

The Hypnosis Examiner



BEST WISHES THIS HOLIDAY SEASON

As the holiday season once again comes upon us, it's a time to reflect on our lives and the many blessings that we've already experienced.

Take a few moments to set aside your daily stresses and strifes and realize how fortunate you have really been in the last 12 months.

Life is good when you seek the goodness. Life is great when you seek the greatness. Life is beautiful when you seek the beauty. Life is what you make it. Make it your best.

From the editor and staff of T.H.E. Newsletter, we wish you the merriest of times during the holiday season and the most prosperous New Year to come!

~ The Editor & Staff
T.H.E Newsletter

Feature Article:

“EMOTIONS: WHAT ARE FEELINGS FOR?”



You have a date to see friends for dinner, but you're feeling anxious, it's nearly time to leave and the sitter hasn't arrived. When she finally shows up an hour late, it's hard to contain your anger. She can sense that you're not happy and seems a bit frightened. Your face turns red with embarrassment when you realize that last night was the end of daylight savings time.

Emotions are frequent companions in our lives. They come and go, changing like the weather in April: sunny, rainy, stormy, mild or thunderous. Usually we find a reason why we're happy or sad, embarrassed, or proud. But why would we have evolved emotional responses? What are emotions really good for?

Charles Darwin theorized that emotions are evolved expressions rather than purely cultural conditioned, and research by psychologist Paul Ekman (*and others*), showing that emotions are shared across the world supports Darwin's idea. Although most people feel that emotions are one of the most personal, intimate, private expressions, an evolutionary understanding implies that they are, instead, impersonal mechanisms that we all share.

The basic emotions—fear, sorrow, disgust, anger, and joy—evolved as mechanisms to instigate behaviors appropriate to the environments of our distant ancestors. *(continued on page 3)*

“THE ANALYTICAL THINKER”



Analytical thinkers are reserved, quiet persons. They like to get to the bottom of things, curiosity is one of their strongest motives. They want to know what holds the world together deep down inside. They do not really need much more to be happy because they are modest persons. Many mathematicians, philosophers and scientists belong to this type.

Thinking ability is an amazing gift and it allows us to accomplish wonderful things. The human mind is the greatest problem solver on the planet, and it is eager to provide you with the answer to any question, and the solution to any challenge.

As soon as you present your mind with a question it goes to work analyzing and calculating. It combs your mental file cabinets in search of relevant information. It quickly picks out similarities and patterns as it builds an almost instant resource of connected data. What a marvel the human mind is.

We can use this amazing ability of our mind for just about anything you can think of. Whenever we make plans for the day, the week, or the year, our mind goes into analytical mode. As we review past performance, our mind becomes an efficiency expert seeking ways to make improvements. Our mind is a tireless servant, chomping at the bit and ready to take on any and all challenges that we may give.

There is another wonderful ability we need to consider that also makes a giant contribution to an

amazing life . It’s the ability to actually experience life through our five senses. Like the mind, our senses also gather information and feed it to our nervous system, but this happens on a completely different level than pure mental analysis. This is a different kind of intelligence altogether.

In fact, when our senses are fully engaged, the thinking side of our mind often comes to a screeching halt. This is what allows us to fully savor an experience in the moment. When you stop to smell that perfect rose, or you come out from a cold shadow into the warm embrace of the sunshine, what happens? Do you stop to analyze it with your mind, or do you just experience it?

There are rare occasions when the full power of our analytical mind and our sensory experience come together in the moment. This usually happens in conjunction with a huge dose of adrenaline. Have you ever been in an emergency situation where everything turned into slow motion, and all of your senses were on hyper alert, while your mind was calculating every detail?

More often than not, our mind tends to pull us away from, or minimize sensory input. This is because our senses give us information in the moment while our mind likes to operate outside of the moment in some abstract time warp. We can get so busy problem solving that thinking takes over our awareness, and we lose our sense of the here and now. Sometimes this kind of concentration serves us, but sometimes it robs us of the experience of life.

The mind is a bully and it likes to be in charge. Making room in our life to enjoy the experience of living in the moment, means learning to control the runaway thought process and allowing sensory feedback to have shared custody of our life. We need to learn to stop and smell the roses whether our busy mind likes it or not.

There are two main approaches to subduing the mental monster and temporarily giving our consciousness over to our other senses. These two approaches are at the opposite ends of the spectrum. In between these two extremes, there exists a wide variety of useful activities that allow for an increased sense of balance.

(more “Analytical” next page)

ANALYTICAL *(from page 2)*



As we look at the spectrum of possibilities, keep in mind that what we are looking for here is greater balance. We create this balance by allowing some time, on a regular basis, for the mind to take a back seat while we allow sensory input to help us feel more fully engaged in the moment. Let's consider the two primary but opposite approaches.

Ramp up Sensory Stimulation. With this approach we engage in any activity that creates massive sensory stimuli. Doing so will literally force the analytical mind out of the picture by overriding it with stronger neurological signals. Some examples would include any form of physical activity or intense exercise that you cannot do on autopilot.

Some that come to mind are body surfing, weight lifting, circuit training, aerobics, getting a massage, and sex. These kinds of activities demand that we be "in the moment" and they are linked primarily to a state of physical readiness. They are defined by sensory involvement and as a result, we are literally forced to participate in real time.

Quite The Mind. This approach is the exact opposite of the last one. Instead of using sensory stimulation to beat back the brain bully, we coax it into a state of peaceful hibernation. Of course, this one requires that we learn to consciously gain control of the thinking process, and then purposely dial it way down. This can be more difficult than it sounds because the analytical mind will try to take advantage of the lack of sensory input to do what it loves to do – THINK!

People use a variety of techniques to accomplish the goal of a quiet mind. All of the popular forms of meditation and controlled

breathing share this objective. Anything that can mesmerize us, such as soothing music or nature sounds, a campfire or fireplace, also helps to quiet the mind. Additionally, there are some specially designed skills like the Sedona Method or the Release Technique with mental quieting as their main objective.

We should also recognize that millions of people also use drugs and/or alcohol in an attempt to dial down the thinking process without any real effort on their part. There are also new technologies that do most of the work for you by using highly specialized rhythmic patterns to control brain wave frequency such as binaural beats.

A life rich in experience and wisdom is one that has found a balance between thinking and experiencing. Both are valuable and both make a solid contribution to the quality and joy of living. In this age of information overload and mental bombardment, it's important that we remember to take time away from our analytical mind to experience life first hand and in the moment.

EMOTIONS *(cont from front page)*

Take disgust, for example, which evolved to make an animal spit out rotten or poisonous food. You can observe this by giving your pet dog or cat a bitter substance to taste and noting its reaction, similar to your own: curling the upper lip, wrinkling the nose, etc. The animal is unconsciously attempting to constrict its facial orifices away from the nasty item in question.

The social emotions, like shame, serve to reinforce social bonds, signaling to one another that we are abiding by the appropriate tribal boundaries. Guilt signals that we've violated morals we believe in. Embarrassment shows that we've made a fool out of ourselves. We feel pride when we're acknowledged, praised, or otherwise recognized for having accomplished something valued by the group. All these emotions arise as part of responding to the perception of events in our environment. We evolved to learn from emotions and they shape our behavior continually. Fundamentally we try to avoid unpleasant emotions and experience pleasant ones because they indicate situations that are either beneficial or harmful for us.

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**



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



GIFT CARDS!

Health & Wellness, Unlimited now offers "Gift Cards" in preset denominations of \$25, \$50, \$100 or we can create a specific amount of your own personal choice!

Use them like you would cash for hypnosis sessions, CDs, MP3s, or any other services/products offered in our business.

Gift cards make great presents for family, friends and coworkers.

To order your Gift Cards, call (609) 923-4999 or email tophypno@aol.com.

THE INSTITUTE OF HYPNOTHERAPY

Looking for a rewarding professional career? Have you considered Hypnotherapy?

The Institute of Hypnotherapy provides an innovative program designed to give the participants a working understanding of Hypnotherapy. This course is practical and down-to-earth, concentrating heavily on the how-to-do-it aspects.

By means of supervised practice sessions you will be trained to actually produce the hypnotic state and use it skillfully and effectively. Well thought out, tested-and-true, this course will help you master your hypnotherapy skills and increase your results.

For more information, go to www.hypnotherapyinstitute.com, or DrJaime@aol.com, or call (732) 446-5995.

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

**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.



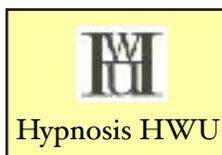
Listen to hypnotic Audio recordings for personal use anytime and anywhere right at your fingertips.

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

Check out our monthly coupons and specials right on your device.

View informative video recordings that demonstrate how hypnosis works.

We monitor and update our app regularly with new features like our "Videos" and "Live Albums."





ASTRAPHOBIA

Astraphobia, also known as astraphobia, brontophobia, keraunophobia, or tonitrophobia, is an abnormal fear of thunder and lightning, a type of specific phobia. It is a treatable phobia that both humans and animals can develop. The term astraphobia derives from the Greek words ἀστραπή (astrape; lightning) and φόβος (Phobos; fear).

A person with astraphobia will often feel anxious during a thunderstorm even when they understand that the threat to them is minimal. Some symptoms are those accompanied with many phobias, such as trembling, crying, sweating, panicked reactions, the sudden feeling of using the bathroom, nausea, the feeling of dread, and rapid heartbeat. However, there are some reactions that are unique to astraphobia. For instance, reassurance from other people is usually sought, and symptoms worsen when alone. Many people who have astraphobia will look for extra shelter from the storm. They might hide underneath a bed, under the covers, in a closet, in a basement, or any other space where they feel safer. Efforts are usually made to smother the sound of the thunder; the person may cover their ears or curtain the windows.

A sign that someone has astraphobia is a very heightened interest in weather forecasts. An astraphobic person will be alert for news of incoming storms. They may watch the weather on television constantly during rainy bouts and may even track thunderstorms online. This can become severe enough that the person may not go outside without checking the weather first. In very extreme cases, astraphobia can lead to agoraphobia, the fear of leaving the home.

In 2007 scientists found astraphobia is the third most prevalent phobia in the US. It can occur in people of any age. It occurs in many children, and should not be immediately identified as a phobia because children naturally go through many fears as they mature. Their fear of thunder and lightning cannot be considered a fully developed phobia unless it persists for more than six months. In this case, the child's phobia should be addressed, for it may become a serious problem in adulthood.

To lessen a child's fear during thunderstorms, the child can be distracted by games and activities. A bolder approach is to treat the storm as an entertainment; a fearless adult is an excellent role model for children. Sometimes children cannot be attracted to video games and activities while a thunderstorm is happening.

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 2016 - Vol. 5 #1

Feature: Anchors, Hypnosis, Advertising

April 2016 - Vol. 5 #2

Feature: Our Dreams

July 2016 - Vol. 5 #3

Feature: Up The Corporate Ladder

October 2016 - Vol. 5 #4

Feature: The Human Psyche

December 2016 - SPE

Feature: Emotions

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

T.H.E. Editor

6th Year of Publication



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

🎯 Master Hypnotherapist

🎯 Medical & Dental Specialist

🎯 Certified Sports Hypnotist

Boards:

🎯 International Hypnosis Federation

🎯 American Board of Hypnosis

🎯 International Association of Counselors & Therapists

🎯 International Medical Dental Hypnotherapy Association