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## Introduction

Welcome to the wonderful world of Hypnosis! This book is a collection of Success Stories written by many Hypnotherapists from around the world.

I am honoured to be a part of this phenomenal project. Included in these pages are great success stories that will change how the world views hypnosis. Being a Hypnotherapist allows us to enhance the lives of our clients, and watch them transform right before our eyes. This is the greatest privilege and gift that we can provide.

The purpose of this e-book is to provide you, the reader, a greater understanding of hypnosis, and to dispel the myths surrounding hypnosis. This powerful modality has helped many people to achieve their desired goals.

Hypnosis is a tool that allows you to enter the subconscious mind, where all emotions, beliefs, and blockages are stored. By entering the subconscious, we can then release, change, and replace any undesirable state. Hypnosis can help you transform your life!

The following stories are written by dedicated Hypnotherapists who have witnessed their clients' transformation. These powerful success stories will help you to identify your own short comings and also introduce you to new choices as a way of healing.

Hypnosis is one of the most valuable tools in the world today for the enrichment of lives.

*Debbie Papadakis BCH., C.I.*

*Success Stories Committee Head*

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## Chapter 1

### Weight Loss

Televised on Boston's Channel 7 News



#### **Hypnotic Help** - Air Date: 02/23/2004

For centuries hypnosis has been used in eastern philosophy and now it's growing increasing popular for helping people to stop smoking-- treating stress and anxiety-- even self-esteem...and but it may also be helping in the battle against the bulge. Christa Delcamp follows two sisters who tried to lose it in a trance in "Hypnotic Help." From low carbs and high protein to working out and cutting calories -- everyday someone is starting a diet. But for Midge Doyan of Wilmington, Massachusetts and her sister Janet Keleher of East Hampstead, New Hampshire-- they got sick of years of weight watching.

**Midge Doyan** "I'm constantly going up a size and it's scaring me."

And decided to try taking it off in a trance.

**Janet Keleher** "I'm here today because I want to lose weight."

Like millions of people they first learned of Boston area hypnotist Dr. Tom Nicoli from a story on Dateline NBC. Where a Dateline dieter lost an astounding 40 pounds in 3 just months...

#### **Dr. Tom Nicoli, Ph.D. CH, Hypnotherapist, A Better You Hypnosis**

"It's magical but it's not magic." Nicoli says hypnosis works by changing your internal programming--the subconscious...

"We could desperately want to do something consciously and still not be able to do it because it's the information stored in the subconscious mind that continues the behavior. Through indirect and direct suggestions and metaphors, the subconscious mind shifts information and makes changes accordingly."

7 News wanted the skinny on dieting in a daze--so we followed Midge and Janet through their two-month journey. After their very first session both women seem revitalized and excited...

**Janet Keleher** "You feel like you didn't want to go back to your bad habits."

#### **Midge Doyan**

"I tried to think of eating some pizza a little while ago and it didn't sound good at all."

And after one month the results were eye opening. Midge says to her surprise her emotional eating subsided and she lost 10 pounds without trying.

**Midge Doyan** "I'm very positive and I'm not thinking about food."

Janet says she stopped obsessing about food but the biggest difference she saw was in her clothing-- She had dropped a full size...

**Janet Keleher** "I'm happy with myself and its good to see progress being made."

As part of the hypnotherapy both sister's had three individual visits with Dr. Nicoli-- but were also required to listen to his hypnosis CD's at home.

**Janet Keleher** "I listen to it every night."

**Midge Doyan** "I need those CD's right now. It just rejuvenates me."

**Dr. Tom Nicoli, Ph.D. CH, Hypnotherapist, A Better You Hypnosis**

"Yes, we'll make behavior modification changes, yes we'll have a an emotional change, but reinforcement is necessary."

So after a total of 10 weeks-- two holidays and a vacation later-- the women weigh in. Midge lost a total of 15 pounds and 2 sizes...

**Midge Doyan** "It was so easy. It's almost embarrassing how easy it is."

And Janet dropped two sizes but also gained something she hadn't planned on... **Janet**

**Keleher** "I feel I am more organized I have more energy to do things."

**Midge Doyan**

"I don't have a desire for certain foods I used to. I am not deprived. I have just what I want to have and just know now when to stop."

The women say it's not about a sticking to a diet -- it's just the urge to over-eat is gone. So if losing fat and getting in shape is your goal... when weighing your dieting options hypnotic help may be the key.

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## **Losing it: Dateline Ultimate Diet Challenge**

### **Six alumni pursue different diets before High School reunion**

By John Larson

NBC News - Updated: 4:42 p.m. ET Jan. 5, 2004

**\*\* (Complete 11 page story here) <http://www.msnbc.msn.com/id/3841501/>**

**\*\* This submission is edited to focus on Marc's journey during this time and how hypnotism was effective.**

If you made a New Year's resolution to lose weight and already you've blown it, here is some inspiration to help get you back on track. A year ago, we met six members of the class of 1978, all wanting to shed pounds before their 25th high school reunion this past fall. We offered to help them. Each was given a radically different weight loss plan.

Our volunteers could pick one of six weight loss methods -- from Atkins, Weight Watchers or SlimFast to intense exercise, having your own famous weight loss guru -- even hypnotism.

For the Dateline Diet Challenge, the ladies man back in high school, Marc Merlis chose hypnotism. When Marc's wife saw Dateline's letter she quickly picked up the phone and turned in her husband. And for good reason. His wife is worried. Marc is a baker by trade with a weakness for food. His weight is serious problem. His father died of heart disease at 50 and now Marc's cholesterol and blood pressure are dangerously high. So Marc has agreed to let a hypnotherapist help him focus on his weight and more importantly, his health.

**Marc:** "I remember how I felt when my father died. I was 20, you know? I would hate to have my kids go through that."

Marc tips the scales at 245. His task is even greater, to lose 50 pounds. During his first hour-long session with Boston hypnotherapist Dr. Tom Nicoli, he received suggestions on healthy eating and lifestyle. The session left Marc reeling.

**Marc:** "And the strangest thing, I see this big belly (laughs) the belly button was a big red hole with fire coming out of it. "

Don't laugh. Suddenly Marc started exercising and eating well. Three weeks later the hypnotist told Marc everything he'd learned will be reinforced by the color red.

**Dr. Tom Nicoli:** "Brake lights, tail lights, lipstick, fingernail polish, clothing. Anytime you see the color red consciously or unconsciously."

Two months in, the man who originally couldn't get into his varsity jacket, now can't be held back. Marc was steadily working with a fitness trainer and he was religiously

listening to his tapes of his hypnotist. After three months under hypnosis, his wife had a nickname for him. Incredibly, "droopy drawers" had lost the most so far, a staggering 40 pounds.

**Smoking Success:** That's when droopy's wife got in on the action. She went to Dr. Nicoli to quit smoking. And guess what? Smoke free, fat free. Five months in, for the Merlis's things couldn't be better. And at their son's bar mitzvah this May, lifting Marc was a piece of cake.

In late June, there was trouble in hypnosis paradise. It had been six months since Marc had seen the hypnotist. He'd blown off exercise, stopped listening to his tapes and now he was sneaking food and lying about it. By August he'd gained back 15 of the 40 pounds he'd lost. There was only one thing left to do: go back to the hypnotist, who had a lot to say. After a 30-minute tune-up, presto, Marc was back at the gym, listening to tapes and eating healthy again.

When we caught up with everyone in September, Marc was once again doing great.

### **Reunion time**

October 2003, 10 months into the diet challenge and 25 years since they graduated high school, the night finally arrived. Our ladies man, Marc Merlis, using hypnotism had a total loss of 35 pounds.

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### **Successful Weight Loss Story Using Hypnotherapy Techniques**

**Weight Loss:** When Roberta S. first came in to see me she was desperate. She had taken off 40 pounds in the past, but it was coming back and she was feeling out of control again. She had been dieting since she was 8 years old and was now 52. She had been on all kinds of diets, some of them 2 or 3 times, a prime example of the yo-yo syndrome. She felt she just had to try hypnosis, as she had tried everything else short of surgery.

After explaining hypnosis and how I use light and sound technology, she felt she could trust me, so we began our series of 5 sessions. After the first session, she stopped sampling everything as she was cooking dinner and didn't eat off her husband's plate anymore. She just ate her own food and said how good it felt to be in control. She was able to stop the mental battles (24 hours, 7 days a week) about eating that she had been doing. Her brain could now think about other things. Her craving for sugar subsided with the metaphors I used and the ego strengthening.

Through regression and forgiveness, we worked through her fear that being thin wouldn't last; as she had been fat since she was 8 years old. Roberta began exercising again and now likes how she looks, feels and thinks.

*Jeanette E Laitner, CHCI received her Hypnosis & Instructor Certifications from the National Guild of Hypnotists and has been in practice since 1993 & has co-authored 3 books. She teaches certification courses, is a certified NLP Practitioner, and a Certified Fertility & HypnoBirthing® Practitioner. She is a member of NGH, IMDHA and OPEIU Local 104 AFL-CIO. Contact Jeanette Laitner: A + Hypnosis Wellness Center 515 N 87 St, Suite B, Omaha NE 68114 Office (402) 333-1069 FAX: (402) 898-1195 Home (402) 779-2102 Email: [jglaitner@cox.net](mailto:jglaitner@cox.net) Website: [www.aplushypnosis.com](http://www.aplushypnosis.com)*

## **"I Lost All The Weight I Wanted To Before My Son's Wedding" A Client's Story**

In June of 2004, my son surprised me and told me he was getting married in August. I was happy for him, but I was also somewhat stressed, because it was only 6 weeks away.

I knew that I would need a new dress for the wedding, and for the reception afterward, so I started looking. I was lucky, because I found just the dress I wanted to wear, and it was just the right price for me. It was perfect. There was only one problem. The dress was two sizes too small.

I had 6 weeks to slim down and fit into the dress before the wedding.

I had been working with a hypnotist with self-hypnosis for self-confidence and stress relief. I called her immediately to see if she could put together a weight loss program for me, and she said she could.

My hypnotist worked with me in private sessions all through the summer over that next 6 weeks. She said that since I had already been doing the self-hypnosis I had a real head start on losing the weight I wanted to lose. I've tried to lose weight before and I must admit, it was hard to do. This time it was easy. In fact, I was amazed. I found myself easily giving up the little things that had put on the pounds in the first place, without

feeling deprived. I started looking for ways to walk more, and get more exercise – and it was fun, like a game for me. My eating patterns changed, almost magically, as if all by themselves. I didn't have to "try hard" at all.

As the weeks went by, I really started getting excited about how I was feeling, and how my body was starting to look. I would try the dress on every once in awhile to check my progress. Sometimes I would worry a little bit, wondering if I was going to make it. But whenever I found myself stressing out about it, I would do some self-hypnosis for relaxation, and I would be fine again. Whew! Thank goodness for that!

On the wedding day the dress fit perfectly. I felt good, and I had quite a few comments on how nice I looked. I was very happy with the results.

After the wedding, I decided to continue with my weight loss program. During one of the times I'd tried on the dress before the wedding, I reached way back into my closet for some clothes that I hadn't worn for years because they didn't fit me. They were very nice clothes, and I hadn't wanted to throw them out. I'd secretly hoped I'd get back into them someday.

As the pounds were coming off before the wedding, I began to think that it might even be possible to lose enough weight to be able to wear some of those clothes again. Losing the weight was so much easier than I'd thought it would be; now I had hope I could lose some more.

Now I am wearing some of those clothes, and they are looking as good as I had imagined. I'm so excited. With hypnosis, I lost all the weight I'd wanted to, and now even a little bit more. I am still losing weight and I'm loving my new look.

Happy Mother of the Groom - Salt Lake City, Utah

*Gwyneth McNeil is Certified as a Hypnotist and Instructor with the National Guild of Hypnotists. A student of hypnosis and the healing arts since 1973, Gwyneth began practicing professionally in 1989. As a Certified Instructor for the National Guild of Hypnotists, Gwyneth teaches both the head and the heart of Hypnosis. Educated in psychology, philosophy, addiction counseling, and an experienced consultant in business and non-profit organizations, Gwyneth brings depth, balance and wisdom to each one-on-one and group encounter.*

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### **Discover How I Lost 50 lbs of Painful Fat**

This testimony I would like to share with you is a woman that I worked with at my Springfield Clinic to lose weight.

Angie and her mother (who also lost 30 lbs) came together to start their sessions. We met weekly for six weeks and then once a month for ten months to reinforce the suggestions. I used aversion to eliminate certain fattening foods and suggested exercise and moderation in portion size. After each session she received a self-hypnosis CD for daily practice at home. Angie has been a great client.

In my hypnosis clinics in Illinois, our staff specializes in weight reduction, smoking cessation, and personal improvement issues such as stress management and sports enhancement. I chose the name Personal Motivation Hypnosis Clinic because people want help with their own motivation using self-hypnosis.

The director of the Crystal Lake Clinic, Cheryl Shagena Dudley, met with Anna for three sessions and sent home a self-hypnosis CD with each session. Anna has not even experienced the common side effect of weight gain after quitting smoking.

We screen each potential client to be certain they can be hypnotized and to determine their willingness to commit to multiple sessions to achieve their goal.

My name is Angie Hoffert. I'm from Lincoln, Illinois and I work in Springfield. Hypnosis has changed my life. I gained weight with my pregnancy and then went through a divorce soon after my baby was born. Because I was going through a rough time and was in a state of depression, all I wanted to do was eat! I tried diets, such as Herb-a-life and Slim Fast, but could never stick with them. I would always gain back the weight I had lost. I felt very insecure about myself and never felt like doing anything. My self-esteem was very low. I didn't have the energy to give my daughter the type of attention that she deserved.

When I started this program a year ago I was a very depressed person and was eating all of the time for comfort. Nothing in my life was going right; I kept starting different diets with no success. I couldn't stick to any of them.

Then, one day I was flipping through the paper and ran across an ad for hypnosis. I debated for some time whether or not to call for an appointment, because you never know how realistic an ad can be.

When I went in for my free initial screening, I read results of the other clients of the clinic, and I figured if they could do it, so could I. I signed up on 4/15/03 and haven't regretted it for a minute. I only wish I would have done it sooner.

Since coming to the Hypnosis Clinic, I have more energy. I enjoy exercising and look forward to working out and going for a walk at night. Hypnosis has taken away my desire to eat the fattening foods that used to cause me to gain weight. I used to eat French fries around five times a week and now my cravings for French fries are gone! I also find that I feel full on half as much food. My self-esteem has gone up and I enjoy getting out and leading an active life. Even better, I can now give my daughter the attention she deserves.

When I started the program I was asked how many pounds I would have to lose to reach my goal. I said 50 pounds. I lost 34 pounds in the first 3-4 months due to eating better and walking 3-6 miles a day. The winter months were harder, but I kept the 34 pounds off. Now that spring is here I am walking again and I have met my goal of 50 pounds. I am wearing smaller sizes than I wore in college. I feel wonderful about myself. My confidence has greatly increased and I love to go shopping now. I have even bought myself a new bikini!

Angie Hoffert

Lincoln, IL

*William Mitchell B.A., M.Div. specializes in helping people to become permanent non-smokers and to lose and control weight. In 2002, he founded Personal Motivation Hypnosis Clinic and now has clinics in Springfield, Normal, Fairview Heights, and Crystal Lake, Illinois. He resides in Springfield, IL.*

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### **Hypnotherapy and Weight Loss**

One of my cases in hypnotherapy was treating a 42 year old woman for weight loss. Her goal was to lose at least 50 lbs.

During our first session I did a thorough evaluation of the problem as she was genuinely ready to embark on this type of treatment. Although she had never tried hypnosis before she had consulted with her doctor and he encouraged her to try it. We worked on her self-esteem at great lengths during this session and I also taught her the first step in self-hypnosis. We decided she should keep a food diary and as she left my office that day, my client was very motivated and inspired.

Two weeks later for our second session we went through her diary and at that time we talked about the food pyramid, good and bad fats as well as addressing the problem of sugar. I gave her a food guide outline to follow. By this time she had lost 10 lbs. Next I taught her step 2 in self-hypnosis and gave her a handout on emotions and how they can affect our eating habits. Again that day, she left feeling very optimistic.

In our next session I had her do a long visualization in front of a mirror. She visualized her new self getting thinner and liking her new shape. From there I had her shopping for new clothes to fit her new figure. I could actually see her smiling through all of this and felt we were well on our way. Then I taught her step number 3 in self-hypnosis. By this time she had lost another 8 lbs. We briefly talked about exercise at this point and my client was now taking the stairs in her apartment instead of the elevator. I also had her walking in her apartment during commercials while watching television.

During our 4<sup>th</sup> session we worked on stress management and I programmed the color red to help her lose more weight. By this time she had lost another 8 lbs.

On our last session the client came in having lost another 6lbs. which made it a total of 32 lbs. My client felt very pleased with her progress. She now felt she could follow the program we had set up for her since she was doing so fantastically.

Six weeks went by and I received a phone call telling me she had reached her goal and she was ecstatic. It has now been eight months and my client has managed to maintain her weight loss.

This is what hypnotherapy is all about, client satisfaction and pride in our work. There are no greater rewards than this.

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### **Hypnosis: An Effective Tool For Weight Loss**

A lady came to me to lose weight. Her husband attended each of her three sessions. After her third session she and her husband went to Florida for a holiday. While in Florida she called me just to say hello. While she was on the phone, I suggested that I would be pleased to give her a booster session over the phone. I give all of my clients a trigger word so that they will go into hypnosis at the sound of my voice saying the word. Her husband was sitting by her side and kept me informed as to what was happening at that end. I said her trigger word and she immediately went into hypnosis. I gave her a short session and she has to date lost sixty-three pounds. It took her about six months to lose the weight and it has not returned.

To say that I am pleased is an understatement. We are in the greatest profession in the world. The real rewards are seeing the results.

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## **Chapter 2**

### **Smoking Cessation**

#### **Well Worth the Money**

I tried everything, even Smoke Away (it only worked for 7 days). Trying Hypnosis was my last hope. I had been smoking for 25 years, about a pack a day, and now I am a NON-SMOKER! I can taste and smell things I haven't tasted or smelled in a long time. My children and husband are happier and so am I. I honestly didn't think it would work but I don't want to smoke. I think about it but do not want to light up.

To me hypnosis is well worth the money. I will never have to pay for cigarettes again!

Anna Kluth

Crystal Lake, IL

*William Mitchell B.A., M.Div. specializes in helping people to become permanent non-smokers and to lose and control weight. In 2002, he founded Personal Motivation Hypnosis Clinic and now has clinics in Springfield, Normal, Fairview Heights, and Crystal Lake, Illinois. He resides in Springfield, IL.*

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#### **Hypnosis: An Effective Tool For Quitting Smoking**

A married couple came to me six years ago with a smoking problem. They each smoked a pack a day for over twenty years. I worked with them separately. They each came to me for three sessions. The sessions were a week apart.

During this time they had attended a couple of pool parties and their friends commented about their not smoking. When they told their friends that they went to a Hypnotherapist the response was laughter and snide remarks such as you've got to be nuts. I thought you were smarter than that. From the first session they lost all desire or craving to smoke. I have checked with them and they still couldn't care less about smoking.

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## Chapter 3

### Athletic Performance

#### A segment of an article printed in the Boston Herald:

#### **'You're getting very speedy': Woburn hypnotist helps teen swimmer cut his time** By Tenley Woodman

*Monday, September 27, 2004*

When Swampscott teen Craig Lewin needed to shave seconds off his race time in the pool, he opted for an alternative training method: hypnotism.

"My problem was that I had all the skills to swim, but I needed to cut 9 or 10 seconds off my time. I had the ability to do it, but I'd get in to swim and I couldn't get any faster," said the 18-year-old Boston College freshman.

That's when he turned to Tom Nicoli, a certified hypnotist in Woburn. "The hypnotism was more to not be self-conscious so I wouldn't have to think about it. It helped me relax and have confidence," Lewin said. Lewin not only beat his own high school record, but he is now a member of BC's Division I swim team.

Nicoli has been practicing hypnotism for 18 years and is certified with the National Guild of Hypnotists. He has been featured on NBC's "Dateline" for helping a Quincy man shed pounds for his high school reunion, and he recently helped former "Average Joe: Hawaii" contestant Donato Ventresca lose weight.

"Hypnosis assists the individual to do what they already desire automatically. One part of the process using hypnosis is to find why they have this anxiety," Nicoli said. "People just shy away from the word because it's not explained well enough or is misunderstood."

Myths about hypnotism include a swinging pocket watch, a deep voice with a slow cadence and clients on the couch in a deep slumber. Nicoli uses none of these.

"One of the misconceptions is it's mind control, or a quick fix. It's a wonderful tool, but it must be applied," he said. Nicoli's clients are given CDs to practice self-hypnosis to maintain their focus.

Like hypnotism, sports psychology teaches athletes about deep visualization and relaxation skills. But Lewin said hypnotism was the only enhancement technique that worked for him. "One of my friends did it (sports psychology). He improved, but it wasn't the big improvement I wanted," Lewin said.

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**Run Amadeus, Run!**

Tom Nicoli, PhD., CH

*Westwood, Massachusetts High School running back, Amadeus Guerrero, had all the skills and natural assets a football star is made of. But after injuring an ankle, he learned what every athlete knows. The game begins in the mind.*

Though consciously Amadeus was well aware that his ankle had healed and his doctors had given him the word to play again, he was unable to play at the level he had played at before his injury. His ability to play with the skill and abandonment that he required for athletic success was prevented due to the omnipresent thought that he could injure his ankle again.

When I first met with Amadeus he told me, "Every time I go to make a move or cut I think I might get hurt. I'm not as confident any more when I play."

I had Amadeus scheduled for 3 visits, each a week apart. The first session went well and he left as most clients do with one of my hypnosis audio CD's to use daily to reinforce his confidence levels and to remove the anxiety he was experiencing. When he arrived for his second session he told me he was "feeling more confident and played a little better."

Amadeus spent the following week with my Athletic Series CD's to improve his mental focus with guided imagery and mind practice techniques. When he came in for his third session he had great news.

"So tell me, how was your week?"

"It was good," Amadeus replied rather modestly.

"Good how"? I asked.

"Well, I ran for 212 yards in last weeks game. I just kept moving my feet and breaking tackles. And I did something I never did before without even thinking about it. I made a

spin move on someone when they went to tackle me in the open field and ran for the touchdown.”

Is there any more I could want to hear? Not really. 212 yards?! The beauty to the follow up of this session was my next client “played ball” when he was younger and when Amadeus told Paul about the results and the 212 yard game, he stood up to shake his hand. Next?

<p style="text-align: center;"><b>A Better You Hypnosis, Inc.</b> <b>Tom Nicoli, PhD., CH</b> 400W. Cummings Park Suite 1350 Woburn, MA 01801 (781) 938-7779 * info@prosperusa.com <a href="http://www.ProsperUSA.com">www.ProsperUSA.com</a> * <a href="http://www.TomNicoli.com">www.TomNicoli.com</a></p>
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## **Chapter 4**

### **Treating Fears**

#### **Addressing Fear**

I have currently been working in the field of relationship violence. These are hard-line issues to tackle, with difficult clients to satisfy. It can be a gradual and at times a challenging process when addressing the specific needs of clients facing these concerns, although it is some of the most fulfilling and satisfying work I have been fortunate enough to do. During the many years I have studied and practiced hypnotism, I have always found gratification in doing my job and, as a result, watching my clients succeed; however the gratification I have received through this work thus far has been insurmountable.

My first client was one who had just begun her/his journey towards the emotional freedom and personal peace s/he had been searching out. During the initial intake process it was determined that this client had several issues and challenges to face. A comprehensive discussion of what the client wanted to gain from the use of hypnotism led to the key elements which would prove irreplaceable to the client’s progress. This client complained of restless and fearful days and evenings in which s/he would mentally re-experience and review various episodes of distressing events. The client declared it was difficult to let go and relax, and that a feeling of fear or dread would often encumber her/him. It was apparent that this client was not aware of the negative terms in which s/he would often times refer to herself/himself. Resigning ourselves to work on these problems, we began.

At first there was shaky ground. I found myself spending more time than I have needed in the past in order to build rapport, create a safe and secure zone for us to work within, and formulate specific positive action suggestions. While my client enjoyed receiving the benefits of tranquil relaxation, we explored many trust-building exercises and my client began to move towards a more open and positive interaction. I taught this individual self hypnosis, which we walked through several times in order to create a safe and comfortable area for this client to return to. We then explored many imagination and visualization exercises, while employing techniques such as thought stopping, and future pacing, with positive reinforcement and encouragement at every opportunity.

It was at this point that the client began to notice, take more control over, and begin to change the negative images which s/he had been entertaining. Inevitably my client began to listen to her/his self talk and notice the negatively based comments s/he was first thinking and second communicating to others. The changes were now moving along rapidly, my client had reached a safe space where in which s/he could perform self hypnosis, the client had released many of the negative thought and speech patterns which had been a hindrance, and reported feeling calmer, stronger, and safer in every way.

It was a pleasure to watch my client move forward and change from a fearful, restless person with overwhelming feelings of fear and dread into the open, happy, healthy, safe and secure person s/he was becoming. Through the utilization of hypnotism and its many techniques, the habits of mental rehearsal became positive and self-fulfilling, while the client established a positive action pattern to replace the old negative issues. During these sessions my client stated that s/he felt a sense of accomplishment and well-being, which have continued and remain to the present time.

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## Chapter 5

### Overcoming Anxiety

#### It's Incredible!...

...Said my client on the phone. "I just wanted to call and thank you. I have just come home from a family party, and it's the first time ever that I can remember having had a good time with them. I wasn't on edge; I wasn't at all nervous, anxious, guilty or sweaty. I actually enjoyed myself. Thank you so much".

This young woman had come to me a couple of months earlier with generalized anxiety. Every aspect of her life had been affected by this vague feeling of dread, guilt and fear. She didn't know why she felt this way, she just did. As a result, her relationships suffered, as did her work performance.

My interview with her determined that there was no conscious reason for her feelings. She had apparently won various awards for her work performance, but she felt that she really didn't deserve the awards or the praise. She was a good mother and a good wife, but again she felt that she was lacking, on both counts.

We began with age regression and as we progressed through the various ages and stages of her growth and development, we could not determine any one single event that could have been sufficiently traumatic to cause the anxiety, fear, and guilt she was experiencing. Rather, it seemed that there were many small events and interactions, with her mother and three female siblings (she was the youngest) which, when compounded, left her adult self with extremely low self-esteem and feelings of worthlessness.

Her family life apparently had been normal until the age of four. Then her father died suddenly by his own hand, and the family began to unravel. The father's death saddened her and she sobbed uncontrollably when we reached that point in regression, but it was a normal grief, followed by acceptance. It was the change in the family dynamics following the death that was responsible for the ensuing events and interactions between the remaining family members, all women. There was a lot of blame and what ifs bandied about, and she, being the youngest, took the brunt of the frustrations of the other family members. Year upon year, layer by layer, she became more anxious, more fearful, more guilty, and more unworthy in her own eyes.

This young woman was an excellent candidate for hypnosis and was able to go into deep trance states. During the following two sessions we went back to each event, with her as an adult, and there she confronted the person in question. Tears ran down her cheeks and she sobbed as she released the many repressed feelings and emotions that had been buried in her subconscious. Amends were made, forgiveness sought and given, and other perspectives were recognized. Each encounter ended with forgiveness, understanding, and giving the younger version of her a hug and the assurance of unconditional love. We

also used my mentor and wonderful teacher, Debbie Papadakis', chakra cording techniques to change the dynamics of various relationships.

After each session, the client felt better and better about herself. She felt calmer and more confident. She said that her work load was becoming easier to manage and that she was actually becoming interested in it. Her home life had improved tremendously. She loved her husband and her children, and was beginning to learn how to express this to them. On the fourth, and last session, we did ego-strengthening and relaxation work. I taught her self-hypnosis so that she could continue to strengthen the positive suggestions we had been working on. I told her I was available if she needed to phone me about anything at all. I was pleased when she phoned to thank me about the "incredible" change in her life. She has been free of the symptoms of chronic anxiety, fear, guilt and feelings of low-self esteem for over one year.

*Tania Hreczko is a hypnotherapist and a Level II Reiki practitioner. She has a general practice in Scarborough, Ontario, where she conducts hypnotherapy and Reiki sessions.*

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## **Chapter 6**

### **Healing Traumatic Events**

#### **It Almost Didn't Happen**

As a retired Unity Minister and Hypnotherapist, I have been traveling to various Unity Churches, primarily on the East Coast of the United States. For the past six years I've been giving Workshops, speaking about the powers and functions of our Conscious, Subconscious and Super conscious minds and how they can be better utilized to help become more successful, and to achieve unrealized goals. Following the Workshops I often remain several days in the area of the Church I'm visiting, and offer private hypnosis therapy sessions.

I want to share this success story because it was very unusual, almost didn't happen and basically it only took twenty minutes. I had spent a week giving private sessions following the Sunday afternoon Workshop. It was Friday afternoon and I expected my last client of the week at five PM. Just before five o'clock, I received a call from the girl friend of the client who told me he was tied up in traffic as a result of an accident and couldn't keep our appointment. She asked if he could reschedule. I told her, his was the last appointment and I was leaving for home the next day. Just before I hung up, I told her that if he would meet me at the office at eight o'clock the next morning I would work with him.

The client was a friendly fellow and we built a quick rapport. When I questioned him

about his purpose in coming he explained that three years ago he had been involved in an automobile accident and an unknown person was killed. The memory of that unfortunate incident had caused him to be depressed for the past three years.

Following the induction I explained a Gestalt Technique to the client and how he could perceive an empty chair in front of him. He gave me a finger signal that he "saw" the imagined chair. Next, I asked him to see the victim in the chair. I began to explain to him that as he perceived the man in the chair, he could telepathically communicate with him by forming the thoughts in his mind. All of a sudden the client exclaimed, "He communicated with me." Startled, I asked the client what the man in the chair told him. He said, "Thank you for helping me end my life." Apparently the victim had deliberately run in front of the car my client was driving.

It took a few moments for the reality of just what happened to be realized. This young man had been unnecessarily despondent for the past three years. He might have continued to be despondent for the rest of his life if it hadn't been for our session. All told, we spent about an hour together, but the hypnosis investigation took only twenty minutes. It is amazing how, many times, just understanding the cause of a condition is enough to resolve the matter or correct the condition.

*Rev. Frank K. Munkel Retired Unity Minister, Past Life Regressionist and Researcher. Given Workshops at more than forty-five Unity Churches on Past Lives and Reincarnation. Worked privately with more than two thousand people. Working on a book about people's past life experiences during Jesus' lifetime. Live in SW. Virginia in the Blue Ridge Mountains. Contact Rev. Frank K. Munkel: P.O. Box 418, Fancy Gap, 24328 Virginia, USA. 276-728-3900*

## Miracles Can Happen

It was a summer day giving way to fall and there was a hint of colour in the trees as they prepared to burst into gold. While seated at my desk, I was gazing out of the window when the phone rang, bringing me back from my brief escape.

I have learned over the years to expect the unexpected when I answer the phone. As I answered, I could hear the sobbing of a woman who was upset, unhappy and very much inebriated. My heart went out to her. I could feel the pain and anger she carried within herself.

Later, during hypnosis and age regression, she explained that she had been sexually molested from the time she was five to fifteen years of age by a close family member. I discovered her self-esteem was stolen from her when she was an innocent child, and at the age of fifteen, she ran away from home in an effort to create a better life for herself. Instead, she fell into a downward spiral; she began drinking, had three failed relationships, three children from different fathers that were later taken away from her as a result of her lifestyle. Her relationship with her husband was in jeopardy because of her drinking. She was at the end of her rope and wanted to drink herself to death.

Once I understood the trauma she had gone through, I began my work. I told her that we were not going to make a change in her life, but a metamorphosis. Together we would pull her from the depths of despair, into the warmth and the light. She would have the opportunity to live the life that was taken away from her so many years ago.

The first step towards this wonderful change in her life was to learn forgiveness. When someone holds negative thoughts of people or events and recalls them, the only person that is hurt is the one remembering. By forgiving these negative events she would be able to move beyond the hurt and rage.

Working together she learned how to reach inside herself and discovered the caring person that had been buried for too many years. She released the shackles that had bound her and she believed in herself for the first time. She had the energy and the power to manifest all these positive suggestions into reality on a daily basis. Through hypnosis I was able to give her the keys to unlock the doors that had been closed to her for a lifetime, allowing happiness and joy to enter her world.

It has been six months now since my client quit drinking. She sent me a letter after we met where she shared the following: “Mr. Williams has given me the kind of life I used to sit and cry for and only dreamt of...” As you can see, miracles can happen with hypnosis.

*If you would like to read the full testimonial of Jean C from Ontario please visit my website at [www.hypnotherapyspecialist.com](http://www.hypnotherapyspecialist.com).*

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## **Chapter 7**

### **Learning Acceleration**

#### **Learning Acceleration and Stress Reduction through Hypnosis**

During the years I have studied and practiced hypnotism, I have seen an enormous amount of change and growth. Not only can I attest to personal changes, but also to

witnessing those of my clients and students as well. One of the most satisfying aspects of my job, is sharing the knowledge of hypnosis and its specific scientific methods. Through the techniques taught to people, and the skills acquired through study in hypnotism, the potential for results can be vast and life changing in nature. It is always wonderful to watch clients and students strengthen, gain new knowledge, and cultivate more positive and useful life experiences.

Often during the Certification training, there is need for demonstration, to provide the students with the working and applicable knowledge necessary to pursue their careers as Nationally Certified Hypnotists. These demonstrations and explorations the students participate in, are often times of personal growth, where the student experiences gains in insight and personal understanding.

Once during a well-attended training course, I had found the students beginning to become restless from the vast quantity of information presented, so I determined to finish the remainder of the day with demonstrations and student practice. As the demonstrations continued, it was revealed by a student that he/she had a desire to change a negative thinking pattern he/she had begun to notice occurring in hi/her life. It came to light that the student had for some years been experiencing an elevated degree of tension and stress during periods of study. The student shared a few stories of the distressed emotions that would surge and flow through his/her while feeling himself/herself react to the unpleasant and disastrously negative thoughts that would rush into his/her mind. It was soon clear to me that with just a few simple techniques this student would not only be on his/her way to having a more positive thought pattern, but also becoming a more successful learner in all areas.

Following a short induction, deepeners, positive action suggestions, and a few techniques such as; thought stopping, automatic writing, and the swish pattern, the student was awakened with a refreshed mental attitude, and a personal experience and understanding of how hypnosis truly works. This student moved beyond fears of success and removed barriers, which had affected his/her life and studies for many years. Now able to attend studies that he/she once was hesitant to think of attempting, this student continues to study and practice hypnotism with an improved sense of self-reliance, awareness and conviction.

Michelle Mynatt is a Board Certified Hypnotist and Instructor while also being a Master Practitioner and Trainer of NLP. Her skills and knowledge of both fields have and continue to enable clients and students alike to make and maintain essential life changes. You may contact Michelle at 401-849-1861, in writing at, 221 Third Street Newport, R.I. 02840 or by email at, [malisto@hypnoticcentersofnewengland.com](mailto:malisto@hypnoticcentersofnewengland.com)  
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## Chapter 8 Pain Control

### Hypnosis For Very Painful Menstruations (Dysmenorrhea)

A good hypnotic subject (a young woman) asked to me: "Is it possible to use hypnosis in order to get rid of my usually very serious menstrual pain? Because, you know, at every period I have to take a strong analgesic drug for three days, otherwise I'm unable to get up because of all those painful days". I replied to her: "You are lucky: scientific literature reports some extremely successful results in cases like yours, so if you want to try with hypnosis you just need a medical referral, because it is important to be certain that your pain has no underlying medical cause". Because hypnotic anesthesia is controlled by the client, during the preliminary talk I wanted to explain that: "Certainly you can adequately remove your pain, satisfying your needs."

In fact, hypnosis is not a programming, but a personal improvement. During the first session this woman went into a very good trance, and at a certain point in the learning of this procedure she said to me with a smile: "Fantastic.. I have lost my body.. I have no physical feelings at all, I'm just a mind.. I first lost the forehead, then the low back, then the abdomen, and now it seems to me that I'm floating..". She opened her eyes and said: "I see my body but I cannot move it". I replied: "Of course. you don't have it. Notice what an alteration of sensory feelings you have achieved by yourself."

Please, now consider the opportunity of how to use this very important learned technique whenever you want or you need, for example, during your period". She said: "Oh, it would be wonderful to be able do that". I explained: "Your body will do that for you. Today's learning belongs to your subconscious mind, so you don't have to do anything consciously". She slowly regained the control of her body, reorienting herself to the environment in my office, and then in the waking state she exhibited a spontaneous amnesia for many details about her hypnotic experience. "Don't worry.. you will be able to easily recall everything if you need to do so".

After this single session we waited for her next cycle. She phoned me to say:" I think that I have been in a trance for three days.. I felt tired, but it has been a very strange weakness, very pleasant, because for the first time I have been able to stay well. Oh, I also had a feeling of 'nothing' around my womb.. I'm extremely satisfied, and it seems to me just incredible. Do you think that my period will be so beautiful forever?". I replied: "if you need to enjoy your period, then you can always enjoy it like this time. Of course, whenever there is some special personal needs to feel some pain, then you will be certainly able to feel it". At the time of my writing of this article she has had more than twelve periods without any pain at all. Obviously, she doesn't need drugs any more.

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research and study about hypnotism, and frequently updates his website with free scientific published information about hypnosis. He speaks Italian, English, and some Spanish. For further information, contact Dr. Alberto Torelli: Via Colla 20, 17014 Cairo Montenotte (Savona), Italy, fax/phone: +39-019-506054 Email: [ipnosi@altor.org](mailto:ipnosi@altor.org) Website: [www.altor.org](http://www.altor.org)

## **Hypnotic Resolution Of An Intractable Migraine (Cluster Headache)**

A physician phoned me urgently because one of his patients was in great trouble: this man was suffering terrifically with an extremely serious migraine (cluster headache) that had been worsening more and more every year. Now, after about ten years of therapy, drugs had become too ineffective in the control of the pain, and that man now also had to take cortisone. But after some weeks on such doses, a threatening drug intoxication appeared. In short: Cortisone was needed to relieve the pain, but it was also necessary to stop its administration. At the hospital (pain center) doctors said to that man: "Your migraine is becoming intractable and chronic, and maybe the only option is to cut your facial nerves surgically". At every attack this man had a lot of secretions from the left part of his mouth, from the left nostril, and from the left eye, with a terrible pain on the left side of the face and also in the left eye. The medical referral given to me was very clear: "Please, try very urgently with hypnotherapy".

We planned brief and frequent sessions of 15-30 minutes of hypnosis. After the first session the pain went away for 4 days, then it returned, but, strangely, lasted only 10 minutes instead of one hour, and without the usual after effects. After the second session the intensity of pain was lower, but the frequency (2-3 attacks a week) was still the same. After the third session this man said: "I have never been as free from pain as now, even when I was filled with drugs and cortisone. This is the 8th day that I don't have pain, and this has never happened to me". After the fourth session he had just one single attack of 2 minutes in a period of 15 days, and with a very low pain, just some secretion from mouth, and almost no pain in the left eye. He said: "You know, this is the 17th day that I have no pain, and I have begun to decrease the cortisone. The doctor said that I can get rid of it within a short time".

After the fifth session he told me: "I had been pain-free from Jul y 31 to September 12" (no pain for 43 days), "and then I had a very painful attack for three consecutive days, September 12-13-14".

After that, he was completely pain-free from September 15 up to the day of the sixth session, October 22, when he still was free of pain (another 38 consecutive days of wellness). Then I saw him again for the seventh session, on November 19 (after 27 days), and he said to me that he had no more pain at all. Therefore, being  $38 + 27 = 65$ , now sixty-five days have passed without any pain, and some time ago he had been able to discontinue not only the cortisone, but also all other drugs (carbolithium, injectable analgesics, and everything else).

Some days later, his hospital surgeon called him regarding the facial surgery (nerve cutting), and the man said: "Now I'm pain-free and I don't even need to take any drugs. I have learned hypnosis. Have a nice day". Well, this man told the truth: he really did learn hypnosis, being able to go into an intense hypnosis within just 5-10 seconds, and with just a few and very simple instructions.

*Dr Alberto Torelli is a licensed biologist (doctor in clinical biology), Hypnologist and a full-time Hypnotherapist and Hypnotism teacher (accredited at national level in UK). Dr. Torelli conducts a lot of research and study about hypnotism, and frequently updates his website with free scientific published information about hypnosis. He speaks Italian, English, and some Spanish. For further information, contact Dr. Alberto Torelli: Via Colla 20, 17014 Cairo Montenotte (Savona), Italy, fax/phone: +39-019-506054 Email: [ipnosi@altor.org](mailto:ipnosi@altor.org) Website: [www.altor.org](http://www.altor.org)*

## **Chapter 9**

### **Improving Self Esteem & Motivation**

#### **Motivation Through Hypnosis**

In the course of my workings, I came across a client who entered into my program with the goal of returning to unfinished work and ultimately concluding his/her master thesis, which would in turn provide the individual with his/her Ph.D. This particular client was experiencing periods when the work was being put off completely or brushed aside. The client stated that the work was simple enough and his/her knowledge level was more than adequate to complete the work. He/she was excited to finally finish and receive the Ph.D., however this individual believed that the issue was motivation, and couldn't comprehend why he/she wasn't getting this accomplished.

After an extensive intake and a few sessions, utilizing a variety of hypnotic techniques, the client came to discover how it was that the goal was going to be met. My client began to determine what the underlying issues really were, how they were affecting him/her, and why the motivation which should have been there wasn't.

First, the client discovered that he/she didn't enjoy the work space at all. It was a cluttered mess. Second, the client was to find that a great feeling of isolation had grown upon him/her while working on this project alone. Third, there was a fear of failure my client had not previously considered. The client was concerned about the new responsibilities which might result from the achievement, and felt a sense of security in not completing this work, for it kept the client from failing once the work was completed. It was clear to my client, after revealing these issues, how easy and simple it would be to move past them and achieve the goal. My client swiftly remapped his/her entire perspective of how the Ph.D. was going to be worked on and accomplished.

One by one, after identifying the challenges, the client removed each obstacle. The work was no longer brushed off or put aside. The clutter was removed and replaced with many warm and comforting articles, and even his/her favorite colors all illuminated the working area. The client's spouse agreed to spend time with him/her in the work area, so the feelings of isolation were alleviated. Best of all, the client realized how utterly ridiculous the fear of failing was, given the knowledge base the person had acquired and maintained.

The responsibilities going along with achieving the goal were now a pleasure, as my client realized with the new responsibilities he/she would pick up, there would also be old ones he/she could leave behind. The fears subsided and the client moved forward. Through the utilization of hypnotic techniques this client was enabled to recognize the underlying issues, change them, and move beyond problems and challenges to find his/her motivation and achieve the success he/she deserved and desired.

*Michelle Mynatt is a Board Certified Hypnotist and Instructor while also being a Master Practitioner and Trainer of NLP. Her skills and knowledge of both fields have and continue to enable clients and students alike to make and maintain essential life changes. You may contact Michelle at 401-849-1861, in writing at, 221 Third Street Newport, R.I. 02840 or by email at, [malisto@hypnoticcentersofnewengland.com](mailto:malisto@hypnoticcentersofnewengland.com) Website: [www.hypnoticcentersofnewengland.com](http://www.hypnoticcentersofnewengland.com)*

## **Chapter 10**

### **HypnoBirthing**

#### **Successful Deliveries Using The Techniques of HypnoBirthing**

I have had several HypnoBirthing® success stories. Here is just one from Pam & Dave J. They had a healthy, beautiful and big boy and said HypnoBirthing® was definitely worth it in more ways that they had expected. When labor began Pam never felt very uncomfortable due to the breathing and other techniques they learned in the classes. When she checked in the hospital, she was nearly completely dilated, and the nurse was impressed that she had done this “on her own”. The biggest benefit Pam noticed was how well she and Dave worked together after all those weeks of practicing the breathing, the hypnosis and the light-touch massage. His voice and his coaching helped her sustain a level of comfort that would not have been possible without HypnoBirthing®. Pam did not need an episiotomy and had no need for any drugs, which was especially noteworthy due to the fact that her baby was 9 lbs. 4oz.

Pam & Dave said if they decide to have more children, they would definitely use HypnoBirthing® again and would be glad to be a reference to other couples considering it. They said “Thanks so much for helping us have a birth that we will remember with love and pride for the rest of our lives”.

*Jeanette E Laitner, CHCI received her Hypnosis & Instructor Certifications from the National Guild of Hypnotists and has been in practice since 1993 & has co-authored 3 books. She teaches certification*

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## **Chapter 11**

### **Health Problems**

#### **The Restoration of Physical and Spiritual Well-being through Hypnosis and Empowerment.**

An elderly woman came to my office in a wheel chair carrying oxygen. Her symptoms were many. She experienced a great deal of pain, multiple illnesses, uncontrollable fears, difficulty sleeping and was haunted by nightmares. She had survived much trauma in her life. Suffering issues such as childhood incest and abuse, repeated betrayals, the loss of her own only child, and a fire that left her homeless, destroying most of her possessions, including her beloved cats.

My client experienced complimentary healing work prior to coming to me. She understood her potential to heal herself. Right from the start, she was a great subject and a pleasure to work with. Her eagerness to improve, both then and continuing right thru to the present, is her real secret of success! She was both happy and fortunate to find hypnosis as the tool she used to move forward. Through Hypnotherapy, she set her healing intent "to become more comfortable in her body and in her life."

Her improvement began when hypnotherapy was added to her treatment regimen. Even her counselor (a social worker) remains astounded by the speedy and steady improvement in her conditions.

I last saw this client just before Christmas. She came down the hallway to my office almost dancing. Carrying gifts for me and the chiropractors in the building, she entered my office smiling and telling me of all the wonderful holiday and Solstice experiences she had since our last session. Her joy and exuberance were contagious! What a treat for me to be a part of all that. This woman has come such a long way to her healing that she has lost over sixty (60) pounds; she seldom uses the oxygen; she walks very well; she sleeps well and is free of nightmares; she has a new found trust in Life; a very definite

joyfulness; she is mostly free of emotional pain and is experiencing ever decreasing physical pain!!

The following are excerpts from correspondence with this client.

"After such profound sharing of the bad and release of pain, I have so much more room inside for joy."

"The moment I was riding home yesterday, I noticed incredible improvement overall. The whole world was incredibly bright and clear, like I'd just been given new stronger glasses."

After returning from trance, this wisdom came from her, "it's like you have a dog sled and all these dogs to support and to help and to pull. Then you start giving away your dogs and pretty soon you find yourself stuck in the snow with no power to get out or to do anything. That was me, but not any more!"

Success!!! All I can say is "Wow!!!"

I call my work EMPOWERMENT, because that is what the tool of hypnosis does. It EMPOWERS you to be who you really are ... powerful, radiant, whole.

*Carole Bigbee Daly is a transpersonal Hypnotherapist, with offices in Viroqua and in Madison, Wisconsin. She works with individuals and groups and is a powerful presenter and trainer. Carole is also a Reiki Master Teacher, a mediumistic shaman, and a reader of Akashic Records.*

## **Eradicating the Blushing Response through Hypnosis**

### Dan's Story

Dan was a student in his first year of college who was painfully shy. Whenever he had to speak in class or meet new people, he would blush. His blushing became more severe when he felt that he was the center of attention. Blushing was a serious obstacle in his learning process because he couldn't concentrate in the classroom nor ask questions. He noticed that it was beginning to affect his social life too. He felt fine around his old friends, but whenever someone new was introduced, he always blushed. Since he was in college and meeting new people all the time, he felt the problem was getting out of control.

One day in class, the event he dreaded the most occurred. His professor told the class that everyone would make a co-presentation. Although Dan would be in front of the class

with another person, he feared embarrassing himself and thereby affecting his co-presenter as well. This fear prompted Dan to call for a hypnosis appointment.

Dan's goal for his hypnosis session was to stop blushing once and for all. During the session, Dan regressed to a much earlier time in his schooling. His subconscious remembered a time when another student made fun of him and everyone in the class laughed. Then, he remembered other times during that year when the teacher would call on him and he would blush thereby inciting more laughter in his peers. He was very sensitive to how his peers viewed him, and it bothered him that he blushed whenever he felt insecure. This core incident was never resolved so it snowballed into a tremendous emotional block as more time went by. His emotions triggered specific physical reactions, and this combination of triggers became a learned psychosomatic (mind-body) response. Dan had been dealing with his blushing from middle school all the way to his first year of college.

During hypnosis, Dan's emotional charge regarding the core event was released, and Dan's psychosomatic patterns were broken and replaced by positive alternatives via neuro linguistic programming with Dan's approval. After the session, Dan did well on his presentation and did not blush. Today, he feels more comfortable when meeting new people and no longer blushes. Dan's goal was achieved in one session.

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### **The Healing Power of Hypnosis: Body and Mind.**

My client reported chronic aches and pains, fatigue, weakness and intense feelings of dread. Symptoms included anxiety attacks, memory loss, insomnia, digestion and elimination problems. My client was out of work and having financial problems.

My Client's Medical History:

My client was told that his condition was psychosomatic. Unhappy with the diagnosis - he sought 2nd and 3rd opinions that ultimately confirmed the original diagnosis. After consulting a psychiatrist he was recommended an anti depressive drug treatment. My client rejected that approach and consulted me seeking an alternative mind/body approach to resolving his health problems.

We designed a six session self-empowerment program that included:

1. Hypnotic De-briefing
2. Emotional Detox
3. Creative Stress Management Training
4. Self-regulation Training
5. Creative Imagery Training
6. Hypno-meditation Training
7. Review of first six sessions

We worked on improving his attitudes, beliefs, emotional states, and expectations. We worked on increasing his coping skills and abilities and we worked on increasing his energy level. By our fourth session, my client could feel and see that our sessions helped him feel better and generated some needed energy. He could also see that many of his symptoms were resolving all by themselves. I recommended that he put some energy into deciding what he wanted to do with the rest of his life. I told him that the best way to follow his heart was to lead with it. I encouraged him to really be with himself and decide to honor and treasure the rest of his life. My client decided to go back to school and get training for a new career. He negotiated a work study program and completed the program with honors. My client's symptoms continue to be in remission 3 ½ years after he completed his "Self-Empowerment Protocol and he reports that he has a new lease on life.

Please understand that I was always acting well within the scope of being hypnosis professional. I used hypnosis to teach my client a set of self-mastery tools and offer some hope. As the client developed his coping and self-regulation skills his symptoms went into remission.

*Rev Dr Michael Ellner loves to say "Hope is Realistic". His lighthearted approach to helping people with serious issues and health challenges has helped thousands of people take charge of their lives, health and careers. Dr. Ellner is a Fellow of the International Medical and Dental Hypnotherapy Association and a member of the Metropolitan Medical Healthcare and Wellness Group in NYC. Contact info: Name: Michael Ellner City: New York City  
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## **Healing Through Hypnosis**

A 58-year old male client who had suffered from a stroke (20 months previous) and had to have his prostate removed due to cancer (12-months previous) was referred to me in August 2004. His primary complaint was frequent urination and "phantom urination", along with a host of secondary issues including nervousness, fear of being alone, lack of energy, and much more. The client reported that he was preoccupied with his bodily functions and felt damp all the time.

He had not been hypnotized before but felt that it might be a reasonable option since his doctor's recommendation was surgery estimated at \$10-\$12,000 and could "not be

guaranteed" to resolve this problem. A family practice MD, knowledgeable in integrative health care, made the referral to me.

When our pre-talk had yielded a nice rapport, I asked if there was any value in it for him to continue having these health issues, i.e., a secondary gain. I shared with him an example of a time when my hand/wrist gave me an excuse not to have to play tennis when I really didn't want to, or how being overweight can provide someone with an excuse for avoiding things. He VERY candidly said this was the case. There are times he hasn't wanted to do things but didn't speak up. This seemed to be an important piece of self-awareness information for him.

*Session:* I used a progressive relaxation interwoven with a theme of optimum health and the ability of his body to restore itself to being a self-healing mechanism. Then, with only some minor rewrite, I used a script called "Fear of Incontinence" from a compilation by Dr. Allen Chips of the Eastern Institute of Transpersonal Hypnotherapy. In a nutshell, this script's purpose is to help the client teach his mind and body to stop its unconscious reaction and to move beyond the fear of incontinence. The client was asked to think about a time when he could hold his bladder successfully, when he was confident that his body would work with him, and then he was asked to associate some colors and sounds that were present when he was relaxing.

Guided imagery related to success in the future (like turning on and off a faucet) was then used to lock in the new thoughts/behaviours, and we also addressed some general issues through visualization of a trash can for getting rid of all unreasonable fears and limiting thoughts. Post-hypnotic suggestions were used to reinforce desired changes.

The client religiously listened to the hypnosis tape on a daily basis, and his wife reported that he was like a new person, more positive and optimistic. He was pleased with his own results and scheduled a subsequent session to work on some other things. His wife also scheduled a hypnosis session for herself.

*Donna Nowak is certified as both a Hypnotherapist and a past-life therapist. She lives in Cleveland Heights, Ohio. Prior to intuitive guidance, or a "calling" to study hypnosis, she served as a crisis manager, helping troubled businesses. She is a member of the American Association of Professional Hypnotists, the International Association of Past Life Research and Therapies, Inc., National Association of Transpersonal Hypnotherapists, and the National Guild of Hypnotists. She incorporates into her work the belief that there is a dimension to human nature greater than our three-dimensional consciousness, i.e., guidance of our Higher Power and an individual's innate spiritual resources prevail within the therapeutic relationship.*

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## Hypnosis For A Serious Gastroenterology Problem

A boy contacted me because of a very serious problem: his cardias didn't stay shut anymore. [A note: the cardias is the valve that we have between the esophagus and the stomach that prevents the reflux of gastric acid juice back to the esophagus and mouth]. I said to him: "the cardias is just a circular muscle, therefore maybe we can use hypnosis to improve its functionality. But first you have to provide me with all relevant clinical data, because I'm not sure if hypnosis can help, and I need to have all relevant medical information. Moreover, please inform your physician about your desire to use hypnosis, and get from him a written referral". His story was simple: after some days of continual nausea and violent retching and vomiting, he was seen immediately by gastroenterologist. After the clinical investigation the following diagnosis was given: "Complete cardias weakness; pathological result". The comment of the hospital doctor was: "You will have to take antacids for the rest of your life. We sometimes cure even cancer, but this pathology is incurable, I'm sorry". My comment was: "Your cardias have been always healthy, you have had no infections, and there are no signs of degenerative processes. Therefore, maybe we can strengthen the cardias... maybe. I can't give any warranty". After only two sessions using hypnosis, that boy has become able to eat without vomiting, and even with some evidence of burping. I said: "Boy, your burps are the most convincing proof that your cardias are hermetically closed! It's fantastic!" He commented: "You know, I don't have any more of that acid taste in my mouth from the stomach, nor the nausea." And now, at the time of writing this article, it has been more than one year since he has taken any antacid, and he is still alright.

*Dr Alberto Torelli is a licensed biologist (doctor in clinical biology), Hypnologist and a full-time Hypnotherapist and Hypnotism teacher (accredited at national level in UK). Dr. Torelli conducts a lot of research and study about hypnotism, and frequently updates his website with free scientific published information about hypnosis. He speaks Italian, English, and some Spanish. For further information, contact Dr. Alberto Torelli: Via Colla 20, 17014 Cairo Montenotte (Savona), Italy, fax/phone: +39-019-506054 Email: [ipnosi@altor.org](mailto:ipnosi@altor.org) Website: [www.altor.org](http://www.altor.org)*

## The Removal of Severe Wart Infestation By Hypnotherapy Techniques

This story happened in our office a few years back and is one that is most amazing and gratifying to us.

The father of a seven-year-old girl, named Kathryn who had warts on her hands, fingers, legs and feet contacted us. Her hands appeared almost disfigured by the number and size of the warts. They had tried over-the-counter and prescription medications with no success. After one and half years of working with a dermatologist, they were told by him that this was the first case in twenty-five years of practice that he could not cure. The physician suggested hypnotism.

We had never used hypnosis for the treatment of warts, but were eager to help the young girl who was being teased by her classmates who would not play games with her.

The approach we used was to record the sessions so that she could listen to them at home for reinforcement, as she fell asleep.. Kathryn was asked to imagine and pretend that her hands, fingers, legs and feet were smooth and beautiful and that the warts were shrinking and leaving her body. Then she was asked to pretend that her mind-computer was releasing natural chemicals in her body that would heal her. At the same time, suggestions were given to build her self-esteem and confidence. We told her that when she feels good about herself, she can do anything!

Prior to the first session, we explained that her mind was just like her computer at home. This means that she could program it to get rid of the warts. We called it her “mind-computer”.

Kathryn came for six hypnosis sessions over a period of about a month and a half. The warts appeared to be getting smaller after the third visit. After the sixth visit, Kathryn’s hands and entire body were wart free! Her skin was smooth and soft. No one could believe it, including her family, her friends, and even us. What had happened here? Some doctors say that we all carry the virus for warts and that their manifestation may be a stress related issue. Some believe that the mind can do anything. That was our approach and it worked.

Kathryn is still wart free today and she has tremendous self esteem.

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## **Chapter 12** **Hypnosis Cancer**

### **Hypnosis and Cancer**

While I feel blessed to be able to help clients quit smoking, or lose weight, I feel particularly good about being able to help, when I have a client who is facing a challenge in their life such as cancer.

Some people may not understand why a cancer patient would choose to see a hypnotherapist to help them through a life-threatening illness. Of course, my client

continued to see her Doctor and to follow his advice, but in order to equip herself for facing her illness and prepare for healing, she called on me for help.

The client I am describing had survived cancer 10 years before seeing me. She had been given a clean bill of health until a recent check-up uncovered a new problem. Her Doctor and a second specialist had prescribed an operation and the client found herself emotionally distressed. She was crying constantly, unable to make a decision about whether to undergo the operation and feeling that she was facing much more hardship in her life than she deserved or could cope with.

I knew the client's history well from our previous work together on her issues around eating and weight. We had several wonderful sessions together and the weight that she lost in our earlier sessions continued to stay off her body.

When she arrived in my office to work through this latest challenge she began to choke up with tears as she described how she felt. We talked through the issue to uncover what was bothering her most about her present situation, and I began to accumulate notes as we talked. By simply allowing her to talk a few distinct patterns and beliefs emerged.

The most common themes she described formed the basis of our work over the next two weeks. The first theme she described was one of burying her head in the sand and not wanting to know anything about her illness, the operation or expected recovery.

The second idea she kept coming back to was the idea that illness had been a long-term method for getting out of unpleasant tasks. This behaviour began early in her childhood and she had used it to get out of school and unpleasant work tasks.

I was very interested in these two patterns of beliefs and behaviours because through my hypnosis training and in my daily work with clients I have grown to understand that "whatever we believe to be true, undoubtedly comes true in our lives." I heard this short phrase first from renowned hypnotherapist Gerry Kein and it has formed the basis of much of the work I have done with each of my clients.

My goal then, became to help this client become engaged fully in her own life and face the issue of her illness, and to begin to realize that she did not have to resort to illness in order to cope with difficulties in her life.

In our first session together I quickly began the process of hypnotizing the client and we worked on the issue of why she was avoiding facing the illness head-on. While hypnotized she described her reluctance to deal with things that were scary and that instead of learning all she could and treating this episode in her life like any other challenge, her fear of facing the cancer got in the way. I used many techniques to enable her to come to the realization that avoiding this issue was not going to cure it, in fact the more she tried to run away from it, the more upset she became. The client came to the realization that in many aspects of her life she avoided looking too deeply at the issues that came up and that this behaviour meant that she never really became fully engaged in her

life. I asked her to make a decision to become fully engaged in every aspect of her life, including becoming in control of her own treatment plan. I asked her how this tied in to her long-time habit of getting sick to avoid conflict or unpleasantness. She understood that her fears had often been the catalyst for her illnesses as they gave her the opportunity to avoid facing the sometimes tougher parts of life.

I asked my client if she was ready to begin letting go of this type of thinking and behaving and outlined the following benefits; being fully engaged in your life helps reduce fear as you know everything about a situation and it gives you power and control over what happens to you; the body tends to be healthy as you don't require illness to help you out of difficult situations; being fully engaged in your life means that at no time are you avoiding being fully aware and fully alive.

My client indicated she was ready to make these changes to her thinking and we worked together to enable her thinking to change.

When my client arrived for her next session the relief that showed on her face was astounding. She said she thought a great deal about our session and now understood what was causing her to be so upset was the feeling that she was not in control and that she had to hide away from what was going on. Since deciding to face all of her challenges in life, head-on her fear subsided as she felt more in control than she ever had. She decided to have the operation and had not cried or been upset about it at all. Through the new thinking she created she understood that this illness was something she was going to face like any challenge, and she had begun to read articles and talk to others about their experiences with the same illness.

We did another session together to work through a few side-issues and then we said our good-byes.

I was reminded of how important it is for human beings to stay fully engaged in their life and to never try and bury your emotions or to avoid what scares us. By facing our fears we are the ones in control, not our emotions.

Kim Reader, president of MINDpower hypnotherapy is a Certified Hypnotherapist, Registered Holistic Nutritionist and has 20 years of experience in the areas of fitness, health and motivation.

*Kim started out as a personal trainer and aerobic- instructor and soon became the Manager of one of Toronto's most prestigious Health Clubs.*

*Training as a Hypnotherapist lead to the discovery that change at the sub-conscious level is the only way that people are able to change on a long-term basis. Now, working as a Certified Hypnotherapist and Registered Holistic Nutritionist specializing in weight- loss, smoking-cessation and stress management, Kim is able to help clients to change their own sub-conscious programming enabling them to become successful in making changes to their lives.*

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## **Chapter 13**

### **Healing Through Past Life Regression**

#### **Unreasonable Fears and Past-Life Regression**

Astonishing success stories are a part of every competent hypnotist's repertoire. Clients call me to exclaim, "*You saved my life!*" or "*You are amazing!*"

I always remind these clients that the answers and healing they received from their session emerged from their own inner selves and from a higher power, not from me, and caution my hypnosis students never to let such compliments go to their heads. The greater expertise we have, the better we can guide a person's hypnotic journey to be powerfully effective. Yet hypnosis is such a profound tool for transformation that miracles are an everyday occurrence, even for the average hypnotist!

Sometimes awesome results are achieved after just one very simple session. Linda's\* story is an excellent example of this. (*\*Not her real name*) Like so many others, Linda called me only as a last resort, after exhausting all other resources. She wanted to have a past-life regression, hoping she that could discover the source of her ongoing panic attacks.

Linda told me that she had never experienced hypnosis before, and explained that she had become interested in past-life regression after reading a book. The book stated that what we have experienced in previous lifetimes is often at the root of our present-day issues. Unresolved events from our past lives can influence things like our inexplicable emotions, relationships, difficult situations and even physical symptoms. This made sense to Linda, and she wondered if it could help with her problem.

Since past-life regression is one of my areas of expertise, I told Linda that I would be happy to work with her. Many of my clients have found deep healing through the powerful modality of past-life regression. While current-life regression can be helpful, the initial sensitizing events—including memories from a person's infancy and early childhood—can often be traced *even further back* to patterns which actually originated lifetimes ago. Once we access the bottom-line source, the troubling issue can heal and vanish.

When she arrived at my office, Linda impressed me as a very pleasant woman in her late 30s. Living in Hollywood, California, she was soft-spoken and intelligent, had a healthy relationship, and was employed as a schoolteacher.

Linda related that she suffered from unexplained anxiety attacks. These could occur at any time, and were accompanied by stomach pain. She also described additional incidences of waking up in the middle of the night in a severe panic state, accompanied by stomach distress. Linda's anxiety did not appear to have any obvious trigger. Except for the described events of panic, she was in good mental health.

She had been thoroughly checked by a medical doctor, who had ruled out any physical causes for her anxiety and stomach pain, and who had prescribed medication to calm her. Unfortunately the medication had no effect on her attacks. By the time Linda came to me, she was feeling helpless and limited, trapped in the grip of a problem that nobody had been able to solve.

My clients have the option of sitting in a straight-backed chair, stretching out in a recliner, or lying down. Linda decided she would be most comfortable lying down. She agreed to suspend her critical mind and followed my directions willingly, which is the best way to experience hypnosis. Thus she was able to enter into a past life easily.

Frequently people experience deep emotions during their past-life recollections—the tissue box is always at hand—but Linda's regression session was quite calm. After achieving a medium trance state, she simply and somewhat hesitantly related a few key events as they played themselves out, without displaying any tears or particularly strong responses. The details she accessed, while startling, were neither complex nor spectacular, and her session by no means encompassed the kind of exciting melodrama that one reads in popular books on reincarnation or sees on TV shows. Yet her memories proved to be very potent indeed.

As Linda's story began to unfold, she found herself experiencing a lifetime as a young sailor on the deck of a ship at sea. (*Having a past life as the opposite sex is not out of the ordinary, for we have all experienced being both male and female.*) There was a battle going on, and much confusion on the ship. Suddenly something like an explosion ripped through the decks, and the bewildered young man was killed, hit in his stomach by the blast. His emotions as he died were agitated and fearful.

On some level, Linda could sense what this sailor was feeling. Her facial expression and voice, however, remained detached as she related these events; she seemed to be more of an observer than a participant, as though she were watching a movie about someone else.

Usually after such a revelation I will guide my client into a deeper and more personal exploration of the details, emotions and meaning of the lifetime just experienced, including a life review. Before I had the opportunity to do this, Linda suddenly began describing a completely different past life. In this existence she perceived herself as a large hairy male, very primitive, living in ancient times. She described running in panic from a large animal. She later concluded that she must have been a caveman. Her/his existence ended when a spear was thrust into his stomach.

Once again, before I could take her through the usual steps of deeper understanding, she launched into yet a third lifetime. This time she described herself as a nondescript, balding, middle-aged Englishman named Harry. (*Curiously, the image of Harry had floated into my mind moments before Linda described him out loud. I often enter into a light trance when working with a client. Since the brainwaves of two individuals in close proximity tend to synchronize, slowing mine down helps the individual enter hypnosis. Being in light trance also offers me an empathic sense of their journey.*)

Harry lived in the early 1900s. He had an ordinary job and an ordinary life, except for his wife. He was married to a very strange and unkind woman named Melba. She berated him constantly. Her nagging behavior became increasingly bewildering and crazy. One night while Harry was sleeping, his wife took either a knife or a gun (*Linda was unclear about the weapon*) and attacked him...in the stomach. He awoke in shock and pain as he was being murdered.

There are many different ways that past-life regressions can effect healing, and often more than one session is advisable. Sometimes healing occurs when clients re-experience former events with vivid recall and lots of emotion (*those tissues!*). Others need to confront the damage of the past and apply this information to begin a slow but informed process of healing their deeply-rooted patterns and responses. As in present-day regression, the ultimate healing ingredients are unconditional love and forgiveness; most people who experience past-life regressions have numerous instances of needing both to forgive and to be forgiven.

*Sometimes, however, one simple session which helps an individual understand what has happened in the past is enough to heal present-day symptoms. Such was the case with Linda.*

After emerging from hypnosis, Linda connected the dots easily. There was a link between all three of the lifetimes she remembered: *in each one, she died in panicked circumstances after being horribly wounded in the stomach*. She readily recognized that her anxiety attacks were replays of these scenes, and were no longer necessary in her life. Linda left my office feeling relieved that she had finally discovered the source of her anxiety.

The night after her session, Linda reported having one brief and diminished incident of panic. After that, her anxiety attacks and stomach pains disappeared completely. More than two years later, I had occasion to talk with Linda again. I asked how she was. She happily reported that the severe panic attacks and stomach pains which had once dominated and limited her life had vanished for good.

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## Healing Relationships

Hypnosis can make relationships work better. My interest in hypnosis started many years ago through reading "Journey of Souls" by Dr. Newton, and "Many Lives, Many Masters," by Dr. Weiss. I was especially interested in finding the cause of the client's issues and problems in their past lives.

The area of my expertise in Psychotherapy is around issues related to the imbalance of power in intimate relationships. I have studied the patterns of abusive relationships from social and feminist perspectives. Hypnosis has added a new dimension in understanding the dynamics of relationships.

One of the examples is Sara's case. She has been in a challenging relationship with her husband Nick for over 20 years. She describes this marriage as "a roller coaster ride", with "honey moon" stages and periods of separation. Her partner often criticized her and was unsupportable of her ideas and plans. The relationship deteriorated even more when their daughter Inez graduated from High School and went to college to study. The couple tried marriage counseling but the husband gave up after the first session. "There has seemed to be sort of invisible glue that has kept us together for so many years" said Sara. "I often asked myself: Wouldn't it just be easier to go our separate ways?" The couple had communication problems and seemed to drift away from each other emotionally.

Sara was hoping to understand more of her relationship with Nick through Hypnosis. It was like Brian Weiss described "looking through the mirrors of time". Hypnosis helped Sara to discover the history of their relationship. In the beginning they were one particle of Universal Energy with two polarities complementing each other. Then they separated into two extreme personalities and became opposite to each other. Whatever one personality did, the other one had the opposite quality.

Sara saw her partner and herself fighting in the medieval times, and killing each other on the battlefield. Over the life times they have changed their roles constantly from being lovers, parent-child, friends, and enemies. The common thread in all the relationships has always been the imbalance of power.

When Sara was asked to go back to the root of the problem she saw herself as a 17 year old young Italian woman from the 18<sup>th</sup> century. She was tall and was wearing a dark dress with a white apron. She had long blond hair and blue eyes. She stood in a small house that belonged to a village medicine woman; who was helping her to terminate her pregnancy. She was 5 months pregnant and her lover requested that she get an abortion, because he was married to another woman and had a higher social status. Sara recognized this child as her partner Nick from her present life. After the abortion she became depressed. This was completely against her belief system, of being against God and nature. In her despair Sara made a promise to this child "I will make it up to you. I will love you unconditionally forever".

So in the present life she has a chance to fulfill her promise. During the next hypnotherapy session Sara was able to go to the state between lives and talk directly to her spiritual guides. They explained to her that this was her own commitment to make it up to her son. Sara and Nick agreed to have the relationship in this life. This agreement could be negotiated and/or postponed. It was suggested by the spiritual guides that it could be beneficial for Sara and Nick to work through their difficulties in this life time, so they can learn their lessons of being more accepting and forgiving towards each other in this life time. Their ultimate goal is to make peace and become one loving personality again.

I met Sara after 6 months. She said: " There have been subtle changes in my life since my sessions. Somehow I feel stronger, more aware of myself and others, more accepting of interpersonal differences, perhaps even more loving. These attitudes seem to spread into my environment and magically transform people around me".

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### Healing my Relationship With my Mother

Mary Smith (not her real name) came to me to deal with issues with her mother and bulimia. Mary's experience was incredible.

Through past life regression, we went back to different times where all her relationships with her mother were abusive. Mary realized that she had been with her mother for several difficult life times.

In some cases her mother was abusive to her, and others she was abusing her mother.

The following dialogue is an excerpt of the Past Life Regression Session I had with Mary:

**MS:** "I have had a hatred for my mother probably since I was 11 years old. We have never been able to have a normal conversation without my mother raising her voice, becoming defensive, yelling, blaming me for something or trying to guilt trip me as she talks in her baby voice she uses when she is trying to manipulate me."

After I hypnotized Mary I asked her to go back to the first life with her mother.

**MS:** "I explained that I was six years old at the time and I was wearing a pale blue dress with blue thongs with pink plastic flowers on them. I felt carefree. My name was Christine.

I didn't know where my mother was when asked. Debbie took me back again to the time that my mother was very angry with me and was dragging me along behind her. I asked

her why she was mad at me and I realized that she hated me because her mom hated her. She wanted to take it out on me. I had been with her for 11 difficult life times.”

*DP: “Now, lets go further back, back to the very first time you have had with your mother.”*

**MS:** “I am a boy. I ‘m in a cave. There were a lot of people around. My father was there and there were lots of brothers and sisters. I was eight years old. My mother is calling me and I don’t want to go to her. I go to her and she is changing a diaper on another baby. She wants me to help her and I don’t want to. My mother is feeling like I am betraying her. I was wondering if I had done something to her at another time.”

*DP: “Now, go back even farther to a time that there is a significant event happened that can help you to understand your current life’s situation.”*

**MS:** “I am now standing over her, threatening her, I want to beat her up. I have something in my hand. I am around 40 years old. I am now her father. She is cowing down, asking me not to beat her. I am beating her because I don’t like her. I feel like she is like me. I am feeling un-empowered and weak. I’m beating her because that gives me power. It puts her under me. It makes me feel big and her little.”

*DP: “Is this the first time you have been together?”*

**MS:** “I don’t know.”

*DP: “Okay, Now go back to a time that the decision was made for both to experience this relationship with your mother. Where are you?”*

**MS:** “I am in an open space, it does not look like earth.. I’m on the other side. There are a lot of people around. My mother and I are sitting around and laughing and talking and planning. There are angels around and there are guides watching. They are all supporting us to do this.”

*DP: “What is the purpose behind all of this planning that you are doing?”*

**MS:** “I said one of the lessons we needed to experience was retribution. I need to take what I have given out. It was something we both needed to learn and it was also a learning for others. We needed to learn the extremes to which one can go and bounce back. The lessons that would help others were about strength and understanding.”

*DP: “Alright. Now you’ve got the purpose of this relationship, you have the understanding and the reasons behind it, are you ready to let go of the disharmony,*

*anger and destruction in order to regain your power, and to teach people through that learning, instead of going through more suffering?"*

**MS:** "Only to a point. I can't let go of some of the issues. I have suffered too much and I can not let go all the way ... I can not trust her.."

**DP:** *"When was the decision made that you have decided that you couldn't trust her and could not let go of some of these issues easily."*

**MS:** "I am about six. I am in this life... I feel that there is a lesson to be learned in order for me to let go of this is resentment. I want to hang on to it. The pay off to holding on to this issue is that I don't need to be responsible. Maybe I can go through this life and not have to do anything."

**DP:** *"What does it mean to you to have to be responsible?"*

**MS:** "To do what I am here to do. Which is to heal myself and others."

**DP:** *"Are you pursuing your purpose?"*

**MS:** "I want to but there is fear that maybe I am not capable."

**DP:** *"Do you think that the angels and others who helped in making the decisions to heal you and assist others didn't know what they were doing?"*

**MS:** "No...they have confidence in me. I see them laughing at me right now, telling me that I am being silly in thinking this way."

**DP:** *"Are you now ready to take the responsibility and give up the attitude that says if I am sick, I don't have to do anything?"*

**MS:** "I am on the verge of being ready to give it up."

**DP:** *"Keep on working on being able to give it up and when you are ready let me know..."*

**MS:** "I can break the pattern. But, I need to forgive my mom for not being where I think she should be in her understanding. I need to give my mom a call and forgive her for what she has done to me on a superficial level in this lifetime. There is no need to go deep into the child abuse or anything, just on a basic level, to deal with the deception. The things that I feel a mother shouldn't do to a child or to a sibling at any age. I feel like I might even need to pacify my mother a little because she doesn't know any better. She is very narrow minded in her concept of what life is really all about. What we are really here to do."

The process continued until Mary forgave her mother, renewed her relationship with her, and released her issues around bulimia.

### **Mary's Response**

A few days later, Mary called her mother. This was the first time in 30 years that Mary felt she had a normal conversation with her mother. Mary recounted her past life session to her mother. Mary said that her mother's voice was soft, calm, and understanding.

Two days later Mary's mother called her back and asked her what had happened: "I told her that I truly loved her and that I completely forgive her for what she had done to me in the past and asked her to forgive me for what I had done. She said that she had been waiting for me to say that for a long time."

The next change that Mary experienced since this regression is the bulimia. She has not once even thought of bingeing or purging since. She has stopped eating emotionally. She told me that she just hasn't felt the need to do that. She has not had any guilt about eating and is eating much healthier now. Mary told me "My feelings about myself have also changed dramatically."

Up until now Mary had never been able to look in the mirror and say that she likes herself, let alone loves herself. She always told herself that she was a fat, ugly pig. "If I had to go outside, I would pretend that I was invisible." Now, she has some new clothes and things that she would never have worn before (more fitted clothing), "I like what I see in the mirror now. When I go out, I find myself talking to people and laughing with them and smiling. I am much happier with myself. I now feel love for myself. I am now also willing to open myself up to others and to accept a relationship if one comes my way."

"I know that this is an ongoing process and as time goes by the healing will continue." She has cleaned up her house and put up Christmas decorations for the first time in ten years. "The changes that have occurred in me have been nothing less than a miracle. An amazing transformation with much more to come."

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## Chapter 14

### Testimonials

#### Various Testimonials

“I want to thank Diane for using her skills in sports enhancement, visualization, etc. in training the cross country team I work with in Portland, Oregon. Your techniques worked phenomenally well. All the boys ran their personal best times and this is the first time ever their school took the state championship! This stuff Works!”

*Alberto Salazar, Nike Corp., world class runner, 3 time consecutive New York Marathon Winner, Coach.*

“I’ve known Diane professionally for 15 years and in that time she has become one of the most effective health practitioners providing athletes with the tools to reduce their competition anxiety, and reduce or eliminate mental barriers to effective competition and allow them to truly enjoy themselves as athletes and people.”

*Bob Williams, Professional runner, Coach at Olympic Training Center, Sports Lab.*

“My goal was to win the gold medal at the World Sprints for Outrigger canoe racing. Because of Diane's guidance, using visualization and other mental techniques I accomplished my dream of winning the gold. I truly believe that she saw what I was capable of before I truly saw it myself. Diane has this amazing ability to see what is inside of you and to help you break through barriers. She then helps guide you to see things within yourself. More than you can ever imagine. I cannot express how awesome Diane is in words. She has been the bright light that I have needed to see in order to find my way to being as optimal as I can be. She has an incredible gift.”

*Lori Jorgenson World Sprints Gold Medal Winner*

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