

Entrancing News

JUNE 2012 Edition

A publication of the Canadian Society of Clinical Hypnosis (BC Division)

Upcoming Events

✓ Bruce Lipton

Saturday November 17, 2012
Details will be posted this
summer on

www.hypnosis.bc.ca

Monthly Meeting

September 19, 2012 **Presenters**

**& Topic: Showing and
discussion of Rossi DVD**

presented by members of the
Faculty. This meeting will begin
with showing of the Rossi DVD ,
and an opportunity for members
to immediately try that same
approach themselves under the
guidance of the faculty

Visit www.hypnosis.bc.ca for
details

Executive Council Members: Charter Members

Lee Pulos, PhD., ABPP *President*
Saul Pilar, MD, *Vice-President Treasurer*
Heather Fay, MD, *Secretary*

MEMBERS AT LARGE

Mavis Lloyd, PhD
Bianca Rucker, RN, PhD
Lance Rucker, DDS
Harry Stefanakis, PhD
Leora Kuttner, PhD

PROFESSIONAL ADVISORY COMMITTEE

Marlene Hunter, MD
Don Louie, MD, FRCP(C)
Frank Spellacy, PHD

Letter from the President

Dear Colleagues,

With summer fast approaching, I thought you might enjoy collection of naughty irreverence, quotes, reflective meanderings, bon mots, cheeky impudence, mischievous playfulness and speculative anarchy.

- One of the intellectual contortions in science – in order to preserve certain theories is that the universe sprang from nothing into something in a billion billionth of a second.
- Psychedelic experiences and dreams are chemical cousins.
- Memories are not stored in the wet ware of the brain but in the interpenetrating fields in and around the body (it was Einstein who stated that “everything is in the field”).
- Also from Einstein... “Light is the shadow of God”.
- Are all the magical gadgets that allow us to text, tweet, react, and blurt getting in the way of our humanity? Does technology in some instances distort or blunt relationships?
- Is dark matter that cannot be seen and composes 90 percent of the universe the unconscious of the universe – a dark realm that conditions and forms the galaxies and their interactions
- Does God really care about your personal theology?
- We need spiritual telescopes to look into the subconscious – so we can regain our wisdom
- You are the interior decorator of your own psyche. How narrow or expansive are your mental shorelines?
- When you catch yourself negative self-talking, constructively ask yourself – why am I doing so?
- Are some children being raised in a culture of entitlement, self-indulgence and celebrity rather than a genuine sense of responsibility, discipline and judgment?

- This life is too short to be preoccupied with pain from the past.
- Some people have a knack for turning gold into lead.
- Our society focuses on the exaggerated dangers of drugs yet offers dangerous drugs which are the fourth highest source of death in the United States as a method of therapy.
- Why do skeptics never question their own dogmas?
- What happens when we die and miss our respective shuttle busses to our corresponding Christian, Muslim, Jewish, Buddhist, Zoroaster etc. heavens?
- Definition of insanity – stockpiling thousands of nuclear weapons to preserve peace.
- For some people, dogma is being utilized to masquerade as faith.
- The unknown is more feared by science than it ever was by religion.
- Reason alone leads to a true/false kind of world as if the deepest philosophical questions could be answered by some kind of multiple choice test.
- Animal research – a biological immorality using the ends to justify the means.
- Tribes used to do group dreaming. The dreamers would go out of body, in various directions to determine the best direction to migrate for food, shelter, etc. Our morning TV is a “manufactured dream” to serve a similar purpose.
- According to Darwin and Freud – “a man is flawed” – survival is the prime goal. But survival without meaning.
- Never tell anyone what to do except face up to the full abilities of their consciousness.
- Men who are brought up to be ashamed of the ‘feminine’ sides of their nature cannot be expected to respect women. Women who are taught to be ashamed of the ‘masculine’ sides of their nature cannot be expected to respect men.
- We limit our intellect by giving it only ‘facts’ to go on. Yet the “power” is in the deeper, inner, grander intuitive reality of our minds.
- If you examine your own life carefully, the challenges you have set for yourself will become apparent.
- Oh to regain the spiritual, physical and playful elasticity of youth.
- Men/women live by those values that science ignores – love, honesty, desire, passion, intuition, compassion.
- You can never experience a thought – only a thought about a thought.
- We are threatening the survival of our own planet in order to increase life’s conveniences.
- Are some visitors from outer space dream travelers from other dimensions of reality – just as we intrude into other realities in our dreams?
- There are many corridors of consciousness and psychological activity. Modern psychology does not yet have a concept of the self or ego to begin to explain mystical transcendent, paranormal and other such realities.
- Many people focus on their fears rather than their goals. Much like the archer who focuses on what can go wrong rather than the target and “pulls” to the left – reinforcing his fear.
- After all the hundreds and hundreds of healings and healing modalities I have witnessed in the Philippines, Mexico, West Africa, Brazil and India my most important learning is – everything heals someone, nothing heals everyone, nothing heals forever.
- While visualization, affirmations or belief statements are important for creating an optimal future or achieving goals – the emotional intensity that you pump into the words or pictures of your goal are by far more powerful and effective.
- Be careful of the “gods” and beliefs you choose – for you will reinforce each other.
- Science should be reprimanded when it tries to pretend that our experience is limited only to other events that science can explain.
- Your symptoms (or problem) are your friends – symptoms are a signal from your body/subconscious that a creative change is needed in your life.

- People with self-esteem issues or emotional underachievers require great amounts of praise and attention from others since they will get very little from themselves.
- Note posted under the windshield of a car – “Learn to park you stupid bitch”.
- Forgiveness is the fragrance left by the violet on the heel that crushed it. – Mark Twain
- Pain, fear and struggle are not the only elements of growth – why not joy, love and elegance (the least amount of effort with the maximum amount of reward).
- When you judge others – you are not defining the other person – you are defining yourself. Judgment freezes you in the past. Judgments are a ‘punishment’ that diminishes you.
- To forgive is to set a ‘prisoner’ free and discover the prisoner was you. – Lewis Smedes
- Bigamy is having one wife or husband too many. Monogamy is the same. – Oscar Wilde
- Millions who long for immortality don’t know what to do on a Sunday afternoon.
- Natural guilt – no penance is necessary, I am sorry – I won’t do that again. Unnatural guilt – created by the medieval church authorities to control and to punish.
- Disease is a rupture in one’s harmony. Healing – finding a way to reweave the rupture.
- Our cosmic laws are just a local ordinance.
- Wouldn’t it be nice to have a mind like a Swiss Army knife?
- On some occasions, it helps to hide behind a fig leaf of embarrassment.
- Absence of evidence is not evidence of absence.
- The soul should always stand ajar, ready to welcome the ecstatic experience. – Emily Dickenson
- If you can’t forgive a person, it is like letting them live in your head rent free. – from Alcoholics Anonymous
- If you don’t believe you create your reality – you will create a reality to prove you don’t create your reality i.e. victimhood. – Seth
- Whack the next guy with the same respect you’d like to be whacked with, you know? – Tony Soprano, Episode Twelve

Enjoy!

Respectfully,
Lee Pulos, Ph.D. ABPP
President

Letter from Mavis to our Members at large

Dear Members,

As I am completing the process of ensuring that you have the final Enchanting News update for June, it seemed appropriate to give you a little bit of insight into the considerable work it takes to have this document ready for you all. This June edition is the 6th this year – one new one a month.

Since our change from 3 newsletters a year to monthly newsflashes, the amount of time and effort this organizing takes has increased enormously. I do hope you like this approach to keeping you all informed, not only of what has happened, but what will be happening over the coming months. - sometimes briefer but definitely more frequent and in bite-sized pieces.

Of course, this is not a single-handed effort. I'm the general factotum where all material – or lack of it – is deposited. For example, because I was unable to be there personally for our June meeting, I had attempted to find someone other than myself to report on the contents of our June meeting. I KNEW it would be excellent because I've heard Les Moncrieff's presentations before and I've always learned a great deal and enjoyed them immensely. I was unsuccessful, so Les and I worked together over several days to put this last edition to bed. Thank you so much Les. I could not have done it without your material to use and our hour-long final tweaking to make it the best we could do for clarity, conciseness and reader-interest.

My normal process, when a meeting has been held which I am reporting (because I could not find anyone else to do that work) is that I check with the workshop leader on the content to determine that what I have written is an accurate reflection of the presenter's wishes and intent. The completed document(s) are then sent to Janice Downing, our able and ever willing administrator. She adds other information of importance, including Lee's contribution, from members that she has gathered. The draft is then returned to me and I do a final editing, reading to ensure that hopefully no errors have slipped past my eagle eyes, including possible date confusions, missing information on upcoming information, etc., etc.

Finally, I'd like to thank all those members and guests who are speakers that gave willingly of their time and expertise over the past number of years, and also those who have volunteered to write up, not only the meetings, but the day-long workshops we give, plus our two-day Seminar in February.

Finally I'd like to remind members that the Executive as a whole welcomes suggestions for future newsletters and presentations and we also welcome hearing from those of you who might enjoy writing **for** us. – or even **to** us. Your letters can be published, should you wish that to happen.

With caring,
Mavis

May Workshop Review – May 23 , 2012

**THE INTEGRATION OF COMPLDMENTARY MEDICINE INTO
BC ADDICTIONS TREATMENT**

Presented by: Les Moncrieff, Reg. Ac.

Reported by: Mavis Lloyd, PhD, RCC

Les began the evening with a fascinating historical overview of BC's addiction services that helped attending members understand the breadth and depth of positive changes that have taken place in this field over the past three decades.

In the 1980's Client Services used a harsh abstinence based model with zero tolerance and little understanding of addiction causes and effective ways of changing them. Very judgemental attitudes prevailed, which were condescending and punitive. Institutions had a "correctional service" mentality with actual violence and abusive behavior towards clients.

In 1989 a seminal visit to Portland Oregon took place in order to observe the way that addictions were treated there. Further multiple visits occurred in early 1990 and continued until 2000, which included diverse experts from City Council, Addiction Services and the police.

During the 1990's we had a welcome overhaul of the health care system. Integration of complimentary Alternative Medicine (CAM) began. Regionalization of services, to make them more accessible was incorporated, with new management and directors who had the vision and compassion that made a more humane approach possible.

In 1996, NDP leader , Glen Clark, legalized acupuncture and the Health Professions Act established the College of Traditional Chinese Medicine (TCM)and acupuncture. In 2000, Phillip Owen, the Mayor of Vancouver, was the political leader who promoted the introduction of the 4 pillars drug strategy, namely #1 Harm Reduction, #2 Prevention, #3 Treatment, #Enforcement. The Vancouver Coastal Health Authority managers and directors were ready and willing to explore new approaches.

After this brief explanation of the present trajectory that addiction services had evolved to its present level of service, Les then discussed how trance state is part and parcel of addictive behavior. Pathogenic trances can be effectively broken by using hypnotherapy and other complementary therapies that can make life-changing growth in those people afflicted with addictions. His two excellent handouts covering this material follow.

Thank you Les for a fascinating and invaluable evening. Please present again when you are ready to share your wisdom and passion.

Trance and Addiction

According to Milton Erickson, we are all shifting in and out of trance throughout any given day. Whenever our attentions is focused or concentrated, we are prone to becoming entranced. Certain activities often induce trance states. Activities like the following:

- TV and movie theatre
- fire
- drumming
- chanting or singing
- dancing and rhythmic body movement
- music or playing a musical instrument
- meditation and transcendental meditation practice
- sensory deprivation
- peer pressure
- a rocking chair
- Islamic rocking motion in Madrassa schools while memorizing the Koran
- Hassidic Jews during prayer (head and body bobbing)
- Rituals, paraphernalia used, particular smells, certain people, etc, can act as "*anchors*" which can "*trigger*" trance behaviour

Richard Bandler (NLP co- founder) suggested, "**Everything is hypnosis.**" John Grinder stated... "*We believe that all communication is hypnosis. That's the function of every conversation. Let's say I sit down for dinner with you and begin to communicate about some experience. If I tell you about some time when I took a vacation, my intent is to induce in you the state for having some experience about that vacation. Whenever anyone communicates, they're trying to induce states in one another by using sound sequences called "words".*

Addiction, a Pathogenic Trance State. (based on the book "*Trance*" by Denis Weir)

The trance state itself is not necessarily good or bad. However when the trance state is used to manipulate behaviour for the objectives of marketing or promoting agenda's which do not benefit the subject, then the trance state could be considered pathogenic or negative. Of course, the trance state itself can be utilized for relaxation, enhanced learning and healing, etc. **Trance states may also be necessary for breaking free from pathogenic trance behaviour.**

Cigarette Addiction:

The compulsive nature of cigarette addiction is a pathogenic trance behaviour resulting from post hypnotic suggestion. **Trance accompanies posthypnotic behaviour.** This accounts for the automatic and compulsive nature of the behaviour, the restless anxiety and craving and eventual relapse, despite the best of intentions and will power to quit. Compulsions involve trance and are often apparent in the eyes of the person acting out their relapsing behaviour.

The smoker has been entranced or hypnotized, often by years of watching movies or TV where smoking was associated with romance, heroes and good times. Television and movie theatres are ideal **trance-formers**. For many years the tobacco industry captured "entranced" audiences by paying to have their products placed in Holly wood productions, as well as their frequent repetitive commercials. Television programming is sponsored by commercial interests. TV's prime time news hour commercials from 5 to 7 PM are dominated by pharmaceutical companies marketing "feel good" medications such as anti-depressants or viagra.

Pharmaceutical companies orchestrate many smoking cessation programs with their QUIT SMOKING campaigns. In psychology it is understood that the mind does not easily process negation. For example, "*Do not think of a purple elephant.*" Or when smokers are told not to smoke, i.e. "**NO SMOKING** signs and symbols". Such statements only bring the idea/imagery of smoking to the consciousness of a smoker. Tell a child not to look into or go into a particular closet or room and what does he immediately want to do? Such negative messages tend to trigger the compulsive behaviour. This concept in the field of hypnotherapy is called "**The Law of Reversed Effect or Effort**". The more one tries not to think about or do something, the more one obsesses about it. In brief, "*Your focus of attention becomes your reality.*"

The ritual of smoking a cigarette is in itself hypnotic. It requires smokers to focus their attention on the lighting of fire and cigarette, the instant gratification and relief from anxiety, the entrancing smoke, the (ritual objects) personalized paraphernalia used and brand name products of any smoker. The smoker becomes increasingly restless and stressed until the post hypnotic suggestion is carried out and they may not even remember their obsessing behaviour. The repetitive nature of inhaling and exhaling smoke as well as the repetitive act of smoking during the trance-like behaviour may be considered fractionation as the focus and repetition re-induces and deepens trance behaviour. Addictions generally are clearly **pathogenic trance behaviours** resulting from years of post hypnotic suggestion and trance cues.

It may be necessary to re-enter trance states to de-program or reprogram the subconscious mind where these behaviours are rooted. Rather than attempting to use the logical or rational part of our conscious mind, we can access the powerful subconscious mind through the practice of hypnosis. The concept of **State Dependent Learning** or **Memory** suggests that the learning that takes place in one situation or state is better remembered in a similar state. To produce a new behaviour, the subject must re-access the state wherein the behaviour was suggested using imagination.

Like any trance, the compulsive nature of addiction is caused by the heightened state of absorption or focus of one's conscious attention on the desired substance. Desires, imagination and expectations are quickly realized. The result is a loss of "*conscious*" control and the subject will act out their programmed behaviours despite promises, best intentions and resolutions.

Hypnotherapy is an effective therapy to access trance state (alpha/theta brain wave patterns) and neutralize the pathogenic trance behaviour by exposing the origins and profiteering intentions of tobacco corporations. This is the moment to **present desirable and beneficial suggestions and imagery of health, wealth, pride and freedom.**

Acupuncture using the NADA (National Acupuncture Detox Association) protocol is an effective therapy to induce trance states where alpha/theta brain wave patterns predominate. Clients are able to process and relearn new and more constructive behaviours when they are in alpha/theta trance states.

Energy Psychology Methods such as Emotional Freedom Technique by Gary Craig or Be Set Free Fast by Dr. Larry Nims have achieved success in treating addictions and the pathogenic behaviours associated with being entranced. Often clients enter a trance state when performing EFT and are told to recall (state dependent memory) their painful trauma or feelings associated with their pathogenic behaviours, i.e. guilt, shame, fear and anger.

N.B. Max Plank: "*A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die and a new generation grows up that is familiar with it.*"

People's established beliefs are very difficult to change because their beliefs (*accepted suggestions*) were also formed during trance.

Hypnosis theory for discussion: How does one break a pathological trance?

- 1) An understanding and awareness of the fact that we are frequently in and out of trance states is essential. *"Gurdjieff taught that to become aware that you are asleep is the first step in waking up."* The first challenge is realizing you are in trance and that many of our behaviour patterns and beliefs are in fact trance states resulting from post hypnotic suggestions. Having an awareness of the pathogenic nature of a particular trance state (belief or behaviour) that has programmed our trance is the next prerequisite.

Belief System Trance: A belief is simply an accepted suggestion; a suggestion that by-passes the critical factor and is embraced or accepted by your unconscious mind. Both pain and disease states and our obsessive focus/absorption with them create and maintain the pathological nature of this pain and disease trance. The subconscious mind has the power and the potential to alter or "trance-form" and heal any perception of reality, beneficial or not.

"Whether you believe you can or you believe you cannot, you are right." Henry Ford. (belief system, aka BS)

A pathogenic addiction trance can be replaced with a more benign trance behaviour... such as that experienced in AA trance behaviour. Often we replace a pathogenic addiction trance behaviour like smoking cigarettes with another pathogenic behaviour such as over eating and/or over working, which is not unusual. The obsessive urge or craving and subsequent behaviour is post hypnotic trance phenomenon. (cigarette craving is often triggered by an anchor such as having a coffee, etc.)

Children are easily entranced by the nature of their alpha brain wave state... and will readily accept belief systems programming.

State bound memory is a useful concept in hypnotherapy. Revivification may be required and useful to revisit the time a pathological program was scripted. A trance state can be used to access the subconscious mind and return to the origin of pathological of programming. (revivification or mental/emotional re-enactment). EFT (Emotional Freedom Techniques) and BSFF(Be Set Free Fast) are examples of such healing trance-formation techniques.

Entering a trance and accessing the pathogenic scripts (state bound memory) and understanding them (state bound learning), then potentially rewriting them creates positive change.

The subconscious mind cannot determine what is right or wrong, good or bad. We are accepting all kinds of negative or pathogenic programming or belief systems throughout our lives. Nocebos or placebos may occur: classic examples are when a doctor diagnoses a terminal condition (or any condition) with a definite prognosis.

It is generally believed by many hypnotherapists that a person will not do anything under hypnotic trance that is against their moral or ethical beliefs system. Unfortunately, this is not entirely accurate. We are all experiencing societal, cultural or religious belief system trance states. A pathological/societal hypnotic trance creates the fundamentalist Islamic Suicide Bomber or any acts of war violence. We believe in the righteousness of our behaviour. Pathogenic trance states are a clear example of being hypnotized into a behaviour which is not in one's best interest.

Techniques to break trance behaviour:

- **Energy Psychology** therapies such as Emotional Freedom Technique (EFT) frequently creates a trance state based upon *mirroring, focused attention or absorption, repetition, pacing and leading, and revivification*. Revivification is a simple, elegant Ericksonian approach to inducing trance. State Bound

Memory allows for a healing trance-formation of the particular pathology.

- **Be Set Free Fast Technique (BSFF)** is providing direct instruction to the subconscious mind to address pathogenic trance behaviour by using a cue or trigger to activate a "*prescribed*" release from the pathogenic trance.
- **Erickson's technique** of assigning tasks to trance behaviour, interrupts and breaks the pattern. A smoker is told that they are to smoke with the opposite hand or at different times, or when they do not want to smoke, etc.
- **Replace pathogenic behaviour** such as a substance dependence/addiction with another behavioural activity ... as in AA or another more benign behaviour. AA's philosophy of self acceptance of addiction is crucial. Rather than fight, struggle, resist and deny, they choose to "surrender" to a higher power resulting in a healing experience. Learning a more healthy and rewarding behaviour as a replacement. Yoga, meditation, healthy life style, enriched social and pleasurable experiences are all examples of these replacement activities.
- **Buddhist mindfulness and meditation practice** is trance-forming. Mindfulness practice creates a growing awareness or consciousness of the pathological nature of a particular trance behaviour. Meditation practice is a form of trance induction.
- Correcting any **Psychological Reversal** or Polarity Problems may assist in breaking trance behaviour.
- Matrix Energetics. Richard Bartlett's Two-Point process is trance inducing. Entanglement, entrainment and rapport is established with intense focus and a letting go which permits a morphing into the 4th dimension... time travel.
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- **Emile Coue's method of auto-suggestion** with his prescribed repetition of the phrase "*Day by day, in every way, I am growing better and better,*" done just before sleep and upon waking. When this affirmation is repeated nightly, it becomes a highly effective boost to self-concept and self-empathy and-can be very effective.

When the existing belief system trance is broken we can create new options with awareness. We become creators of our reality rather than victims. From a Buddhist perspective, life is a trance. We only truly break free of our pathogenic trance states when we transcend time and space and realize our non-local integration of consciousness and connection with all things.

Examples of Other Treatment Strategies available are:

- Yoga
- Tai Chi
- Body Building
- Mindfulness Meditation Practices... Neuroplasticity
- Psychological Reversal Correction
- Brain Gym Techniques and grounding exercises
- NLP- Neurolinguistic programming, especially with its Anchoring techniques

Positive Preoccupation with life enrichment activities such as....

- Art,
- music,
- travel and exploring life's purpose and meaning.
- Pet Therapy

Finally, a reduction or elimination of a primary source of pathogenic trance induction, namely commercial television.

Please note our monthly meeting date and location!

Meeting Date: Monthly (except December, February, June, July, and August)

THE NEXT MEETING WILL BE IN SEPTEMBER
- DETAILS WILL BE POSTED ON THE WEBSITE THIS AUGUST

Meeting Time: 6:45pm

Location: 1055 West Broadway (between Spruce & Oak Street) Vancouver, BC V6H1E2
Second Floor Meeting Room - Signs will be placed for directions.

The purpose of these monthly meetings is to provide useful information to our members and a place for members to meet and discuss hypnosis in a positive learning environment. If there is a topic you would like to see presented or you have a topic you would like to present at one of the meetings, please contact the Society President, Dr. Lee Pulos at (604)669-6979.

