



THE HYPNOSIS EXAMINER

Health & Wellness, Unlimited

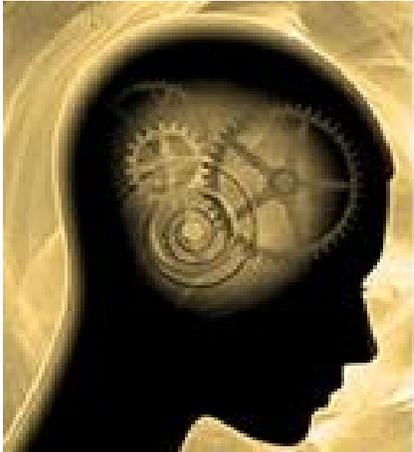
“Establishing Clarity, Harmony and Balance in Your Life”

Volume 1 - Number 2

A Quarterly Newsletter

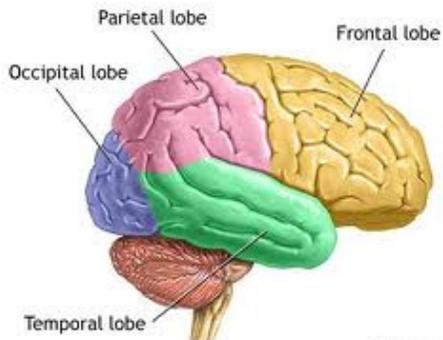
April 2012

FEATURE ARTICLE



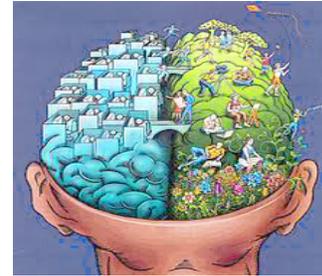
THE BRAIN -VS- THE MIND

Most of the time, people use the word brain and mind interchangeably when actually they are quite different.



The brain is the physiological component of the central nervous system encased in the skull that controls and coordinates our voluntary and involuntary bodily functions. It has 3 basic divisions: the forebrain, midbrain and hindbrain and 4 lobes: the frontal lobe, the parietal lobe, the temporal lobe and the occipital lobe.

This conglomeration of gray and white matter is one of the largest organs in the human body. It is coupled to and a part of the spinal cord and entire central nervous system. This neuro electro-chemical pathway is the communication system highway between the brain and body.



On the other hand, the mind is the psychological process that takes place in controlling the brain creating self-awareness. It is divided basically into 2 parts: the conscious and the subconscious. The conscious mind, housed on the left side of the brain is analytical, discriminatory, controls verbal skills, logic, mathematical skills, science and language. This side of the mind holds the “Critical Factor” (*which is bypassed in hypnosis*). It is said to be timeless in that it deals with past and future timelines. However, the subconscious mind, housed on the right side of the brain is non-critical and controls emotion, physical bodily functions (*heart rate, breathing, etc.*), intuition, imagination, fantasy, art and music. It is said to be time bound and exists in the present. There also exists a third part called the superconscious that remains under investigation by scientific research for validation. For all practical purposes of understanding hypnosis better, we will omit discussion of the superconscious at this time.

The Conscious mind controls our physical senses (*smell, taste, touch, sight and sound*) inputting information about what exists in our world for processing and storing. The Subconscious mind responds to the Conscious mind and will go to extreme lengths to fulfill the Conscious mind’s desires and limitations as well as to protect us from traumatic scenarios and events.

It is a key goal in hypnosis to by-pass the conscious mind (*i.e., the Critical Factor*) in order to access the subconscious mind and identify the origin of problematic behaviors (*subpersonalities or “parts”*). When this happens, therapeutic steps can be taken for “reprogramming” favorable and more acceptable changes in ones’ life.

Next issue: “Parts Therapy”

ORIGINS OF HYPNOSIS



Our next hypnotic historic figure is **John Elliotson** (1791 - 1868), a professor at London University, who is famous for introducing the stethoscope into England. He was also the author of *Surgical Operations in the Mesmeric State without Pain* (1843). In 1831, Elliotson had been elected "professor of the principles and practice of physic" at London University. In 1834, he became physician to University College hospital.

Elliotson who was another forward thinker, tried to champion the cause of mesmerism, (*see article in premiere edition*) but was forced to resign. He continued to give demonstrations of mesmerism in his own home to any interested parties, and this led to a steady increase in literature on the subject.

Professor Elliotson's application of "animal magnetism" scandalized the hospital medical committee. Rather than abandon his mesmerist techniques as instructed, however, he resigned his offices to pursue his mesmerist practice. Elliotson edited a mesmerist magazine, *The Zoist*. In 1849, he founded a mesmeric hospital.

When the *New Orleans Medical and Surgical Journal* asserted that, compared to ether, mesmerism could perform "a thousand times greater wonders, and without any of the dangers", Elliotson heartily agreed. Mesmerism was

undoubtedly useful in a minority of cases for minor surgery and perhaps the presence of a charismatic physician. Yet as the century wore on, most patients and their surgeons preferred to take their chances with anesthetics rather than any form of hypnosis.

A COMPLETE LIST OF PHOBIAS

(From A - Z)

As we promised in our premiere issue of this newsletter, we are going to publish the complete list of phobias from A-Z.

Because we will list several phobias for each letter of the alphabet, it will take a few issues to complete this listing. We will list the phobias alphabetically by the description of the phobia followed by the name of that phobia.

Settle back and carefully review our list to see how many phobias you recognize. Then consider which one(s) you may have or that you know of someone who may have.

If you acknowledge any phobia that is problematic for you, remember that we not only have the complete list of phobias, we also have a solution for getting rid of the phobia as well!

Accidents	Dystychiphobia
Aging, growing old	Gerascophobia
Air drafts	Anemophobia
Alcohol	Methyphobia
Alone	Autophobia
Amnesia	Amnesiphobia
Amphibians	Batrachophobia
Amputees	Apotemnophobia
Angina	Anginophobia
Angry, becoming	Angrophobia
Animals	Zoophobia
Ants	Myrmecophobia
Asymmetrical things	Asymmetriphobia
Ataxia	Ataxiophobia
Atomic explosion	Atomosophobia
Bacteria	Bacteriophobia
Bad men	Scelerophobia
Bald people	Peladophobia
Becoming Bald	Phalacrophobia
Beards	Pogonophobia
Bed, going to	Clinophobia
Bees	Apiphobia
Bicycles	Cyclophobia
Birds	Ornithophobia
Black	Melanophobia
Blindness	Scotomaphobia
Blood	Hemophobia
Blushing	Erythrophobia
Body Smells	Bromidrosiphobia
Bogeyman	Bogyphobia
Books	Bibliophobia
Bound, being tied up	Merinthophobia
Brain diseases	Meningitophobia
Bridges, crossing	Gephyrophobia
Bulls	Taurophobia
Bums, beggars	Hobophobia
Burglars	Scelerophobia

A TYPICAL HYPNOSIS SESSION



We would like to give our readers an idea of what it is like to come in for a typical first hypnotic session with our service. This is not necessarily the manner in which all hypnotists conduct sessions.

After your initial contact with us by phone or email, we will schedule your appointment.

*Initial Interview - establishing your reason(s) and goals for hypnosis.

*Plan of Action - explain and agree on prescribed program of action and number of sessions.

*Conduct Hypnosis:

Induction - progressive relaxation period

Deeper Induction - by passing the conscious mind

Nine Step Parts Therapy - identifying and resolving the problem

Posthypnotic Suggestion - teaching self-hypnosis while hypnotized

Dehypnotization - returning to the conscious awoken state

*Self-Hypnosis - you induce hypnotic state by yourself

*Cut recording - your session has been recorded for your home use

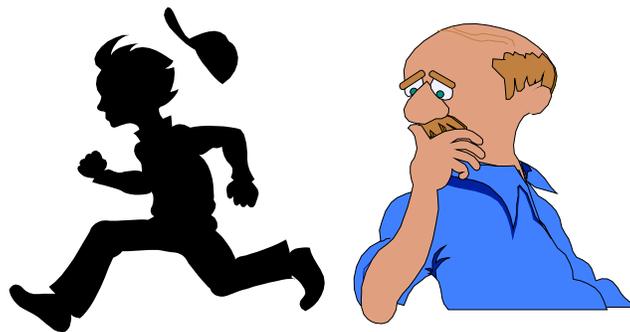
*Schedule any necessary follow-up visits.

This outline is intended to give you a better idea of what it is like to come into our office and experience a hypnosis session. For additional information, please contact the office at (609) 915-3435.

A Complete List of Phobias (continued)

Cemeteries
Cancer
Cats
Changes
Chemicals, working with
Chickens
Childbirth
Children
Chinese culture
Chins
Choking of being smothered
Church
Clocks
Clothing
Clouds
Clowns
Coitus
Cold, extreme
Cold things
Cold
Colors
Comets
Computers
Confined spaces
Constipation
Contagious, being
Contaminated, germs
Cooking
Cosmic phenomenon
Crosses or crucifix
Crowds or mobs
Crystals or glass
Taphophobia
Carcinophobia
Elurophobia
Metathesiophobia
Chemophobia
Alexktorophobia
Maieusiophobia
Pedophobia
Sinophobia
Geniophobia
Pnigophobia
Ecclesiophobia
Chronomentrophia
Vestiphobia
Nephophobia
Coulrophobia
Coitophobia
Cryophobia
Frigophobia
Psychrophobia
Chromophobia
Cometophobia
Cyberphobia
Claustrophobia
Coprastaphobia
Tapinophobia
Misophobia
Mageirocophobia
Kosmikophobia
Staurophobia
Agoraphobia
Crystallophobia

*(More "Complete List of Phobias" coming in the next issue)



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BRAIN WAVE PATTERNS & HYPNOSIS



The human brain operates out of two states of consciousness. One is the conscious mind. It is our normal frame of mind when fully awake. It is the logical, critical mind used to dealing with the real world including activities such as decisions, thinking, problem-solving, walking, running, and so forth. The conscious mind is the one that chooses to believe or disbelieve something.

The other state is the subconscious mind. It controls most of our reactions, emotions, beliefs, habits, and ways of thinking. The subconscious mind is ruled by emotion and tends to believe everything it sees, hears, or experiences. This is why it is important what you say (or think) to yourself. If you think, "this will never work," your subconscious mind will take it as truth and make you act in ways to make that prediction come true.

The brain also operates in four (4) different frequency ranges called brainwaves. Each brainwave range is associated with a different level and type of activity for the human brain. The most active (*and highest operating*

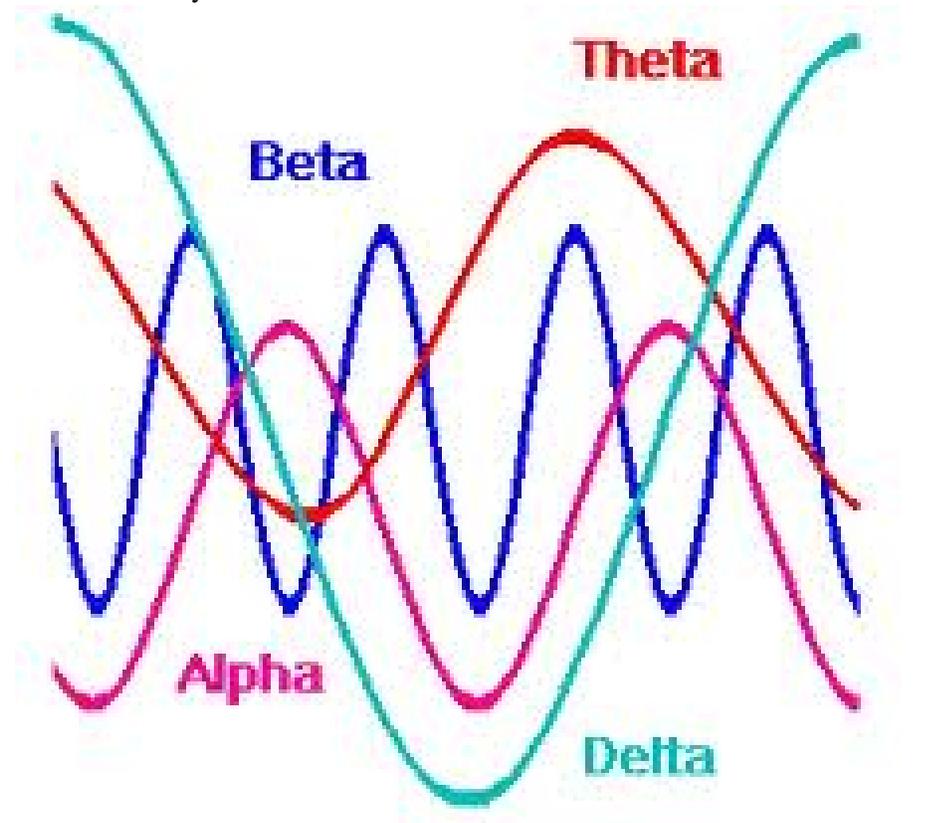
brain wave range) is called Beta brainwaves. The brain operates in the Beta range when you are fully awake and engaged in active thought such as problem-solving, teaching, singing, etc. These brainwaves are typically characterized as alert and working.

The next lower level of brainwaves is the Alpha state. A person's brainwave activity typically slows down to this range when a person is awake but relaxed or calmly reflecting or thinking. The Alpha state is characterized as relaxed and reflecting. When someone is being hypnotized or engaging in self hypnosis, the alpha state is the relaxation phase the hypnotist tries to establish by asking the subject to close his or her eyes, breathe deeply, and relax. In this state, the subject is preparing for hypnosis but is not yet actually under hypnosis.

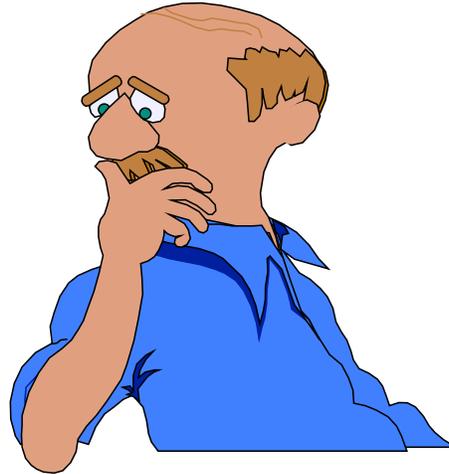
The third level of brainwaves is the Theta state. The human brain operates at these frequencies when the subject is very relaxed, drowsy, or daydreaming. The Theta state is often accompanied by high creativity and a free-flow of new ideas which is characteristic of the subconscious mind. If you have been driving and suddenly realize you can not remember what you saw over the last 5 minutes, you were most likely in the Theta state. When you reach this state during hypnosis, you are in a hypnotic trance.

The lowest brainwave frequency is the Delta state. Dream sleep (*characterized by Rapid Eye Movement – REM*) is normally when the brain reaches this frequency range and it is asleep. During hypnosis, the brain is fully hypnotized when it reaches this frequency range.

As the brain progresses into the theta and delta brainwave ranges, the subconscious mind becomes the primary state of consciousness and the hypnotist can communicate directly with the subconscious mind bypassing the critical nature (*Critical Factor*) of the conscious mind. The subconscious mind will accept what it is told as truth and will change the subject's behavior, beliefs, and subconscious actions to make the hypnotic suggestions become a reality.



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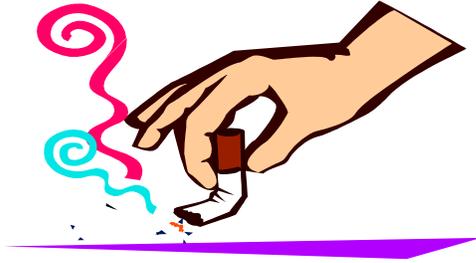
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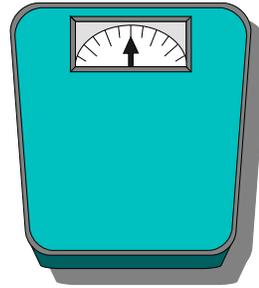
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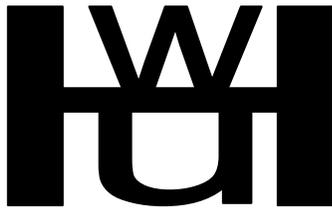
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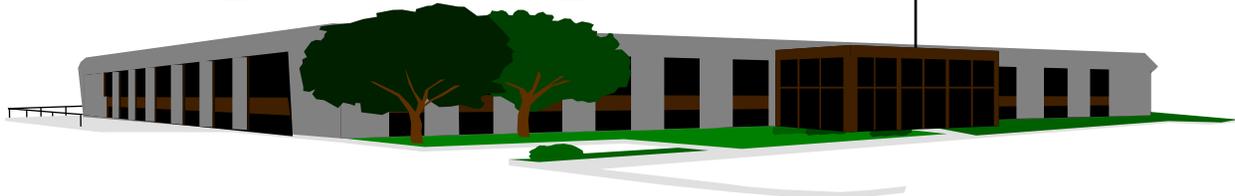


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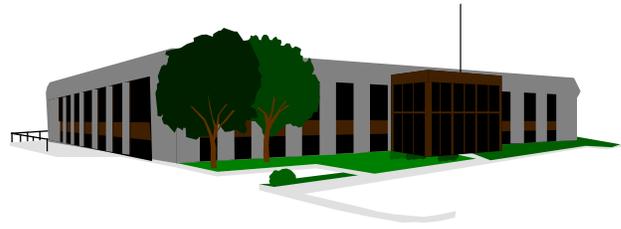


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