

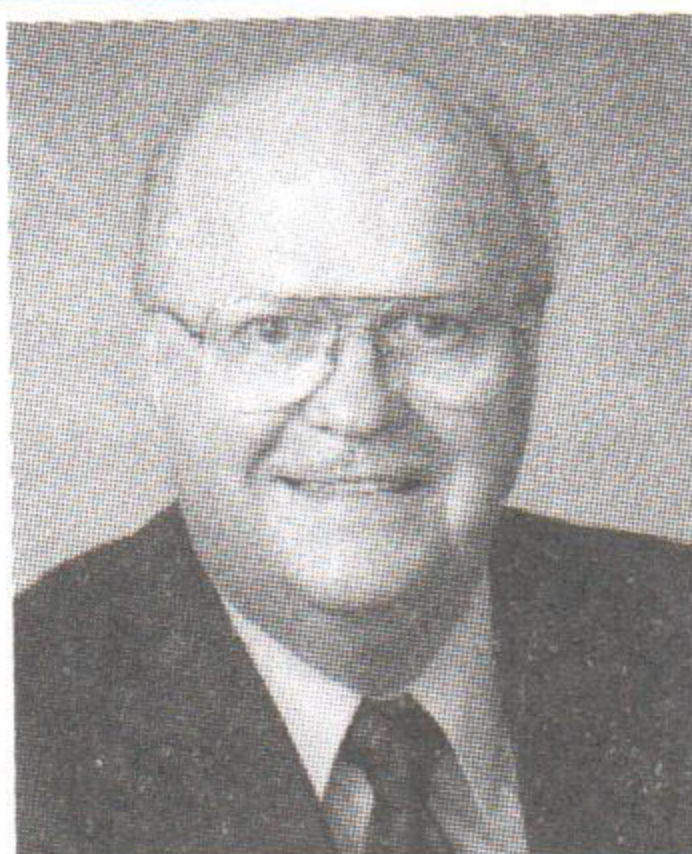
# HYPNO-GRAM®

A Newsletter Published by the National Guild of Hypnotists, Inc.

Combined With HYPNOTISM • Est. 1956 • Hypnotic Educational Bulletin - Est. 1942 • HEC International Newsletter - Est. 1956 • Deepening - Est. 1983  
P.O. Box 308 • Merrimack, N.H. 03054-0308

Charles J. Francis, Editor Emeritus  
Dr. Dwight F. Damon, Editor  
**April/May 2009**

**“The  
National  
Guild of  
Hypnotists  
provides an  
open forum  
for a  
free  
exchange  
of ideas  
concerning  
hypnotism”**



## DOC'S VOX

Once again the annual Solid Gold Weekend in Las Vegas was a “winner” in so many ways. Our final figures show that attendance was 97% of last year's, with a terrific group of attendees and presenters. This was our 11th annual Solid Gold Weekend, and the second time that we presented a Bonus Platinum Success Panel on Friday afternoon. The panel featured seven well-known hypnotists who shared their personal success secrets of building successful practices. This was videotaped and will be in our student kits, inspiring our graduates to become confident, competent and professionally successful.

Returning to our New Hampshire HQ, we found that there already were sign-ups for Solid Gold 2010, even though we haven't announced the registration information, date or location—other than the fact that it will be held at a different hotel/casino in Las Vegas earlier in February next year. That's the kind of *positive thinking with positive action* that we like to see! A first-time Solid Gold attendee, Carrie Jacobsen, e-mailed us—“*The presenters were so entertaining it never felt like learning, however, it was so informative. This is my first conference since joining NGH and I am already looking forward to my next one.*”

I was privileged to emcee the Bonus Platinum Panel on Friday, and the participants who shared information so freely were: Fiona Biddle, Shaun Brookhouse, Marx Howell, Jerry Kein, Tom Nicoli, Seth Deborah Roth, and John Weir.

Following the panel Q & A session, Inspector Marx Howell, Patricia MacIsaac and I presented PPS, a new Personal Professional Safety Seminar for Consulting Hypnotists which will continue to be enlarged, refined, and

**NGH CONVENTION**  
**August 7-9, 2009**



# Hypnotism and Sleep Problems

by Debbie Papadakis, BCH

*"I can't sleep, I have too many things on my mind." Sound familiar? Is the stress in your life overwhelming you? Do you constantly feel pressured? You're not alone!*

Statistics show that insomnia affects 60 million North Americans and often is the root cause of many physical, emotional, mental and spiritual health problems. Stress and lack of sleep can have negative effects on your health and your relationships. Hypnosis is a simple and effective way to de-stress and ensure you get a restful night's sleep. Usually the results are long lasting and can be achieved in a matter of hours. With hypnosis we can put insomnia to sleep!

In order to gain the best results, first we need to understand how the mind works and what is going on when someone is having trouble sleeping. The mind is divided into three parts: the conscious, subconscious, and the unconscious mind.

**The Conscious** part of the mind holds all the analytical, rational information with the short-term (temporary) memory and also the thinking and the questioning. This is the chatter that occupies a person's mind and blocks them from falling asleep.

**The Subconscious** part of the mind holds all of the emotions, beliefs, feelings, habits and worries. It works like an organic computer.

**The Unconscious** part of the mind is the domain of the automatic functioning of our being, which is affected by both the conscious and the subconscious.

**Insomnia** is defined in the dictionary as a habitual lack of sleep. It is a disorder that can be activated by external or internal interference.

External causes may be due to physical exhaustion or the consumption of large amounts of stimulants.

This includes coffee, tea, soft drinks, alcohol and/or chemical dependency. If insomnia is largely due to external causes, then you can take the appropriate steps and correct them. First examine your specific sleep patterns and determine if the issue requires medical attention (chronic depression, sleep apnea, physical pain). You'll also need to examine your diet, exercise patterns, sleeping environment, personal habits, lifestyle and current concerns.

In most situations insomnia is the symptom of an internal, deeply seated, emotional, initial traumatic event that took place, in some cases, many years ago. Often, the client is unaware of these events, or at least is unaware at a conscious level. If we ask the client what seems to be the problem and why they are not able to sleep their most common answer is, "I don't know. I wish I did!"

However, the most prominent causes of insomnia are negative emotions, such as fears of dying; fears and worries of facing the future; apprehension of what is going to happen to them in the future; anger toward unresolved situations and people; sadness for whatever they are missing in their life; guilt, grief, stress, and pressure.

Other causes of insomnia are the limiting beliefs that are holding the person in a negative state such as: "I am not safe, I can't sleep, no one loves me, I'm not good enough."

In my experience, through the thousands of cases I have worked with, the main source of insomnia is held in emotions, beliefs and feelings, all of which are stored in the subconscious part of our minds. Through hypnosis we are able to clear these emotional issues and beliefs, because we work with the subconscious mind, clearing the roots of the insomnia, which in turn

will smooth out tension and ease the transition from waking to rest.

If you ask an insomniac to describe their sleep patterns and what is happening when they can't sleep they will tell you that they lie in bed and close their eyes. But their mind is working overtime. A thought pops into their head and then another one and before they know it fear rises, adrenaline begins to pulse throughout their whole system and they feel more awake than ever. Time passes, they know they need their rest but the fear rises, and the cycle repeats itself.

With hypnosis we can bypass the critical factor (negative self talk) of the conscious mind and by using proven, effective techniques we can discover the root cause of the insomnia, which is seated in the subconscious mind. The discovery of the root cause helps our clients to reverse their negative sleep patterns to healthy restfulness. This will enhance their everyday performance, which will lead them to a healthier, happier and more productive life style. Through hypnosis we can assist clients to discover and accept the power of the subconscious mind and to use it to de-stress and induce deep sleep.

Self-hypnosis is a powerful tool that can also help a person to achieve peaceful sleep. You can use self-hypnosis to enhance your sleep by mentally focusing your attention on each part of your body. Start from your feet and move all the way up to the top of your head. One way to relax your body and to calm your mind is to first focus on a specific part of your body, and then relax that area by taking a deep breath and imagining that you are removing all the tension that is stored there. Continue until you have finished the whole



body. Start from your toes, and end at your head. Any tension in your body should be allowed to drain away into relaxation.

Another way to use self-hypnosis is to have the hypnotist anchor "triggers" such as rubbing two fingers together, to activate a peaceful, restful, deep sleep. After just a few minutes, using a self-hypnosis session, you can de-stress and relax simply by rubbing your fingers together. This is a powerful tool that can work for you anytime you wish to have a peaceful sleep.

Yes! You can put insomnia to sleep with hypnosis. This can be accomplished by accessing and resolving all emotions, beliefs and feelings and by reprogramming the subconscious part of the mind to accept your own self-healing suggestions through self-hypnosis. ▼

Debbie Papadakis, BCH, CI, Ontario, Canada, Hypno Healing Institute Inc., is a master hypnotist, sleep deprivation practitioner and author. She is an NGH Certified Instructor, president of the NGH Ontario Chapter and received the 2005 Hypnotism Achievement Award.

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## National Guild of Hypnotists BOARD CERTIFICATION REQUIREMENTS

- Must be an active member of the NGH at the Certified Hypnotist level for at least one year.
- Must write a minimum 1000-word hypnosis paper suitable for publication in the *Journal of Hypnotism*® or the *Hypno-Gram*®.
- Must be in active practice or using hypnosis as an adjunct to another profession for a minimum of one year.
- Must be of good moral/ethical character, with no criminal record, and meet the educational standards of the NGH.
- Must pass a written examination.
- Must complete an oral interview.
- Must submit two written character references (non-family).

The written examination and oral interview are to be administered at least twice a year by one or more Board members at locations to be announced. There is a one-time, non-refundable application fee of \$25 and an examination fee of \$250.

## Next Board Certification Exam August 9, 2009 NGH Annual Convention Marlborough, MA

Applications may be obtained by contacting:  
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(603) 429-9438 or ngh@ngh.net