



THE HYPNOSIS EXAMINER

Health & Wellness, Unlimited

"Establishing Clarity, Harmony and Balance in your Life"

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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' (-sez')* [[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)

or sweaty when something unexpected or scary happens. Daydreaming is also a similar experience. These examples of the "trance-state" have sometimes been categorized as self-hypnosis. Milton Erickson, the premiere hypnotism expert of the 20th Century, contended that people hypnotize themselves on a daily basis.

Physicians, Psychologists and Hypnotherapists have used hypnosis as a valuable tool in solving unwanted behavioral patterns such as insomnia, lack of concentration, memory loss, fears and phobias, stuttering, pain management and asthma. Hypnosis has also been helpful in treating smoking, overeating, alcoholism and skin conditions like acne and warts.

Future Features: *NLP, Parts Therapy, Metaphors, EMDR, Brain Waves, The Brain-vs-The Mind, The Conscious and Subconscious Minds and more.*

ORIGINS OF HYPNOSIS



Modern hypnosis began with an Austrian physician, **Franz Anton Mesmer** (1734 – 1815) in the 18th Century. Mesmer (*whose name the word 'mesmerism' is derived*) studied theology, philosophy and law and was a medical graduate from the famed medical school of Vienna. He became a doctor with his thesis "De influxu planetarum in corpus humanum" in which he revived the ancient idea that the

planets of our solar system exuded invisible rays that affect our bodies. Mesmer called this effect, "animal magnetism" and the rays "magnetic fluid." He became Europe's foremost expert at magnetic healing, where magnets were passed over the body to effect a healing. His results were fabulous and so he became very famous. Mesmer believed all living things contained a kind of magnetic 'fluid' and if a person had enough of this fluid, they would be healthy. This is where the term "animal magnetism" comes from. Mesmer would stand his subjects quite still while he swept his arms across their body, sometimes for hours on end. One day, Mesmer forgot his magnets and so he just made passes over the patient with his hands and was surprised to find that they got better. From there on, he thought he had sufficient magnetic fluid in himself to effect the cures.

Mesmer did not coin the term, "hypnotism." An English scientist, James Braid (1795-1860), did that in 1843. The word hypnosis was derived from the Greek god Hypnos, God of Sleep. Braid coined the term to prevent association with "animal magnetism" which he claimed was nonsense.

More on James Braid in a future edition.

FEARS & PHOBIAS:

What are they and why are they so scary?

What is Fear? Fear is a chain reaction in the brain that starts with a stressful stimulus and ends with the release of chemicals that cause a racing heart, fast breathing and energized muscles, among other things, also known as the "fight-or-flight" response. The stimulus could be a spider, a knife at your throat, an auditorium full of people waiting for you to speak or the sudden thud at your front door.

If we could not be afraid, we probably wouldn't survive very long. We'd walk into oncoming traffic, step off a rooftop or maybe carelessly handle a poisonous snake. The purpose of fear is to promote survival. It is a natural instinct in man and animals.

Humans also have the unfortunate gift of "anticipation." We accept terrible things that *might* happen based on things that we've heard about, read about or seen on television. Anticipating a fearful stimulus can provoke the same response as actually experiencing it.

It is advisable to have a respectful appreciation of fear.

What is a Phobia? Fear is the normal response to a *genuine* danger, however, with phobias, fear is either *irrational* or *excessive*. It is an abnormally fearful response to a danger that is imagined or is irrationally exaggerated.

People suffering from a phobia will commit to great lengths to avoid, typically disproportionately, the actual danger posed. If the phobia cannot be avoided, the individual will endure the situation or object with great distress and significant interference in social activities.

Although phobias are basically irrational or excessive responses, they are very *real* in the mind of the sufferer.

Phobias affect people of all ages and areas of life on a global basis.

**(The "Complete List of Phobias" coming in future issues)*

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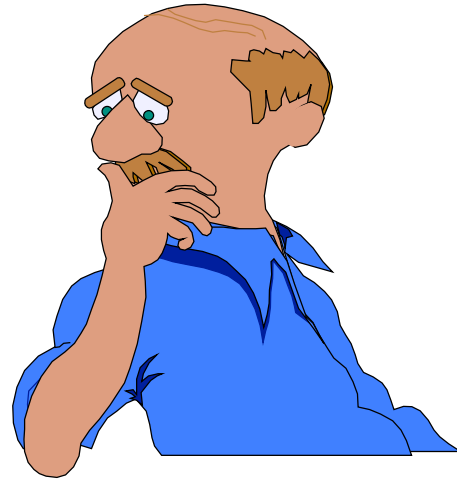
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“GOT A PHOBIA?”



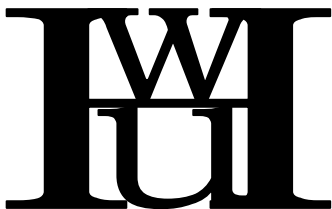
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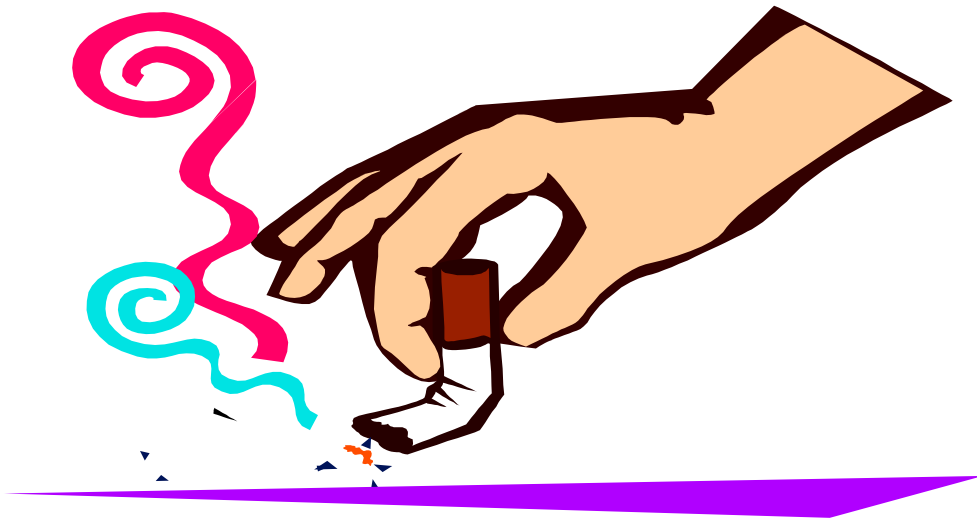
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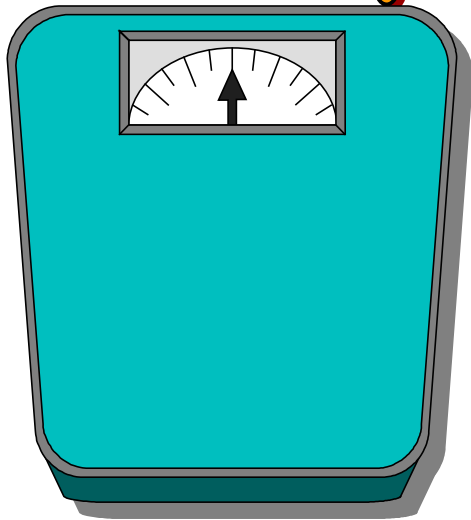
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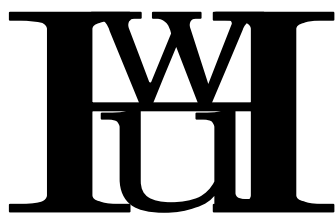
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