

Entrancing News

SEPTEMBER 2012

Edition

Upcoming Events

✓ Bruce Lipton

The Science of Personal and Global Transformation

Saturday November 17, 2012

Join Bruce H. Lipton, PhD, for a day of insight and enlightenment as he presents how we are in the midst of an incredible evolutionary event. Rich in detail, yet accessible to the layperson, Bruce's presentation offers new awareness that can facilitate our evolution from passive victims to responsible co-creators, while simultaneously offering the opportunity to heal.

Certificate will be provided for 6 hours of Continuing Education credits. Open to the public.

Tickets on sale at Banyen Books 3608 West 4th Ave. or by phone 604 737-8858

Details 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,

Following is a brief induction I have put together from different sources and experience.

Feel free to change, modify.... add to or delete whatever feels right for your personal style or beliefs about how hypnosis should be utilized.

Respectfully,
Lee Pulos, Ph.D., ABPP
President

Trance Induction

Lee Pulos, Ph.D., ABPP

Allow yourself to get comfortable...settling in.... and detaching from all the concerns... and "have to's" in your life...

Take a nice deep...deep breath...as you roll your eyes up.... looking at your eyebrows... without straining... hold it... as I count from one to three...one... feel it pressing against your chest two... and three... as you let it all out... allowing your eyelids to flutter down... and close your eyes... your chest ... like a balloon... collapsing... and draining all the tension... out of every fiber..... of your body...

Allowing your eyes to relax...jaw unclenched...shoulders droopy... arms limp... and floppy....abdomen soft ...with each breath you take.... imagine you are blowing out stress and tension... into the atmosphere... never to return... with the next deep breath... blow fear out.. and replace it with courage... and strength... take another deep breath... and exhale any old anger or resentments out... let it go... and replace it with your love... and warmth... and kindness... take another deep breath and blow away .. any possible guilt out...even imagined guilt... and replace it with forgiveness... and innocence...

Feeling calm...safe and precious. It can be easy for us to forget ...that deep down...we are worthy...and precious...our feelings do matterand each breath...helps us connect with our inner strong self.. which is strong...very wise...and unafraid...

Now....relax all the muscles...in your eyelids...to the point where they won't workfor now... and once they are relaxed ... to the point where the eye muscles....won't work... test them and make sure they don't work...so... the harder you try to open your eyes.... the deeper you will go....

Nowrelax those eye muscles...and allow that relaxation...to spread to the part...or parts of your body...that need it the most....easily....effortlessly

Take a moment...and tune into the part...or parts of your body...that are most comfortable....when you locate the comfort....simply enjoy it... and allow it to deepen ...and spread throughout all of your body... all by itself...

Within the privacy...of a person's mind....anything is possible...and knowing ...that you can review all that privately... the secret hopes... private promises... and possibilities... the sacred promises... to yourself... of what can be... and will be....

And now.... I would like you to think about a goal...you would like to achieve...for this hypnotic experience... take a few moments to ponder... wonder... and be curious... about the importance... of achieving this goal (allow 15 seconds)

Since the future creates the present – project yourself into an optimal future... where you have easily attained your goal... what will you be seeing ... hearing... feeling upon the successful achievement of this goal... that you are not hearing... seeing... feeling now... your job is now to make each sense...seeing ...feeling...hearing...as real as you cango ahead (allow 30 seconds)

Let us repeat that process....once more... for the next 30 seconds... see...hear... feel what you will be experiencing ... with gusto...upon creating your personal optimal future.... (30 seconds).

And now... let us plant the following belief seeds in the garden ...of your subconscious.... to facilitate energize....and enhance...the attainment of your goal.... easily...effortlessly

- Every challenge I face... stimulates and ignites my inner confidence... my inner strengths....my inner calm (repeat three times)
- From now on... I choose to react and respond only to positive ... constructive...healing thoughts and suggestions... from myself and/or others (repeat three times)

Continuing with each breath... becoming more deeply entranced so deep... that you will be able to accomplish... whatever you need to... in hypnosis today. You may be surprised... to realize... that a symptom... or blockage to achieving a goal... is actually your friend ... a signal... that a creative change... is needed ... in your life....

If it feels right for you... at this time... let yourself feel... what you are feeling strongly... as another part of you....can watch wisely... and keep you safe... so you can understand...what those symptoms or blockages... are trying to tell you (allow 20 seconds)...and trusting...knowing that your subconscious can free you.. .from your learned limitations...

And ... of course....during certain rest... or quiet periods... throughout the day... 10% of your life energy... will be involved... and focused on either.. an inner healing process....or what needs to be healed... or resolved.... so that you can achieve... your goal of today's hypnotic experience.... and that 10% of your life energy ... will continue... in your dreams...co-creating healing dreams... insights... and inspiration.

And ... as you focus on your goal... once more... embrace the belief... I want it to happen.... I will allow it to happen... and it will happen.

And ... in closing... when a deeper part of you knows it can continue to work entirely on its own... toward your goal... at appropriate times... throughout the day... and when your conscious mind...knows... it can cooperate with your deeper mind... to work together...as partners.. .will you find yourself stretching... opening your eyes... and feeling refreshed... as you orient back... fully alert... and confident.

Upon alerting... I will discuss the following issues and/or questions

- How will you remind yourself to integrate the helpful suggestions into your internal dialogue or self-talk on a routine basis?
- What will you be doing about achieving your goal that is different from what you have done in the past?
- Write down clear... specific suggestions on how you would like to think... feel...and act in specific situations and consistent with your goal(s).
- Have you learned anything that I might be able to help someone else with a similar problem?
- A suggested affirmation to reinforce throughout the day.... “Strength is within me...I have the inner strength... courage and wisdom to follow through and achieve all my goals... easily... effortlessly. “

PS. Forgot to mention - always ask the client should I use “I am” or “you are” when making hypnotic suggestions

is proud to present

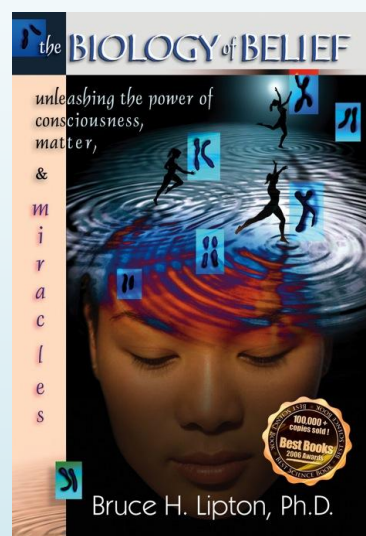
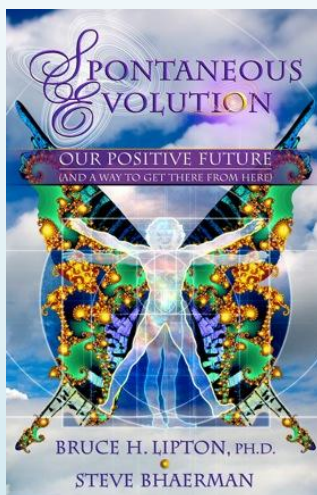
Bruce H. Lipton, PhD

The Science of Personal and Global Transformation

Saturday, November 17th 2012

9am – 5 pm, doors open 8:30 am

Paetzold Education Centre, Vancouver General Hospital, Vancouver, BC



Join **Bruce H. Lipton, PhD**, as he presents frontier science that illuminates the hidden connections among biology, psychology, spirituality and our imminent evolutionary upheaval. This dynamic presentation on the nature of how consciousness interfaces biology reveals how our thoughts, attitudes and beliefs create the conditions of our body and our place in the world.

Rich in detail, yet accessible to the layperson, Bruce's presentation offers new awareness that can facilitate our evolution from passive victims to responsible co-creators, while simultaneously offering the opportunity to heal ourselves and the planet.

Tickets available at: Banyen Books 3608 W 4th Ave, Vancouver
By phone: 604-737-8858

Ticket prices: \$125 (prior to Oct. 15); \$150 (after Oct. 15)

Details available on www.hypnosis.bc.ca

Open to the public. All ticket sales final – no refunds or exchanges
Certificate will be provided for 6 Hours of Continuing Education Credits

Please note our monthly meeting location!

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

THE NEXT MEETING IS SCHEDULED FOR WEDNESDAY, September 19th 2012

Meeting Time: 6:45pm

PLEASE ENSURE THAT YOU ARRIVE BY 6:30 IN ORDER TO GAIN ENTRY TO THE BOARD ROOM.

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

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.

