



Redefine Yourself

Points:

- Control your mind, control everything©
- You can retrain your brain with hypnosis
- Excellence is an art won by training and habituation
- The mind is your personal genie, capable of fulfilling your every dream and desire
- Learn how to put logical levels in their proper places and use them beneficially
- What you THINK and BELIEVE makes a difference in your world experience
- Check out pics from our last meeting on pages 4 and 5

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Tonight, our beautiful and inspiring fitness instructor Abby started the class by asking us a simple question: "Are you ready to redefine yourself?"

And in this one sentence, she summarized the spirit of the work we do all day, every day, building Athletes of the Mind©. Learning how to pick up the pieces after adversity obliterates us and everything we thought defined us, rise from our very ashes and rebuild ourselves stronger, better, more efficient, more resilient than before.

The correlations between the foundations of my teachings and advanced athletic training are not coincidental. My lifelong athletic training has shaped my path and serves as the backbone of my philosophy and approach. For decades, I



have been teaching people from all walks of life how to use the power of their minds to transform their existences, survive and thrive, soar over obstacles and join the few, the proud, the Adversity Athletes©.

Becoming an Athlete

Learning to become an athlete of the mind follows the same principles as those of physical athletic training.

It requires methodology, scientific knowledge and understanding of the process, desire, drive, discipline and repetition.

Once you get started, your 3Ds take care of themselves: desire, drive and discipline begin snowballing the moment you get moving.

It is the very principle of Newton's law of motion: an object in motion tends to stay in motion.

Understanding Adversity

Some of us are hit by unspeakable adversity. The kind that leaves you shattered, fractured, face down in the dirt, robbed of your strength,

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Mind Mastery for Life Mastery

Excellence is an art won by training and habituation.

We do not act rightly because we have virtue or excellence, but we rather have those because we have acted rightly. We are what we repeatedly do. Excellence, then, is not an act but a habit. Aristotle

How high is up? The fact is, as the Buddha said, "The mind is everything. What you think you become." Training the mind and thereby becoming fully mindful is the path to establishing the habits necessary to insure personal excellence!

The mind is your personal genie, capable of fulfilling your every dream and desire. How successful you are is directly proportional to how well your mind is tuned. Join Eldon as he takes you on a journey into the fascinating world of mind science.

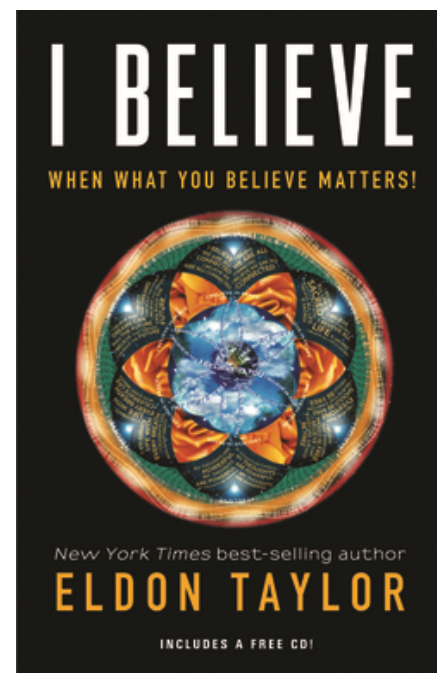
If your life is not working as well as it should, find out how your mind is sabo-

taging you. If your life is going on working pretty well, learn how to make the quantum leap from good to absolutely fabulous.

Part educational, part practical and experiential, you will leave this workshop with several tools and techniques that will put the controls for your life directly into your own hands—techniques that include self-hypnosis and how to create your own custom subliminal program. Use these techniques for accessing hidden memories, programming yourself for success, or even exploring the spiritual world. Realize your full potential today!

Eldon Taylor is an award winning New York Times best selling author of over 300 books, audio and video programs, and is the host of the popular radio show Provocative Enlightenment.

His most recent works include "Choices and Illusions" (NY Times best seller), "I Believe," "Mind Programming," "What Does That Mean?," "What If?," and "Self-Hypnosis and Subliminal Technology."



Eldon is also the inventor of the patented InnerTalk technology and founder and president of Progressive Awareness Research, Inc. He has been featured as an expert in films, print, television, and radio. He has also been called a "master of the mind" and has appeared as an expert witness on both hypnosis and subliminal communication.

His books and audio-video materials have been translated into more than a dozen languages and have sold millions worldwide.

His websites:

www.eldontaylor.com

www.innertalk.com



Logic Levels Leaps

"I failed! I'm so stupid!"

Ever heard that before – maybe in your own head?

It's a logic level leap.

What? You've never heard of logic levels? Well don't feel bad – lots of people haven't heard of them. Logic levels are essentially a hierarchy of experience.

Basically there are 8 logic levels (named and described by Robert Dilts, 1991):

1. Environment
2. Behavior
3. Capabilities
4. Beliefs
5. Values
6. Identity
7. Mission/Vision
8. Spirituality

Logic level leaps are errors in cause and effect thinking. We misidentify the cause from the effects we experience.

Let's look at two logic levels, Behavior and Identity. Behavior is the level of action (do) whereas identity is the level of being (be). Many people run with the following logic level leap:

"I did poorly on my math test." (Behavior level isolated to one environment)

"THEREFORE"

"I'm stupid." (Leap to the identity level where change is difficult)

Some people take anything that they have done well or continue to do

well and attribute it to outside forces (attempting to abrogate their responsibility). They say, "I got lucky." Or maybe, "It must have been fate." Or, "It was a fluke." Or, "It was God's will." As a result, they do not increase their own belief in themselves.

They perceive all of their successes at the behavioral level. When something goes bad or horribly wrong, they integrate the result at the identity level. Consequently, they increase their belief in their own "incompetence".

Then there are those people who take anything that they have done well or continue to do well and integrate it into themselves at the identity level, thereby increasing their own confidence in themselves and their abilities.

Anything that gets them less than stellar results they chalk up as a learning experience and an indication to do something differently (leaving it in the behavioral level). They perceive the action at the behavioral level where it belongs and choose to assign the positive aspects to identity level:

"I did poorly on my math test." (Behavior level isolated to one environment)

"THEREFORE"

"I will study differently in the future." (Properly leaving the negative aspects assigned to the behavior level where change is easy)

"I did well on my math test." (Behavior level isolated to

one environment)

"THEREFORE"

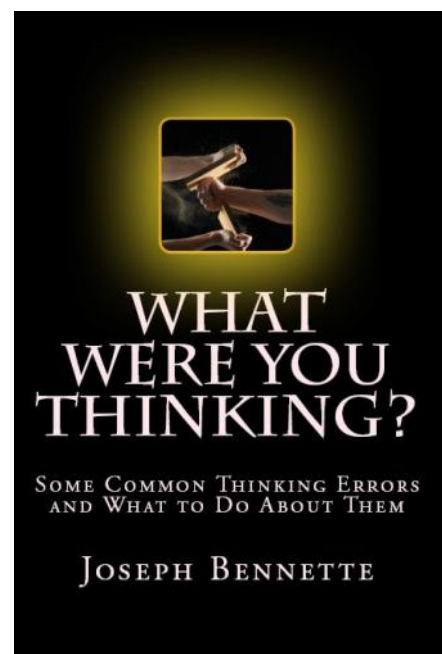
"I am a success." (Leap to identity level)

To turn the negative pattern around, one must put the logical levels in their proper places and use them beneficially:

- Positive reinforcing positive identity
- Negative reinforcing change in behavior

The very awareness of logic levels and how we make logic leaps can help you use them beneficially.

From the book, *What Were You Thinking - Some Common Thinking Errors and What to Do About Them*, By Joseph Bennette available at Amazon.com.







Redefine Yourself!

(Continued from page 1)

stunned, speechless, betrayed and defeated.

Let me tell you something. Adversity can take away your work, your income, your stability and your safety.

It can take away your home, your land, your lifestyle and everything you thought defined you. It can take away your loved ones, your friends, your family.

It can leave you alone, empty, hopeless, helpless and terrified.

What do you have left?

Everything

Your mind controls everything. Control your mind, control everything@.

Together, we can rebuild you. We can make you stronger, faster, more resilient, more efficient than before. We can ignite within you a force, a drive, a passion for living you never even knew existed.

There is Only One Question :

Are you ready to show them what you've got? More directly, are you ready to discover how strong you truly are?

To learn more about how to retrain your brain with hypnosis, visit Genvièv Martin-Bernard's web site at genvievhypnosis.com.



Placebo Sleep

By Joseph Bennette
Editor

Could the best sleeping pill be your own mind?

Apparently, you can improve your brain's functioning by simply believing you've gotten a good night's sleep (placebo effect). Conversely, believing you've gotten a poor night's sleep will tend to decrease your brain's performance (nocebo effect).

...the performance of participants on a verbal fluency test called the COWAT showed that not only does telling people they had below average sleep quality

lead to inferior performance, telling them they had above average sleep can lead to superior performance. (Eric Horowitz at the "Peer-reviewed by my neurons" blog [2])

I wonder if even YOU telling YOURSELF (self-talk) will make a difference in this regard. Of course, you'd have to BELIEVE your self-talk, meaning your self-talk would have to be authoritative to you (it usually is).

This is not the same as positive affirmations that you might inwardly dismiss as "not me." Still, as I've covered the placebo and nocebo effects before, even if you

were to ENTERTAIN the possibility that your sleep was good, you'd likely increase the probability of substantial improvement in brain performance – as if you actually DID get good sleep.

The placebo/nocebo effect has been demonstrated over and over and over again in experiment after experiment. It's REAL. What you THINK and BELIEVE makes a difference in your world experience.

Read more at

www.powerstates.com/placebo-sleep

Meeting Advance Registration Form

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego (Off I-5)

Members \$45, Non-Members \$65, Students \$35

(Add \$10 [cash or check only] if paid at the door)

Name _____ Address _____

City _____ State _____ Zip _____ Tel: _____

Numbers I wish to register: _____ Members, and/or _____ Non-Members, and/or _____ Students

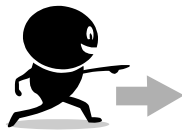
I am enclosing my check for total amount due: \$ _____

(Please make checks payable to Oregon Hypnotherapy Association)

Mail this registration and fees to:

Oregon Hypnotherapy Association
PO Box 3511
Salem, OR 97302

**Meeting Date:
March 22, 2014**



- OR -

**Register ONLINE at
www.ohanw.org**



Note: Your canceled check or online email confirmation of payment is your receipt. Please do not mail cash. We accept only cash or check at the door.

OREGON HYPNOTHERAPY ASSOCIATION

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Meeting Theme - Mind Mastery

Featured Presenters

Eldon Taylor*

Howard Hamilton

Genvièr Martin-Bernard

***book sales and signing afterward**



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Learn more about
the Oregon Hypnotherapy
Association at
www.ohanw.org

Meeting Info

Saturday, March 22, 2014

Fairfield Inn, 6100 SW Meadows Rd, Lake Oswego,
OR

11:30 - 12:00 - Registration

12:00 - 1:00 - Catered Lunch

12:00 - 5:00 - General Meeting (5 CEUs)

Members \$45, Non-Members \$65, Students \$35

Add \$10 if paid at the door (cash or check)

**See registration form on
reverse side of this page**

— OR —

**Register ONLINE at
www.ohanw.org**