

TranceTime News : Hypnosis & Dreams

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1. In the April newsletter I wrote about using hypnosis for my brother's cancer treatment. Larry's wife, Nancy, writes: "Larry's CAT Scan yesterday showed a shrinkage of 44.5% on the big tumor and equally impressive shrinkage on the others. The doctor was so thrilled that he called early this morning to let us know and said that Larry is a miracle in the works. We are ecstatic!!!!"

Larry told me that the interns are amazed because he has had minimal side effects from the chemotherapy. He is the only patient on the floor who is responding in this way. How gratifying to know that hypnosis has helped relieve the side effects of the chemotherapy so effectively! While hospitalized to receive his treatments, Larry keeps busy educating the doctors and medical staff about the efficacy of hypnosis.

I will post a free copy of the personalized script that I wrote for Larry on my website:
www.trancetime.com

2. Everyone dreams every night although many people believe that they do not dream because they have no dream recall. I have been fascinated by my dreams for many years. After learning about the Gestalt of the dream in hypnotherapy training, I began to journal my more profound dreams and gained a great deal of insight as a result.

For example, over the past few years I have dreamt several times of a gentleman friend. The dreams were progressively more romantic. Because I had been trained in Gestalt dreamwork, I went into self hypnosis and became this man and suddenly "knew" that I was now ready for a relationship. As the dreams progressed I could see that I was becoming more and more ready. I was projecting a part of myself into the man in the dream.

When I am in a relationship that isn't going well I often dream about getting my nails done. In the dream no matter what the manicurist does, my nails do not look right. Again, becoming my nails I understood the message from my subconscious.

In my most recent dream, I was on a motorized scooter racing for a short cut. I realized that staying on that path would bring about dangerous situation, devoid of any recovery options. In the dream I choose to slow down the motor and take another path to my destination. The message from my subconscious is to take my time with my new relationship. Always a good reminder!

For me, personal symbology from my subconscious mind is much more powerful than any external definition found in a dream interpretation book.

It is often easy to improve dream recall. Read something uplifting and inspiring before going to sleep. Give yourself a post hypnotic suggestion about recalling a dream as you fall asleep at night and keep a dream journal and pen by the bed. As soon as you awaken, and before you lift your head off the pillow, record whatever part of the dream that you remember. Be realistic in your expectations. If you haven't recalled a dream in many years, it may take awhile for the dream recall to return.

According to Randal Churchill in *Become the Dream*,

“Working with the subconscious mind gives us the potential for deep transformation. One of the vitally important functions of the subconscious mind is dreaming. Dreams are direct existential messages from the subconscious. To enter the dream and work with it directly is an opportunity for profound subconscious shifts.”

As you may have noticed from the title of Churchill's book, his methods are not about interpreting or analyzing the dream. We are not seeking an intellectual understanding. We seek to experience the dream from the inside out. From the Gestalt perspective every part of the dream is a part of yourself. Anything that you are aware of in the dream carries information about you. You have projected something about yourself into the dream characters.

The Dreamwork Process

- Dreamer becomes a character in the dream, staying in touch with the feelings
- Dreamer dialogues with other dream characters/furniture/weather
- Periodically the dreamer describes his/her internal experience
- Dialogue until there is understanding, acceptance and closure
- Integrate other processes as appropriate, i.e. age regression, ideomotor questions

Adapted from *Become the Dream*, Randal Churchill (highly recommended)

3. Professional Hypnotherapy Certification

About 1/3 of the students take hypnotherapy training for personal growth. Whether you want personal or professional growth, this course is for you! Classes start again Sept. 9-10, 2006. Visit the website for an updated catalog:

<http://www.trancetime.com/HolisticHypnotherapy/index.htm>

Already practicing hypnotherapy? Need CEUs? Check out the weekend trainings below.

4. Class schedule

Amazing Hypnosis Class!! Register today and save \$50!

The Hypnosis Company's Justin James & TranceTime's very own Katherine Zimmerman present an accelerated Hypnosis training weekend that can't be missed!

Learn from the masters! These are two of America's top Hypnotists, teaching you everything you need to know!

Learn the hidden history of Hypnosis

Learn the amazing secrets of self hypnosis

Learn how to hypnotize for self improvement

Learn how to hypnotize children

Learn how to hypnotize for weight loss or smoking cessation!

Find out the secrets of today's most successful Hypnotherapists!

THIS COURSE IS FOR YOU!

Whether you have always wanted to learn Hypnosis, or are a practitioner looking to gain new techniques, this course is for you!

Perhaps you have taken weekend courses before only to walk away confused and frustrated. We understand and we have been there ourselves. That is why we designed this course for you!

This course will give you the actual methodologies used by today's top professionals in a practical and useable format! At the end of this weekend you will come away with not only the ability to better hypnotize yourself and others, you will gain a profound understanding of advanced communication skills that only master communicators have the ability to teach, you will learn covert ways to influence your family and friends to make positive changes, and the tools to make massive improvements in your own life! Call Now! 916-373-1932

Date: Fri thru Sun., June 9-11, 2006

Location: 2110 K St., Ste. 18

Time: Friday, 6 to 9 pm; Sat & Sun., 9 am to 5 pm

Cost: \$195.00 (\$250 if registered after 5.25.06)

Self Hypnosis Training

Date: Wed., July 12 & 19, 2006

Location: 2110 K St., Ste. 18

Time: 6:30 pm to 9:00 pm

Cost: \$85.00

Space at this event is limited. Call today to register! 373.1932

Imagine a technique so simple and so effective that you can achieve your goals. Practice self hypnosis for only 15 minutes a day and change your life. Learn about the power of your subconscious mind and effectiveness of this easy-to-use tool to create permanent change. Self hypnosis helps you to overcome insomnia, raise your grades, release stress, improve self-esteem, reduce weight, improve athletic performance and much more. Join us and learn to relax and reprogram your subconscious mind.

Professionals, need CEUs? Save these dates!

In-depth training in Subpersonalities 20 CEUs for hypnotherapists

As much as we'd like to believe that we are a "whole" person, we are made up of many subpersonalities or "parts." These parts develop at various stages in our life when we need a different coping mechanism. We learn to adapt to difficult situations in our lives by allowing a "part" to take over that particular area of life. This approach is the cornerstone of my practice. Join us for an in-depth look at helping clients heal through subpersonality work. Manual included.

Date: Sat & Sun. May 20-21, 2006

Time: 9:00 am - 6:00 pm

Cost: \$375.00 (ask about the scholarship available to cover the \$100 registration fee)

Location: 2110 K Street, Ste. 18, Sacramento

Questions? Call the Instructor: Katherine Zimmerman: 916-373-1932

To register: Call Janet Macy, CalPHI Director: 949.460.0780

Advertisement of a satellite shall indicate that the satellite is an auxiliary classroom or teaching site

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Create Super Success with Melissa Roth's Courses:

Fibro... What? & Irritable Bowel Syndrome

Two days to turbo charge your skills and your practice!

This is the only training that will be offered in 2006.

Hypnotherapy is rapidly gaining acceptance among the medical establishment, particularly in the areas of chronic illness. In uncertain economic times, people will spend money on health care before they will on personal growth and development. Learn these two valuable therapies that will keep your practice busy full time. Learn from the developer who has built a steady full time practice, without advertising!
20 CEUs for hypnotherapists.

Dates: Sept. 16-17, 2006

Time: 9:00 am - 5:00 pm

Cost: \$500 for both days
\$295 for one day

Location: Sacramento, CA

To register: Call Katherine Zimmerman, CHT: 916-373-1932

Register for both classes 30 days in advance and receive Ms. Roth's book, *How to Get MD Referrals*, free!

Melissa J. Roth is CEO and Founder of Alabama Hypnotherapy Center and Hypnosis Associates. She is a Certified Clinical Hypnotherapist and a PhD candidate through the American Pacific Institute. She is a member of the American Board of Hypnotherapy, the American Council of Hypnotist Examiners and the National Guild of Hypnotists.

Melissa's hypnotherapy programs are available in four formats: individuals, small groups, custom CDs and telephone consultations. In addition, she conducts a wide variety of seminars and corporate workshops at selected locations across the U.S. She is invited to speak at numerous professional conferences each year.

Melissa is known for her information packed workshops. Don't miss this opportunity to expand your client base!

Cancellations received more than 7 days prior to the start of class: refund of registration less 15%; cancellations less than 7 days prior, no refund but you may apply that amount to another class if taken within 6 months.

6. Upcoming hypnotherapy conferences

National Guild of Hypnotists, August 11-13, 2006, Marlborough, MA
Create Multiple Streams of Income (2 hour workshop) and Cut the Tie that Binds (1 hour talk) Details: www.ngh.net

IMDHA 20th Annual Convention: Oct. 26-31, 2006, Troy, MI Details:
<http://www.imdha.com/conference.htm>

Upcoming classes:

Quantum Touch®, \$295.00; July 2006 – dates TBA; Instructor: Maureen “Martie” Johnson, Spiritual Intuitive, Hypnotherapist, Quantum Touch® Instructor. Call for details: 530.644.6424

[Looking for an affordable way to promote your practice/business online? Check out www.byregion.net](http://www.byregion.net) Referral ID: 010106785

Instructor: Katherine Zimmerman, a certified clinical hypnotherapist, EFT-CC and Reiki Master in practice since 1989. Katherine is a published author, an instructor for the California Professional Hypnosis Institute in Sacramento and a former guest lecturer for the UC Davis Medical Center.

Please feel free to forward this newsletter in its entirety.

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