

# The Hypnosis Examiner



## NEW BEGINNINGS

Spring and springtime refer to the season and also to ideas of rebirth, rejuvenation, renewal, resurrection and regrowth.

The earth awakens its dormant treasures and new plan growth begins to spring forth giving the season its name.

Snow, if a normal part of winter, begins to melt and streams swell with runoff. Frost, if a normal part of winter becomes less severe. In climates that have no snow and rarely frost, the air and ground temperatures increase more rapidly. Many flowering plants bloom this time of year in a long succession sometimes beginning when snow is still on the ground and continuing into early summer.

Ever ponder what significant changes take place within us during spring?

Think about it for a moment. What new changes do you think you'll experience this year?

-The Editor

## Feature Article: "HABITS: Part 2 - Good Habits"



Good (*personally desirable and/or socially acceptable*) habits cannot only make you happy with yourself but also increase the happiness of your entire world.

What is a good habit? It is a behavior that is beneficial to one's physical or mental health, often linked to a high level of discipline and self-control. Once you acquire a good habit and you repeat it, it becomes the driving force of your life to an extent that you reach a stage on the verge of self-realization.

A few examples of good habits are regular exercise, balanced diet and adequate sleep. Forming a good habit can be a struggle but it is well worth the effort. Having more good habits can help to achieve better overall health or accomplish a larger goal. Some things that you can do to form a good habit include identifying your motivation, creating a cue, and tracking your progress.

To form a new good habit, there are a few steps that you can take by making a plan:

**Set Your Goal.** Before you can begin to work on your new habit, it is worthwhile to consider your goal. Figure out exactly what you hope to accomplish. Make sure that your goal is specific, measurable, action oriented, realistic and time bound to increase your chances of success. Consider what you want to achieve and get as detailed as you can. Here are some questions to help. (Continued page 2)

HABITS (from front page)

*Specific* means that the goal is targeted rather than broad and/or vague. What exactly do you want to achieve and why?

*Measurable* means that the goal can be quantified (measured with numbers). What numbers are associated with your goal? How can it be measured using numbers?

*Action Oriented* means that the goal is something that you can actively work towards and control. What specific activities are required for you to meet your goal? How often must you perform these activities?

*Realistic* means that the goal is something you can actually achieve with the resources available to you. Is your goal something that you have the power and resources to achieve? Why or why not?

*Time Bound* means that the goal has a beginning and ending or a deadline that you will hold yourself to. When will you start working towards the goal? When do you need to accomplish the goal by? What will happen if you succeed? What will happen if you fail?

**Identify the Habit You Want to Form.** Having good habits that are in line with the goals you want to achieve can improve your chances of attaining your goals. After you have set your goal and worked out all of the specifics of achieving that goal, identify a habit that is part of achieving that goal. Consider your goal and ask yourself, what good habit would help me accomplish this goal?

For example, if your goal is to lose 10 pounds in 6 weeks, you might decide that you want to get into the habit of taking a walk every night at 7:00pm.

**Consider Your Motivation.** Once you have identified your goal and the new habit you need to form to accomplish this goal, take some time to consider your motivation. Your motivation is the reason you want to form this new habit. Good motivation can be the difference between succeeding and failing at forming a new habit, so take your time to consider your motivation.

Ask yourself: What are the potential benefits of forming this new habit? How will the new habit improve my life?

Write down your motivation so that you can return to it whenever you need a boost.

**Start small.** Even if the new habit that you want to form is something big, start by making a small change to increase your chances of success. If you make changes that are too drastic, you may not be able to keep up with them.

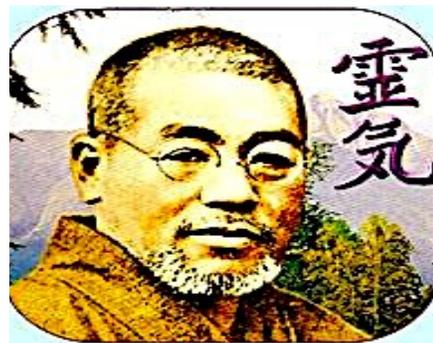
For example, if you want to stop eating fried, fatty, and sugary foods, you might struggle to give them up all at once. Instead, you might find it easier to start by eliminating one category at a time.

Give yourself time. Forming a new habit can take a long time. Some people can form a new habit in as little as a few weeks, while other people will take several months. As you work to form your new habit, just keep in mind that it may be a while before it is automatic. Try to be patient with yourself as you form your new habit.

**Expect obstacles.** In the process of forming a new habit, you are bound to face some obstacles along the way. Understanding that you will face obstacles may help you to overcome them and keep working towards your new habit. It is also good to remember that even if you stumble along the way, that does not mean that you will fail.

For example, if you fail to take your daily walk one day, don't get discouraged. Just acknowledge that you had a bad day and take your walk the following day.

*In the next edition, we will bring you HABITS Part 3: Bad Habits.*



USUI REIKI

Reiki's tradition and history is oral and generally passed from Reiki Master to student during training. Some of the writings tell the story of how Dr. Mikao Usui, a Japanese Christian educator, discovered the ancient healing art in Japan in the late 1800's. His revelations paved the way for Reiki's emergence in the United States and the rest of the world. Based on ancient Buddhist and Hindu teachings, Dr. Usui evolved a system of healing through study, research and meditation. He practiced and taught this method using the laying on of hands. In the traditional Reiki lineage, he trained Chujiri Hayashi to continue his work after his death. Dr. Hayashi then opened a clinic and school in Tokyo (continued page 3)

## USUI REIKI *(from page 2)*

where he trained his successor, Mrs. Hawayo Takata, who brought Reiki to the mainland in the U.S. Between 1945 and 1970, Mrs. Hawayo Takata was the only living Reiki Master in the world. Between 1970 and 1980, she trained twenty-one (21) Reiki Masters. Mrs. Takata's granddaughter, Phyllis Lei Furumoto, is the current Grand Master of the Usui System of Natural Healing (Usui Shiki Ryoho).

The word "Reiki" means "mysterious atmosphere, miraculous sign." It comes from the Japanese words "rei" (universal) and "ki" (life energy). Reiki is a type of energy healing.

Energy healing targets the energy fields around the body. Energy can stagnate in the body where there has been physical injury or possibly emotional pain. In time, these energy blocks can cause illness.

Energy medicine aims to help the flow of energy and remove blocks in a similar way to acupuncture or acupressure. Improving the flow of energy around the body, say practitioners, can enable relaxation, reduce pain, speed healing, and reduce other symptoms of illness.

Reiki is best held in a peaceful setting, but it can be carried out anywhere. The patient will sit in a comfortable chair or lie on a table, fully clothed. There may or may not be music, depending on the patient's preference.

Sessions can last between 15 and 90 minutes. The number of sessions will vary, depending on what a client wishes to accomplish. Some clients prefer to have one session while others have a series of sessions to work on a particular issue.

According to practitioners, the healing effects are mediated by channeling the universal energy known as qi, pronounced "chi." In India, this is known as "prana." This is the same energy involved in tai chi exercises. It is the life force energy that some believe surrounds all of us.

This energy is said to permeate the body. Reiki experts point out that, while this energy is not measurable by modern scientific techniques, it can be felt by many who tune in to it.

Reiki is alleged to aid relaxation, assist in the body's natural healing processes, and develop emotional, mental, and spiritual well-being.

It is also said to induce deep relaxation, help people cope with difficulties, relieve emotional stress, and improve overall wellbeing.

People who receive Reiki describe it as "intensely relaxing."

Individuals report different experiences. Some say that the practitioner's hands become hot, others report cooling hands and some people feel pulsating waves. The most common reports are of a release of stress and deep relaxation.

Because of the outstanding experiences of "stress release and deep relaxation," Reiki has been an attractive modality to combine with other forms of therapy.

The field of hypnotherapy is one such practice that has been attracted to Reiki. Hypnotherapists and hypnotists have sought certification as Reiki practitioners to offer this combined form of therapy known as Hypno-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.

To practice 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 of the therapies at the same time during a session. First, hypnosis is conducted because in a hypnotic state the 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, energy clearing and 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: focusing on Reiki energy flowing through the patient's body to communicate to the patient's higher self, and involvement in verbal communications with the patient which is a characteristic element of standard hypnosis therapy.

Sports Page

“THE ULTIMATE SECRET WEAPON”



There are so many myths and misunderstandings regarding hypnosis that the tremendous advantages of its use for any athlete are often overlooked.

In fact, of all the Sports Psychologists who practice in the U.S., only a handful are Certified Sports Hypnotherapy Specialists. These highly trained psychologists teach the wonderful skills of hypnosis and self-hypnosis to their clients in order to maximize their athletic performance...consistently.

Since tennis, for example, is an individual sport, the use of hypnosis is perfectly suited for tennis players of all ages.

Evidence of hypnotic-like experiences appears in many writings of ancient cultures and modern hypnosis includes its use in the treatment of and often cure for many illnesses.

There is nothing magical about hypnosis.

Hypnosis and self-hypnosis are actually commonplace occurrences that most of us engage in on a regular basis without realizing it.

How many times have you noticed that when you are driving, you are surprised when you arrive at your destination without noticing the familiar scenery or landmarks along the way?

It was almost as if you were driving on automatic pilot, while your conscious mind was focused elsewhere. This highway hypnosis is an

example of going into a trance while your eyes are wide open, similar to a tennis player using self-hypnosis during a game.

And think about all of those times in school when you were in a boring class and found yourself staring out a window or daydreaming. This mental visualization is also a hypnotic state.

Therefore, most of us have put ourselves into a hypnotic state thousands of times without realizing we were actually engaging in self-hypnosis.

Imagine being able to harness this ability and using it to visualize and focus on the positive things you want to accomplish in a match.

Imagine, for example, using a group hypnosis program to teach your entire team to visualize success and specific skills that each player will bring out in his or her match.

These possibilities are being used every day by tennis players exposed to the power of Sports Hypnosis.

Your team is about to play in the State Tennis Championships and each of them know how important their performance means for the team. Most of them feel an internal battle brewing in the pits of their stomachs.

Negative thoughts are filling their minds.

"What if I don't play my best?"

"The coach is counting on me."

"I don't want to let my teammates down."

"My parents are watching and I don't want to look over after I miss a shot and look at my father's folded arms and facial expressions."

There is a vast amount of research that shows that a large percentage of our self-talk is negative and self-defeating.

Every thought that passes through our minds immediately impacts every cell in our bodies, almost instantaneously, through chemical and electronic changes.

This means that the large muscles of our legs and arms...so important in tennis performance...are impacted directly and instantly by our inner thoughts.

"Don't double fault" is often followed by a double fault. "What if I lose the next game" is often followed by losing the next game.

Why do you suppose so many of your players do much better in practice than in important matches?

The answer is that they engage in negative self-talk when everything is on the line, not during practice. The good news is that these self-fulfilling prophecies that most athletes engage in are all avoidable! *(Continued page 5)*

## SECRET WEAPON *(from page 4)*

Sport psychologists often teach athletes how to control their inner dialogue/self-talk, so that instead of developing negative self-fulfilling prophecies, they can actually develop positive ones. This is an excellent strategy for every tennis player to learn.

The problem with it is that poor habits... especially thinking habits...are hard to break and when the player is stressed during an important match, there is a high likelihood that the old negative thinking habit will once again rear its ugly head.

This is where Sport Hypnosis has a tremendous advantage over other methods of helping players modify their thinking and behavior during crunch time.

The athlete is trained to focus his/her concentration in such a way that they will not be distracted by negative thoughts. On the contrary, only positive thoughts and images will occur.

This starts the evening before the match, where the athlete falls asleep visualizing the perfect match and how they overcome every obstacle that comes their way. It is used prior to the match to prepare the athlete to relax and to focus on the court, without allowing distractions to interfere...and this includes distracting thoughts.

Ultimately, the athlete can be taught self-hypnosis, which they can use during changeovers.

Sports history abounds with fabulous examples of athletes using hypnotic and self-hypnotic techniques to overcome adversity and enhance their performance.

Sports hypnosis experts, like myself, have taught hypnotic techniques to athletes in literally all sports, to enhance such important dynamics as intensity, focus, consistency, concentration, mental toughness and anxiety control.

While providing your players with the best equipment, game strategy and conditioning are all key elements of tennis success, experience with Sports Hypnosis can be the most valuable tool you will ever provide them!

## WHO WAS JAMES BRAID?

James Braid was a Scottish neurosurgeon who coined the term and invented the procedure known as "hypnotism." He rejected the belief that cures such as those achieved by Franz Mesmer were due to animal magnetism. He recognized the veracity of the phenomena but believed them to be caused by suggestion. He developed the technique of relaxation

and eye-fixation, known as "Braidism," which results in the hypnotic trancelike state. Braid's work led to the development of hypnosis as a medical technique, particularly in the treatment of mental disorders through the work of French practitioners such as Jean-Martin Charcot and Pierre Janet, which has proved valuable in restoring psychological health for many.

James Braid was born in Rylawhouse, Fife, Scotland in 1795. He was educated at the University of Edinburgh, where he finished medical school. He specialized in surgery and wrote on orthopedic surgery, the treatment of club foot, squint, and other surgical topics. He published several articles in the Edinburgh Medical and Surgical Journal.

After briefly practicing medicine at Leads-Hillin in 1841 in Lanarkshire, Scotland, he moved to Manchester, England, where he lived and worked for the rest of his life. He opened a successful surgical practice there.

Braid first witnessed the phenomenon of "hypnosis" when he participated in a session with Swiss "magnetizer," Charles Lafontaine. Braid initially rejected Lafontaine as a charlatan, writing, "That night I saw nothing to diminish but rather to confirm, my previous prejudices." However, later he became interested in the phenomenon and dedicated his whole life to the search of the dynamics behind it. He experimented on himself, and gave lectures encouraging open discussion and criticism.

After only two years of his own research, Braid published *Neurypnology: or the Rationale of Nervous Sleep* in 1843, his first and only book-length exposition of his views. In it, he coined the words "hypnotism," "hypnotize," and "hypnotist." His second book was published in 1846, entitled, "The Power of the Mind over Body." Braid thought of hypnotism as producing a "nervous sleep" which differed from ordinary sleep. The most efficient way to produce it was through visual fixation on a small bright object held about eighteen inches above and in front of the eyes.

Braid regarded the physiological condition underlying hypnotism to be the over-exercising of the eye muscles through the straining of attention.

Braid completely rejected Franz Mesmer's idea that a magnetic fluid caused hypnotic phenomena, because anyone could produce them in "himself by attending strictly to the simple rules" that Braid laid down. His experiments usually consisted of a client staring at a small bright object, between 8 and 16 inches from his nose, which was held by Braid. After *(continued page 7)*

The Blog Post

“WHO CAN BE HYPNOTIZED?”

Posted on November 6, 2017

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](http://www.10-10hypnosis.com) and a blog at [www.10-10hypnosis.com/blog](http://www.10-10hypnosis.com/blog).

It always fascinates me that whenever I meet someone new and I tell them that I practice hypnotherapy, they often seem to want to tell me one of two things: 1. that they can be easily hypnotized; 2. that there is no way they could ever be hypnotized.

In general, people who are fascinated with the subject of hypnosis (but who have never experienced the process) seem to believe, or more likely want to believe, that they would easily fall into a trance induced by a hypnotist. There are several different psychological forces at work here. First, there is the tendency of some people to want to please someone like a therapist, perhaps because they see therapists as good, helping people who are due some respect. It is also a widely-reported fact among therapists that the number one thing a patient wants from a therapist is to be liked, thus they express a liking for what the hypnotist does. Then again, there are some who simply find the whole idea of hypnosis to be exciting and interesting, and those individuals want a

hypnotist to know that they are definitely open to being hypnotized. Perhaps they are even hoping for a demonstration of hypnosis on the spot!

The other group, however, is quick to proclaim that they could never fall into a hypnotic trance, for a variety of reasons. Again assuming they have never tried hypnosis before, some of these individuals claim they are too strong-willed to ever be taken in by such nonsense. Others say that they are too intelligent to be hypnotized, implying that only a mind-numbed moron would allow himself or herself to be “taken over” by someone else’s ministrations. Of course, some individuals are convinced that hypnosis has no basis in science and has no real effects; that it is a bogus undertaking, and thus any efforts by a hypnotherapist would be ineffective in their case. Still others cite their own inability to relax, or to pay attention to anything for more than a few minutes.

Having hypnotized literally hundreds of people over the years, I also find that there are those who hint—or outright state—that they don’t want anyone mucking about in their minds and possibly unearthing secrets known only to them. It is important to note here that these individuals are not expressing a disbelief in the effectiveness of hypnosis on them or anyone else. On the contrary, they seem to be saying that hypnosis may be far too effective on them, and that the results could be embarrassing for them! Rather than openly expressing such a fear or subjecting themselves to what they view as shame or embarrassment, some will simply insist that they cannot be hypnotized for other reasons, including those mentioned above.

Then again, there are times when hypnotherapy patients will turn out to be mistaken in their expressions about how easily they can be hypnotized. I have personally seen cases where individuals will express great enthusiasm for hypnosis and its possible benefits, but will later say they found it difficult or impossible to “go into a trance.” (Continued page 7)



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](mailto:tophypno@aol.com)  
Type in the subject line: T.H.E. NEWSLETTER ARTICLE

## JAMES BRAID *(from page 5)*

a few minutes of staring at the object, the client's eyelids would spontaneously close. Braid concluded that the phenomenon was a form of sleep, so he named the phenomenon after Hypnos, the Greek god of sleep.

By 1848, Braid gradually came to realize that the hypnotic state could be induced without sleep, and that it is actually associated with suggestibility. He thus tried to rename the state as "monoideism," but it was too late—the term "hypnosis" was already widely accepted.

As a medical doctor, Braid's interest in the phenomenon he called "hypnosis" was in terms of its potential for curing, or at least alleviating, painful diseases. He did report a number of successful instances of the use of hypnosis in treating clients,



although he was less successful than others who tried the technique to control pain. However, James Braid did not found a school of thought nor did he widely propagate his ideas. His influence waned after his death and the center of research on hypnosis gradually moved from Scotland to France. His book has remained influential, however, and his legacy has continued to live in the term he coined—"hypnosis."

He continued to research and give lectures on hypnosis. On March 25, 1860, in Manchester, he died suddenly of a heart attack.

### *The Blog Post*

## "HYPNOTIZED?" *(from page 6)*

In subsequent interviews, some such patients have revealed previously unspoken reasons for not wanting to be hypnotized ("*My husband thinks it is hogwash and may be the work of the devil!*") or for not wanting the hypnosis to work ("*If I lose weight, it will hurt my overweight wife's feelings.*").

On the other side of that coin, I have also seen cases where individuals who disbelieve in the validity of hypnosis and/or their likelihood of being hypnotized will cooperate fully with the process and do beautifully in resolving a presenting issue. Sometimes these people do not even realize that a change has occurred until the hypnotist points out that 40 minutes has passed on the clock, or until someone else notices a marked change in their behavior. Such individuals are often pleasantly surprised. While they may not have wanted to be hypnotized, they were apparently holding on to the slim chance that it might actually help them.

And this brings us to an answer to the question posed in the headline of this essay: "Who Can be Hypnotized?" The obvious answer is that anyone who wants to be hypnotized—either consciously or unconsciously—can be hypnotized and can derive great benefit from the hypnotherapy process. What this means is that the patient must be completely honest with himself or herself about whether this process is something in which they desire to participate. For this reason, a skilled hypnotherapist will do a thorough screening to reveal any negatives that could compromise the effectiveness of the hypnotherapy session.

As an addendum, let me note that some studies have purported to show what percentage of the population in general is "suggestible" enough to be hypnotized. Such studies, however, rarely take into account the psychological issues mentioned above. Further, as practitioners have learned in clinical practice, suggestibility is not the key issue. Rather it is the level of desire to solve a problem and to allow the hypnotherapy process to work that will ultimately decide who can be hypnotized and how effective that hypnosis will be.

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

# *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**"

Are You a **HYPNOTHERAPIST**  
Seeking "**REIKI CERTIFICATION?**"

Augment your practice with "**HYPNO-REIKI!**" A growing popularity.  
Don't have time for formal classes? Get "Reiki Certified" in your spare time! Contact us now for more information: Sensei Jonathan B. Walker, PhD, MHT, Usui Shiki Ryoho Reiki Master Teacher.

Email: [tophypno@aol.com](mailto:tophypno@aol.com)

Call: (609) 923-4999





## 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](mailto:tophypno@aol.com).

## REIKI CERTIFICATION COURSES

Looking for a rewarding career or just seeking self-improvement? **THINK REIKI!**

Reiki can be learned for personal self-help or taken to a professional level to provide a health care option for others.

You don't need to dedicate large amounts of money, time or travel to get certified!

Obtain your certification in the privacy of your own home, in your spare time at a fraction of the cost required to attend formal schoolroom classes!

Enroll in our “Home-Study” program and become certified by a professional Reiki Master Teacher at your leisure, in your home and at your pace!

For information, contact: Sensei Walker, PhD, Reiki Master Teacher at (609) 923-4999 or email to [sifuwalker@aol.com](mailto:sifuwalker@aol.com).

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](mailto:tophypno@aol.com)  
(609) 923-4999

## GET THE “HYPNOSIS HWU” APP

Read any of the 5 latest published editions of “The Hypnosis Examiner” newsletter whenever you wish.



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

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



You can get “FREE” advertisement for your hypnosis practice. Inquire how this is done!

View informative video recordings that demonstrate how hypnosis works.

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. Humor is the best medicine for whatever ails you!

A director is screen testing Sylvester Stallone and Arnold Schwarzenegger for a new film about classic composers. Not having figured out whom to give which part he asks Sly who he would like to be. Stallone say, “I like Mozart. I want to be Mozart!” So, the director says, “Very well, you can be Mozart.” Then he turns to Arnie and says, “Arnie, who would you like to play?”

And Arnie says, “Ah’ll be Bach!”



## MUSOPHOBIA

Musophobia is a fear of mice or rats. The origin of the word Muso is Latin (mus meaning mouse). Musophobia is one of the most common specific phobias, which is discussed on the home page. Musophobia is also known as Suriphobia and Murophobia (murine stems from the Muridae family that encompasses mice and rats).

Musophobia is created by the unconscious as a protective mechanism. This mechanism was probably created as some point in the persons past when they had a traumatic experience with a mouse or rate. Examples of this could be having your house or room invaded by them, finding them eating your food, being surprised when they jump from a trash can, touching them while getting up as they run from under furniture, smelling them, or getting sick from them (The Black Plague in Europe was carried by rats). There are hundreds of ways people could have developed their traumatic experience.

This fear could be triggered by the presence of a mouse or rat in a room or store, seeing them on TV or in movies, someone joking about them, or smelling them. These are only a few possible examples. Everyone experiences their fears in different ways and intensity levels and some react in different ways, such as screaming, running to different rooms, and/or getting to higher ground.

As with any phobia, the symptoms vary by person depending on their level of fear. The symptoms of Musophobia typically include extreme anxiety, dread and anything associated with panic such as shortness of breath, rapid breathing, irregular heartbeat, sweating, nausea, inability to articulate words or sentences, dry mouth and shaking.

## T.H.E. BACK ISSUES

Missed some issues last year? No problem! You can order back issues to be sent directly to your inbox and catch up on the news easily.

Select from the issues below:

**January 2018 - Vol. 7 #1**

Feature: Hypno-Reiki

**April 2018 - Vol. 7 #2**

Feature: Understanding Sleep

**July 2018 - Vol. 7 #3**

Feature: Understanding Sleep: Part 2

**October 2018 - Vol. 7 #4**

Feature: Understanding Sleep: Part 3

Don't see the issue that you want? Just request the one(s) you want and have it or them sent directly to your inbox.

Send request to: [tophypno@aol.com](mailto:tophypno@aol.com)

## T.H.E. Editor

*8th Year of Publication*



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

- 👤 Master Hypnotherapist
- 👤 Certified Sports Hypnotist
- 👤 Medical & Dental Specialist Boards:
- 👤 International Hypnosis Federation
- 👤 American Board of Hypnosis
- 👤 International Association of Counselors & Therapists
- 👤 International Medical Dental Hypnotherapy Association