

The Hypnosis Examiner

Feature Article:
 “MARVELS OF THE HUMAN BODY:
 Eyes & Sight”



The human eye is an amazing organ. It is the second most complex organ in the body (*second only to the brain*) and the fastest muscle in the body. It provides us with possibly the most important of our five senses, sight. Sight allows us to observe and learn about everything that surrounds us. The eye can process an image in as little as 13 milliseconds at a resolution of 572 megapixels. Our eyes are used in almost every daily activity. Reading, working, writing or typing letters and e-mails, and driving are just a few. The vast majority of people would agree that sight is the most cherished of all the five senses. Eyes allow us to interpret colors, shapes and dimensions of objects, by processing the light which either emits from them or bounces off them.

The light waves from any object enter the eye through the cornea first. The cornea is the clear cover at the front of the eye and is similar to a window which allows light to pass through it. The light then goes through to the pupil, the small circular opening in the middle of the colored iris. The size of the pupil fluctuates depending on the amount of light going through it. As light enters through it, the pupil will constrict or get smaller. When the light becomes dimmer, it will dilate or get larger.

The crystalline lens, which is located just behind the iris and the pupil, then bends the light to a point found behind the back of the lens. Here, the image is both reversed and inverted. The light continues through to the vitreous humor, a clear gel which comprises approximately 80% of our eyes volume. The light then goes back behind the vitreous humor to the retina. *(Continued page 2 - see Marvels)*

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

MARVELS *(from front page)*

The center of the retina is called the macula. Once the light impulses are inside it, they are converted to electrical signals. These signals are sent through the optic nerve and travel along the visual pathway. Their journey ends in the occipital cortex, which is found at the back of the brain. It is here that the signals will be processed and ‘seen’ by the brain. In essence, although the anatomy of the human eye is extremely complex, our eyes do not actually see. Our brains see the image, the eyes are merely the initial tools used in the process of sight.

As complex and amazing as the anatomy of our eyes is, not everyone has perfect vision. If the incoming light from a faraway object is focused too early, ‘myopia’, or nearsightedness occurs. On the other hand, if the light from the same object is not focused by the time it reaches the back of the eye, ‘hyperopia’, or farsightedness occurs. As our eyes get older, like all the parts of the body, things break down and go wrong. Cataracts, problems with vision and a host of other eye maladies can happen. Glasses, contact lenses or surgery may even be required.

These are only the physical or biological functions and imperfections that may occur with our vision or sight. Vision extends farther than the “eye can see.”

Vision assists in the creation of who we have become, who we are and who we will continue or not continue to be as a person. The sights of what our eyes take in on a daily basis not only feed information to our brains but also our minds.

Biological vision assists in imprinting information to our minds and helps form our “Self-Image” or one’s conception of oneself or one’s role. It is a “mental picture,” generally of a kind that is quite resistant to change, that depicts not only details that are potentially available to objective investigation by others but also items that have been learned by persons about themselves or by internalizing the judgements of others.

Self-image may consist of basically four types:

- *Self-image resulting from how an individual sees oneself;
- *Self-image resulting from how others see the individual;
- *Self-image resulting from how the individual perceives others see them;
- *Self-image resulting from how the individual perceives the individual sees oneself. The types may or may not be an accurate representation of the person. All, some or none of them may be true.

A more technical term for self-image that is commonly used by social and cognitive psychologists is self-schema. Like any schema, self-schemas store information and influence the way we think and remember. For example, research indicates that information which refers to the self is preferentially encoded and recalled in memory tests, a phenomenon known as “self-referential encoding.” Self-schemas are also considered the traits people used to define themselves, they draw information about the self into a coherent scheme.

Truly, the marvels of the eyes and sight is much greater than what the “eyes can see!”

In the next edition, we will bring you more Marvels of the Human Body.



WHAT IS COGNITION?

Cognition is a term referring to the mental processes involved in gaining knowledge and comprehension. These processes include thinking, knowing, remembering, judging and problem-solving. These are higher-level functions of the brain and encompass language, imagination, perception, and planning.

The study of how we think dates back to the time of the ancient Greek philosophers Plato and Aristotle. Plato's approach to the study of the mind suggested that people understand the world by first identifying basic principles buried deep inside themselves and then using rational thought to create knowledge. This viewpoint was later advocated by philosophers such as Rene Descartes and linguist Noam Chomsky. This approach to cognition is often referred to as rationalism.

Aristotle, on the other hand, believed that people acquire their knowledge through their observations of the world around them. *(See COGNITION next page)*

COGNITION *(continued)*

Later thinkers including John Locke and B.F. Skinner also advocated this point of view, which is often referred to as empiricism.

During the earliest days of psychology and for the first half of the twentieth century, psychology was largely dominated by psychoanalysis, behaviorism, and humanism. Eventually, a formal field of study devoted solely to the study of cognition emerged as part of the “cognitive revolution” of the 1960s. The field of psychology concerned with the study of cognition is known as, Cognitive Psychology.

One of the earliest definitions of cognition was presented in the first textbook on cognitive psychology published in 1967. According to Neisser, cognition is “those processes by which the sensory input is transformed, reduced, elaborated, stored, recovered, and used.”

To get a better idea of exactly what cognition is and what cognitive psychologists study, let’s take a closer look at Neisser’s original definition.

As you take in sensations from the world around you, the information that you see, hear, taste, touch, and smell must first be transformed into signals that your brain can understand. The perceptual process allows you to take in sensory information and convert it into a signal that your brain can understand and act upon. For example, if you see an object flying through the air toward you, the information is taken in by your eyes and transferred as a neural signal to your brain. Your brain then sends out signals to your muscle groups so that you are able to respond and duck out of the way before the object smacks you in the head.

The world is full of an endless amount of sensory experiences. To make meaning out of all this incoming information, it is important for your brain to be able to reduce your experience of the world down to the fundamentals. You cannot attend to or remember every single sentence of the psychology lecture you attend each week. Instead, the experience of the event is reduced down to the critical concepts and ideas that you need to remember to succeed in your class. Instead of remembering every detail about what the professor wore each day, where you sat during each class session and how many students were in the class, you focus your attention and memory on the key ideas presented during each lecture.

In addition to reducing information to make it more memorable and understandable, people also

elaborate on these memories as they reconstruct them. Imagine that you are telling a friend about a funny event that happened last week. As you weave your tale, you might actually start adding in details that were not part of the original memory. This might also happen as you are trying to recall items on your shopping list. You may find that you add a number of items that seem like they belong on your list due to their similarity with other items you wanted to buy. In some cases, this elaboration happens when people are struggling to remember something. When the information cannot be recalled, the brain sometimes fills in the missing data with whatever seems to fit.

Memory is a major topic of interest in the field of cognitive psychology. How we remember, what we remember and what we forget reveal a great deal about how the cognitive processes operate. While people often think of memory as being much like a video camera, carefully recording and cataloging life events and storing them away for later recall, research has found that memory is much more complex.

Short-term memory is surprisingly brief, typically lasting just 20 to 30 seconds. Long-term memory can be surprisingly stable and enduring, on the other hand, with memories lasting years and even decades. Memory can also be surprisingly fragile and fallible. Sometimes we forget, and other times we are subject to misinformation effects that can even lead to the formation of false memories.

Cognition involves not only the things that go on inside our heads but also how these thoughts and mental processes influence our actions. Our attention to the world around us, memories of past events, understanding of language, judgments about how the world works and abilities to solve problems all contribute to how we behave and interact with our surrounding environment.



COGNITION

Sports Page

“MENTAL SKILLS OF SUCCESSFUL ATHLETES”

You don't have to be a professional athlete or an Olympic champion to be a successful athlete. Nor do you have to have a room full of trophies, win a state championship, or make the front page of the sports section.

What all successful athletes have in common is that their sport is important to them and they're committed to being the best that they can be within the scope of their limitations – other life commitments, finances, time, and their natural ability. They set high, realistic goals for themselves and train and play hard. They are successful because they are pursuing their goals and enjoying their sport. Their sport participation enriches their lives and they believe that what they get back is worth what they put into their sport.

There are several specific mental skills that contribute to success in sports. They are all learned and can be improved with instruction and practice. The same mental skills that athletes use in achieving success in sports can be used to achieve success in other areas of their lives.

The some mental skills are:

ATTITUDE-

- Choose an attitude that is predominately positive.
- View their sport as an opportunity to compete against themselves and learn from their successes and failures.
- Pursue excellence, not perfection, and realize that they, as well as their coaches, teammates, officials and others are not perfect.
- Maintain balance and perspective between their sport and the rest of their lives.
- Respect their sport, other participants, coaches, officials and themselves.

MOTIVATION-

- Are aware of the rewards and benefits that they expect to experience through their sports participation.
- Are able to persist through difficult tasks and difficult times, even when these rewards and benefits are not immediately forthcoming.
- Realize that many of the benefits come from their participation, not the outcome.

GOALS & COMMITMENT-

- Set long-term and short-term goals that are realistic, measurable and time-oriented.

- Are aware of their current performance levels and are able to develop specific, detailed plans for attaining their goals.
- Are highly committed to their goals and to carrying out the daily demands of their training programs.

PEOPLE SKILLS-

- Realize that they are part of a larger system that includes their families, friends, teammates, coaches and others.
- When appropriate, communicate their thoughts, feelings and needs to these people and listen to them as well.
- Have learned effective skills for dealing with conflict, difficult opponents and other people when they are negative or oppositional.

SELF-TALK-

- Maintain their self-confidence during difficult times with realistic, positive self-talk.
- Talk to themselves the way they would talk to their own best friend
- Use self-talk to regulate thoughts, feelings and behaviors during competition.

MENTAL IMAGERY-

- Prepare themselves for competition by imagining themselves performing well in competition.
- Create and use mental images that are detailed, specific and realistic.
- Use imagery during competition to prepare for action and recover from errors and poor performances.

DEALING EFFECTIVELY WITH ANXIETY-

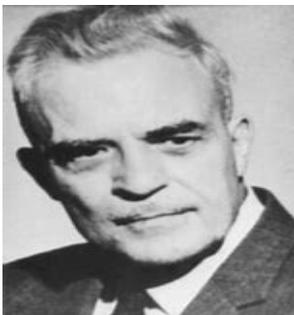
- Accept anxiety as part of sport.
- Realize that some degree of anxiety can help them perform well.
- Know how to reduce anxiety when it becomes too strong, without losing their intensity.

DEALING EFFECTIVELY WITH EMOTION-

- Accept strong emotions such as excitement, anger and disappointment as part of the sport experience.
- Are able to use these emotions to improve, rather than interfere with high level performance.

CONCENTRATION-

- Know what they must pay attention to during each game or sport situation.
- Have learned how to maintain focus and resist distractions, whether they come from the environment or from within themselves.
- Are able to regain their focus when concentration is lost during competition.
- Have learned how to play in the “here-and-now”, regardless of either past or future events.



WHO WAS MILTON H. ERICKSON?

“Each person is a unique individual. Hence, psychotherapy should be formulated to meet the uniqueness of the individual’s needs, rather than tailoring the person to fit the Procrustean bed of a hypothetical theory of human behavior.” – Milton H. Erickson

Milton Hyland Erickson (1901 - 1980) was an American psychiatrist who specialized in medical hypnosis and family therapy. He was founding president of the American Society for Clinical Hypnosis and noted for his approach to the unconscious mind as creative and solution-generating.

Dr. Erickson was plagued with enormous physical handicaps for most of his life. At age 17, he contracted polio and was so severely paralyzed that doctors believed he would die. While recovering in bed, almost entirely lame and unable to speak, he became strongly aware of the significance of nonverbal communication – body language, tone of voice, and the way that these nonverbal expressions often directly contradicted the verbal ones. He also began to have “body memories” of the muscular activity of his own body. By concentrating on these memories, he slowly began to regain control of parts of his body to the point where he was eventually able to talk and use his arms again. His doctor recommended exercising his upper body only, so Milton Erickson planned a 1,000 mile canoe trip to build up the strength to attend college. His adventure was challenging and although he still did not have full use of his legs at the end, he was able to walk with a cane.

Dr. Erickson’s career spanned more than 50 years. He conducted extensive research on suggestion and hypnosis, first as an undergraduate at the University of Wisconsin and later throughout his medical training and during his initial professional appointments in Rhode Island, Massachusetts, and Michigan. By the late 1930s, Dr. Erickson was renowned for his work in hypnosis and eminent in

psychiatric circles.

In 1948, Dr. Erickson moved from Michigan to Phoenix. In 1949, he entered into private practice in his home office, a move which was prompted in large part by medical necessity. Despite almost constant, intense physical pain and the progressive loss of mobility which led to confinement to a wheelchair in his later years, Dr. Erickson was prodigiously active.

In 1957, he and a number of colleagues founded the American Society of Clinical Hypnosis and Dr. Erickson served as the Inaugural President. He also established the American Journal of Clinical Hypnosis and served as editor for 10 years. During the 1950s and ’60s, Dr. Erickson published copiously, traveled and lectured extensively, both domestically and abroad, continued to conduct research, and was in high demand as a practicing psychiatrist. In the 1970s, restricted to his home by his physical condition, Dr. Erickson still conducted teaching seminars for professionals on an almost daily basis and continued seeing some patients. When he died on March 25th, 1980, at the age of 78, his seminars were booked through the end of that year and requests exceeded another year’s scheduling. Dr. Erickson left a written legacy of more than 140 scholarly articles and five books on hypnosis which he co-authored.

The Ericksonian approach departs from traditional hypnosis in a variety of ways. While the process of hypnosis has customarily been conceptualized as a matter of the therapist issuing standardized instructions to a passive patient, Ericksonian hypnosis stresses the importance of the interactive therapeutic relationship and purposeful engagement of the inner resources and experiential life of the subject. Dr. Erickson revolutionized the practice of hypnotherapy by coalescing numerous original concepts and patterns of communication into the field. A master of 'indirect hypnosis', he was able to put a person into a trance without even mentioning the word hypnosis.

The novel psychotherapeutic strategies which Dr. Erickson employed in his treatment of individuals, couples and families derived from his hypnotic orientation. Although he was known as the world’s leading hypnotherapist, Dr. Erickson used formal hypnosis in only one-fifth of his cases in clinical practice.

Dr. Erickson effected a fundamental shift in modern psychotherapy. Many elements of the Ericksonian perspective which were once considered extreme are now incorporated into the mainstream of contemporary practice.

The Blog Post

**“THE PROBLEM OF MEASUREMENT
IN HYPNOSIS?”**

Posted on September 19, 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 and a blog at www.10-10hypnosis.com/blog.

In perusing the web, I ran across a neat little article from Psychology Today, dealing with “The Trouble with Hypnosis.” Since I wasn’t aware that we had any trouble with hypnosis, I delved into said article and came up with an interesting point of view. You can look at the piece via the link above, but let me summarize, if I may, just what the author believes is the “trouble” with the treatment mode known as hypnotherapy or hypnosis.

The trouble, from PT’s point of view, is that hypnosis as a process does not seem to lend itself to measurement. Yes, believe it or not, despite many attempts to quantify and capture this experience in a bottle, researchers have not been able to show that anything special is going on physiologically when a person enters hypnosis (beyond the obvious drop in blood pressure, slowing of heartbeat, deeper breathing associated with being relaxed in any condition). That is, there don’t seem to be any brainwave patterns that can be readily identified as indicating the “hypnotized” state.

Actually, this is not quite true. According to one online source, “In some studies, EEGs from subjects under hypnosis showed a boost in the lower frequency waves associated with dreaming and sleep, and a drop in the higher frequency waves associated with full wakefulness. Brain-wave information is not a definitive indicator of how the mind is operating, but this pattern does fit the hypothesis that the conscious mind backs off during hypnosis and the subconscious mind takes a more active role. Researchers have also studied patterns in the brain’s cerebral cortex that occur during hypnosis. In these studies, hypnotic subjects showed reduced activity in the left hemisphere of the cerebral cortex, while activity in the right hemisphere often increased.”

The real problem seems to be that we don’t quite have that telltale brain signature that screams “this person is under hypnosis.” And if we can’t reliably tell whether or not a person is in a “trance,” then we can’t reliably measure such a trance. Measurement, you see, is the scientist’s bread and butter. If we can’t measure something, then how on earth can we

find out how it works, or to what degree it works in any given situation?

These are fair questions for physiologists, but they are actually irrelevant for psychologists, who have been trying to measure behaviors and their causes for more than 100 years without anything like what a hard-core scientist would call “scientific accuracy.” The hard fact is that we are dealing with human behavior, and much as we try—sometimes with limited success—to predict such behavior, we are nearly always stymied by the fact that every human mind is different. That is not to say that brains are necessarily different, but it is to say that the processes of the mind—while they can be generalized to some extent—do not in any way lend themselves to comparative measurement from one mind to another. [Merriam Webster defines mind as “1 :the element or complex of elements in an individual that feels, perceives, thinks, wills, and especially reasons. 2 :the conscious mental events and capabilities in an organism.”]

I find this strangely reassuring, in that it confirms that we are not cranked out of the celestial factory with minds that work exactly the same. That would make us little more than advanced robots, and it would be rather boring.

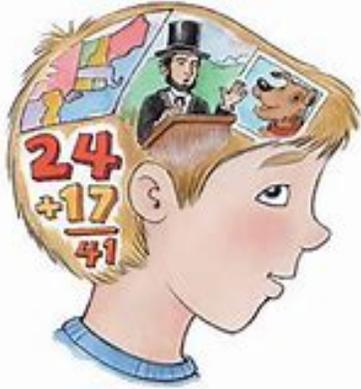
The fact that hypnosis is not a measureable process does not concern us, because in countless studies and in countless practitioners’ offices, the results have spoken for themselves. As long as we accept that we have not yet figured out the physiology behind hypnosis—if physiology is even relevant—this should not prevent us from taking advantage of the obvious salutary results. I am reminded of the fact that even in medicine, which assuredly holds itself in higher scientific self-esteem than mere psychology, some compounds are known to work for some conditions, yet the scientists do not precisely know “how” they work.

Will we ever know precisely “how” hypnotherapy works? That certainly is a question for speculation!

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

DO YOU HAVE AN ARTICLE?

If you would like to contribute an article to the newsletter, submit it by email (*PDF attachment*) to:
THE NEWSLETTER email: tophypno@aol.com



HUMAN MEMORY

What exactly is a memory? Essentially, memory is a complex process that involves acquiring, storing, and recalling information. Not all memories are the same, however.

The popular image of memory is as a kind of tiny filing cabinet full of individual memory folders in which information is stored away, or perhaps as a neural super-computer of huge capacity and speed. However, in the light of modern biological and psychological knowledge, these metaphors may not be entirely useful and today, experts believe that memory is in fact far more complex and subtle than that

It seems that our memory is located not in one particular place in the brain but is instead a brain-wide process in which several different areas of the brain act in conjunction with one another (*sometimes referred to as distributed processing*). For example, the simple act of riding a bike is actively and seamlessly reconstructed by the brain from many different areas: the memory of how to operate the bike comes from one area, the memory of how to get from here to the end of the block comes from another, the memory of biking safety rules from another, and that nervous feeling when a car veers dangerously close comes from still another. Each element of a memory (*sights, sounds, words, emotions*) is encoded in the same part of the brain that originally created that fragment (*visual cortex, motor cortex, language area, etc*), and recall of a memory effectively reactivates the neural patterns generated during the original encoding. Thus, a better image might be that of a complex web, in which the threads symbolize the various elements of a memory, that join at nodes or intersection points to form a whole rounded memory of a person, object or event. This kind of distributed memory ensures that even if part of the brain is damaged, some parts of an

experience may still remain. Neurologists are only beginning to understand how the parts are reassembled into a coherent whole.

Neither is memory a single unitary process but there are different types of memory. Our sensory, short term and long-term memories are encoded and stored in different ways and in different parts of the brain, for reasons that we are only beginning to guess.

Sensory memory is the earliest stage of memory. During this stage, sensory information from the environment is stored for a very brief period of time, generally for no longer than a half-second for visual information and 3 or 4 seconds for auditory information. We attend to only certain aspects of this sensory memory, allowing some of this information to pass into the next stage - short-term memory.

Short-term memory, also known as active memory, is the information we are currently aware of or thinking about. In Freudian psychology, this memory would be referred to as the conscious mind. Paying attention to sensory memories generates information in short-term memory. Most of the information stored in active memory will be kept for approximately 20 to 30 seconds. While many of our short-term memories are quickly forgotten, attending to this information allows it to continue to the next stage - long-term memory.

Long-term memory refers to the continuing storage of information. In Freudian psychology, long-term memory would be called the preconscious and unconscious. This information is largely outside of our awareness but can be called into working memory to be used when needed. Some of this information is fairly easy to recall, while other memories are much more difficult to access.

Forgetting is a surprisingly common event. Just consider how often you forget someone's name or overlooked an important appointment. Forgetting can happen for a number of reasons including a failure to retrieve the information from long-term memory.

Research has shown that one of the critical factors that influence memory failure is time. Information is often quickly forgotten, particularly if people do not actively review and rehearse the information.

Years of case studies of patients suffering from accidents and brain-related diseases and other disorders (*especially in elderly persons*) have begun to indicate some of the complexities of the memory processes and great strides have been made in neuroscience and cognitive psychology, but many of the exact mechanisms involved remain elusive.

REIKI HOME STUDY COURSES

Learn the Usui System of Natural Healing Reiki
At HOME in your SPARE TIME and GET CERTIFIED!

Enroll and get your course materials electronically delivered to your inbox. Conveniently and at your pace, study the materials. Your exam will also be electronically delivered when you request it. Upon successful completion of the course, your nationally acknowledged CERTIFICATION will be sent to you!

Become a Certified 10th
Generation Practitioner of the
Usui System of
Natural Healing Reiki
(Usui Shiki Ryoho)
for a fraction of the cost it
requires to attend formal classes.



For enrollment information,
contact:
Sensei J. B. Walker, PhD,
9th Generation
Reiki Master/Teacher
call (609) 744-0586
or send email to:
tophypno@aol.com

Are You a **HYPNOTHERAPIST**
Seeking **“REIKI CERTIFICATION?”**

Augment your practice with the growing popularity of “HYPNO-REIKI!”

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

Call: (609) 744-0586





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.

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 a formal schoolroom setting!

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) 744-0586 or email to tophypno@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
(609) 923-4999

GET THE “HYPNOSIS HWU” APP

Read any of the 4 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!

King Ozymandias of Assyria was running low on cash after years of war with the Hittites. His last great possession was the Star of the Euphrates, the most valuable diamond in the ancient world. Desperate, he went to Croesus, the pawnbroker, to ask for a loan. Croesus said, “I’ll give you 100,000 dinars for it.” “But I paid a million dinars for it,” the king protested. “Don’t you know who I am? I am the King!” Croesus replied, : When you wish to pawn a star, makes no difference who you are.”



AURORAPHOBIA

Auroraphobia is the fear of northern or auroral lights. Aurora is the atmospheric phenomenon consisting of bands of light caused by charged solar particles following the earth's magnetic lines of force. It causes a luminous atmospheric phenomenon appearing as streamers or bands of light sometimes visible in the night sky in northern or southern regions of the earth.

It is generally accepted that phobias arise from a combination of external events (*i.e. traumatic events*) and internal predispositions (*i.e. heredity or genetics*). Many specific phobias can be traced back to a specific triggering event, usually a traumatic experience at an early age. Social phobias and agoraphobia have more complex causes that are not entirely known at this time. It is believed that heredity, genetics and brain chemistry combine with life-experiences to play a major role in the development of phobias.

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

Medicine can be prescribed but please note that these medications can have side effects and/or withdrawal systems that can be severe. It is also important to note that medicines do not cure phobias, at best they only temporarily suppress the systems. However, there are treatments for phobias which include counseling, hypnotherapy, psychotherapy and Neuro-Linguistic programming.

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 2019 - Vol. 8 #1

Feature: Habits-What Are They: Part 1

April 2019 - Vol. 8 #2

Feature: Good Habits: Part 2

July 2019 - Vol. 8 #3

Feature: Bad Habits: Part 3

October 2019 - Vol. 8 #4

Feature: Changing Habits: Part 4

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

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

SPECIAL**COVID-19/NOVEL CORONAVIRUS)**

EVERYONE MUST DO THEIR PART TO HELP BEAT THIS PANDEMIC OF COVID-19/NOVEL CORONAVIRUS.

YOUR BEST PLAN OF ATTACK IS TO BECOME ONE VOICE, ONE BODY IN CONCERT & WORK TOGETHER.

THIS IS BEST ACCOMPLISHED BY EVERYONE FOLLOWING ONE STANDARD AND MORE FORWARD ON THE BASIS OF THAT SINGLE STANDARD.

WHAT CAN EACH OF US DO?

* Dispel and do not spread MYTHS by following “ONLY” RELIABLE SOURCES OF INFORMATION. Check with your local or State Department of Health & Human Services or CDC web site to get directions for information.

* “Stay Home” (except for essential travel and do not gather in groups).

* When you are out for essential travel, maintain “Social Distancing” (keep at least six (6) feet between you and anyone else at all times).

* Cough/Sneeze into the inside of your elbow.

* Use Personal Hand Sanitizer when out for essential travel when touching surfaces or points that are frequently used or touch by the general public.

* “WASH YOUR HANDS” with SOAP & WATER frequently whenever possible.

* Always follow good personal hygiene habits.

* Get proper rest, nutrition and exercise daily.

—The Editor: Jonathan B. Walker, PhD, LPN—