

# Entrancing News

May, 2013 Edition

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

## Upcoming Events

### Power of Visualization

#### Dr. Lee Pulos

**Saturday, May 4<sup>th</sup>**, Centre for Peace, Canadian Memorial Church, 1825 West 16<sup>th</sup> Ave., Vancouver. Take Home Techniques For Health, Healing And Goal Setting! For details and registration - [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

### Hypnotic Essentials --

#### Experience & Practice

**Saturday, June 1<sup>st</sup>** - 1055 W Broadway, 2nd floor led by Dr. Leora Kuttner, Dr. Harry Stefanakis and Dr. Mavis Lloyd. Designed to introduce you to, or review for you, the key features that make clinical hypnosis effective. For details and registration - [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

### Integrating Hypnosis and Attachment Disorders

**Saturday, December 7<sup>th</sup>** - Paetzold Centre, VGH led by Dr. Dan Brown, Harvard Phycologist [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

### Monthly Meetings

**Wed., September 18<sup>th</sup>** - Integration of Hypnosis with EMDR led by Dr. Marshall Wilensky. For details - [www.hypnosis.bc.ca](http://www.hypnosis.bc.ca)

## Executive Council Members: Charter Members

Lee Pulos, PhD., ABPP *President*  
Saul Pilar, MD, *Vice-President Treasurer*  
Heather Fay, MD, *Secretary*  
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Bianca Rucker, RN, PhD  
Lance Rucker, DDS  
Harry Stefanakis, PhD  
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## Letter from the President

### Magic: Toward A Re-enchantment of the World

As many of my friends and colleagues know, I spent over 18 years travelling many times to Brazil, Africa, The Philippines, Mexico and India investigating, filming and writing a book about non-ordinary, "magical" phenomena including psychic surgery, psychokinesis, bilocation and other very extraordinary marvels and curiosities

There are many other ethnographic reports of shamanic type demonstrations of precognition, materialization of matter, out of body travel and levitation. Rogo (1), in his intensive study of miracles, cites levitation as the most commonly eye-witnessed spectacle among saints. More than two hundred separate cases have been documented. The most authentic evidence corroborated the levitation of St. Theresa of Avila and St. Joseph of Cupertino. St Joseph's levitations usually occurred in full light, outdoors and were seen by hundreds of witnesses.

Anthropologists have been reporting on shamanism and associated magical abilities for almost two hundred years. Their observations have included such feats as fire-walking and fire-immunity, transteleportation, psychokinesis and weather control.

In a recent review of 87 parapsychological studies, it was reported that hypnosis, visualization, induced relaxation and sensory deprivation significantly improved the mind's ability to escape its tight tether to the body so that it could expand its parasensory and paranormal abilities.

It has been suggested that one of the basic principles of magic is the law of similarity - the belief that one can produce a desired result by imitating it. That is, visualizing a desired outcome is essential to any magical practice or mental alchemy.

Today, of course, hundreds of courses on visualization have been taught to athletes, corporations, individuals with serious health issues and to anyone who wishes to create a more optimal future.

Another important quality of most magical traditions is the importance of expectation and the anticipation of a desired outcome or result. All double blind experiments are predicated on the power of expectation and how to control for its effect.

In order for the effectiveness of visualization and expectation to be maximized they must be amplified with strong emotion and enthusiasm and a deep knowing that the goal being programmed will be manifested.

Of course, the core energy to any successful outcome - be it shamanic, therapeutic or goal directed is the central role of belief. I have written extensively on the importance of beliefs and how every area of our lives is a printout of our beliefs. In addition, there are now over 400 different therapeutic techniques throughout the world and everyone of them emphasizes the importance of belief change for therapeutic success. Passionate belief is the chaotic attractor that lifts chaos into order.

Not that long ago, at least up to the eve of the scientific revolution, the view of nature that dominated thinking was that of an enchanted world. Rocks, trees, rivers and clouds were all seen as wondrous, alive and human beings felt at home in the magical environment. The cosmos, in short, was a place of belonging. A member of this world was not an alien observer of it but a direct participant in its drama - a participating consciousness, in contrast to the modern epoch which is one of progressive disenchantment that scientific historians refer to as a "mechanical philosophy".

Yet, it is not that dark, and a new animism is emerging, where consciousness is being re-enchanted with advances in hypnosis, mental imagery, prayer, self-responsibility, meditation and the reintroducing of consciousness into healing once again. Even more exciting, is rediscovering one of the shamanic traditions that mind is non local, where one's consciousness, with intent, can affect the body of another consciousness, at a distance.

But what can we, as individuals, do to begin connecting and helping us re-enchanted ourselves and our destiny. Perhaps we must follow what Herman Hesse called "the whispering of our blood" - our intuitions, hunches and best bets.

At the end of my book, Miracles and Other Realities, I wrote that after seeing miracle after miracle in my travels, I became convinced that too often, we substitute shallow and frivolous technologies of consciousness for authentic myth, magic and mystery.

But what can miracles teach us?

- Miracles will help relieve us of our cerebral chauvinism - our hard-hat model of consciousness and help loosen our tight mechanistic grasp of how we view the world.
- Miracles will help shift the tectonic plates of consciousness and expand our apertures of consciousness.
- Miracles will help do away with the cerebral apartheid of many scientists who consider the right brain to be a second class citizen.
- Miracles, of course imply that the mind is non local and can create action at a distance.

All this implies, that there is an underlying unity, an energy sea of consciousness in which we are embedded - and thereby interconnected with each other.

Finally, for me, the belief in miracles means that we can attract what we focus on and believe. Miracles represent the opportunity for a personal re-enchantment and can lead us to our roots and nourish a rediscovery of our basic beingness and yes - our spirituality.

Respectfully,

Lee Pulos, PhD, ABPP  
President

#### References

1. Rogo, Scott (1982) Miracles: A Parascientific Inquiry into Wondrous Phenomena  
New York: The Dial Press
2. Pulos, Lee & Richman, Gary (1991) Miracles and Other Realities:  
Vancouver, San Francisco: Omega Press

## The Power of Visualization

**Take Home Techniques for Health, Healing and Goal Setting!**

**May 4<sup>th</sup>, 2013**

**Featuring  
DR. LEE PULOS, PhD, ABPP**

**DON'T MISS THIS EXTRAORDINARY OPPORTUNITY!**

Many psychologists are now recognizing imagery and visualization as among the most powerful tools in cognitive psychology.

The earliest visualization techniques ever recorded are from over 4,000 years ago. This workshop will open the mind's eye to the rich inner world of our imagination, integrating ancient and modern techniques for creating and achieving goals, optimizing health, identifying subconscious road blocks, developing intuition and creating our most optimal, healthy and fulfilling future possible.

The seminar will be 80% experiential and 20% lectures. This powerful one-day experience is **open to healthcare professionals and to the public**. The Annual General Meeting for the Society will be held following the workshop. All members of the Society are encouraged to attend.

### TIME & LOCATION

**Saturday, May 4th, 2013**

Registration- 8:30 am: Workshop 9 am – 5 pm

Centre for Peace at the Canadian Memorial Church  
1825 West 16<sup>th</sup> Ave., Vancouver, BC

### SEMINAR INFORMATION

**Advance Registration is Encouraged**

Take advantage of Early Bird Rates prior to April 12th

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

<b>CSCH Member</b>	\$125 (Early Bird)	\$150 (after April 12th)
<b>Non-Member</b>	\$150 (Early Bird)	\$175 (after April 12th)

**Canadian Society of Clinical Hypnosis (BC Division)**  
2036 West 15<sup>th</sup> Avenue, Vancouver, B.C. V6J 2L5  
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[www.hypnosis.bc.ca](http://www.hypnosis.bc.ca) Email: [admin@hypnosis.bc.ca](mailto:admin@hypnosis.bc.ca)

Registration fee includes a \$50 non-refundable deposit

## **BEYOND MINDFULNESS - An Energetic and Spiritual Model of Transformational Healing**

April 17, 2013

Led by Dr. Janice Stuart

Reported by Dr. Mavis Lloyd

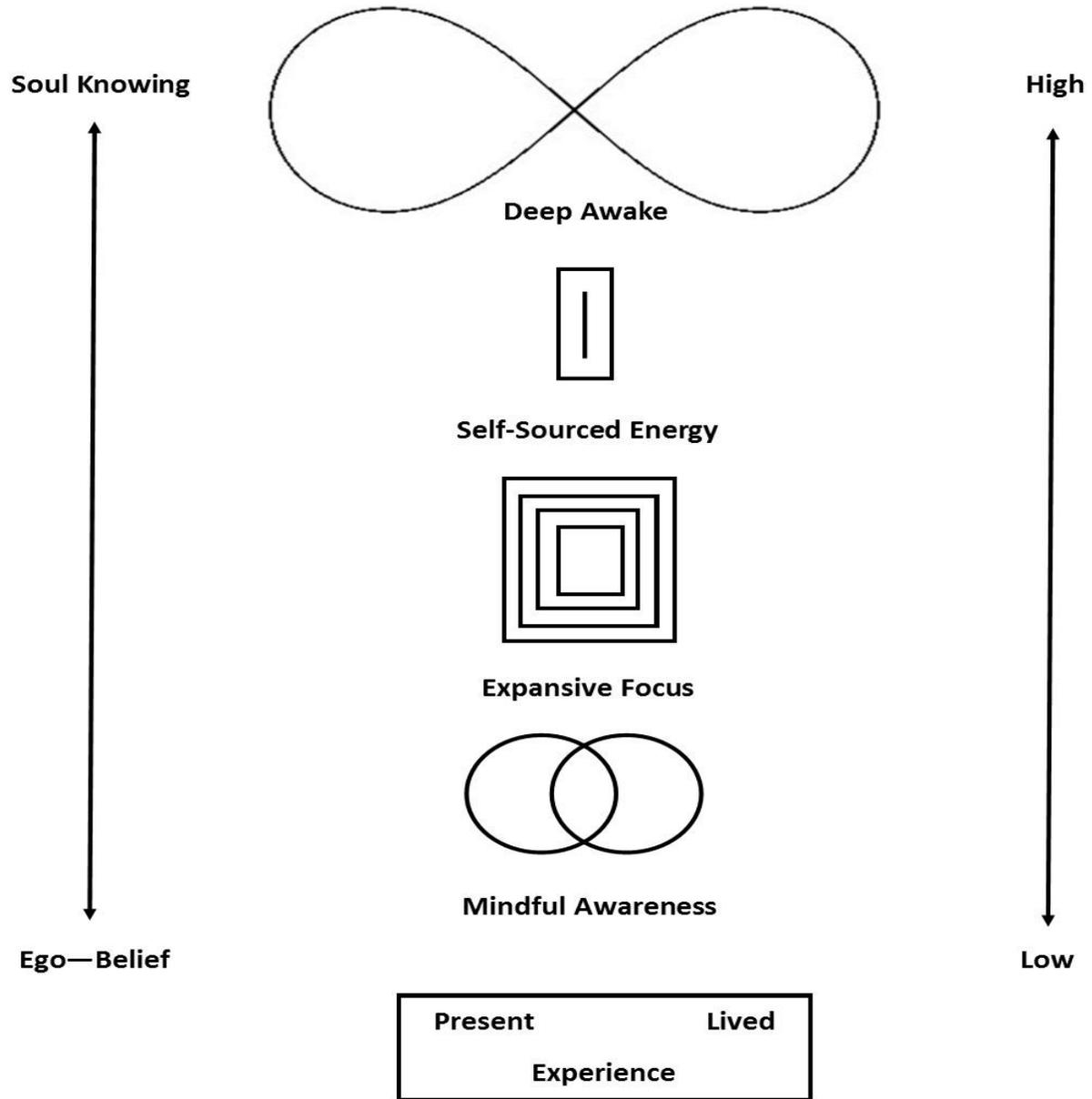
Dr. Stuart is a Clinical Psychologist with a general practice in downtown Vancouver, as well as a Psychologist at Health and Counselling Services at Simon Fraser University. She works in the area of trauma using EMDR and EFT, and uses many body-centred therapies to aid in mind-body integration. Dr. Stuart's passion is for helping people connect to a sense of spirituality in their lives.

Since childhood, Janice has been aware of unusual experiences of energy that were beyond her understanding at that time. These experiences continued over the course of her life and she gained a certain understanding of these experiences and their potential to help her life unfold with greater ease. Over the past few years she has developed a working partnership with a woman she met who also brought to the table a different but shared knowledge set around her own energetic experiences from childhood. Together they have experimented continuously around their common experiences and at our meeting Janice shared with the fortunate members of our Association where they have arrived in their understanding of what is happening and how it might be helpful to others. Janice's theme for our meeting was her journey to understand these bursts of energy for both herself, and also for those people who might be encouraged to join her in her quest for developing a workable process that can be understood, shared and taught.

After freely sharing her personal life journey towards a continuously deepening awareness of her own soul-knowing, she showed us an initial map of the process of ascending from an ordinary daily energy that is ego based towards the highest level and experience of deep awareness of the self that she calls the Deep-Awake State. This energetic awareness, which can be very focused, is above meditation and hypnosis in its transformational powers. Janice is generously sharing this map with us as a commencement of our future journey together.

# Map of Energetic and Spiritual Consciousness

Dr. Janice Stuart, R. Psych



This brief summary need only be stage one of our sharing process under Janice's leadership for our members. Those who experienced this initial stage unanimously asked for more revelations and discussions, to which Janice agreed. If you wish to understand a deeper sense of your own spiritual life journey, stand by for further developments. I benefited enormously from yesterday evening's presentation and am now wondering whether it might be possible to persuade Janice to lead a day-long interactive workshop on this topic, rather than a membership meeting.

A handout, "Expanding Your Awareness of Visual Space" was given to each of us at the end of this inspiring evening. It is reproduced below.

## **Expanding your Awareness of Visual Space**

As you continue to read this page, allow yourself to be aware of the three-dimensional physical space between your eyes and the words printed on the page. Let the awareness occur gradually as you continue reading. Because we are conditioned to sense only objects and exclude space, it may take some time for you to become aware of this visual sensation of physical space. Once you do become aware of the space, pause for a few second as you gently maintain that awareness.

Now without shifting your eyes from the page, gradually begin to sense the space that is to the right and to the left of the page. Let your peripheral field of vision widen spontaneously at its own pace to take in that awareness. And once you develop that awareness, enjoy it for a few seconds.

Now allow your visual background to come forward, to become as important as your visual foreground. In other words, the whole page, the edges of the page, the table and walls behind the page, can be made foreground simultaneously with the words you are reading. This, too, should be carried out effortlessly and naturally. It may seem difficult at first, but it is well within your capacity to focus in this way. Sit for a few seconds as you gently maintain this awareness, and allowing background and foreground to become equally important or interesting.

As you continue reading also include the appearance of space that surrounds your entire body. Allow time for this perception to take place as your visual awareness opens and broadens into three dimensions. Now permit yourself to become aware of the space between the lines you are reading, even as you continue to read. Also bring into your awareness the space between the words themselves and then the space between the letters of the words. Your awareness of visual space can continue to expand effortlessly while your awareness of letters words and concepts continues.

Expanding your three-dimensional visual awareness of space is creating a change in the way you are paying attention. You may also begin to sense your awareness expanding into other sensation we call space – feeling it, tasting and smelling it, hearing silence, experiencing the space and silence in your mind from which visual images and internal dialogue emerge, along with a limitless sense of now.

As you continue to allow your awareness to open and become more inclusive you may notice subtle alterations in your reading experience. Your understanding of what you are reading may become more centered, enriched and engaged. It may become easier to read the words. Thoughts of things unrelated to what you are reading may float effortlessly through your mind. Perhaps your eyes feel less strained as you read. Perhaps your hand supported the page feels more relaxed. Breathing may come more easily. You may discover that muscles in your face or neck have started to loosen somewhat or that your position in the chair has become more comfortable. You may feel whole or unified. You may also feel rising up some mildly unpleasant feelings that have been repressed by the sustained act of narrow focusing.

If you notice even small changes during the reading exercises, you have begun to experience some of the benefits of Open Focus. It may seem strange, even uncomfortable at first, for we all have learned to pay narrow and effortful attention to what we read and to most other things. Narrow-objective focus is thought to be necessary to resist distractions so we can understand, analyze and do something about what we read. That idea is so ingrained that many of us have become unaware of the mental and physical stress and fatigue that accompany this constant gripping. Our eyes grip the words, our minds grip the concepts, while our fingers may literally grip the page. But we don't need this level of effort merely for reading. By comparison, Open Focus releases effortful attention and allows us to spend just the right amount of effort, rather than chronically overdoing it. A precise, relaxed, yet interested attention – a lightly held narrow-objective attention amid a diffuse immersed background of space – is maintained, while tension and stress diffuse and dissolve.

This exercise can be used while doing almost anything from riding the subway to talking on the telephone to cooking to working on the computer. Stopping what you are doing and becoming aware of your peripheral vision of space and the space between you and the objects around you is a way to begin incorporating Open Focus into everyday life.

*Adapted from The Open Focus Brain: Harnessing the power of attention to heal mind and body. Les Fehmi, Ph.D and Jim Robbins, 2008, by Janice Stuart, Ph.D, R. Psych. April 2013*

N.B. Janice recommended another excellent book. Having bought a copy, I heartily endorse it for those members who wish to have more guidance on their own energetic/spiritual journeys.

*Proof of Heaven, A Neurosurgeon's Journey into the Afterlife. Eben Alexander, M.D. Simon and Schuster Paperbacks, October 2012*

Thank you Janice, for this supremely valuable evening, and for your promise of leading further time spent together.

## **HYPNOTIC ESSENTIALS - EXPERIENCE & PRACTICE**

**June 1st, 2013**

**with**

**Dr. Leora Kuttner, Dr. Mavis Lloyd, Dr. Harry Stefanakis**

This one-day workshop is designed to introduce you to, or review for you, the key features that make clinical hypnosis effective.

Through demonstrations, group and individual practice experiences you'll gain and refine your abilities to apply this broad-based clinical approach.

You'll leave the training with confidence and supportive handouts to immediately incorporate these skills into your clinical practice.

### **TIME & LOCATION**

**Saturday, June 1st, 2013**

9 am to 4:30 pm

2nd Floor Meeting Room  
1055 West Broadway, Vancouver  
(FREE parking, 1001 Broadway, entrance off Oak)

### **SEMINAR INFORMATION**

**Space is limited to 40 participants  
So Book Early!!!**

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

Members \$125, Non-Members \$150, Students \$95

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[www.hypnosis.bc.ca](http://www.hypnosis.bc.ca) Email: [admin@hypnosis.bc.ca](mailto:admin@hypnosis.bc.ca)

**Cancellation Policy:** Registration fee includes a \$50 nonrefundable deposit.

**THE NEXT MONTHLY MEETING WILL BE WEDNESDAY, SEPTEMBER 18TH**

Please feel free to bring a professional colleague to the September meeting. Let them experience the benefits of Membership in the Society.

**Meeting Time: 6:45 PM** Please ensure you arrive by 6:30 in order to gain access to the room.

**Location: 1055 West Broadway (between Spruce & Oak Street) Vancouver, BC V6H1E2**  
**Second Floor Meeting Room - See Signs for directions.**  
**FREE parking, 1001 Broadway, entrance off Oak**

**Topic: Integration of Hypnosis with EMDR led by Dr. Marshall Wilensky**

Marshall Wilensky, Ph.D., R. Psych. has been an Instructor in Counselling Psychology and Clinical Psychology for Simon Fraser University and the University of British Columbia. He has been in Private Practice in Vancouver since 1980 and consulted for Canada Employment, various hospitals, the National Parole Board and Forensic Services. He specializes in the treatment of trauma.

Dr. Wilensky was a member of the American Society for Clinical Hypnosis for 10 years and published in that journal. Since 1993, he only does EMDR. He is an EMDR International Association Approved Consultant and Trainer with over 15,000 hours of experience with EMDR. He has trained over 1000 therapists in Western Canada.

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.

**IMPORTANT MEMBERSHIP NOTICE FOR MAY/JUNE**

Instead of regular Wednesday Evening Meetings in May and June, exciting opportunities are being provided in the form of enhanced, all-day, Saturday Workshop Meetings:

- Sat. May 4<sup>th</sup> – The Power of Visualization, Take-Home Techniques for Health, Healing and Goal-Setting
- Sat., June 1st - Hypnotic Essentials - Experience and Practice designed to introduce you to, or review for you, the key features that make clinical hypnosis effective

**MARK YOUR CALENDARS FOR 2014!!**

**Two-Day Clinical Hypnosis Training Workshop - February 8th & 9th**