

HYPNOSIS OREGON



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Report of June 2008 Meeting

Joseph Bennette, MRET, CHt

This meeting we were treated to two very knowledgeable presenters — Howard Hamilton and Keith Rowell. Howard energized our session with explorations into higher consciousness using rapid inductions and effective deepening techniques. He demonstrated several very interesting aspects of a more spirit-oriented therapy model. The effectiveness of his techniques and methods definitely appealed to me as a practicing hypnotherapist. I enjoyed the lively presentation and discussion very much.

Mr. Rowell's PowerPoint presentation was very expertly done and authoritative. We learned all about the history and progress of UFO research. Although a thorough presentation, I would have liked to have seen more about how hypnotherapy is specifically used in UFO research—probably due to the fact that Mr. Rowell is not a hypnotherapist.

As usual, our lunch break was delightful with lots of great discussions with peers. Lunch at OHA meetings are often every bit as educational and useful to me as the meeting presentations.

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More at www.hypnosis-oregon.com

Hypnosis in the News

Visualise Your First Step To Health

Want to go to the gym but never even set off? The best first step might be to close your eyes and imagine yourself on the journey.

A new study, published today (4 August 2008) in the British Journal of Health Psychology, found that people who visualized themselves going through the actions involved in a specific health behavior were then more likely to intend to carry out the behavior.

In the first study of its kind, Christopher Armitage from the University of Sheffield and John Reidy from Sheffield Hallam University, looked at the effects of mental simulation on subsequent intentions, in this case, the intention to give blood. They found that people who were asked to visualize themselves going through the actions involved in giving blood - making an appointment, taking the route, preparing to donate - were subsequently more likely to intend to donate blood than people who did not do this visualization, or only visualized the outcome.

Christopher Armitage said: 'Once people have a specific and fixed intention like going to a fitness class, or eating a healthy breakfast, then they're really likely to go through with it, so finding a way to help people to change or fix their intentions is a vital step in improving their health behavior.'

'There is evidence that shows that mental simulation may link thought and action. Our study suggests that closing your eyes and imagining the process you would go through to give blood, or carry out another health behavior could take you one step closer to actually doing it.'

'Each of the 146 participants in the study directed their own two minute long mental simulation after brief instructions, which also suggests that this process may be a quick way that people can successfully alter their own intentions and health behavior,' Christopher Armitage concludes.

Article URL:

<http://www.medicalnewstoday.com/articles/117120.php>

Abduction in the Steens Mountains

By Terry Hartman, FCH, PhDc

It was on a beautiful autumn Sunday in Portland. My phone rang about halftime and on the other end was a lady who appeared rather hysterical. She said her name was Tony and she and her husband, Darrell, needed to see me immediately. (At that time Darrell was employed as an auto mechanic and Tony was a school teacher.) Tony said she heard of me and my hypnosis work with purported UFO abductees, but was very hesitant to say much. We talked for about an hour in generalities and then she invited me to come to their Beaverton home on Monday.

Their home was very modest and not far from the Nike campus. Upon entering I was greeted by Tony and Darrell and asked to sit in the living room. What presented itself as a possible challenge with them ended up on a more positive note.

It appeared that an incident had happened to them on a fishing trip to the Steens Mountains in the southeast corner of Oregon over ten years ago. Because they could not agree between themselves what had actually happened; and the fact Darrell was recently fired from his job due to recurring stressful nightmares; this ten-year old incident created a great deal of friction between them.

Our discussion in the living room was defined by coffee and cake, however it prolonged for six hours. The entire discussion was about them checking out my credentials and if I worked for the government. I explained my involvement at the time as Oregon State Director for MUFON and Hypnosis Consultant, a consultant to the Oregon State Police in UFO reports, my affiliation with APRO (Aerial Phenomena Research Organization) in Tucson, of NICAP (National Investigative Committee of Aerial Phenomena) in Maryland, GSW (Ground Saucer Watch) in Phoenix as a Hypnosis Consultant Investigator, CUFOS (Dr Allen Hynek's group Center For UFO Studies) in Evanston, IL and my own UFO Research group, IUFORA. I had nothing to do with the US Government. Tony and Darrell wanted me to commit to not using their last name

for profit nor for me to report to the US Government. I agreed. I asked of them to not discuss our hypnotherapy sessions with anyone, including themselves. They agreed. Then the real work was to commence the next week.

It's important to note here for practitioners of hypnotherapy that you must create a professional, trusted bonding with your clients. You could face some tremendous obstacles and allegations if you cannot accomplish this in the first meeting. And I suggest highly if you do not possess some degree or experience in Metaphysics and the Paranormal to not get involved in UFO abduction cases. They are the most intense of all philosophical applications in hypnotherapy.

The Steens Mountains in SE Oregon are basically uninhabited, rugged, dry, steep and are only frequented by the average rancher, hikers and antelope hunters. It was Darrell's and Tony's favorite getaway. They could camp and fish in the valley catching large trout without interruption. They had some paranormal anomalies with UFOs in the past such as when they were camping in a tent on top of a Steen's bluff to find themselves hearing a hum in the middle of the night. Upon going outside to what the sound was they found that they could not see the nightly starry sky because of a huge, black triangular craft hovering over them. A number of anomalies have occurred to them. However the experience they called me about would lift the hair off anyone's neck.

It was hot in the Steens in July when Tony and Darrell pulled their 16-foot runabout boat to go trout fishing. Snakes and heat were ramped. Their truck heated up and the radiator gushed steam past the hood. They decided to wait out the cooling of their truck and sat under old, shady cottonwoods. That is all they remembered until three hours later.

Both Tony and Darrell said that while

they were waiting for their radiator to cool down, they witnessed what they thought was a plane crash across the ravine. At the time they said that it was interesting. Only interesting. No sound or flames. Nothing to think about until they realized their truck had cooled down. However they had no recollection of being gone from the vehicle for three hours.

What followed with my association with Tony and Darrell was over 60 hours of intense hypnotherapy with each of them at their home for months. Each week I worked with both of them separately in two-hour sessions. I gave them the suggestion to not talk with anyone about our work, and as far as I could gather by cross-examinations this remained true for the whole period of hypnotherapy. Here are the results:

Darrell: Under hypnosis he remembered seeing a bright, shiny, silver craft crash into the hillside. He felt compelled to walk to the vehicle leaving Tony behind without discussion. When he arrived at the craft he noticed it was undamaged and was a seamless silver, oval shaped object. Upon touching the object he remembered it to be smooth and cool. It felt like Teflon. A door opened and a set of steps came down off the vehicle.

They looked like little, gray people with no ears and large heads; nothing like he had ever seen before in movies or books.

Again, he felt compelled to walk up the steps. He was now in a dark, psyche type of room with panels of lights and gadgets. A taller alien communicated to three others in a sound of "buzzing bees". They looked like little, gray people with no ears and large heads; nothing like he had ever seen before in movies or books. He thought they were wearing suits or had wrinkly skin. Now naked, Darrell 'floated' down on his back to a cold, stainless steel type of table with scary instruments hanging over it. Then the pain set in as he was subjected to physical abuse. Long needles were stuck up his nose; his genitals were examined with forceps. And a 35-year old pain from a chipped right elbow as a result of falling

FALL OUT - let gravity release any fear in an instant

Joseph Bennette, MRET, CHt

So you have a fear and it's consuming your life. Maybe you're afraid to ask for that raise you deserve; or you're scared to death to face your spouse about his hurtful behavior; or maybe you're afraid you'll catch the Bird Flu. Whatever it is you're scared to death about, this little trick may help.

1. Imagine your fear - bring it up in your mind full force as best you can. If you prefer, you can actually come face-to-face with the object of your fear (at a comfortable, yet anxious distance - enough to scare you a little rather than a lot)
2. Notice - where in your body do you FEEL this fear? Take a physical inventory of your bodily sensations. This is the key - keep it physical.
3. Measure - apply the SUD scale to your sensations: 0 = no sensation ~ 10 = unbearable sensation.
4. Imagine a large tube or cylinder of water out in front of your body, filled with water to the level representative of the level of your SUD scale. Imagine how the tube of water feels (hot, cold, turbulent, soft, etc.); what it looks like, including color (tall, short, thin, fat, wooden, glass, metal, etc.); notice any sound it makes; make it as sensory real as you can in your imagination.
5. Now imagine you could reach out and remove the bottom of the tube and release ALL the water in a sudden rush out the bottom - letting gravity do its job. Whoosh!!
6. Repeat the entire process from step 1 above. You'll probably notice a substantial drop in SUD level. Continue this process until there is NO water in the tube at step 4.

**Most important step -
imagine you could PLUG
UP the top and bottom
of the tube so no water
can reenter the tube.**

Most important step - imagine you could PLUG UP the top and bottom of the tube so no water can reenter the tube. Alternative 1- replace water with air pressure - like an air pressure gage. I've had clients who could easily imagine an air pressure gage releasing its air pressure with a WHOOSH sound - like a big sigh. Then, every time a fear came up, they would make the sound and suddenly release all the "pressure".

Alternative 2 - imagine a toilet instead of a tube of water. Fill the toilet to the level of your SUD and at the appropriate time, flush the toilet... Make sure you place a lid on it and plug up its drain when you are done so it stays dry and empty in the future - until you want to use it, of course... ;-)

Personally, I prefer the water tube imagery because it depends upon gravity and I believe in gravity as a force of nature. It just is - without my intervention or assistance. I release the bottom of the tube and the water falls out of its own accord - no need for me to push it, pull it, or suck it out - it just FALLS OUT. And it's so easy to form some kind of cork to plug up top and bottom...

Embedded Command Suggestions For Safety/Security/Joyfulness/Weight Reduction

Composed by Janie Martin

We will be removing very safely, securely and joyfully, any blockages from your energy field and save the confident securities that are already in place there; so that you can accept joyfully that you have already made the choice to secure your place in life and find a great deal of comfort joyfully knowing the safest way to go about it as though secured in a safety box where valuable values that are kept there quite securely.

At the same time:

You can let go of very fast (say like fat) obstacles that you no longer need, things you may of stored there, are easily let go of such as bitter things that caused you to lose sweetness in your life, knowing lofty thoughts will take you to better places more sweeter

than you ever knew and replacing with things better for you. Things that balance the weight of life off your shoulders; things that bring more peace and slices of healthy food for thought.

All these will reduce the need to accept the keeping of future storage of unneeded or unwanted things that no longer serve a purpose, and you will discover letting go of the weight heavily upon your mind no longer just sits there but it moved out and a new lighter feeling as you move your body through each day. Feeling better and better every day in every way.

Abduction in the Steens Mountains

(Continued from page 2)

off a swing set at age 14 was repaired instantly with the touch of an alien's two-fingered hand. Until this experience he could never straighten his arm.

The next thing he remembered subconsciously was being back at the cooled down truck. Tony was missing; however it did not concern him.

Tony: Consciously she remembered an old WWII type bomber crashing into the hillside. (It is common for people to have different experiences even though the same occurrence might have happened.) Under hypnosis Tony recalled walking to the same object Darrell detailed. Although her husband was not in sight, it did not bother her.

She too went up a stairs into a similar room and underwent similar painful procedures. Needles were inserted into her female organs, extracting fluids and she seemed to be attached to some remote hand-held monitoring device of an alien. They talked to her with similar "buzzing bee" sounds, yet she did not understand the communication. Her description of the aliens (see Tony's pic) was they had dark, grey skin like an elephant; they were short at about four feet, sunken eyes, holes for a nose, no ears, a slit for a mouth and looked to her like dried apples. Their heads were large and the hands had two long appendages with a nub like a thumb.

Like Darrell, Tony found herself back at the cooler truck some three hours later to find Darrell under the trees asleep. However unlike her husband, Tony would eventually find a triangular red mark on her hip that lasted for years before it faded into a birthmark type of skin discoloration.

Not knowing what really happened to them, Darrell awoke and agreed with Tony that they must have napped for a few hours. The truck started right up and off they drove to their home some eight hours away. They did not speak with each other the whole trip. Nor did they ever discuss the incident until before contacting me several years later.

Findings: After months of intense hypnotherapy it appeared that Darrell's depression would now be over. Although he is still confused of what actually happened to him, he is in better spirits using his arm in every normal way. As far as the incident that occurred to him in the Steens years ago, he would rather not discuss it.

Tony on the other hand has become very intuitive and clairvoyant. One thing of importance is that when Tony was under hypnosis she would comment on "they're here" meaning one or more aliens would come into the room, invisible to me; yet I could 'feel' their presence. Yes it was stressful. Tony hears the 'buzzing' sounds now and understands them. They told her that they were aware of my work with her and it was OK! Her discussions of the events with Darrell are still not a part of their lives. Presently Tony is working with a spiritual church and is helping people conquer their own challenges.

It would be easy to say that Darrell and Tony created this story in

their minds. However that would not explain a number of their experiences nor the triangular mark on Tony and the use of Darrell's arm.



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Terry Hartman, FCH, PhDc

Hypnotherapy Consultant

Although Terry Hartman has practiced hypnotherapy worldwide, he has always felt the Northwest and Portland as his home. Holding a lifetime Fellowship in Clinical Hypnotherapy and soon to be a PhD of Philosophy in Metaphysics, Terry has succeeded in all types of cases a hypnosis technician could imagine. From basic phobias, personal goals and amnesia to Metaphysical and Paranormal traumatic anomalies.

He has worked with police departments, NASA and Olympians alike. His credentials span over 30 years in the U.S., Canada, England, Ireland, Hong Kong, Australia, New Zealand and Taiwan. Of all specialties, Terry concentrates on Paranormal situations that besiege individuals. With hypnosis as a tool he helps victims of trauma cope with what could be the most important thing in life that has ever happened to them.

Mr. Hartman can be reached at 503-659-5589 or hartmanterry@hotmail.com.



Meeting Advance Registration Form

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

Members \$45, Non-Members \$55, Students \$35

(Add \$10 if paid within 21 days of event or 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

Send this registration and fees to:

Oregon Hypnotherapy Association
16869 SW 65th Ave. PMB 357
Lake Oswego, OR 97035

Inquiries: Tel: 503 635-1900 Fax 503 635-4346

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Scheduled Presenters

September 2008

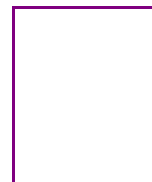
Howard Hamilton, CHt

How to Teach a Self-Hypnosis Class - Learn to instantly enter hypnosis with a post hypnotic. Write effective suggestions, and reprogram your (or your client's) subconscious mind to create the desired changes. I will show an easy to use approach that you can personally use, or teach others to use to create personal rapid change. Demonstrations.

Robert Reid, CHt

Hypnotherapy, The Subconscious Mind And The Imperative Of Our Conscious Thoughts - Each of us has a set of paradigms (models) that we use to navigate our perceived world. What if our models are incorrect? What if our perceptions are wrong? Does it really make a difference? YOU BET IT DOES! We always create what we focus on.

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ADDRESS CORRECTION REQUESTED

Next Meeting

Saturday, Sept 13, 2008

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

10:30-11:30 - Board Meeting
11:30 - 12:00 - Registration
12:00 - 1:00 - Catered Lunch
12:00 - 5:00 - General Meeting (5 CEUs)
5:00 - 5:30 - Membership Discussion

Members \$45, Non-Members \$55, Students \$35
Add \$10 if paid within 21 days of event or at the door

See registration form on page 5 or register by
phone at 503-635-1900