own fears of failure and inadequacy so that the client feels comfortable enough to trust us; thus the hypnotherapy is more likely to succeed.

Countertransference:

The Toughest Challenge

A far more intractable problem arises, however, when we as

practitioners simply have a negative emotional or visceral reaction to the client or in another word, countertransference. According to the online *American Heritage Dictionary*, countertransference is “a psychotherapist’s own repressed feelings in reaction to the emotions, experiences, or problems of a person undergoing treatment.” Steven Reidbord, MD, writing in *Psychology Today* (March 24, 2010), states that such feelings “may be stirred up by irrelevant characteristics in the patient (e.g., the patient physically resembles the therapist’s sibling or spouse), by the *prior* patient, or by factors unrelated to therapy (e.g., bad traffic getting to the office, a quarrel at home, an upcoming vacation).”

Whatever the precipitating factors, however, such reactions can take many forms. We may find ourselves as practitioners experiencing negative, annoyed, fearful, or even angry feelings toward a client, yet we can’t offer any reasonable explanation for these feelings. This should come as no surprise to us, however. Do we really believe that we will like or be comfortable with everyone who walks through our professional doors?

Sometimes we simply run across people we instantly dislike or don’t want to be around. This is a normal part of life for everyone, but the problem for the hypnotherapist is that our clients—especially in the heightened awareness of the hypnotic state—are very likely to sense our dislike, fear, or anger even if it is not overtly expressed. Obviously such negative messages conveyed unconsciously will interfere with our ability to converse with and influence the subconscious minds of our clients. Those who sense that their hypnotherapist actively dislikes or fears them are hardly likely to enter into a trusting relationship with that therapist. In

fact, it seems much more likely that under those conditions, clients would simply shut down and ignore the therapist’s suggestions. We might be tempted to call this “resistance” in the client, when in truth it is simply the result of the therapist’s countertransference—a problem that needs to be resolved.

The key to dealing with countertransference is first to recognize that it is taking place. This means that as hypnotherapists we should be constantly monitoring our own emotional state for any signs of negativity toward clients especially if the cause is not obvious. If you find yourself dreading the return of a particular client, or delighted to see another client walking out the door at the end of a session, countertransference is a real possibility.



Sigmund Freud is said to have recommended additional psychotherapy for the therapist who experiences countertransference. While that might be helpful, the reality is that by the time psychoanalysis gets to the root of your problem with Client A, that client will have already completed his or her treatment (or walked out on it). A more immediate solution would be to consult another therapist about the problem to see if he or she might be able to point to something that would help. This form of “case review” can be highly valuable—not only for rooting out any countertransference, but also for receiving potentially valuable insights on a case from a colleague. Hypnotherapists would be very wise to get written permission from their clients to do such professional consultations. (see *DIFFICULT*, page 8)

IDENTIFYING SUBPERSONALITIES

This is the second part of the 4-part miniseries on identifying subpersonalities that was published in the October 2013, Volume 2, Number 4 issue.

Identifying subpersonalities can be educating, enlightening and helpful in realizing who you are. It may also be helpful in dealing with some of life's issues on a daily basis.

Dr. John Rowan, Psychotherapist constructed this self-test for helping identifying some of the subpersonalities that may lie within us.

These are brief tests and are not meant to be definitive in any way. Their purpose is to introduce a few of the most common subpersonalities with which many of us deal. If you score highly on a given test, it simply means that you *might* have this subpersonality and that you might want to look more closely at how that functions in your life.

Before taking each test (*only one test will be published in each miniseries to maintain the integrity of the testing process*) read and follow the instructions below precisely:

For each test, you will not be told what subpersonality is involved until after you have answered the questions. This is meant to reduce any possible bias that could arise if you know what the questions are looking for before answering.

Before answering each set of questions, take a deep breath, clear your mind and try to answer honestly. You might want to make some notes as you answer each set of questions, especially for those subpersonalities with which you seem to resonate. If one or more of

these feel important in your life take a few moments to note any reactions, associations or memories that come up in response to that particular subpersonality before moving on to the next set of questions.

Write the score (0-3) for each answer you choose, and then see what your total score is at the end of all 6 questions.

1. Do you think that you are basically an impostor and that if people really knew you, they would not be taken in by your apparent successes?

0 - No

1 - Only occasionally

2 - Sometimes

3 - Most of the time

2. Do you think it is better to discount your own abilities because then pride does not lead to a fall?

0 - No

1 - I sometimes feel like this

2 - Yes, modesty is a good thing

3 - Sometimes I think I do it too much

3. If things are going too well, I worry about what is going to happen next to spoil it all. Do you agree?

0 - No

1 - Only rarely

2 - Sometimes

3 - Usually

4. I feel I can't do anything right at all. How often do you feel like this?

0 - Never

1 - Occasionally

2 - Sometimes

3 - Often

5. Life is hard and always will be hard. Basically you can't win. Do you agree?

0 - No

1 - Occasionally

2 - Sometimes

3 - Yes

6. Do you find yourself blaming yourself or criticizing yourself for what you have done?

0 - No

1 - Maybe once or twice

2 - Sometimes

3 - Yes, often

This test is to discover whether you have an "Inner Critic" subpersonality. (see *SUBPERSONALITIES* next page)

Got Problems?
We have Solutions!
Have you tried Hypnosis?



Get **10% off** the Initial Visit when you mention this advertisement.
Get **15% off** when you Print & clip this ad, bring it to your Initial Visit.
Get **20% off** when you Download our "Hypnosis HWU" App to your favorite device.

Health & Wellness, Unlimited
tophypno@aol.com
(609) 923-4999

SUBPERSONALITIES *(from previous page)*

If You Scored:

0 - 6 You do not have an Inner Critic or if you do, it is well hidden or under control.

7 - 12 You do have an Inner Critic but it does not cause too much trouble. You can probably live with it.

13 - 18 You have a problem with your Inner Critic and need to do some work to correct this otherwise it will make your life miserable.

This is the subpersonality that tells us how we got it wrong. It is extremely acute and notices everything that can make us feel rotten about ourselves or make us look bad in front of other people. It loves to use its power. It can combine and cooperate with other subpersonalities very well. This is one of the hardest subpersonalities to work with because it is often smarter and more sophisticated than we give it credit.

Look for more subpersonality tests in future issues.



GET THE "HYPNOSIS HWU" APP
ON YOUR FAVORITE MOBILE DEVICES

Read any of the 4 latest published editions of "The Hypnosis Examiner" newsletter whenever you wish.

Check out our Twitter account and all relevant tweets about hypnosis.

View informative video recordings that demonstrate how hypnosis works.



Listen to hypnotic Audio recordings for personal use anytime and anywhere right at your fingertips.

"Inquiry" and "Review" features permit you to have direct contact and feedback with us.

We monitor and update our app regularly with new features like our recently added "Photo Albums."



To get the "Hypnosis HWU" App on your favorite mobile smartphone or tablet, simply go to www.hypnosiswellness.org and you will be redirected to the App. Then peruse "The Hypnosis Examiner" newsletter on-the-go and enjoy all the great features we have to offer.

STAGE (from page 1)

They will be deprived of the power of speech, hearing, sight. Their voluntary motions will be completely controlled, so that, they can neither rise up nor sit down, except at the will of the operator; their memory will be taken away, so that they will forget their own name and that of their most intimate friends; they will be made to stammer, and to feel pain in any part of their body at the option of the operator – a walking stick will be made to appear a snake, the taste of water will be changed to vinegar, honey, coffee, milk, brandy, wormwood, lemonade, etc., etc., etc. These extraordinary experiments are really and truly performed without the aid of trick, collusion, or deception, in the slightest possible degree."

These are identical to many of the demonstrations which became central to subsequent "stage hypnosis." in fact it seems that little changes except the name and the introduction of the hypnotic induction, etc. Likewise, the novelist Mark Twain similarly recounts, in his autobiography, a Mesmeric performance which clearly resembles 20th century stage hypnosis.

The absence of any reference to "hypnotism" in these early performances, indeed before the term was coined, and the fact that they often lacked anything resembling a modern hypnotic induction is consistent with the skeptical view that stage hypnosis is primarily the result of ordinary suggestion rather than hypnotic trance. Indeed, early performers often claimed that they were influencing their subjects by means of telepathy and other supernatural powers.

Others, however, were delivering performances that displayed the wide range of hypnotic manifestations to their audiences. In the United States,

for example, in the 1890s, there was a small group of highly skilled stage hypnotists, all whom were managed by Thomas F. Adkin, who toured countrywide, playing to packed houses. Adkin's group included Sylvain A. Lee, Mr. and Mrs. Herbert L. Flint and Professor Xenophon LaMotte Sage.

Throughout the 20th century, despite adopting the term "hypnotism," stage hypnotists continued to explain their performances to audiences by reference to supernatural powers and animal magnetism. Ormond McGill, e.g., in his Encyclopedia of the subject wrote in 1996 that:

Some have called this powerful transmission of thought from one person to another "thought projection". The mental energy used appears to be of two types: magnetic energy [...] generated within the body and telepathic energy generated within the mind. [...] The two work together as a unit in applying Power Hypnosis. The operation of the two energies in combination is what Mesmer referred to as "animal magnetism."

However, this is not what Braid meant by "hypnotism," a term coined in opposition to theories of Mesmerism, to stress the fact that the results were due to ordinary psychological and physiological processes such as suggestion and focused attention rather than telepathy or animal magnetism. Indeed, after meeting with Mr. Stone, experimenting with his own subjects, and presenting his findings on such performances to the Royal Institution, Braid concludes, "*There is, therefore, both positive and negative proof in favor of my mental and suggestive theory, and in*

opposition to the magnetic, occult, or electric theories of the Mesmerists and electrobiologists. My theory, moreover, has this additional recommendation, that it is level to our comprehension, and adequate to account for all which is demonstrably true, without offering any violence to reason and common sense, or being at variance with generally admitted physiological and psychological principles."

However, modern stage performers often continue to misuse the word "hypnosis" in describing their shows and encourage misconceptions about hypnosis by confusing it with Mesmerism for dramatic effect.

The 21st century has led to many developments within the stage hypnosis world including the mass introduction of "rapid" inductions. In the old days many hypnotists performed progressive relaxation techniques that required a bit of time to put someone into hypnosis. These days a rapid induction can put someone in hypnosis within minutes or in some cases seconds.

Many trainers and training centers have arrived on the hypnosis scene since 2000 including the prominent Stage Hypnosis Center offered by Geoff Ronning. Ronning wrote the "Ronning Guide to Modern Stage Hypnosis" which is highly touted as the new go to book for learning hypnosis.

Due to the stage hypnotist's showmanship and their perpetuating the illusion of possessing mysterious abilities, the appearance of a trance state is often seen as caused by the hypnotist's power. The real power of stage hypnosis (*see next page*)

STAGE *(from previous page)*

comes from the trust the hypnotist can instill in his subjects. Subjects have to cooperate and be willing to follow instructions and the hypnotist will employ several tests to choose the best subjects. Some people are very trusting, or even looking for an excuse to abdicate their responsibilities and are apparently able to be 'hypnotized' within seconds, while others take more time to counter their fears.

Suggestion is very powerful and a good hypnotist will know how to deliver suggestions that can create better entertainment for the audience. In his book "Deeper and Deeper" by Jonathan Chase, he talks about delivering a suggestion, more importantly, *The Super Suggestion*. This was a phrase he coined in his first published book in 1999.

"From this moment everything I say to you. Every single thing I say, no matter how silly or stupid it seems will instantly become your reality. Everything I say will instantly become your reality."

He emphasizes the use of repetition but warns that when they have accepted the suggestion

then everything that the hypnotist says to them after this point will become an irresistible suggestion.

He also chooses his participants carefully. First he gives the entire audience a few exercises to perform and plants ideas in their minds, such as: only intelligent people can be hypnotized; only those who are open-minded to being hypnotized and willing can participate.

These suggestions are designed to overcome the natural fear of trusting a stranger with the greater fear of becoming an object of ridicule as one who is unintelligent, unsociable, and joyless. Out of the crowd the hypnotist will spot people who appear trusting, extroverted and willing to put on a show. The hypnotist starts them off by having them imagine ordinary situations that they have likely encountered, like being cold or hot, hungry or thirsty then gradually builds to giving them a suggestion that is totally out of character, such as sing like Elvis or cluck like a chicken.

The desire to be the center of attention, having an excuse to violate their own inner fear suppressors and the pressure to please, plus the expectation of the audience wanting them to provide some entertainment is usually enough to persuade an extrovert to do almost anything. In other words the participants are persuaded to play along.

DIFFICULT *(from page 4)*

Another alternative would be to simply "grin and bear it," doing one's best to conceal any animosity or fear, but such a course seems counterproductive, especially where the countertransference feelings are strong. Our goal as therapists is to provide clients with the highest quality therapy possible. Delivering such quality care in a stressed and potentially adversarial environment is a daunting challenge for the hypnotherapist, to say the least. In the end, we as therapists have to know our own limitations when it comes to working with clients who, for whatever reason, "rub us the wrong way." If countertransference problems raise their ugly heads from the start, we need to have the wisdom and foresight to refer the client elsewhere.



Ara C. Trembly, MS, MA, ACHt, LPC, is a Licensed Professional Counselor and the Founder and Clinical Director of 10:10 Hypnosis, LLC (www.10-10hypnosis.com), a clinical hypnosis and counseling practice in Manasquan, New Jersey.



WRITE & SUBMIT AN ARTICLE

We welcome written material for publication. There are no deadlines for submission. When your article arrives, it will be considered for publication in the next quarterly edition. You do not have to be a journalist or professional writer to submit an article. Just draft it and submit it. We will do the rest. It's just that simple and easy to do.

"Attach" your article to an email and submit to: tophypno@aol.com

Type in the subject line: T.H.E. NEWSLETTER ARTICLE

The Phobia Phighters



Can Phix Your Phobia!

Fears and phobias can rob your reality and make life difficult to enjoy.

Hypnosis is a reality that can give you back your freedom.

Learn exactly how you can become "**Phobia-Phree**"

Call (609) 923-4999 or Email tophypno@aol.com

WHAT IS A PHOBIA?

A phobia is an overwhelming and unreasonable fear of an object or situation that poses little real danger. Unlike the brief anxiety most people feel when they give a speech or take a test, a phobia is long-lasting, causes intense physical and psychological reactions, and can affect your ability to function normally at work or in social settings.

Not all phobias need treatment but if they affect how you function in your daily life, help is available.

There are many phobias (*see our "Complete List of Phobias" published in several issues last year*) and they can be divided into three main categories:

Specific Phobia - fear of enclosed spaces; animals, particularly spiders, snakes or mice; height; flying; water; storms; dentists; injections; tunnels; bridges; and not being able to get off public transportation quickly enough. There are many other specific phobias.

Social Phobia - a combination of excessive self-consciousness, a fear of public scrutiny or humiliation in common social situations, and a fear of negative evaluation by others.

Agoraphobia - a fear of a place such as a mall, an elevator or a room full of people with no easy means of escape if a panic attack should occur.

No matter what type you may have, it's most likely to produce the following reactions:

- A feeling of uncontrollable anxiety when exposed to the source of your fear.
- A feeling that you must do everything possible to avoid what you fear.
- Inability to function normally because of anxiety.
- Feeling powerless to control your fear.
- Sweating, rapid heartbeat, feeling of panic.
- Anxiety just thinking about what you fear.
- In children, possibly tantrums, clinging or crying.

An unreasonable fear can be an annoyance such as having to take the stairs instead of an elevator, for instance but it isn't considered a phobia unless it seriously disrupts your life. If anxiety affects your ability to function at work or socially, consider seeking help. Most people can be helped with the right therapy.

Want to get rid of your phobia?

PAST LIFE REGRESSION

Past life regression (*also known by the acronym PLR*) is a highly controversial subject in the field of therapy. One view is that PLR is a method used by unscrupulous amateurs to rob and deceive the gullible masses. On the other hand, the "true believers" of PLR have written volumes of data about the subject to prove both the existence of past lives and the necessity of "clearing" past life memories from



the subconscious mind. Unfortunately, in the frequently heated debate about whether past lives are "real," there is one question that is rarely asked: is PLR as effective in helping people to solve their everyday problems and improve their lives as other short-term interventions?

Past life recall is one of the most fascinating areas of unexplained human phenomena. To date, science has been unable to prove or disprove its genuineness. Even many who have investigated claims of past life recall are unsure whether it is an historical recollection due to reincarnation or is a construction of information somehow received by the subconscious. Either possibility is remarkable. Like many areas of the paranormal, there is a propensity for fraud that the serious investigator must watch out for. It's important to be skeptical about such extraordinary claims, but the stories are nonetheless intriguing.

Perhaps the most famous case of past life recall is that of Virginia Tighe who recalled her past life as Bridey Murphy. Virginia was the wife of a Virginia businessperson in Pueblo, Colorado. While under hypnosis in 1952, she told Morey Bernstein, her therapist, that over 100 years ago she was an Irish woman named Bridget Murphy who went by the nickname of Bridey. During their sessions together, Bernstein marveled at detailed conversations with Bridey, who spoke with a pronounced Irish brogue and spoke extensively of her life in 19th century Ireland. When Bernstein published his book about the case, *The Search for Bridey Murphy* in 1956, it became famous around the world and sparked an excited interest in the possibility of reincarnation.

Over six sessions, Virginia revealed many details about Bridey's life, including her birth date in 1798, her childhood amid a Protestant family in the city of Cork, her marriage to Sean Brian Joseph McCarthy and even her own death at the age of 60 in 1858. As Bridey, she provided numerous specifics, such as names, dates, places, events, shops and songs - things Virginia was always surprised about when she awoke from the hypnosis. Could these details be verified? The results of many investigations were mixed. Much of what Bridey said was consistent with the time and place, and it seemed inconceivable that someone who had never been to Ireland could provide so many details with such confidence.

Two famous believers of Past Lives are General George S. Patton who believed he had been a soldier in many previous lives including in the service of Alexander the Great and Edgar Cayce, the American psychic, believed that he was a resident of Atlantis in one previous life.

BACK ISSUES

Contact: tophypno@aol.com

Missed some issues? No problem. You can order back issues and catch up on the news easily. Select from below:

January 2012 - Vol. 1 #1

Premiere Edition of T.H.E.

Feature: Hypnosis

April 2012 - Vol. 1 #2

Feature: Brain versus Mind

July 2012 - Vol. 1 #3

Feature: Parts Therapy

October 2012 - Vol. 1 #4

Feature: Subliminal, Traditional Hypnosis

December 2012 - SHE

Feature: Hypnosis versus Therapy

Order back issues and have them sent directly to your email inbox.

T.H.E. Editor

2 Years of Publication



*Jonathan B. Walker,
PhD, LPN, RMT, MHT*

- ☉ Master Hypnotherapist
- ☉ Medical & Dental Specialist Boards:
- ☉ International Hypnosis Federation
- ☉ American Board of Hypnosis
- ☉ International Association of Counselors & Therapists
- ☉ International Medical Dental Hypnotherapy Association