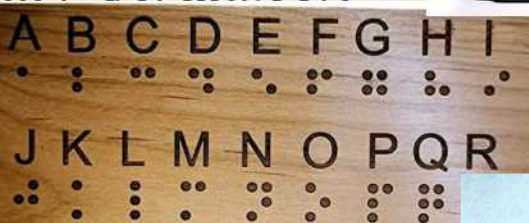


OHA Northwest Communication



Official Publication of the
Oregon Hypnotherapy Association
Connection, Education, Support, Exchange
Volume 27, Issue 1- Spring 2022

Greetings!

By Joni Brewer, President
BrewerHypnosis.com



As I write this the sun is shining, bulbs are pushing up, and buds are appearing on the trees.

Spring always feels like a new beginning to me. It also feels hectic trying to keep up with the growth and projects that I want to get done.

This year I've added some mindfulness techniques and am looking forward to stopping and enjoying the season more.

What are you doing to enjoy life a little more?
How do you bring that to your clients?

During our March 26th meeting we're excited to have Lance Baker from Australia talk about communication with consciousness. As hypnotists we understand that communication with the consciousness is key, that's where the change happens. Lance has delved deep into this subject and will be sharing what he's learned as he brings multiple modalities together.

Board Member Glen Bledsoe will also be presenting and teaching us how to make professional audios. Whether you want to make general audios for your clients, specific audios for each client, or maybe have audios to sell, Glen will teach us how. Glen has an extensive background in recording and will be an invaluable training to take your audios to the next level. Glen also has a very strong YouTube presence, check out some of his many offerings and music tracks.

Our March meeting will be through Zoom. Although it's not always ideal it does allow us to have members join us from around the state and presenters from around the world. When we're

able to go back to in-person meetings we will continue to do a hybrid approach in order to get the benefits of both worlds.

In order to cover our costs after a year and a half of free meetings, we are reinstating our fees beginning in March 2022. The price of our meetings will include access to video replays whether you attend or not.

By the time this journal comes out the first book-club meeting will have already happened. We read "Into The Magic Shop," by James Doty. It was fun discussing the different ideas and insights and thought-provoking awareness the subject matter offered and how it will continue to impact our thoughts and perceptions in the future.

We would love to see you at the next one.

As we move into spring remember to stop and be amazed by the life around you.



Opening Pathways of Communication With Consciousness



By Lance Baker

Lance@branchesofhealing.com.au

From the very early days of hypnosis, pathways have been opened for communication with consciousness from trance states. From animal magnetism from Marquis of Puységur first opening up verbal communication, to conversing using automatic writing, and ideomotor responses to closed questions with fingers or a pendulum. Lance will guide you through what and how to open-up these forms of communication with hypnosis and/or mesmerism.

What will people learn from this presentation?

- The history of communication with consciousness
- Why this can be important and helpful for change work
- How to open these pathways of communication

Lance Baker has trained in Hypnosis, Mesmerism, The Swan, Reiki, Holistic Counselling, and Meditation. Lance delved deep into the world of energy healing, the human biomagnetic field, and adapted that with energetic hypnosis and mesmerism. This gave him a unique perspective on the workings of energetic transference to facilitate deeper changes using hypnosis and energy healing. Lance's learnings have come from deep practice and time spent with energy, from studying with numerous teachers and from researching old texts to learn from past healing masters who are no longer with us.

Lance's personal experiences with chronic pain led him towards a path that was different from how he ever imagined his journey would become. He had undertaken brain surgery to alleviate symptoms associated with a large cyst. Lance instead was left suffering chronic pain in the form

of a migraine lasting 9.5 years! With less faith in western medical options, he spent close to ten years trialing various medical and non-traditional healing techniques. Fortunately, this led him to take control of his own life and finding relief from his pain.

By utilizing energetic techniques, he learned to free himself from the pain of the chronic migraine that he was told could not be cured.

He has a passion for learning new ways to help clients and students. He will always be willing to learn new techniques to promote his own development and assist his students to find their own unique voice and style in a way that they can understand.

About

Lance has an advanced diploma in Clinical Hypnosis from the Australian Academy of Hypnosis, personal mentoring with Rick Collingwood, Bob Burns and Ines Simpson. Workshops and trainings with Justin Tranz, Felix Economakis, Jason Linett, the Elmans, Michael Yapko, UKHA, and more.

He has taught hypnosis for the Australian Academy of Hypnosis, Simpson Protocol, The Swan, Australian and his own school and has operated a full-time clinic in Merewether Australia for the past 7 years. His clients have been mostly referral based for the past 3 years. The bulk of his clients come for anxiety and working through trauma.

Lance has received an award five years running as the best Hypnotherapist in Newcastle, as well as the most dedicated Hypnotherapists in New South Wales and for his trainings with the Police Academy.

Lance has a podcast Akasha Talks, where he regularly hosts conversations with some of the world's best minds on hypnosis, consciousness, and healing.

Further reading links located on page 8.

Creating Hypnotic Audio Media

By Glen Bledsoe Hypnosis
Alternative & Holistic Healing
glenbledsoe@mac.com



For a better Zoom experience Glenn Bledsoe has given a guide to set your computer for stereo. His presentation relies heavily on stereo.

Note this will NOT work on your phone or tablet, only computer.

To set Zoom up for stereo:

1. Sign into the Zoom desktop client (stereo will not work on phone or tablet versions of Zoom)
2. Click your profile picture then click Settings.
3. Click Audio
4. Under Music and Professional Audio select the Show in-meeting option to enable "Original Sound" Check box
6. Select the Stereo Audio check box. When you join a meeting from your computer stereo audio will now be enabled when you turn on Original Sound.

Many hypnotists make pre-recorded audio media. Not long ago these would have been cassette tapes, but now they are likely to be downloadable mp3 files. Sometimes these recordings are documentations of live sessions with clients. Sometimes these recordings focus on specific topics for general sales to the public. It's a way of expanding the number of people you help, creating more income and once a recording is posted clients can download and buy them with no additional effort on your part. These recordings continue to bring in money for many years to come.

Your recordings can be a significant part of your brand and if done well will attract customers to your office as well. Today with good recording equipment at reasonable prices (which you may already own) and the right software, the door opens to not just higher fidelity, but expands the possibilities of technique to new levels. And when you create dynamic audio recordings of instantly recognizable higher quality, you distinguish your work and your personal brand. It's not just your words or how you say them, but in what sound environment you present them.

About

Glen Bledsoe is a retired teacher with 26 years of experience (elementary, middle school as well as undergrad and graduate students at Willamette University). He is also a musician (modified classical/jazz guitar), an artist, photographer (portrait/black & white/landscape), writer, magician, and of course a Hypnotist. He has written over 20 books ranging from children's topics and educational materials and has actually written a sequel to "The Christmas Carol," called "The Charity of Ebenezer Scrooge," which I hope one day he will share.

Glen loves using his varied background in all that he does. His interests tend to overlap which makes him not only relatable but allows for a smooth transition using sensory tools to enhance his use of Hypnosis. In fact, Glen has a fascinating story while using his expertise in magic that led him into his personal pursuit of Hypnosis, and trance work (like magic) and especially pain management. Ask him about that experience, it is quite entertaining.

When not writing books, or enhancing his sound expertise or doing art, he enjoys riding his e-bike in and around Salem.

Further reading links located on page 8.

Communication Evolution

By Tish Paquette



Since the advent of man and the primordial “ugh,” man has progressed in the way he communicates. Advancements, growth, understanding, and conscious awareness has allowed us to discover and create, in order to communicate. It is amazing to follow the evolution of man’s primary desire, the need to connect, to commune.

It has been documented that human speaking communication began about 100,000 BCE. However, prior to that, communication was done via symbols, cave paintings, petroglyphs, and pictographs dating back to Paleolithic age. The ones discovered in Chauvet Cave, France dated around 30,000 B.C.

For clarity a petroglyph is considered a carving in stone or wood while a pictograph is painted on the surface. This “rock art” was some of the earliest forms of communicating ideas (ideograms), habits and locations, around 5000 B.C. It emerged into a more detailed cuneiform (2000 B.C.) and hieroglyphic forms of expression. This is considered our earliest form of writing. (Neolithic/Bronze Age, prehistoric Sumer)

The first recognized and acceptable alphabet was Egyptian Hieroglyphics. Many other cultures had their own form of writing from Chinese, Greek, Hebrew, Egyptian, Mayan and Hindu, to name a few. Eventually the Sumerian form of writing with the wedge shape stylus (cuneiform) became a universal mode for writing their alphabet. (4th Millennium).

Once speech and writing combined into words, expressing life and meaning, it spread from population to population. The primary method used to accomplish this was the Storyteller. Fables, facts, myths, songs, were passed down from generation to generation. Fortunately, humans are always susceptible to a good story, or suggestion, or visualization, otherwise Hypnosis would be more challenging for us in affecting change.

Now the need to share with other cultures became paramount and the first printing procedure was developed in China with “Block Printing” in the 6th century. The first produced book was in 686 called the Diamond Sutra. In Europe in the 15th century Gutenberg invented the printing press which opened the door for newspapers and books and the Gutenberg bible to be published. With so much material being created they needed a means to disseminate the information. Though Europe had established their own paper making, book publishing and postal services and efficient waterways to deliver their information, The Northern Continent was acquiring land masses and territories having the need to send information beyond original drums and smoke signals that was limited to the indigenous population. So, America rose to the challenge.

Continued on Page 6 under **Communication**

Follow our progress into sophisticated communication.

1565 pencil
1662 mass produced pencil
1631 France 1st newspaper ad
1639 printing press
1698 public library
1714 England patent for typewrite
1770 eraser
1794 1st U.S. mailman
1799 Fr. paper making
1829 Braille system
1829 U.S. typewriter patent
1836 Morse code
1837 electric telegraph
1837 shorthand book
1839 electric printing press
1842 1st Christmas card
1852 postage stamp
1860 pony express
1861 telegraph stops pony
1876 Bell/electric phone
1877 Edison phonograph
1888 Kodak box camera
1901 phonograph record
1905 jukebox (24 choices)
1909 distress signal used
1909 1st broadcast
1912 U.S. laws control radio
1914 trans telephone call
1914 radio mess to aircraft
1915 wireless radio U.S./Japan
1919 can dial own phone #'s
1919 shortwave radio
1925 1st television signal
1926 radio fax
1942 Hedy Lamarr zero targets/used for Wifi, GPS, Bluetooth
1947 Holography
1947 cell base for cellphones
1952 telephone area codes
1954 transistor radios sold
1959 microchip invented
1959 Xerox paper copier
1963 zip codes
1963 communication satellite
1964 modern fax

1965 1st email
1965 fiber optics
1970 floppy disc
1971 computer on a chip
1976 1st personal computer
1983 cellphones U.S.
1983 Microsoft word launch
1989 WWW prototype
1991 internet stops attack on Gorbachev
1994 Yahoo
1997 6 degrees social network
1999 Sirius Radio
1999 Napster
2001 Cyworld
2003 Skype
2004 Facebook
2005 YouTube
2005 Reddit
2006 Twitter
2007 Iphone
2006 What's App
2010 Instagram
2011 Snapchat
2013 Zoom

What a historical trip down memory lane. We have come a long way. Our technology continues to expand our methods of communication, but nothing beats one-on-one contact. With the contact restriction due to covid over the last couple of years human contact has been challenging as well as a reminder of our basic need.

With that said it is wise for us to stay mindful of the privilege we have, to communicate. To enter into someone else's space and commune together. Let's hone our skills to positively affect others whether that style is verbal, nonverbal, visual or written and yes even energetic and intuitive.

As Hypnotists we are reminded to always create rapport when interacting with our clients. Let's bridge that in all our interactions...to be effective we must remember to be an active listener, an astute observer and a balanced empathizer. We don't know if our human contact will be limited again, so with the time we have, lets raise the bar in our dealings with one another.

Word Search

Communication

D	S	F	L	F	B	R	U	K	J	D	Q	P	F	H	E	C	O	L	K	I	Y	M	F	I	L	M	B	V	W
N	F	A	U	X	L	A	O	N	Z	D	N	F	W	F	N	R	A	D	P	A	T	H	W	A	Y	G	O	Q	U
T	I	M	M	T	Y	S	U	O	I	C	S	N	O	C	B	N	P	F	R	J	H	Z	Z	R	P	Y	L	R	S
R	W	Y	V	R	P	D	I	C	H	O	T	I	C	W	G	J	Y	K	V	E	D	T	R	K	L	M	I	N	L
S	X	F	R	A	M	B	I	E	N	T	S	K	E	U	A	X	T	O	A	C	U	N	E	F	O	R	M	L	O
C	Y	Z	C	I	W	Y	S	C	V	I	S	T	A	U	K	H	I	D	E	G	D	V	H	D	T	A	L	H	B
P	X	E	N	H	T	S	K	O	W	L	P	G	W	R	H	Y	P	L	D	C	T	W	N	Q	O	B	S	N	M
J	I	A	K	V	Q	T	R	L	O	Z	E	J	K	O	W	H	X	U	O	L	A	V	N	A	R	Y	C	W	Y
E	U	O	B	N	I	K	Z	O	P	W	L	Y	K	I	O	H	L	N	C	U	N	K	P	X	M	Q	P	L	S
Z	X	P	Y	T	N	D	K	R	F	E	L	Z	G	N	S	R	G	M	/	Y	F	Q	L	M	J	F	K	P	U
D	I	E	Q	C	C	I	E	Z	Q	R	I	M	E	T	Z	P	R	X	E	C	P	W	E	C	U	D	G	O	B
Z	S	T	W	V	N	W	E	O	G	V	N	S	O	I	D	U	A	B	S	K	P	T	O	A	G	B	W	V	C
Y	P	R	E	Q	S	E	R	S	Z	B	G	R	E	Y	L	N	Q	A	R	B	R	M	I	T	W	F	G	S	O
K	H	O	K	N	D	N	U	I	J	P	Y	A	N	U	B	N	J	P	O	Y	M	W	A	S	L	Y	F	S	N
B	O	P	N	C	N	Y	I	Q	T	T	P	C	E	I	J	R	N	G	M	U	N	U	S	G	R	H	Q	S	S
E	N	L	A	A	U	R	Y	G	E	I	T	T	R	S	V	G	N	Y	N	L	Q	R	G	H	N	N	A	N	C
O	O	Y	I	H	O	I	A	L	W	R	N	R	G	P	S	V	Q	I	K	J	C	G	T	E	V	O	C	P	I
N	G	P	C	P	S	U	L	G	L	W	F	G	Y	A	M	B	C	M	W	W	E	O	T	V	A	G	I	O	O
T	R	H	I	U	B	I	W	G	L	B	T	A	O	P	B	A	B	I	Z	A	J	N	M	R	P	B	H	I	U
Q	A	A	N	G	N	N	E	A	J	R	O	E	U	J	T	N	J	C	A	T	L	S	O	P	U	W	T	Z	S
D	P	H	E	G	A	U	G	N	A	L	/	N	G	I	S	C	Q	R	B	T	N	H	I	H	U	B	A	Y	K
A	H	V	O	S	L	P	J	F	R	G	O	W	O	Q	I	K	I	O	I	Z	C	N	L	K	P	T	P	L	U
J	M	F	H	H	V	O	L	B	O	P	D	N	K	N	E	V	F	P	R	V	A	T	H	G	I	L	E	R	I
Z	N	J	P	C	Q	D	N	I	J	U	I	I	W	K	Z	Y	B	H	C	A	L	W	O	E	N	I	L	R	Z
I	Z	J	P	S	Y	C	D	O	C	G	I	Z	H	P	A	R	G	O	T	C	I	P	O	U	I	S	E	E	D
N	N	U	B	I	N	A	U	R	A	L	A	C	X	U	F	B	S	N	Y	G	X	N	W	D	C	W	T	N	C
Z	C	U	M	C	R	S	H	G	U	Q	R	E	M	A	F	L	Y	E	M	Y	R	S	O	J	M	H	F	W	I
M	L	M	K	R	S	T	B	U	R	Z	A	F	Z	Y	F	R	O	N	A	M	O	R	E	I	P	K	V	Y	U

AMBIENT
COLOR
DICHOTIC
HEADPHONES
MORSE/CODE
PICTOGRAPH
SPELLING
TELEPATHIC

ART
COMMUNICATION
ENERGY
HERZ
PATHWAY
PODCAST
STORYTELLING
TOUCH

AUDIO
COMPUTER
FAX
LANGUAGE
PETROGLYPH
RADIO
SUBCONSCIOUS
VIDEO

BINAURAL
CONSCIOUS
FILM
LIGHT
PHOENICIAN
SIGN/LANGUAGE
SYMBOLS
WRITING

CELLPHONE
CUNEFORM
FREQUENCY
MICROPHONE
PHONOGRAPH
SOUNDS
SYMMETRY

Further Reading

Opening Pathways of Communication With Consciousness by Lance Baker

Psychology History Timeline

https://psych.athabasca.ca./html/History/demo_glossary.cgi?mode=history&term_id=1139&color_id=2

Hypnotherapy for the Management of Chronic Pain
www.ncbi.nlm.gov

Hypnosis, Meditation and Relaxation for Pain-WebMD
<http://webmd.com/pain-management>

10 Ways to Hypnotize Your Pain Away/Everyday Health
<https://www.everydayhealth.com>

Creating Hypnotic Audio Media By Glen Bledsoe

Ken Nordine

<https://www.youtube.com/watch?v=H-cJxloTfcs&t=88s>

<https://www.youtube.com/watch?v=IXLWKz4J-DI>

Recordings Sound Professional
<https://www.harmonycentral.com>

Music Repo Home Recording Made Easy
(both article and video)
<https://www.musicrepo.com>

Oregon Hypnotherapy Association

OHANW.ORG

Find us on Facebook at Official Page:

facebook.com/ohanw.org

Fan Group: facebook.com/groups/ohanw

OHA Updates

Hello OHA members ... we have expanded our Board Members ... you already know them so welcome **Jean Cassidy** as our new Treasurer as we say thank you and goodbye to Emily Hogue Cahal who has stepped away from the Board.

We also welcome **Glen Bledsoe** into our newly created position as our Technical Advisor.

OHA Officers

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Tish Paquette Cht, NLP, LMT /Journal/Outreach/
Speakers

2022 Event Dates

Spring Video Conference: March 26

Summer: June 25

Fall: September 24

Earn 5 CE credits for each event you attend!

See you then!

Procedures & Protocols:

Microphone off except when speaking Mindful conversation not a platform for: Politics, religion, dispensing medical advice Time is given at the end of session to promote your products, two minutes allowed.

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Editor: Tish Paquette, Layout: Sue Harris*