

The Hypnosis Examiner

Feature Article:

“HYPNO-REIKI: A Blend of Hypnosis & Reiki”



Hypno-Reiki is a healing modality that beautifully combines two very powerful healing therapies, “Reiki” and “hypnosis”. Each treatment method has been found to be extremely effective in producing healing on all levels of one’s being. This includes physical, emotional, spiritual and mental levels. So, when both methods are used in collaboration, the healing potential that can be achieved with Hypno-Reiki treatment is far greater than that of a hypnosis or Reiki treatment alone.

- Hypnosis or Hypnotherapy: In this mode of therapy, focused concentration helps to create an altered state of consciousness or state of relaxation where the patient is unaware of the surrounding. This therapy is commonly used to treat physical and psychological conditions since it effectively relieves pain, anxiety and discomfort, producing feeling of profound relaxation.

- Reiki Therapy: It is “hand-on” healing technique originated in Japan which uses the universal life force energy that flows through the practitioner’s body through his hands to the patients. This spiritually guided life force energy enhances the body’s natural healing ability during the flow and focus of energy through the natural energy centers. This therapy brings about healing by correcting energy blockades and imbalances in the body. (see page 2 - HYPNO-REIKI)

A NEW PERSPECTIVE



Welcome 2018!

Each new year deserves our its own very unique beginning. You’ve never seen this one before so give it an opportunity to produce the best year you’ve seen yet!

Like a new year, give yourself the same unique opportunity to produce a better year than the previous without preconceptions or lingering prejudice.

One way to make this happen is to extrapolate all the positive experiences from previous years and carry them forward into the new. Then permit them to grow and flourish throughout the year into a new and better you.

-The Editor



HYPNO-REIKI *(from front page)*

To practice the healing modality of Hypno-Reiki, the Reiki practitioner must have a second degree or advanced degree in Reiki. The number of sessions and duration of each session, required to treat a particular condition may vary depending on the patient and the issue.

The practitioner applies both the therapies at the same time during a session. First hypnosis is conducted because in the hypnotic state, a patient is able to receive positive insinuations and imaginations which serve as an initial step towards positive changes. This stage is perfect to implement other therapeutic treatments like Reiki in this case.

Parallel to hypnosis induction, the practitioner may also start initial Reiki body scan and energy clearing. Hypnosis induction may be completed during scanning or may run along into the next phase. In this phase of Reiki, the practitioner sends Reiki energy to each chakra from head to feet in order to clear the blockage and expand the energy centers.

During the course of a Hypno-Reiki session, the practitioner simultaneously works on both healing modalities:

- Focus on Reiki energy through the patient's body to communicate to the patient's higher self.
- Involved in verbal communication with the patient which is a characteristic element of standard hypnosis therapy.

Reiki by cleansing the blocked chakras and allowing universal life force energy to flow through the person's body produces greater comfort and relaxation which helps hypnosis healing to work more smoothly. When such session is administered to a person already in hypnotic state, it aligns the body's energy system with the thoughts of health and well being.

Hypno-Reiki not only helps to relieve stress, pain and agitation but also helps the person to have a sound sleep. It enhances physical healing and promotes the sense of mental clarity and calmness. Hypno-Reiki helps the person to let go of old emotions such as anger, anxiety, etc and allows the person to perceive a positive approach towards life.

The Blog Post

“IS HYPNOSIS JUST THE POWER OF SUGGESTION?”

This Blog Post is a contribution by Ara Trembly, a Board Certified Hypnotherapist and Licensed Professional Counselor based in St. Marys, GA. He

maintains a web site at www.10-10hypnosis.com and a blog at www.10-10hypnosis.com/blog.

One of the comments I get most about the subject of hypnosis is that it just boils down to the “power of suggestion.” The implication here is that hypnotherapists and other practitioners of the hypnotic arts just take advantage of our natural tendency to yield to or mirror a suggestion—whether verbal or visual or taken in through one of the senses—apparently without even thinking about it.

A great example of this is that in many cases when we see and/or hear somebody yawn, we find ourselves yawning, or at least tempted to yawn. We can all relate to this kind of suggestion, but what does it have to do with hypnosis?

First, let's consider that the example above represents a random event that happens to suggest a behavior to the conscious and subconscious minds. In most cases, no one yawns in order to get you to yawn. Hypnosis, however, is a purposeful mental health intervention (when practiced by a mental health professional) that is designed to change unwanted behaviors or attitudes. When a hypnotherapist encourages you to relax—by speaking softly, playing relaxing music, asking you to let go of tension in a muscle group, etc.—he or she is moving toward placing you in a state of deep focus that will enable you to make the changes you wish to make, utilizing the resources of your own unconscious mind.

Second, hypnosis modalities are based on research and experience of at least the past 150 years. Many techniques have been documented that have freed people from crippling anxiety, fears, and unwanted behaviors. Obviously, this involves much more than a simple suggestion.

Third, let's realize that if hypnosis is limited to the power of suggestion, then all we would have to do to make a change in behavior is just to suggest it. If you come to a hypnotherapist to stop smoking, will he or she simply grab a pack of cigarettes, crush it and throw it in the trash (modeling the behavior that is wanted), and say something like “don't do this any more”? Hardly. While suggestion is certainly part of what a professional hypnotherapist does, it is far from the only thing.

Changing or eliminating unwanted behaviors, thoughts, and actions entails much more than a casual suggestion. If you really want to make positive life changes, I suggest that you contact a qualified and certified hypnotherapy professional today!

This blog article is printed unabridged, verbatim, without editing and/or spell corrections. It is not necessarily the same views shared by the editor.

Sports Page

“MENTAL MANAGEMENT:
Does Talent Guarantee Success?”



Every athlete who is serious about their sport wants to be a champion. A hallmark of all great athletes is superior mental toughness and a championship mindset. However, for some athletes, mental training is an untouched avenue to improving sports performance.

Many athletes don't realize that resources are available to improve their mental game. When under performing or in a slump, most athletes are quick to change other aspects of their performance, such as coaching, equipment, or strategy before realizing that the challenges they face deal with the mental aspects of their performance.

How can athletes up their mental game? First, by realizing that there are other athletes who have strong mental game skills such as the young basketball player who might keep shooting even though he made mistakes early in the game, the young hockey player who might stay focused when fans are cheering or the young golfer who reacts with composure after missing a short putt or hitting a bad shot.

Many high-level athletes use mental coaches to help them cope with pressure, improve confidence and focus. They are taught how to master their mental game and break through their performance barriers by instilling confidence, composure, focus, motivation, and mental toughness to take their game to the next level.

Physical talent alone does not guarantee success! Any championship athlete will tell you that talent along with high confidence, focus, composure, and mental toughness leads them to victory.

If athletes want to get the most out of their sports performance, it's critical for them to understand the value of improving their mental game. Athletes' lack of understanding is the number one barrier that prevents them from embracing mental training. Coaches and parents should educate their athletes on the numerous benefits of sports psychology and mental coaching.

Athletes who embrace mental training have an advantage over competitors because they know how to overcome the barriers that limit their performance. They excel in practice and fully immerse as a competitor in competition. Mentally tough athletes find ways to enhance their game and achieve their performance goals.

Athletes with a strong mental game are able to maintain composure after mistakes, commit to their game plan, and reach their peak potential in sports. Rather than getting frustrated or worried after setbacks, they are able to grind it out, finish strong, and perform with confidence. What's more is that they are able to cope with distractions and focus on successfully executing each play.

It's important to discuss with your athletes the benefits of a strong mental game. Remind them that they're not broken or dysfunctional if they choose to embrace mental training. They're smart and more likely to gain a mental edge to beat out the competition. Athletes will improve their consistency, confidence and focus with some mental game training.

The first key to a championship mindset is commitment to your goals and having clarity of purpose. Every team in Major League Baseball starts the season with the mission to win the World Series, but only a few teams really are able to feel and picture winning the World Series.

Your task is to be able to imagine getting to your championship with the intensity of someone who already has it won – in the bag.

The second key to a championship mindset is having confidence that *(see page 4 - Mental)*

MENTAL *(continued from page 3)*

you can successfully execute what you see in your mind. You have to believe your ability to perform successfully before you can. Many sports psychology experts say that visualization or imagery is the key, but they fail to tell you that without confidence, clarity of purpose does not work.

Doubt and limiting beliefs about your ability can interfere with the second key of a championship mindset. In order for your body to respond to powerful images you send it, you must have faith that the images can become reality.

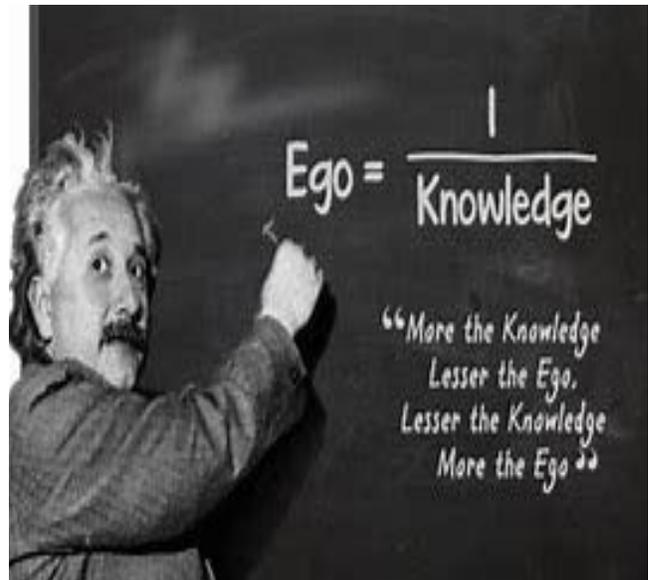
A third key to a winning mindset is the willingness to be dedicated and committed to your game. You can't just sit on your duff and wait for your goals to arrive at your doorstep. You must be willing to sacrifice some things for the pursuit of getting to the top of your sport. The dream must become a reality. You must throw away your comfort zone and catapult into action.

Young athletes can relate to professional athletes who have utilized sport psychology and mental training to enhance their performance. They include Tiger Woods, Roy Halladay, Alex Rodriguez, Aaron Rodgers, Rafael Nadal and many Olympic athletes. These athletes openly talk about the importance of having a strong mental game. Athletes are more likely to embrace mental training when they understand it and its benefits. However, the best way for athletes to buy into mental training is when they actually experience its power firsthand.

WHAT IS THE EGO?

According to Sigmund Freud, the ego is part of personality that mediates the demands of the id, the superego and reality. The ego prevents us from acting on our basic urges (created by the id), but also works to achieve a balance with our moral and idealistic standards (created by the superego). While the ego operates in both the preconscious and conscious, its strong ties to the id means that it also operates in the unconscious.

The ego operates based on the reality principle, which works to satisfy the id's desires in a manner that is realistic and socially appropriate. For example, if a person cuts you off in traffic, the ego prevents you from chasing down the car and physically attacking the offending driver. The ego allows us to see that this response would be socially unacceptable,



but it also allows us to know that there are other more appropriate means of venting our frustration.

In his 1933 book, "New Introductory Lectures on Psychoanalysis," Freud compared the relationship between the id and the ego to that of a horse and rider. The horse represents the id, a powerful force that offers the energy to propel forward motion. The rider represents the ego, the guiding force that directs the power of the id toward a goal.

Freud noted, however, that this relationship did not always go as planned.

In less ideal situations, a rider may find himself simply along for the ride as he allows his horse to go in the direction the animal wants to go. Just as with the horse and rider, the id's primal urges may sometimes be too powerful for the ego to keep in check.

In her own 1936 book, "The Ego and the Mechanisms of Defense," Anna Freud stated that all of the ego's defenses against the id were carried out behind the scenes.

These measures against the id are known as the defense mechanisms, which are carried out silently and invisibly by the ego.

While we cannot observe the defenses in action, Anna Freud suggested that they could be observed in retrospect. Repression is one example. When something is repressed from awareness, the ego is not aware that the information is missing. It is only later, when it becomes obvious that some piece of information or a memory is gone, that the actions of the ego become apparent.

ANNUAL WORLD HYPNOSIS 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 emails 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!

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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 than learning about and using the amazing power of your own mind?



“FREE EVENT”

When: Thursday, January 4, 2018

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 **FREE** “Hypnosis HWU” App. Go to “Audios.” Select “Relaxation.” Then plug in your headphones, listen, and enjoy a beautiful relaxing hypnosis script.

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SUBTLE WAYS YOU COMMIT SELF-SABOTAGE WITHOUT KNOWING IT

Self-sabotage is when part of your personality acts in conflict with another part of your personality.

Self-defeating, self-sabotaging behaviors can be serious, like substance abuse, overeating, and even self-injury.

However, the ways detailed below are so insidious that they aren't necessarily associated with negative behavior.

Having a drinking problem is having a drinking problem. But fearing change? That can be good or bad, depending on the situation.

Whenever you're starting something new, a part of you is going to resist the change. The goal is to recognize your self-sabotaging behaviors and then do something about it.

FEAR OF SUCCESS - When people talk about fear of success, they're really talking about fear of change. Your psychological barriers to change are deep-rooted in your brain's operating system. We worry that success will turn us into different people. We worry that success will alienate our friends or family.

There's security in flying under the radar, putting your head down and not being noticed. Success is more complex than failure. People like your employees or your clients come to depend on you.

The key is to not dwell on how that responsibility could go wrong, but how taking that step can empower you to do bigger and better things.

DWELL ON TOO MANY OPTIONS - Too many options can lead to decision paralysis. Options can freeze you up and make you worry about the paths you don't take. I see this with high achievers all the time. Being a high achiever means that you can follow many different paths to success. How do you know which one to choose?

The secret to defeating analysis paralysis isn't complicated. All you have to do is take action. Some of the most interesting people on the planet have had winding, complex careers that took them to and from diverse fields and industries. That doesn't mean passion isn't important—it just means that finding what you want to do in life is a process.

LETTING OTHERS MONOPOLIZE YOUR TIME - Time is your most valuable resource because it's finite and non-renewable.

Yet you have no idea when your Peak Productivity Times are. You don't guard your time from interruptions and distractions, let alone use smart productivity methods like the Pomodoro Technique.

If you work in an office with chatty co-workers, you know what I'm talking about. Between unplanned pop-ins, small talk, chatting about kids or sports, gossip, and dumb questions, you can lose an entire day to disruptions!

Guard your time jealously because no one's going to do it for you.

DON'T TAKE RADICAL RESPONSIBILITY - Radical responsibility is hard. It's scary. You are going out on a limb but it's also liberating as hell. You are both the designer and end user of your life. That means you're already 100% responsible for your lifestyle. Embrace it.

YOU TELL YOURSELF A NEGATIVE STORY - Many of us are walking around with negative stories in our heads.

- I'll never be good enough.
- I'll never live up to my parents' expectations.
- I'll always be second-best.

Think the negative self-talk doesn't mean anything? The field of narrative psychology is telling us that it does. Human beings are storytelling creatures. We understand the world and our lives in story form. We learn lessons and persuade others with stories.

So what do you think it's doing to your psyche when you repeatedly tell yourself a negative story about your self-worth?

Let it go. You wake up every day with the rest of your life ahead of you. It's time to turn the page to a new chapter.

YOU SPEND ALL YOUR TIME PLANNING - Planning feels like real work but are you only using it to avoid starting?

Long-term planning is a joke and your five-year plan will be obsolete the moment you finish writing it. Starting is the most important thing. That doesn't mean you start without being prepared. Preparation and planning are two separate things.

You must start with a quick, initial plan and a strategy. But then you focus on responding to feedback, course-correcting, and iterating instead of sticking to the plan at all costs. No plan survives contact with reality anyway.

The Phobia Fighters



Can Fix 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-Free**"

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Basic Hypnotherapy

Basic Part I	Basic Part II
Jan 6-7, 2018	Jan 20-21, 2018
Mar 17-18, 2018	Apr 14-15, 2018
Apr 7-8, 2018	Jul 21-22, 2018
Jun 23-24, 2018	Oct 27-28, 2018
Jul 7-8, 2018	
Sept 22-23, 2018	
Oct 13-14, 2018	

Advanced Clinical Hypnotherapy

Advanced Part I	Advanced Part II
Feb 3-4, 2018	Feb 17-18, 2018
May 5-6, 2018	May 19-20, 2018
Aug 11-12, 2018	Aug 18-19, 2018
Nov 17-18, 2018	Dec 1-2, 2018

Advanced Parts Therapy Workshop

Advanced Part III	
Mar 3-4, 2018	Sept 8-9, 2018
Jun 2-3, 2018	Dec 15-16, 2018

Medical/Dental Hypnotherapy Specialty Certification

Jul 28-19, 2018	Nov 10-11, 2018
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Classes are conducted in Edison, New Jersey
 190 Route 27 - 3rd Floor
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For more information, contact:
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Learn the difference between “Fact or Fiction” about common hypnosis myths and misconceptions.



COMEDY CORNER

This little corner is designated to helping you get through your day with a bit of a smile just to make life a little better for you.

See if the following pun helps you put a holiday smile on your face:

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse.

“But why?” they asked as they moved.

“Because,” he said, “I can’t stand chess nuts boasting in an open foyer.”



GEPHYROPHOBIA

Gephyrophobia is the anxiety disorder or specific phobia characterized by the fear of bridges. As a result, sufferers of gephyrophobia may avoid routes that will take them over bridges.

Some possible explanations of gephyrophobia may be the fear of driving off the bridge, the fear of a gust of wind taking one off the bridge, a fear of the structural integrity of the bridges itself, or the fear that the bridge will collapse if they try to cross it. The fear overlaps with acrophobia, the fear of heights, as gephyrophobia tends to be exacerbated in tall bridges vs. ones close to the water/ground beneath.

Dr. Michael Liebowitz, founder of the Anxiety Disorders Clinic at the New York State Psychiatric Institute, says, "It's not an isolated phobia, but usually part of a larger constellation ... It's people who get panic attacks. You get light-headed, dizzy; your heart races. You become afraid that you'll feel trapped." It is a situational phobia.

The New York State Thruway Authority will lead gephyrophobiacs over the Tappan Zee Bridge. A driver can call the authority in advance and arrange for someone to drive the car over the bridge for them. The authority performs the service about six times a year.

The Maryland Transportation Authority offers a similar service for crossing the Chesapeake Bay Bridge.

The Mackinac Bridge Authority, which oversees the Mackinac Bridge, which connects Michigan's Upper and Lower peninsulas, will drive one's car across its span for any needy gephyrophobiacs. Some thousand drivers take advantage of this free program each year. Leslie Ann Pluhar had her Yugo blown off that bridge. Later investigation showed the driver had stopped her car over the open steel grating on the bridge's span and that a gust of wind through the grating blew her vehicle off the bridge, although this is not supported by recorded wind speed measurements taken on and around the bridge at the time of the accident.

T.H.E. BACK ISSUES

Missed some issues last year? That's no problem. You can order back issues and catch up on the news easily. Select from below:

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April 2016 - Vol. 5 #2

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July 2016 - Vol. 5 #3

Feature: Up The Corporate Ladder

October 2016 - Vol. 5 #4

Feature: The Human Psyche

December 2016 - SPE

Feature: Emotions

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T.H.E. Editor

Seven Years of Publication



*Jonathan B. Walker,
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