



# THE HYPNOSIS EXAMINER

## Health & Wellness, Unlimited

*“Establishing Clarity, Harmony and Balance in Your Life”*

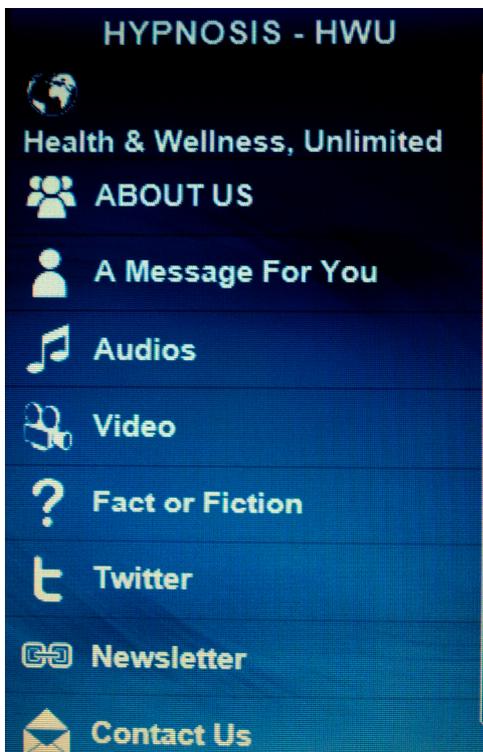
Volume 2 - Number 3

A Quarterly Newsletter

July 2013

### FEATURE ARTICLE

**YES, IT'S HERE AND IT'S FREE!  
THE HYPNOSIS HWU APP!**



*Screenshot of the HYPNOSIS HWU App menu*

Health & Wellness, Unlimited is proud to announce that we now have our own “HYPNOSIS HWU” app available on GOOGLE PLAY for download to your favorite mobile device. **AND IT’S FREE!**

Now you can take us with you wherever you go! We offer a special “Message For You,” and “Fact or Fiction” about hypnosis. You can subscribe to The Hypnosis Examiner newsletter mailing list right on your device and access videos and audio recordings for your convenience.

With the “HYPNOSIS HWU” app, you can utilize our videos to keep you informed about hypnosis and how it works. You will have immediate access to audios that will help you manage your stress wherever and whenever it occurs.

We have recently upgraded our app to include interactive tools. Through the “Inquiry” feature, you can send us questions, comments and feedback about the App, hypnosis, our services or whatever is on your mind. Simply fill in the inquiry form and press “Submit!” Instantly, we will get your inquiry and a response will be on its way within 24 hours or less!

The same features and functions are also available on our HYPNOSIS HWU mobile website for **BOTH** ANDROID and APPLE devices.

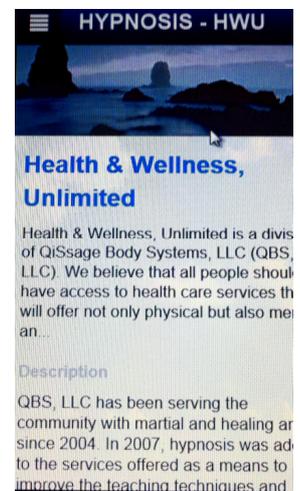
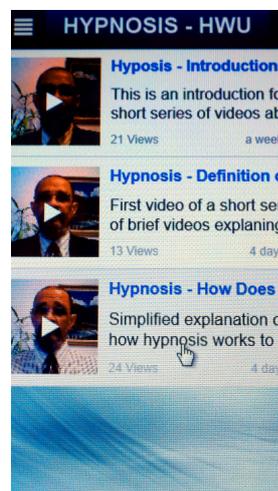
Once you’ve downloaded the app or mobile web site, send us an inquiry and let us know what you think!

You can access the App on our web site’s Home Page at: <http://www.hypnosiswellness.org/> or go to the Google Play Store and search “Hypnosis HWU.”

To get quick access right now, just scan the QR Code below!



*DON'T WORRY MAC/APPLE USERS,  
HYPNOSIS HWU IS . . .  
COMING SOON TO THE APPLE STORE!*



*Additional screenshots of the Hypnosis HWU App*

## THE HYPNOTIC EXPERIENCE “Hypnotized”



*This is the last of a short series of articles that covers different aspects of the hypnotic experience and treatment in a typical session. Each aspect will be identified and explained in order to give the reader a better understanding of the process and how it works as well as how the mind works.*

In the January 2013 issue, we began our discussion with the “Interview” process. In this issue, we will conclude this discussion with the actual hypnosis session.

Now that the interview has been completed, the next step is the actual hypnosis session.

In issue, Vol. 1, No. 2, April 2012 of this newsletter, we had an article entitled, “A Typical Hypnosis Session.” This article will follow that protocol but elaborate on each step of the hypnotic session.

After being placed in a comfortable chair and position conducive to relaxing, you may or may not have music playing in the background to help you relax. The “Induction Process” will commence. This is a time when you are encouraged to close our eyes and “let go” for a time. The hypnotist will guide you through relaxing breathing steps and a gradual letting go of all the tension being housed in your physical body and mind.

Once you are relaxed to the point that your conscious mind has receded (*or drifted off to another place and time*) and your subconscious mind has come to the forefront, the hypnotist will begin to utilize his/her skills to help you resolve your problem or concern.

Upon completion of the “therapeutic” work in your session (*which will not be detailed here because it is “client specific” and not the same for everyone*), you will be dehypnotized or brought back to the present awareness of time.

Finally, you may have a brief discussion about your session then schedule any future sessions that may be necessary to complete our goals.

We hope that you have found this short series helpful in understanding what to expect when scheduling a session with a hypnotist. Although all hypnotists don’t necessarily follow this guideline, you may have a better picture of what to expect.

If you have questions, comments or feedback about this series of articles, please feel free to contact the Editor. You may find that it just may stimulate another series of articles.

## WRITE & SUBMIT AN ARTICLE



Are you a hypnotist? Are you someone who has experienced hypnosis? Do you just enjoy our newsletter? Why not write an article and share it with our readers?

We welcome written material to be printed in our editions of The Hypnosis Examiner. There really aren’t any special requirements to be published and there are NO DEADLINES! When your submission arrives in our office, it will be printed in the next quarterly edition.

We are interested in factual information about hypnosis and questions that the general reader may have about this subject.

You don’t have to be a journalist or professional writer to submit an article. Just draft it out on you computer, submit it to the email address below and we’ll take care of the rest. It’s just that simple!

### **Submit an Article to The Hypnosis Examiner (THE):**

Submit an article or information for publication.  
Accepted submissions do not guarantee publication.  
All submissions must be the sole property of the writer. Do not submit any copyright information.  
Any information submitted becomes property of The Hypnosis Examiner to be used per THE discretion.  
\*Published articles are not necessarily the views or opinions of the Editor or THE.

### **Editor**

Jonathan B. Walker, LPN, RMT, MHt  
Founder of *Health & Wellness, Unlimited*  
Practicing Master Hypnotherapist in the USA

### **Contact:**

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

## ORIGINS OF HYPNOSIS



Milton Erickson

Milton Hyland Erickson (December 5, 1901 – March 25, 1980) was an American psychiatrist who specialized in medical hypnosis and family therapy.

During his lifetime, Milton Erickson became famous for his amazing “miracle cures.” Since his death he has become a legend.

Unorthodox psychiatrist, congenial family doctor, ingenious strategic psychotherapist and master hypnotherapist, Milton Erickson's influence has revolutionized Western psychotherapy. Thanks largely to him, the subject of hypnosis has shed its shackles of superstition and is now widely recognized as one of the most powerful tools for change.

Erickson had many personal disabilities which he often stressed helped him become proficient at practical problem solving for his clients.

His problems began early in his life. Born into a poor farming community in Nevada, he didn't speak until he was four years old. Later, he was found to have severe dyslexia, to be profoundly tone deaf and color blind. At the age of seventeen, he was paralyzed for a

year from a bout of polio so bad that his doctor was convinced he would die.

The polio had totally paralyzed him and the inflammation was so great that he had a sensory paralysis, also. He could move his eyes and his hearing was undisturbed. He got very lonesome lying in bed unable to move anything except my eyeballs. He was quarantined on the farm with seven sisters, one brother, two parents, and a practical nurse.

Recovering while still almost entirely lame in bed and unable to speak, he became strongly aware of the significance of non-verbal communications such as body language, tone of voice and the way that these non-verbal expressions often directly contradicted the verbal ones. He began watching people and his environment. He learned that my sisters could say "no" when they meant "yes." They could say "yes" and mean "no" at the same time. They could offer another sister an apple and hold it back.

He began studying nonverbal language and body language. He had a baby sister who had begun to learn to creep. He, too, would have to learn to stand up and walk again. You can imagine the intensity with which he watched as his baby sister grew from creeping on the floor to standing up.

He began to recall "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 again able to talk and use his arms. Still unable to walk, he decided to train his body further by embarking on a thousand mile canoe trip with only a few dollars . . . alone! After this grueling trip, he was able to walk with a cane.

Despite his handicaps (*or perhaps because of*), Milton Erickson went on to qualify as a medical doctor and psychiatrist. He was an avid medical student, and was so curious about and engaged in psychiatry that he got a psychology degree while he was still studying medicine.

In the following years he became the world's greatest practitioner of therapeutic hypnosis and one of the most effective psychotherapists ever.

When Erickson was in his fifties he was struck by a second bout of polio that caused him a great deal of physical pain. Even at this time in his life, he was able to turn it into a learning opportunity as he became highly effective at treating other people's pain with hypnosis.

Despite severe illness in his later years, Erickson continued to teach, demonstrate and practice his remarkable skills as a therapist even when eventually confined to a wheelchair.

When Milton Erickson started working as a psychiatrist, the field was limited by certain accepted rigid tenants. Hypnosis was widely seen as "the dark art" and psychiatrists could be ousted for using it therefore Erickson would secretly teach it to other psychiatrists.

At the beginning of Erickson's career, therapy was often interminable. Change was expected to happen very slowly and painfully. He would often see a client only once but still make lasting change happen for these individuals.

The legendary “Ericksonian handshake” where he would place someone into deep trance works along a basic human principle. It taps into the natural human “reorientation response,” triggered by shock or surprise. This occurs with the handshake when a familiar social pattern is interrupted.

It used to be assumed that psychological behavioral problems were always symptoms of something much deeper. The idea was that the mind worked exactly like the body. It was seen as superficial to just treat the symptom and indeed many practitioners had no idea how to lift a phobia or relieve the experience of depressions.

Milton Erickson maintained that a therapist's duty was to first ease or remove the unpleasant psychological complaint. He said that if you could “lift the handle a lot could be done with the pot.” A small change has “knock on” effects which lead into other areas. For example, the removal of a phobia can

lead to increased confidence in other areas. Erickson was directive and strategic in his therapy in a time where the therapist was supposed to be passive.

He was noted for his ability to "utilize" anything about a patient to help them change, including their beliefs, favorite words, cultural background, personal history, or even their neurotic habits. Through conceptualizing the unconscious as highly separate from the conscious mind with its own awareness, interests, responses, and learning, he taught that the unconscious mind was creative, solution-generating, and often positive.

He was an important influence on neuro-linguistic programming (NLP) which was in part based upon his working methods.

Anthropologist/cyberneticist Gregory Bateson involved Erickson as a consultant as part of his extensive research on communication. The two had met earlier, after Bateson and Margaret Mead had called upon him to analyze the films Mead had made of trance states in Bali. Erickson met Jay Haley, Richard Bandler and John Grinder through Bateson, (amongst others) and had a profound influence on them all. They went on to write several books about him.

## STRESS



Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress

is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. However, when you're constantly running in emergency mode, your mind and body pay the price. You can protect yourself by recognizing the signs and symptoms of stress and taking steps to reduce its harmful effects.

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it's real or imagined – the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction, or the *stress response*.

The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life – giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

The stress response also helps you rise to meet challenges. Stress is what keeps you on your toes during a presentation at work, sharpens your concentration when you're attempting the game-winning free throw, or drives you to study for an exam when you'd rather be watching TV.

Beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life.

It's important to learn how to recognize when your stress levels are out of control. The most dangerous thing about stress is how easily it can creep up on you. You get used to it. It starts to feel familiar even normal. You don't notice how much it's affecting you, even as it takes a heavy toll. The signs and symptoms of stress overload can be almost anything. Stress affects the mind, body, and behavior in many ways, and everyone experiences stress differently.

In 1967, psychiatrists Thomas Holmes and Richard Rahe decided to study whether or not stress contributes to illness. They surveyed more than 5,000 medical patients and asked them to say whether they had experienced any of a series of 43 life events in the previous two years.

Each event, called a Life Change Unit (LCU), had a different "weight" for stress. The more events the patient added up, the higher the score. The higher the score, and the larger the weight of each event, the more likely the patient was to become ill.

Check your stress levels with a simple test (*see Rahe Holmes Stress Scale next page*). Just check off the statements that apply and total your score.

To put this test in proper perspective, realize that regardless of what your score is, you may be handling your stress levels well by utilizing Stress Reducer/Management tools thus reducing your chance of future illnesses.

The Holmes and Rahe Stress Scale is a well-known tool for measuring the amount of stress you've experienced within the past year. Taking the test can help you see clearly if you're at risk of illness due to stress.

NOTE: Some scientists have suggested that the Holmes and Rahe Stress Scale is weak in certain areas. For example, some feel that different cultural groups react differently to different life events. Keep cultural differences in mind as you score your own life events. While it's useful to know about this idea so that you can take action with it, don't dwell on it, and don't let this knowledge affect your mood. Stress can cause severe health problems and in extreme cases, can cause death. You should take the advice of a suitably qualified health professional if you have any concerns over stress-related illnesses or if stress is causing you significant or persistent unhappiness.

By all means, keep in mind that if stress is a concern in your life, help is available! Hypnosis is an effective measure to reduce stress and teach you how to keep it in check with good management tools!

## RAHE HOLMES STRESS SCALE

	<b>Life Event</b>	<b>Value</b>	√
1	Death of spouse	100	
2	Divorce	73	
3	Marital Separation	65	
4	Jail Term	63	
5	Death of a close family member	63	
6	Personal injury or illness	55	
7	Marriage	50	
8	Fired at work	47	
9	Marital reconciliation	45	
10	Retirement	45	
11	Change in health of a family member	44	
12	Pregnancy	40	
13	Sexual difficulties	39	
14	Gain of new family member	39	
15	Business readjustment	39	
16	Change in financial status	38	
17	Death of a close friend	37	
18	Change to a different line of work	36	
19	Change in the number of arguments with spouse	35	
20	Large mortgage or loan	31	
21	Foreclosure of mortgage or loan	30	
22	Change in responsibilities at work	29	
23	Son or daughter leaving home	29	
24	Trouble with in-laws	29	
25	Outstanding personal achievement	28	
26	Spouse begins or stops work	26	
27	Begin or end school/college	26	
28	Change in living conditions	25	
29	Revision of personal habits	24	
30	Trouble with the boss	23	
31	Change in work hours or conditions	20	
32	Change in residence	20	
33	Change in school/college	20	
34	Change in recreation	19	
35	Change in church activities	19	
36	Change in social activities	18	
37	A moderate loan or mortgage	17	
38	Change in sleeping habits	16	
39	Change in the number of family get-togethers	15	
40	Change in eating habits	15	
41	Vacation	13	
42	Christmas	12	
43	Minor violations of the law	11	
	<b>Your Total Score</b>		
<b>Your Score</b>	<b>Comment</b>		
<150	Low to moderate chance of becoming ill in the near future		
150-299	Moderate to high chance of becoming ill in the near future		
300+	High to very high chance of becoming ill in the near future		

## ARE YOU MAINTAINING FILES & RECORDS?



It goes without saying that files and record keeping are a necessity in any properly functioning business.

However, in client based businesses, records are essential and in most cases, legally required.

So, let's take a minute to review what might be required (*or at least essential*) for hypnotists to maintain in the office.

Records should contain all the vital statistics of each client such as name, address, phone number email address and employment. Additional information may include concern or problem for which they are being seen, personal information about this concern or problem, medical or psychological/psychiatric history as well as hypnotist notes and plans of action and actions taken. Referrals and correspondence from collaborating healthcare professionals should also be included in the records of each client.

The information contained in these records is "confidential" and should carry all the rights of a client-hypnotist relationship.

The filing cabinet is the place of choice to house the records. It should be of substantial construction and have the ability to lock. The nature of information that you collect from a client has privacy privileges and should be treated as such.

Whether your "filing cabinet" is physical or electronic (*computerized*), security is a priority. If physical, it should be accessible to only those persons who have a "need-to-know" and locked at the end of each business day with all relevant client files and records placed in it. Files with privileged information should not be left out overnight or when no one is in the office.

If your filing cabinet is electronic, it should have an electronic security system in place with an encrypted password that is only known to the person or persons who have a "need-to-know." If the computer is portable (*laptop, notebook, iPad, tablet, etc.*), this device should be locked in a secure cabinet or closet when not in use or no one is in the office.

Of course, for electronic records and cabinets, the utmost care should be given to maintaining updated and current security, virus, phishing, and such software to maintain the best security at all times for the protection of the client's right to privacy.

Hopefully, this short article has raised your awareness about the necessity of security in maintaining files and records in your business. It is not intended as a protocol but merely a vehicle to raise your consciousness to a level where you think about this issue and review your procedures (based on your professional status as a caregiver).

Remember, the location of your business (federal, state, local laws) will determine what measures are necessary for you to take in order to conform to regulations and statutes.

## TO DISCLOSE OR NOT TO DISCLOSE?

To disclose or not to disclose? That is the question! But first, what is a disclosure?

A disclosure statement is a statement written in plain language that is easy to understand and provides disclosures of information that may be relevant or important.

When a disclosure statement is provided, people should take the time to read it because it is being provided for a reason, and the failure to read the statement could expose someone to problems in the future.

A good and common practice is that disclosure statements have a receipt attached that is signed by the client as evidence that the client has read and received the disclosure statement. This receipt should be maintained by the hypnotist in the client's records.

Not all professions or states require disclosure statements for hypnotists. You should check with your state professional guidelines to determine if you need to prepare and issue a disclosure statement to your clientele.

So, do you need to have a disclosure statement? If not, it may be a good practice to have one available for your clientele anyway. It serves to clear any misunderstanding about what you offer and what is expected of your services to the client.

## A COMPLETE LIST OF PHOBIAS

(From A - Z)

In this issue, we will finalize our list of phobias coming to the end of the alphabet. If you have been keeping track of the publications, you should now have a complete list of phobias from A – Z.

Have you identified any of the listed phobias? Do you have one of the phobias? Do you know anyone who has any of the phobias that were listed?

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 them as well!

Thunder & Lightning	Astraphobia
Thunder	Ceraunophobia
Tickled by feathers	Pteronophobia
Time	Chronophobia
Toads	Bufonophobia
Tombstones	Placophobia
Tornadoes/hurricanes	Lilapsophobia
Touched, being	Aphenphosmophobia
Trains, railroads	Siderodromophobia
Trees	Dendrophobia
Trembling	Tremophobia
Trichinosis	Trichinophobia
Tuberculosis	Tuberculophobia
Tyrants	Tyrannophobia
Ugliness	Cacophobia
Undressing in front of	Dishabiliophobia
Urine or urinating	Urophobia
Vaccination	Vaccinophobia
Vegetables	Lachanophobia
Vehicles	Ochophobia
Ventriloquist's dummies	Automatonophobia
Vertigo	Illyngophobia
Virgins	Parthenophobia
Voids	Kenophobia
Vomiting, airsickness	Aeronausiphobia
Vomiting	Emetophobia
Walking or falling	Basophobia
Walking	Ambulophobia
Walloons	Walloonophobia
Washing or bathing	Ablutophobia
Wasps	Spheksophobia
Water	Hydrophobia
Waves or like motions	Clymophobia
Waves	Kymophobia
Wealth	Plutophobia
Wet dreams	Oneirogmophobia
White	Leukophobia
Wild animals	Agrizoophobia
Wind	Ancraophobia
Wines	Oenophobia

Witches, witchcraft  
 Women, beautiful  
 Women  
 Wooded areas, dark  
 Wooden objects  
 Words  
 Work  
 Working  
 Worms, infested with  
 Worms  
 Wrinkles, getting  
 Writing in public  
 Writing or handwriting  
 Yellow or the word

Wiccaphobia  
 Caliginophobia  
 Gynephobia  
 Nyctohylophobia  
 Xylophobia  
 Logophobia  
 Ergophobia  
 Ergasiophobia  
 Helminthophobia  
 Scoleciphobia  
 Rhytiphobia  
 Scriptophobia  
 Graphophobia  
 Xanthophobia



### DID YOU KNOW?

Did you know that according to the Center for Disease Control (CDC) statistics that approximately 2/3 of the American adult population are overweight and 50% of those adults are obese!

Do you realize that means every 2 out of 3 adults that you see on the street are overweight and 1 of them is obese?

Obesity is the #2 cause of preventable deaths in the United States. It is a national epidemic!

These numbers are absolutely astounding because it also means that each of these adults who are obese are predisposed to having heart disease, cancer, stroke, diabetes or kidney disease.



# WANT TO RECEIVE YOUR OWN ELECTRONIC COPY OF THE NEWSLETTER?

## IT'S EASY!

## JUST DROP US AN EMAIL REQUESTING TO BE ADDED TO THE MAILING LIST AND IT'S DONE!

## SEND YOUR REQUEST TO:

# TOPHYPNO@AOL.COM



(Scan to send email)

**THE HYPNOSIS EXAMINER**  
Health & Wellness, Unlimited  
*"Establishing Clarity, Harmony and Balance in your Life"*

---

Volume 1 - Number 1
A Quarterly Newsletter
January 2012

---

**Premiere Edition - Feature Article**

**HYPNOSIS**

When you hear the word "hypnosis," it seems to stir various reactions. Responses range from disbelief to fear and even laughter. You may envision a mysterious hypnotist-figure popularized by movies, comic books and television that is wearing a goatee and waves a pocket watch back and forth in front of his subject until they lose control of their will and are put in a zombie-like state. Once in a trance, the subject is compelled to obey the hypnotist's bidding and mutters "Yes, master."

This perception, known as the "Svengali Effect" gained its name from an old John Barrymore film called, "Svengali." In this film, Svengali hypnotizes women to go out at night and do evil bidding under his spell. This idea that a person's "will" can be controlled continues to

be reworked today in modern film and television. As a result, the fear-factor about hypnosis continues to be renewed and refreshed. Unfortunately, misconceptions and misinformation about hypnosis are amplified.

Quite to the contrary, hypnotists do not produce zombies of their clients nor do the clients lose control of their "free will." Hypnosis can work effectively to help people resolve a wide array of personal concerns and assist them in the attainment of personal goals.

The term "Hypnosis" is derived from the Greek word for sleep, however hypnosis is actually a state of deep relaxation in which an individual finds himself/herself more susceptible to suggestion. During this deep state of relaxation, the "conscious mind" recedes and becomes passive while the "subconscious mind" comes forward and becomes more active and accessible.

**hyp-no-sis** (hip no sis) n., pl. -ses' (-as') [(Gr-hypnos, sleep -osis)]  
a state of increased suggestibility and concentration.

Simply stated, hypnosis is a state of heightened suggestibility. This state of mind can be self-induced or obtained with assistance.

In all cases, hypnosis is self-induced and no one can be hypnotized or made to follow any suggestions that they choose not to accept. The subconscious will ignore any suggestion that is not within its interest. A hypnotized person will automatically arouse into a normal wakefulness state if they are being asked to do something that goes against their will or morals.

Many people have experienced the hypnotic state of mind. It is very similar to the state of mind one gets in while engrossed in reading a highly interesting novel. While reading, you begin to experience events happening in the book as though you are actually a part of those events (like feeling emotions such as happiness, sadness or excitement to the point of having physical reactions to what you are reading like smiling, crying or increase heart rate). This same state of mind is produced while watching a movie and getting totally engrossed in the events taking place on the screen. You may jump and become flushed (continued next page)

**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 time bound and exists in the 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 bypass 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 one's life.

*Next issue: "Parts Therapy"*

# WANT BACK ISSUES? JUST ASK AND IT'S ON ITS WAY!

**NOW YOU CAN HAVE US RIGHT AT  
YOUR FINGERTIPS 24/7!**

**DOWNLOAD OUR “FREE” APP!  
TO YOUR ANDROID OR APPLE  
DEVICES!**



**Health & Wellness, Unlimited**

» Hypnosis for Wellness - Download App! «

FREE



**JUST SCAN THIS QR CODE ABOVE TO GAIN ACCESS TO:**

- *The Hypnosis Examiner (A Quarterly Newsletter)*
- *Opportunity To Be Placed On Our Mailing List*
  - *Facts And Fiction About Hypnosis*
  - *Hypnosis Audio Recordings*
  - *Informational Videos*
- *Interactive Forms for You To Communicate With Us*

# DO YOU HAVE FEARS OR PHOBIAS?



**YOU DON'T HAVE TO LIVE IN FEAR  
ANYMORE!**

# HYPNOSIS

**“CAN TAKE YOUR FEARS AWAY!”**

**Just a few sessions then live your life freely!**



*Health & Wellness Unlimited*

*A Division of QiSage Body Systems, LLC*

Eastampton, NJ 08060



**(609) 923-4999**



**[www.hypnosiswellness.org](http://www.hypnosiswellness.org)**

*Got Questions?*  
**We've Got Answers!**  
*Got Problems?*  
**We've Got Solutions!**



## “HYPNOSIS”

*Establishing Clarity, Harmony and Balance in your Life!*

\*Stop Smoking \*Lose Weight \*Stress Management \*Anger Management  
\*Phobias/Fears \*Pain Control \*Insomnia \*Migraines  
\*Self-Improvement \*Sports Enhancement \*Vertigo  
\*Memory Improvement \* Past Life Regression \*And Much More



*Health & Wellness Unlimited*  
Complimentary Health Care Services  
*A Division of QiSsage Body Systems, LLC*



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



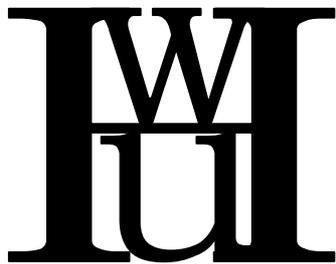
# PAST LIVES?

*Are you curious?*

*Want to know more?*

Have you ever wondered about past lives? Have you ever experienced Deja Vu? Do you believe in reincarnation? Would you like to know more about any possible past lives that you may have had?

## *Past Life Regression Hypnosis*



*Health & Wellness Unlimited*

Complimentary Health Care Services  
A Division of QiSage Body Systems, LLC

More Information and appointments:  
Contact Jon Walker @ (609) 923-4999  
(Smart Phone? Scan the QR Code to call)



HYPNOTHERAPY/HYPNOCOUNSELING

# "SUMMER SPECIAL"



Call and book your first appointment for a  
"HYPNOSIS SESSION"

Mention this advertisement and get

**\*10% Off the Initial Visit**

Print this advertisement and bring it with you, get

**\*15% Off the Initial Visit**

Have our Hypnosis HWU app on your device, get

**\*20% Off the Initial Visit**

Health & Wellness, Unlimited    Email: [tophypno@aol.com](mailto:tophypno@aol.com)    Call: (609) 923-4999

\*This offer is only valid until the next edition of The Hypnosis Examiner is published and it supersedes are previous ads.