

# in a moment...

Official Newsletter of the South African Institute of Hypnotism cc & the Mastermind Hypnotherapy Training Centres cc [www.hypnotherapy.co.za](http://www.hypnotherapy.co.za)

## AUGUST 2010

Dear Members, Students and Friends,

There is so much happening, let me just let you in on a few interesting news for you to absorb:

- Dr Mari Jordi qualified
- Tom Budge on Sabbatical
- Beyond Goals the follow up workshop to the SELF MASTERY THROUGH AUTO HYPNOSIS
- Article from IMDHA: The Value of Not Knowing; Let Your Unconscious Be Your Guide

Keep well!

*Claudia Klein*

## MARI QUALIFIED



Recently qualified as a Certified Hypnotherapist is Dr Mari Jordi, she has many other qualifications which you may want to keep in mind when you need to refer a client.

"The patients treatments are tailor made to suit their needs - Client centered.

My qualifications include: (in order of preference)

Registered homeopathic doctor

Developed a range of medications under the label Natural-Health -these are available for distribution if anyone would like to stock them.

Effective and sustainable Weight loss

Nutrition health Reiki - Iridology

Reflexology - Massage

Ozone therapy.

And of course Hypnotherapy which I am really enjoying.

**Mari's contact details are: 082-570-3522  
021-782-4449 [drjordi@natural-health.co.za](mailto:drjordi@natural-health.co.za)**

## TOM'S SABBATICAL

### Tom Budge on sabbatical



Few people have the wisdom to create the opportunity to take time out to take stock and reassess to grow and advance themselves.

For us who know Tom Budge, it is not entirely surprising that after years of seeing hundreds of clients in his clinic, lecturing on weekends and giving off his time for the benefit of others in many further ways that this is what he has decided to do for a while.

I trust that I speak on behalf of all who have come to value him:

*Tom have a fantastic, meaningful time, and when you are ready. We can't wait to welcome you back.*

*Be safe on your travels!*

*We will be taking good care of the members and students in the Gauteng area. Claudia*

## BEYOND GOALS ...



### Beyond Goals

*Discovering true purpose an adventure in self-discovery:  
Follow up on the SELF MASTERY THROUGH AUTO HYPNOSIS*

The key to changing your life is to find out who you really are and what motivates you at the deepest level. Once you know what lies beyond your goals, you will have the "secret" key that unlocks the door to your physical, emotional and spiritual abundance.

## BEYOND GOALS ...continued

During the two evenings of the Beyond Goals workshop, you will discover the difference between conscious goal-setting and alignment with your subconscious purpose. You will know which of your desires come from ego and



which from inner truth. And you will have the opportunity to examine and overcome any blocks or resistances to creating the change you seek. Participants will also become more proficient at inducing self-hypnosis and will have the experience of using this as a tool for self-development.

By the end of the course you will know how to enter empowering states of consciousness with a clear vision of your outcome, and you will have the practical tools necessary for taking the process further on your own.

*This course is for those who have some experience with self-hypnosis and a basic level of understanding of the characteristics of the conscious and subconscious minds. The minimum requirement is the Self-Mastery through Autohypnosis course.*

The Beyond goals workshop will also be of interest to experienced students of hypnosis as the emphasis is on transformational processes that aren't covered in the core hypnosis curriculum. Participants will discover that this workshop offers a journey of self-exploration that can be repeated as often as they like, each time bringing deeper insights and greater skill in using the tools of transformation.

Please note that Beyond Goals is not a certification course as yet in other words it does not count towards the Certified Hypnotherapist qualification. However, it does earn you 15 CPE points (Continuous Professional Education) for further education. (Certified hypnotherapists are required to earn 30 CPE points each year to keep their qualification up to date, this is also an IMDHA requirement)

No matter what you perceive your goals to be whether they concern health, wealth, relationships, spiritual awareness or any other aspect of your life the Beyond goals workshop will provide a deep inner focusing on those quantum levels where change happens.

### Course details:

Dates: Tuesday 21 September and Thursday 23 September, 7 p.m. – 10 p.m.  
Price: R950 - includes tea coffee, and a workbook .

Facilitators: Claudia Klein and Russel Brownlee

Please book by email or respond with the booking form attached.

## IMDHA NEWSLETTER EXTRACT

Extract from the IMDHA newsletter

**The Value of Not Knowing;  
Let Your Unconscious Be Your Guide**  
**Peter Blum**  
**Courtesy: Subconsciously Speaking**



In the prologue to his classic work, Zen Mind, Beginner's Mind, Shunryu Suzuki says If your mind is empty, it is always ready for anything; it is open to everything. In the beginner's mind there are many possibilities, but in the expert's there are few. What does this mean, and how does it relate to becoming a master Hypnotherapist?

Another way of stating this might be, if you think you already know the answer(s) you become much less open to other possibilities. You stop paying attention, looking for clues . . . the learning curve tapers off. As soon as you say, I don't know, you are opening your neural circuits to search for information and solutions.

One of the pre-suppositions of an Ericksonian approach to working with clients can be stated: People have all the resources they need already within them. To generalize, the reason they are coming to see you is to improve their ability to access or utilize these resources. What is it that has been getting in the way? Their conscious mind!

Now, turn the mirror around. You have been conditioned all through your life and education to think of your conscious mind as being in the driver's seat, as being the source of all decision making. And now you have discovered that your greatest ally is your unconscious mind. How can you learn to trust that part of you to guide you in your words and behavior while in session?

## IMDHA NEWSLETTER EXTRACT

... CONTINUED

You, the hypnotherapist, hopefully have learned numerous techniques as part of your training. You might have favorite inductions that you prefer; you may even work from scripts - memorizing them word for word. As in any other skill, such rote learning and behavior is a step in mastery; you need to master the form, but don't get stuck in the form.

At the beginning of my practice, I would frequently sit and go over my notes from an initial session, pondering what my strategy would be for subsequent sessions. Occasionally, I would write out an induction or a plan of action, but even if I didn't write it out, I would feel more comfortable if I had at least thought it through. In those days, as now, my preference for treatment was three to six sessions of two-hour duration.

After a few years I found myself in a situation where I was working as the staff Hypnotherapist at The New Age Health Spa in upstate New York. There, I would give a lecture on hypnotherapy in the evening to the spa guests, and those who were interested would sign up for a single one-hour session the following day. For many of these clients, it was their first experience of being hypnotized. The luxury of being able to do an intake interview and map out my next session was not available in this setting. I had one hour to gather information, establish rapport, elicit goals, induce trance, and make effective post-hypnotic suggestions. A very valuable understanding to interject at this point is that of the co-trance. As Dr. Milton Erickson said, I go into trances so that I will be more sensitive to the intonations and inflections of my patients' speech and to enable me to hear better, see better. I go into a trance and forget the presence of others. And people see me in a trance.

So the admonition to trust your unconscious that I give my patients, I also began to apply more rigorously to my own behavior during sessions. To empty my mind, to fully pay attention, to be in what NLP calls "uptime" are all different ways of describing this. The initial panic that one might feel early on is a conditioned reflex. It is the conscious mind looking for its security blanket and freaking out when it notices that you don't have a clue as to what you are going to do or say next. When this happens, RELAX, BREATHE, PAY ATTENTION.

In the marvelous work by Peterson and Mehl (unfortunately out-of-print), *Pregnancy and Healing*, they point out that our selection of words is not consciously determined. We begin a sentence without knowing yet how it will be completed. Verbal expression may be started consciously; meaning the left hemisphere of the brain is involved. . . . Erickson identified language choice as involving knowledge beyond that of which the patient was aware. . . . To complete sentences, talk, or express concepts, ideas, and experiences through language, a person must 'intuitively' or 'unconsciously' select words

that describe, and tonality and phrases (pauses, variation in pitch, loudness) that express or represent, the internal experience.

Once you understand this, you are willing to give up conscious control for the wonderment of watching and listening to yourselves being genuine and spontaneous. To be in the present moment also means to be alert to all the clues that come up as intuitions, or "gut feelings." In addition it means to be willing to take the risk of acting on them first, and figuring them out later. As Buddhist meditation teacher Chogyam Trungpa advised his students, First thought, best thought!

There have been times when I have listened to an audiotape of one of my sessions with a client after a month or more, and have been pleasantly surprised by what I heard myself saying on the tape. In fact I have often found myself in awe and mystified by how my unconscious could have been so clever. I (my conscious mind) could never have thought of the correct series of metaphoric images . . . could never have constructed just the right combination of phrases and stacked stories. One more quote from Dr. Erickson: Your conscious mind is very intelligent. And your unconscious mind is a hell of a lot smarter.

## COURSE CALENDAR

Cape Town 28 August 2010 Self -Mastery through Auto Hypnosis (SM)  
Johannesburg 28 - 29 August 2010 Analytical Hypnotherapy (CC4)

Cape Town 11 - 12 September 2010 Compulsive Behavior and Smoking Cessations  
Johannesburg 18 September 2010 Self -Mastery through Auto Hypnosis (SM)

Johannesburg 2 - 3 October 2010 Advanced Hypnosis (CC2)  
Cape Town 2 October 2010 Self -Mastery through Auto Hypnosis (SM)  
Cape Town 16 - 17 October 2010 Analytical Hypnotherapy (CC4)  
Johannesburg 23 - 24 October 2010 Analytical Hypnotherapy (CC5)  
Johannesburg 23 October 2010 Self -Mastery through Auto Hypnosis (SM)  
Cape Town 30 - 31 October 2010 Basic Hypnosis (CC1)

Cape Town 6 - 7 November 2010 Neuro Linguistic Programming  
Johannesburg 13 - 14 November 2010 Group Hypnosis, Scripting, Suggestion Sets & Conversational Hypnosis Techniques (CC3/GH)  
Johannesburg 27 - 28 November 2010 Basic Hypnosis (CC1)  
Cape Town 27 - 28 November 2010 Advanced Hypnosis (CC2)

Johannesburg 4 December 2010 Self -Mastery through Auto Hypnosis (SM)  
Cape Town 4 December 2010 Self -Mastery through Auto Hypnosis (SM)  
Cape Town 11 - 12 December 2010 Analytical Hypnotherapy (CC5)

Johannesburg 22 - 23 January 2011 Advanced Hypnosis (CC2)

Cape Town 5 - 6 February 2011 Group Hypnosis, Scripting, Suggestion Sets & Conversational Hypnosis Techniques (CC3/GH)  
Johannesburg 26 - 27 February 2011 Group Hypnosis, Scripting, Suggestion Sets & Conversational Hypnosis Techniques (CC3/GH)  
Johannesburg 26 - 27 March 2011 Neuro Linguistic Programming