



**International
Association of
Counseling
Hypnotherapists**

Autumn 2010

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www.hypnotherapyassociation.org

the script

President's Letter

Sheldon Bilsker
H.T, R.C.C.
President, IACH



Welcome to the Fall 2010 IACH Newsletter.

By now you've probably seen the new IACH website. Soon we hope to have our social networking sites set up. If you haven't already, please check out our video pages in the members only section of our website. There you can view workshops that took place at our AGM's with Mahmud Nestman, M.ED and Livingstone Finch, M.ED. With any undertaking like this we need all of the help we can get. so if any of you have any expertise, particularly in the areas of social networking and are willing to offer some time please contact us.

We are especially proud of our member's website pages. This is keeping with our goal of supporting our members and helping them promote their practice. If you are practicing and do not see your ad on those pages and would like to please send in a 204 pixel by 220 pixel picture and a short two paragraph description of your practice. An Association like ours runs on ideas. There are so many more options now to promote oneself. It is really just a matter of how creative we can become. Please feel free to share your ideas with us.

A little while ago I sent out an e-mail letting people know about a website called www.hypnothoughts.com . It is free to join. The best way to describe it is as a social networking site for

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hypnotherapists. They have 7000 members worldwide and it is one of the best ways to promote our Association and your practice. It is also an incredible learning resource. If you do decide to join please remember to reference the IACH and any training you attended in your profile description. If we get enough IACH members joining then we will start an IACH group on their site.

I think we have the best hypnotherapy newsletter out there. What do you think?

Have a great Fall!



Vice-president's Letter Tyler Gjernes

Hello, fellow IACHers! I hope you are all well and enjoying autumn as much as I am. I have always loved this time of year, although I often keep quiet about that. As far back as I can remember, I have felt energized, excited and tickled when the leaves turn colour and the temperature plummets. The first morning of frost is always electric for me. While trying gamely to empathize with friends bemoaning the dwindling of daylight and onset of umbrella season, I become secretly giddy with anticipation of long winter evenings. I relish the opportunity to enjoy the sheer coziness of watching the raindrops drizzle down the windows while savouring the warmth of a cup of coffee or a bowl of winter-squash soup. Summer is okay, but it just doesn't excite me the

way fall and winter do, and Spring rarely fails to fill me with a vague resentment and melancholy, as it robs me of my favourite time of year.

I often publicly squelch my enthusiasm for the autumn and winter seasons due to the cranky response it elicits from the majority. The sun-seeking, heat-happy, daylight-deprived types mourning the passing of their beloved summertime somehow fail to share my delight in autumn's chill, much as I merely tolerate their jubilant July.

It frequently astonishes me how remarkably different we all are from each other. Members of the same species, living in the same city, somehow manage to develop polarized views of all sorts of issues. What we love, what we detest, what makes us tick... these things can never be assumed. It requires genuine curiosity and careful listening to really discover each other. Every person is a mystery box waiting to be opened and discovered. We must remember to take the time and make the effort to open those boxes, and not assume we know what is inside. As hypnotherapists, we are intimately familiar with the importance of utilizing what is present in our clients. The power of this simple concept has shown itself to me time and time again. The more clients I see, the more I respect the immense individuality of each of them. No two clients are the same, even when they have the same presenting issue.

The gift of truly listening and respecting a client's individuality is so satisfying to give. I love that moment when I can see my client become both energized and wide open, when they suddenly realize that they've truly been heard, seen, and understood. This is especially noticeable in clients who have a history of dealing with others in the helping professions who have attempted to pigeon-hole them into a diagnostic box, or apply a standardized paint-by-numbers therapeutic intervention. The vehement "Yes!" of the client of who feels seen, heard and understood, whose individuality has been recognized and respected, is a joy to experience.

I feel privileged to have entered a profession which allows me to give that gift, and to receive that joy. I feel gratitude to my teachers for bringing me to this fine and satisfying work, and also to hypnotherapy's founders and innovators, who have made it the individualized, respectful and empowering field that it is today.



Editors Note:

It is with joy that I offer you two writings from our Vice President. Tyler's first article "All Hypnosis is Self-hypnosis" is full of wonderful answers to the age old question - "can you make me stop smoking?". With honesty, humour and relief generating logic Tyler puts the power of moving into trance in the hands of the generator. His second writing is the Vice President's letter, a witty, verbal ride on a magic carpet of flow. Wisdom and insight mixed with a playful glimpse into knowing our new Vice President a little more clearly, a little more deeply. I hope you enjoy his style and his honesty.

Our second article comes from the wisdom of Carol Keane our "Director at Large", Carol is a coach, hypnotherapist and wise woman. Creating Your Ideal Life With Four Questions and a Sprinkling of Trance is a wonderful article that mixes coaching and hypnotherapy with a bit of magic.

Autumn is here although today it is -6.0 degrees in Vancouver, one of those fluke November days, that is just a bit cold for this area of Canada. This is one of my favourite seasons, I love the going inward that nature does at this time of year. It makes me want to snuggle up in my cozy home and go inward. I feel so grateful for my family, my teachers, my friends, my clients and having the luxury to "be, become and go within". This has been a year of learning and falling in love. I have been all over North America taking courses this year not specifically related to Hypnosis yet I can tell you I have also slowly over the last two years been falling in love with Hypnotherapy. Yesterday when I was speaking to a group of college students studying counselling they asked me what I loved about hypnosis. I love how my creativity soars when I am in relationship with a client working on what we will do in the trance session. Will I tell a story that emerges from their unconscious client giving meaning to the story? Will I follow their unconscious client giving meaning to the story? Will I work with someone while and how our relationship deepens and gives me beautiful grist for the trance session. I love working with someone new finding out how we can work together and what their unconscious is wanting from the time we spend together. Hypnosis for me is rapport and words that create a magic carpet for the client to travel on to find what they are seeking; themselves. I love knowing and not knowing, playing and feeling humbled all wrapped into time spent with a client and all that they bring to the session.

Consciousness can never be certain of what is going to be experienced, but it can learn to interact constructively with whatever altered mode of functioning the unconscious makes available.

I wish everyone a Happy Hanukkah , Merry Christmas, Happy Kwanzaa, Happy Solstice. However you celebrate I wish you many blessings for the holidays and a new year filled with grand adventures, prosperity and love. Diane

Describe your training, experience and qualifications.

I took my training through the Orca Institute. Over 8 months I took distance as well as in class training. I first took my training in the basic course and became a Resident Hypnotherapist and finishing my schooling. I have my diploma as a Counselling Hypnotherapist. I found that the instructors were there when I needed and were very informative throughout the course and after.

How would you describe the work that you do?

MAGIC! Pure and simple. I allow a sacred space in which I am invited to share and embark on a person's personal journey. The destination of either a known or unknown origin and this is done energetically, consciously and unconsciously. A journey to a greater understanding of self, and how to achieve completion and wholeness in one or many areas of one's life....Safely and gently..... I truly believe that there is nothing that cannot be healed, changed, altered, balanced or re framed.

***A Peek into the mind & practice of:
Fae Huxtable***



Any dis-ease whether physical, mental or spiritual, known or unknown can be balanced and healed. And the best part is "we" heal ourselves.

Describe your work space.

Bright, Clean, Calming, Professional Space with good energy and lots of plants.

Tell us about your greatest challenge as a counseling hypnotherapist.

I think my greatest challenge is also my strength. Learning to trust, allowing a session to unfold, You can prepare as

much as you like but people and circumstances change how each sessions plays out. You have to be on your toes, to flow seamless and to have the best effects. I think it keeps me present and it keeps it exiting and the journey is always specialized and unique and I use my intuition.

TRUST

....and your greatest accomplishment.

One lady was unable to conceive even after several procedures and after 8 yrs finally conceived and gave birth to a son. Desperate to try again, yet still traumatized from the years prior. Three years later after trying and trying and another series of miscarriages. After one session,(5 weeks later) I found out that right after our session she conceived and carried to full term a healthy baby girl.

What are your spiritual or religious beliefs? How do they impact upon your work?

I am very shamanistic. I have a strong connection to the earth, the cosmos, healing, and magic. The connection to the all. I believe we all are our own creators. I have interests and beliefs in all different back grounds and especially ancient

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cultures, from around the world. I believe in healing on all levels simply due to intent. I believe in synchronicities, correspondences, omens, numerology, patterns and signs. Doing everything for the greater good of the all. Being psychic has allowed me to be very in tune with myself and my spirituality. I believe in many gods, many existences, realities, and dimensions.

Embracing non duality. Harm none. I believe faith in oneself is the most important belief one could have. And that love is the only truth everything else is illusion.

How have you evolved spiritually and mentally since becoming a counseling hypnotherapist?

I believe that by simply by being near or by the hypnosis or trance vibration allows us to connect to others on a subconscious level. Even intent is more than enough to start a session. Combine that with counseling and amazing things take place. When I mentioned I thought Counseling Hypnotherapy was *MAGIC*, it is because of my spiritual and mental experiences during these sessions.

What book, if any, do you find most useful in your practice?

Hypnotherapy Scripts- A Neo-Ericksonian Approach to Persuasive healing- Ronald A. Ravens-Catherine Walters

If you had to pick a favorite, what counseling hypnotherapy technique would you choose, and why?

Making an unconscious connection using verbal and non verbal language mirroring, but subtle enough that it does not become noticed. Following their breathe, volume, tone, expression as well as body language.

I would have to say followed by a confusion method.

I find it fascinating the minds willingness to allow itself to drift, to go exactly where it needs to go.

What would you like to see change in the field of counseling hypnotherapy?

I would like the public to become more aware that Counseling Hypnotherapy goes beyond being Stage Hypnosis and parlor tricks. That everything is possible when it comes to the realms of the mind. As well as using trance to truly access those areas of the mind.

The individual is indeed in charge of themselves and can do great things using hypnosis in a more positive and productive manner. And if it all comes down to proving trance exists and it can be done, then do something more productive and fulfilling with the time while one is under hypnosis. Make people more aware of Counseling Hypnotherapies true potentials and the endless benefits from using Hypnosis and trance states.

Who is your hero(ine)/mentor/guru and why?

PARACELSUS-(1493-1541)

One of greatest Physicians, Occultist and Alchemist of all time.

His views were that sickness and health in the body relied on the harmony of man, the microcosm, and Nature of the macrocosm.

His beliefs in energetic medicine (first homeopath) ,his intuition and understanding of other realms and dimensions. As well as his understanding of the unknown. He had utopian and idealistic ideas, on subjects like arithmetic, geometry, music, and astrology. Many

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All Hypnosis is Self Hypnosis

By Tyler Gjernes C.H.

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All Hypnosis is Self Hypnosis

When talking about hypnosis, the idea of free will is ever-present. The exact words “free” and “will” may not be spoken aloud, but the concept pervades every crevice of the dialogue. You can see it happen when you mention hypnosis in conversation. A quick flicker will pass across the face of your conversational partner. Eyes cloud over just a little, and the corners of mouths tighten. The weight of things left unsaid hangs in the air.

“Can you hypnotize me? Are you going to hypnotize me without my permission? Are you going to take control of me? Are you hypnotizing me right now? Did you already hypnotize me and I just don’t remember it? Can you make me do things against my

will? Am I in danger in your presence?”

The perceived power of the hypnotist to bypass or sabotage one’s free will understandably instills fear. It also, at times, instills the hope that you will be able to force people to make changes they would like to see in their life but that they do not feel capable of making happen on their own.

Only you can hypnotize yourself.

No-one can do it to you.

All hypnosis is self hypnosis.

“Can you make me lose weight? Can you make me perform better at work? Can you make my husband quit smoking? Can you make him listen to me too, and stop putting his feet up on the furniture? Please?”

These are all perfectly reasonable questions, given the level of education about hypnosis the average person has been exposed to, and given the astonishing tenacity of the myths about hypnosis which permeate popular culture and common knowledge. I freely admit that I

had similar questions when I first started to investigate hypnosis. It takes quite a bit of personal experience with it before one can answer these questions confidently. As hypnotherapy professionals, it is our job to answer our clients questions, and to anticipate and answer the questions they did not think to ask.

Perhaps the most basic of these questions is “Do you think you can hypnotize me?”. The tone of this question can vary widely, from wonder, to fear, to defiance. Regardless of who asks it, I know that I can answer this question with complete confidence.

My answer is “No. I cannot hypnotize you. I’m quite sure of it.” Hypnosis is highly focused attention. Specifically, it is clients’ attention which is focused. (Note that for the purposes of this article, I will refer to the person who is to enter a state of hypnosis as the “client”, even though not all hypnosis takes place in a professional client-therapist setting). Only clients have control over their own attention. If they do not wish to enter into the highly focused attention of hypnosis, all they

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need do to resist the process is direct their attention elsewhere. By simply choosing not to focus on the things suggested by the hypnotist, clients easily avoid trance. Trying to hypnotize someone is like trying to exercise someone - it doesn't work without their cooperation. You can suggest exercises, demonstrate, ask them to co-operate - but they always have the choice of whether they will perform those exercises or not. The same holds true for hypnosis. Clients can choose to deliberately hold their attention elsewhere, ignore the hypnotist, and successfully avoid trance. It's not difficult at all.

Entrance into the highly focused attention that is hypnosis requires clients' co-operation, because only clients can direct their attention into the

required state of focus. Clients are the ones who are actually doing the required focusing. In effect, by doing this focusing, clients are hypnotizing themselves. They may be following the suggestions of a hypnotist, but the actual DOING, the hypnotizing, is being performed by them.

Only you can hypnotize yourself. No-one can do it to you. All hypnosis is self hypnosis.

Knowing this, frankly, is a huge comfort to me, as I don't need to shoulder the responsibility to perform the dark mental magic that clients may expect. It may or may not be comforting to a potential client, depending on what they want.

Knowing that the hypnotist does not possess the power to bypass or sabotage their free will may either calm their fears, or dash their hopes.

There are those who would prefer to leave intact the client's firm belief in the power of hypnosis to overcome their free will. Some argue that this belief lends the hypnotist therapeutic power - the power to forcibly put the client in a state of automaton-like compliance, and convincingly banish their ills, with an authoritative flourish. I can

see their point. The client expects it, so why not give them what they expect? I can see the appeal of being able to answer the question "Can you make me quit smoking?" with a confident "Yes!".

But there is something about the idea of the hypnotist wielding a mysterious

power, overcoming free will and forcing behavioural transformation, which makes me squirm. It feels morally... sticky. Most importantly, it goes exactly against the most basic principle of therapy I know: empower the client. If a client walks out of my office believing that I have sole responsibility for forcing them to quit smoking, have I done my job? I would really prefer for the client to walk out of my office feeling proud of themselves for discovering their own strength to quit smoking. I would burst with pride if the client walked out of my office knowing that they have discovered the ability to focus their own attention, to help them achieve mastery in any number of possible areas. What better

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Creating Your Ideal Life with four questions and a sprinkling of trance.

By Carol Keane R.H



What is it your soul longs for?

How would your life be different if you had this?

What might get in the way or how might you stop yourself?

How would you know when you have it?

These are primary questions I use in my practice with clients. It is a starting place for individuals to take a look at what they are creating. Many times unconsciously we create what we don't want. Sometimes we live lives that are not reflecting our values and wonder why we are depressed, sick or always tired.

“Just imagine”, are two words often used in creating trance. Those powerful two words can help open windows to our unconscious and inspire us to create what we value most. In trance we may

visualize what we desire; we may in our subconscious see what life would be like having this and how it might be more fulfilling. Once we have seen what it looks like it is much easier to create it. It is so rewarding to see that client visualize what they desire and unconsciously know it is available to them.

Just Imagine this relationship was what you always wanted; just Imagine you had a great job; just imagine you were in perfect health; just Imagine you were to create a self-care plan.

***WHAT WOULD THAT LOOK LIKE?
WHAT WOULD BE HAPPENING?
WHAT WOULD BE IN YOUR SELF-CARE PLAN?***

Let the transformation begin...

I work with a woman who wants to lose weight. She believes the values of weight loss are having better health; having more self confidence and resuming fun activities like hiking and going to the local blues club.

During the induction phase ideas are discussed that create a bridge into the trance state - acknowledging that there is a higher intelligence that is available; that this higher intelligence can communicate in various ways through feeling in the body, emotions, intuition, images and energy. Trusting this higher intelligence; our intuitive knowing. The conscious mind is still available to us to watch and be curious rather than the usual role of planning and making the experience happen.

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All Hypnosis is Self Hypnosis

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power could I have, than to help people discover that about themselves?

It is for this reason that I firmly believe that my clients ought to know that I cannot hypnotize them. I will gladly puncture their belief in my power to overcome their will, in favour of them learning their own power to explore their own mind, and discover exciting inner resources through that exploration.

“Can you hypnotize me?” No. “Can you make me quit smoking?” Nope. “Can you help me lose weight?” Ah! Yes! I can do that. You can lose weight, and gain both confidence and power. I’ll show you things you can do that you had no idea you could do. You have an amazing mental power, and you can hypnotize yourself. No, really, you can! I’ll be happy to show you. Let’s talk.

*Tyler has a private practice in
Vancouver and can be reached at :
Tyler@RaintreeHypnotherapy.com*

The New IACH Website

**Members will find:
Video’s of our Annual General
Meetings
Workshop Videos**

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The Unconscious Mind

*The unconscious mind she listens &
she waits.*

*Doing her job of regulation, beating
the heart, breathing the breath
& she waits.*

*Doing things this way and that way,
always done, always been
& she waits.*

Life is busy, life goes on & she waits.

*Old messages, familiar messages
& she waits.*

*Life goes o... wait a minute what’s
that? Say it again... one more time.*

*Well there it is, something new—
change.*

And she takes action.



Diane Auld ©2010

Creating Your Ideal Life

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In trance she is deeply relaxed and sees herself-hiking and floating along the path; she sees her face in a mirror thinner and more relaxed.

She feels a calm energy pulsing through her body.

In the discussion after the session she feels centered and a calm relaxed energy and is motivated to plan healthy meals and to keep a journal on when she is tempted to over eat or binge to bring to future sessions.

As a therapist, I so enjoy practicing Ericksonian hypnosis and coaching; it encourages a partnership with clients to create their dreams and satisfy their soul longings. Ericksonian work promotes connection with our higher self/intelligence to satisfy our values and dreams it is empowering as we realize that we have the answers and can access them readily.

This was the work of Dr. Milton Erickson who was a mystic and way ahead of his time. He created his ability to walk in the face of polio; to read when he was diagnosed dyslexic and study to become a doctor. His personal work and the ability to visualize while connecting with his higher intelligence was the source of a strong belief that the unconscious mind holds the answers and must be engaged to facilitate the therapeutic process of change.

His focus on metaphors and stories in trance allows the individual to disassociate from their real-

ity and create solutions and congruent lives that reflect their values. It frees them to connect with their higher intelligence, imagine, create, and reacquaint with all aspects of themselves and their life purpose.

One aspect of Erickson's work that I find most encouraging is the connection with the higher self/intelligence and universal energy with the client – the ability to meet in their field of dreams. I believe we are meant to have time to dream or be in trance. For hundreds of years

anthropologists have studied tribes and have always found trance rituals in the vast majority of cultures. This suggests that it is essential to our well-being.

Many years ago I had a dream about helping people through therapy and the one

part I remember thinking "It is important for therapists to keep an open heart connection with the divine energy of the universe that manifests in therapy." Since then has been my practice to create time daily to connect with my higher self and to do a chakra balancing exercise. As a gift to my higher self I was inspired to spend six days at a transformational healing workshop. That experience allowed me the space to regenerate, dream, heal and connect with the universal energy of Great Spirit.

Dr. Milton Erickson through his healing work with himself, years of teaching and sharing inspiring case studies has provided a framework for my continued growth,

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"Just imagine", are two words often used in creating trance. Those powerful two words can help open windows to our unconscious and inspire us to create what we value most.

Metaphors and Stories

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by Diane Auld

A book with thoughts, feelings and the ability to observe. A library waiting. The characters in the best stories can represent many aspects of self. What aspects of humanity do you think the characters in this story represent?

Recently I watched Dreamworks "How to Train Your Dragon." A fantastic story filled with metaphor and fun. After enjoying the movie I realized how much I love stories, animation and fantasy. Stories speak to the part of us that can rest and let our childlike ability listen and understand. Stories take us to imaginal lands and allow us to fly, float, become and live everything is possible. I hope you enjoy my story it has so much potential to be used in a variety of ways with a variety of clients or in the quietest moments of a snowy winter night for yourself.

The book had many pages....
And it enjoyed being opened to the thoughts and stories that surprised.... Taught.... delighted ... and inspired those who spent time sharing time with the book.... One book among many.... Yet there was something special about this bookin a place and time where all were special All held something of great wisdom for the understanding something of great value to the seekerthis book was differentthis book knew she was coming this book watched and waited..... all the books in the library watched and waited would she come Would she bring the questions she carried Questions who's answers longed to be heardlonged to be understood.... The books

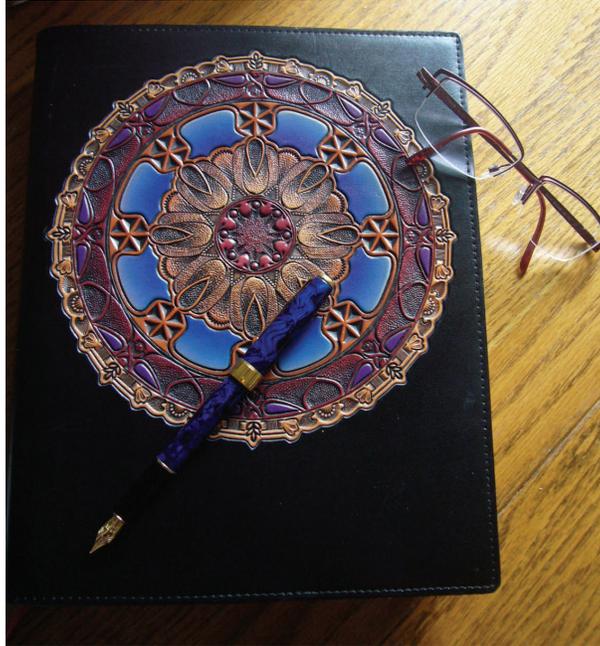
held answers for all the questions All the wonderings The legend told of the books ability to answer the questions even as the questions were asked answers emerging immediately uniquely... uniquely to each seeker.... seeker of answers ancient and deep this legend lived withinwithin the inner sanctuary of the library the books waited for the seeker waited for the questions all the resources and skills just waiting to be accessed each seeker was unique So many ways to ask questions and so many ways to receive the answers books of song lyrics Singing out the answers pointing the way stories of friends sharing a cup of tea.... being with each other's questions listening to the wisdom they held in their hearts with

each other..... books of dreams
Invoking images sounds
smells feelings unfolding a direction offerings from the unconscious wisdoms possibilities ways to new ways ways to look at things a little differently ways to see things from this angle and that angle ... a new angle a vast library of unconscious wisdom just waiting for so patient.... so patient the unconscious Waiting for her to arrive waiting for her to ask ask for help so ready to move into the foreground and use the vast space created to use this moment of exploration to work in a beautiful partnership with the conscious to learn For this was a learning place and everyone who came to this place knew how to learn..... learn how For each one had had to learn through many difficult challenges convinced the learning would not come yet the learning came And in many cases the learning had brought with it so many other learning's other wisdoms ways of growing Ways of growing and changing knowing self Knowing Self by taking the time right now taking the time to use the time Uniquely Honouring the individual and their way of being and becoming Way of knowing how How to listen deeply... hear clearly see with a clarity and there she was The waiting was over for the books she walked around looking holding the questions seeking her own resources

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..... all her skills to guide her to.... Guide her to the very special place The shelf The shelf where the book was waiting She listened inside listened to the wisdom from within And followed the guidance to the shelf and to the book Picking it up she found a place where she could really listen Really understand the help she so deeply wanted the book to offer her she held the book on her lap allowed her hand to touch the soft leather of the cover such a beautiful colour and and slowly she opened the book patterns symbols writing writing appeared on the page at first faintly breathing breathing and holding her question clearer and clearer able to hear..... able to see..... the understandings emerged patience she heard



just wait and each breath moved her closer..... closer to a deeper understanding of what she saw what she heard in this place and she knew she would remember as much as she needed to remember right now she knew the books had their own way of revealing exactly what was needed in the moment In this moment in the next moment And would continue to allow her to work on an inner level ... an unconscious level holding the deeper processing ... as a continuation of her inner working for another reading Another moment Another time the right time Each page giving her exactly what she needed right now Sometimes surprised at what was revealed to her on each page Yet somehow interestingly enough when she opened herself to a deeper understanding A deeper understanding came And she really did

understand And the book remembered just how wonderful it felt to understood To be listened to.... To be offered the questions To have someone so able to see and hear so deeply that which lived within the spaces between the lines within within Giving so much time to... caring to understand the deeper wisdom of the book

all the time she neededall the time she needed and a feeling of this being enough for now ... came to both the book and the seeker Time to integrate Time to change the chapters deep within to reflect the new learnings New possibilities New ways... known and still in process Still being formed She closed the book Slowly ... for this was a time to take as much time as she needed to allow the integration within Within this space Slowly she walked back to the shelf

And this time she noticed her name on the top of the shelves Her section Her Completing placing the book on the shelf she remembered this would allow her to come back to this time and this place... somehow different Bringing back with her bringing back Back now!

The End and The Beginning

I hope you will go out and let stories happen to you, and that you will work them, water them with your blood and tears and your laughter till they bloom, till you yourself burst into bloom.

Clarissa Pinkola Estes

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of his cures he frequently performed seemed miraculous to people and he earned the reputation of a healer.

I look up to Paracelsus because despite all odds he trust his intuition even in adversity and because of it he truly found as well as preformed remarkable cures for Dis- Ease. Through his perseverance and experiments and willingness to be bold and different, He changed he world. I truly find him a Very fascinating man, very human, and inspiring.

How do you unwind/rebalance?

I Meditate- "trance work", I paint, do something creative, walk, go off into nature, especially the ocean. I do yoga. And I Listen to music.

What did you dream last night and what did it mean to you?

I dreamt of reddish orange fox. The most brilliant fuzzy looking Fox with the most amazing color fur. It was talking to me telepathically and telling me there was a certain person I needed to watch out for. They were taking advantage of me and being enigmatic and sneaky. Taking more than they were giving, not returning the same energy. I already knew of whom it was speaking of and the situation at hand. I felt grounded....red.....and I also felt calm in my emotionsorange..... especially given the relationship. I knew I was in control of the situation, and had the upper hand . I was safe and I knew it. It made me feel blessed, to be shown these insights. I know I'm being Watch and cared for on some level. I know how to protect my self and have highly attuned senses. I know I can fully trust myself and my impressions. Trusting that I know when people and things are enigmatic , cun-

ning perhaps deceptive and unstable.

What place real or imagined is most special to you?

I believe the cosmos.... space.....the infinite.....the unknown.....the all.....I love the feeling of imagining I'm floating or falling through space..... seeing the stars.....reaching out for them if I choose..... feeling wonder.... amazement..... that there is so much more than me.... more than any of us can imagine.....spiral galaxies.....pulling me in.....in...to myself and into spirituality.....that we are all separate beings...yet connected....and in the silence, peace and stillness come to me.....as I wander.....the cosmos.....the infinitethe unknown.....the all.....

What is your favourite quote?

You yourself more than anyone in the entire universe deserve you love and attention.

-Buddha

There are hundreds of paths up the mountain, all leading in the same direction, so it doesn't matter which path you take. The only one wasting time is the one running around and around the mountain telling everyone that his or her path is wrong.

-Hindu teaching

What is your greatest hope?

That all people will become enlightened, work together consciously to allow themselves to heal. As well as knowing they can heal the world around them. To have faith in themselves to create the world and life they truly want. Not living on their fears, but manifesting on their dreams.

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the script

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Height X Width

3 1/4 inches X 2 1/4 inches: \$15

3 1/4 inches X 5 inches: \$25

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International Association of Counseling Hypno- therapists

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International Association of Counseling Hypnotherapists Mission Statement

Our commitment is to create an international organization of professional hypnotherapists and those interested in this healing modality, to continue to increase public awareness, acceptance and support in the therapeutic and ethical use of hypnotherapy through education and promotion.

All photographs copy write Diane Auld

***Everything that irritates
us about others can lead
us to an understanding of
ourselves.***

Carl Gustav Jung

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Respectfully submitted with love and appreciation.

Carol Keane

E-mail : keane@island.net

Areas of Practice

Counseling Hypnosis

Erickson Coaching

Healing Touch

Nonviolent Communication Workshops and Training

"Letting go of the old, it's a brand new start" B. Bozic/ M. Bezovsck

Knowing others is intelligence; knowing yourself is true wisdom.

Mastering others is strength; mastering yourself is true power.

*If you realize that you have enough, you are truly rich.-
-Tao Te Ching*

Peek into the Mind and Practice of

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...your greatest fear?

Stagnation, The thought of myself or the world around me not moving, not growing, not learning, not changing, not loving, not standing up for ones beliefs , being afraid, being ignorant, muddy and unclear paths and being stuck.

How do you want people to remember you?

I would want people to remember me by my good intentions. My smile. For being kind and friendly. My ability to look on the bright side. My ability to remain positive no matter the circumstance. My want of bettering myself and the world around me. My love of knowledge and the search for the unknown as well as our inner and outer truths. That I am a well balanced highly spiritual individual, who is good at healing, teaching, learning, sharing, expressing and being creative in all I do.

Fae has a private practice in

Victoria, BC

(778) 430-5770

E-mail

