



# Entrancing News

**September 2015**

## Topics of interest in this issue...

***Changing the Past for  
a More Optimal  
Future***

***Research Article***

***Upcoming Workshop:  
Hypnosis with  
Hammond  
September 19<sup>th</sup> , 2015***

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## **Letter from the President**

### **Changing The Past For a More Optimal Future**

Dear Colleagues,

I am certain that many of us have used hypnosis with our clients to 'hypnotically change the past' in order to implant more empowering beliefs leading to a more optimal future.

To refresh your memories about the quantum domain where changing the past takes place, nuclear physicists have established that the tiny bits of energy inside atoms, such as gluons, quarks, protons and electrons seem to have minds of their own, behaving in unpredictable ways and defying the laws of our everyday five-senses reality. These tiny specs of energy – which are information in motion – blink in and out of existence. They create one another, can communicate at great distances, and are faster than the speed of light. They can be in two places at once and go backward in time. This is the world of the quantum domain, the quantum sea of possibility, the zero point of energy, the energy that appears zero but is actually infinite where everything is information and energy, and energy does the work of information.

Let us look at the work of Dr. Helmut Schmidt, a physicist formerly at the University of Texas and now on staff at a research foundation in North Carolina. For years, Dr. Schmidt has used a random event generator to measure psychokinesis or mind over matter. A random event generator is like an electronic coin flipper. Using radioactive substances, particles or rays are emitted at rates that are uninfluenced by temperature, pressure, electricity, magnetism or chemical change. The rate of emission is totally unpredictable and cannot be fraudulently controlled. Schmidt connected such a substance to an electronic switch, producing a random event

(Letter from the President...continued)

generator that ran a variety of displays from simple lights that turned on and off to sound and even complex video games.

If you were to turn a random event generator on and let it run on a random basis – it would always turn on an equal number of lights. For example the red light would come on 1,000 times and the green light would come on 1,000 times. It is truly an electronic coin flipper where there would always be an even 50/50 split of heads and tails at the end of the run.

Schmidt would then ask subjects to sit in front of the random event generator and try to mentally influence the outcome. For example, a subject may try to break the code of equal randomness and make more green lights come on than red. In thousands of trials his subjects, without knowing anything about the radioactive substance at the heart of the machine were able to do so. A subject would be asked to mentally influence the device, generate more red lights to appear than green and was able to do so. Most people including you and I are able to do this. The most successful subjects were those who didn't try so hard or didn't have too much ego invested in the outcome. They had more of a playful, allowing attitude which is more right brain than the striving, straining and over-focusing left brain approach.

Schmidt's work then went on to introduce a startling new condition of the experiment. He would pre-record a sequence where the results would be physically registered. In earlier research, it would be holes punched in a paper tape record.

One week later, he would put the pre-recorded memory drum or record into the random generator but not connect it to its randomizing source. The number of red-green hits should be 50/50 or 1,000 of each. A subject would then sit and was asked to generate, as requested for example more green lights, not knowing of course that the results had been pre-recorded one week earlier. In a stunning series of experiments, the subjects were able to influence the output of the random event generator in the past. They were able to change the past in this case and produce more green or red lights as requested by Schmidt.

In several subsequent experiments, a third party would observe the results of the sub-atomic events in between the initial pre-recording and the session one week later when the subject was mentally attempting to influence the outcome. The observation of the pre-recorded paper tape record fixed or froze the past, and the results were neutral, showing no significant change. In other words, Schmidt's subjects were able to influence random events that had already been pre-recorded but not consciously observed.

Schmidt's retroactive psychokinesis studies as they are referred to in the literature were successfully replicated by Dr. Pierre Janim of France and by thousands of trials at the Princeton University Engineering Anomalies Laboratory which have been published in peer reviewed journals. Even prominent psychologists who were members of the 'skeptical society' have replicated Schmidt's work and it has been upheld.

Considering Schmidt's research on 'changing, the past', the intention of doing so may not be locally confined. It transcends the four-dimensional confinement of time and space. It goes off the board so to speak.

In Bell's theorem, two electrons that have been connected or entangled around the nucleus of an atom, once separated by several light years remain connected. If we change the polarity of one electron, faster than the speed of light the other electron will change its polarity to complement the shift. This can only happen in the quantum domain, the field of zero point energy which has totally different ground rules than our reality.

What is important to understand, however, is that your in-the-present intentions do not change the past or remove holes already punched in the paper tape record. Rather intentionality changes what would have happened but does not change what did happen. In other words, the intention to influence the past goes outside of time and space like the electron's in Bell's theorem, and faster than the speed of light goes backward in time to the seed moment – the past seed moments of choice. In the case of Schmidt's retroactive psychokinesis, the seed moment was when the random event generator was first turned on to record.

Our brains are made up of sub-atomic particles which are subject to quantum laws and can go backwards in time.

Consider a simple system such as a small group of cancerous or pre-cancerous cells in certain location in the body and a small group of natural killer cells roaming near the unhealthy cells in a random or freely variable course. Let us say that the natural killer cells could move toward or away from the cancer cells on a 50/50 basis.

However, with visualization in the form of prayers, dream healing, therapeutic touch or energy healing, could that be the window of opportunity to affect unfolding subatomic events that precede illness by going into the past – at a quantum level and with intentionality – to create an optimal outcome for your health and wellbeing?

Is the annual physical exam like the act of observation in quantum physics that 'fixes' certain physical illnesses or problems? Why do people in some other countries – who are physically examined far less frequently than we are enjoy better health and greater longevity?

I am certainly not advocating giving up on your regular physical exams but rather considering doing a daily healing ritual involving visualization, hypnosis, meditation, prayer, yoga, Qi Gong or whatever you prefer to intend and influence a healthier body, mind and spirit.

Since it's summer, hot and I am feeling lazy, the above 'letter' is from my best selling audio book The Biology of Empowerment. Hope you find it helpful.

Respectfully,

Lee Pulos, Ph.D., ABPP,  
President

Reference:

Pulos, Lee (2008). The Biology of Empowerment. Nightingale Conant, Niles, Illinois

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## Research Article

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### Functional Brain Basis of Hypnotizability

Hoeft, F., Gabrieli, J.D.E., Whitfield-Gabrieli, S., Haas, B. W., Bammer, R., Menon, V., & Spiegel, D. (2012). Functional brain basis of hypnotizability. *Archives of General Psychiatry*, 69, 1064-1072. Doi:10.1001/archgenpsychiatry.2011.2190

This is an important new study, which examines the neural underpinnings of hypnotic ability. The authors utilized functional magnetic resonance imaging (fMRI) to study the neural processing of 12 high hypnotizables and 12 low hypnotizables during hypnosis. The high hypnotizables were found to possess greater functional connectivity and utilization of the dorsolateral prefrontal cortex and dorsal anterior cingulate cortex. These areas of the brain are thought to be involved with executive functioning and the transformation of emotions. The results are somewhat consistent with previous work regarding the fMRI of hypnotic analgesia although the study provides novel data on neural differences between high and low hypnotizables.

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## Upcoming Events

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The Canadian Federation of Clinical Hypnosis – Alberta Society

**“Precision Cognitive Therapy”**

**An Integrative, Deep Structure, Hypnotic Approach For Helping People Modify Beliefs, Behaviors, Emotions & Existential Meaning in Life**

**Featuring Dr. James Straub, ED.D.**

The conference will take place in Edmonton, October 16<sup>th</sup> – 18<sup>th</sup>, 2015 at the Holiday Inn Conference Centre, Edmonton South. New this fall – your registration includes breakfast, lunch and morning and afternoon break refreshments.

Website: [www.clinicalhypnosis.ca/Alberta/](http://www.clinicalhypnosis.ca/Alberta/)

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International Hypnosis Society

**Montreal has been chosen for the next ISH Congress from August 21<sup>st</sup> - 26<sup>th</sup>, 2018.**

# D. Corydon Hammond, PhD., ABPH

## Hypnosis with Hammond

**Saturday, September 19<sup>th</sup>, 2015 - 8:30 am – 5:00 pm**

*Doors open at 8:00am at the Vancouver Masonic Centre*  
1495 West 8<sup>th</sup> Ave., Vancouver, BC



D. Corydon Hammond, Ph.D., ABPH, is a licensed Psychologist, Marriage and Family Therapist, and Emeritus Professor in Physical Medicine & Rehabilitation at the University of Utah School of Medicine. He is a past President and Fellow of the American Society of Clinical Hypnosis, Fellow of the Society for Clinical & Experimental Hypnosis, and Diplomate of the American Board of Psychological Hypnosis. He has also been President of the International Society for Neurofeedback and Research.

Dr. Hammond has published ten books (including the *Handbook of Hypnotic Suggestions & Metaphors*, *Clinical Hypnosis & Memory*, and *Trauma Treatment & the Law*). The latter volume won the Guttmacher Award for the Best Publication of the Year in Psychiatry and Law from the American Academy of Psychiatry and the Law and the American Psychiatric Association, and the Arthur

Shapiro Award for Best Book of the Year by the Society of Clinical & Experimental Hypnosis. Dr. Hammond has also published more than 170 journal articles and chapters in books. He has received Lifetime Achievement Awards from two professional societies, and the Morton Prince Award 'in recognition of contributions to the science of psychology and the use of hypnosis in psychology' from the American Board of Psychological Hypnosis and SCEH. He has been a consultant for the FBI, Justice Department and Federal Bureau of Prisons, National Center for Alcohol Education, Salt Lake City Police Department, and U.S. Postal Service investigators.

### AGENDA

A.M.: Hypnosis: Methods of Unconscious Exploration

8:30-10:00 The Unconscious Self-Image Technique; Hypnotic Free Association; Visualized Automatic Writing; Cloud Projection; Guided Imagery Techniques; The Inner Advisor Technique

10:00-10:15 BREAK

10:15-Noon Hypnotically Induced Dreams; The Theater Technique; Old Painting Technique; Ideomotor Signaling and Areas for Unconscious Exploration; Alternative Need Gratification Technique; Demonstration

Noon-1:30 p.m. LUNCH

- 1:30-2:15      Management of Irritable Bowel Syndrome
- 2:15-3:15      Strategies & Techniques for Pain Management
- 3:15-3:30      BREAK
- 3:30-5:00      Demonstration and Group Induction

**\* Snacks, coffee and tea will be served in the morning and throughout breaks.**

***Parking is available on the side of the building for \$4.00/day***

To download registration form visit [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

Members - Early Bird \$155, after Aug. 19<sup>th</sup> \$175

Non-Members - Early Bird \$175, after Aug. 19<sup>th</sup> \$195

Students - \$100

**Canadian Society of Clinical Hypnosis (BC Division)**

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**Save the date!**

Canadian Society of Clinical Hypnosis Two-day Workshop  
**February 27<sup>th</sup> and 28<sup>th</sup>, 2016**

Location: UBC Robson Square, Vancouver, BC