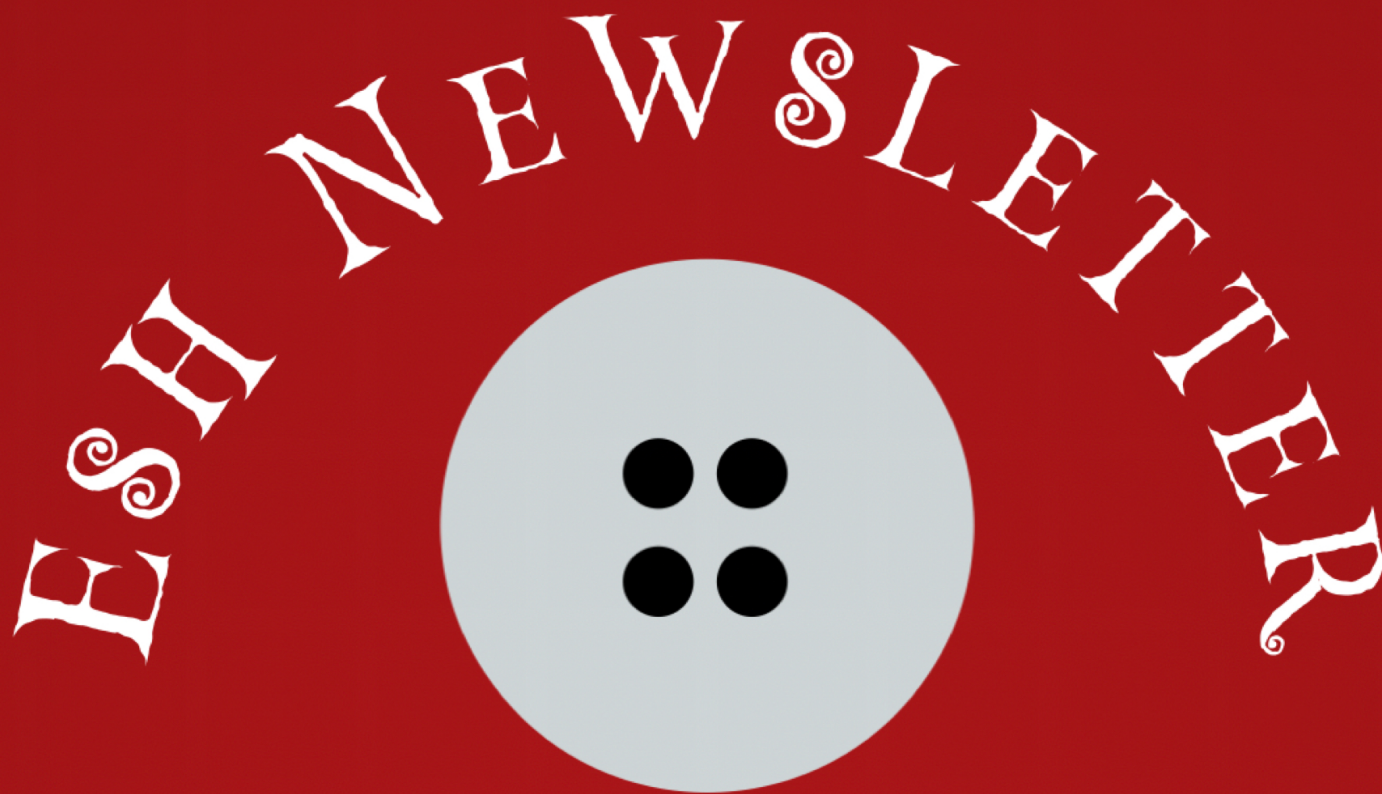


ESH The Newsletter

Continuity and Innovation



Editors
Consuelo Casula
Fabio Carnevale



CHRISTMAS EDITION

2020

2020

TABLE OF CONTENTS

NEWSLETTER

ESH

CONTINUITY + INNOVATION

PRESIDENT'S LETTER P.2

TRANSLATED
VERSIONS

P.
4

P.10

*CHRISTMAS
GIFTS*

P.8

EDITOR'S LETTER

**CALENDAR OF
EVENTS P. 20**

CREDITS P. 23



President's Letter

Kathleen Long



It is nearly Christmas and traditionally it is a time for giving gifts and also receiving them. It has been a very different year to the one we may all have expected and in keeping with that the BoD decided to give Consuelo and Fabio a well-earned rest from their usual task of a full newsletter. The work with the new website, the you tube channel with the uploaded videos of awards and the Facebook posts will hopefully be sufficient for you all to digest until our

first newsletter in the New Year 2021, next March.

Christmas is now almost a universal secular celebration with the mythical Santa Claus as the central character. It was first celebrated in 336 by the Romans who dedicated it to the Unconquered Sun and in the 9th Century it became a Christian festival. The Tannenbaum, or Christmas tree, first appeared in Germany in the 16th Century. At least I can blame someone else for my obsession with all Christmas things.

It is mea culpa time and I admit that I once kept my 9-foot Christmas tree up for 3 years. Yes, you may roll your eyes in horror and reach for the DSM but I make no apologies for this break with tradition. I had a large dining room to dedicate to the Christmas tree and I simply thought why not?

The real reasons for my reluctance to dismantle such a huge beast of artificial greenery may have been much less logical. I would see it every day and

pause to look at all the different treasures that were on the tree which reminded me of so many happy times. I knew that a 9-foot anchor to happy memories was not necessary but loved to see it in all its gaudy glory none the less.

This year I will watch my grandchildren have the same happy experiences that their mothers did and watch my daughters create the same wonderful memories that I helped to create over the years for them. I know I am blessed and am grateful every day for that.

Christmas is a time for giving and thinking of others less fortunate than ourselves. Giving of your time, kindness and love is more important and precious than anything of monetary value. Create wonderful memories with your loved ones. My Christmas gifts this year are peace where there is trouble, love where there is anger, health where there is

sickness, and forgiveness where it is needed. I wish you all a wonderful festive season and look forward to connecting with you all in 2021.



Translated into French by Gérard Fitoussi

Noël approche et il est de tradition en cette période de faire des cadeaux et d'en recevoir. Ce fut une année très différente de celle à laquelle nous nous attendions tous et, en accord avec cela, le conseil d'administration a décidé d'accorder à Consuelo et Fabio un repos bien mérité et de les dispenser de rédiger une newsletter complète.

Nous espérons que le travail par ailleurs réalisé avec le nouveau site Web, la chaîne You tube avec les vidéos des récompenses remises ainsi que les publications Facebook seront suffisants pour que vous puissiez en faire vos délices jusqu'à l'arrivée de la première newsletter de la nouvelle année 2021, en mars prochain.

Noël est maintenant devenu presque une fête laïque universelle avec le mythique Père Noël comme personnage central. Célébré pour la première fois en 336 par les Romains qui l'ont dédié au Soleil vaincu, Noël est devenu au 9ème siècle, une fête chrétienne. Le Tannenbaum, ou arbre de Noël, est apparu pour la première fois en Allemagne au XVIe siècle. Je peux enfin me retourner vers quelqu'un d'autre pour mon obsession concernant tout ce qui concerne Noël.

C'est le temps du mea culpa et j'avoue que j'ai gardé mon sapin de Noël de 9 pieds pendant 3 ans. Oui, vous pouvez rouler les yeux d'horreur et chercher le DSM mais je ne m'excuse pas pour cette rupture avec la tradition. J'avais une grande salle à manger à consacrer au sapin de Noël et je me suis simplement demandé pourquoi pas?

Les vraies raisons de ma réticence à démanteler une telle 'bête de verdure artificielle' étaient peut-être beaucoup moins logiques.

Je le voyais tous les jours et je m'arrêtais pour regarder tous les différents trésors qui se trouvaient sur l'arbre et qui me rappelaient tant de moments heureux. Je savais que c'était comme une ancre de 9 pieds qui me rappelait des souvenirs heureux, elle n'était pas indispensable, mais j'aimais néanmoins la voir dans toute sa splendeur criarde.

Cette année, je regarderai mes petits-enfants vivre les mêmes expériences heureuses que leurs mères et mes filles créeront les mêmes merveilleux souvenirs que j'ai contribué à leur créer au fil des ans. Je sais que je suis bénie et j'en suis reconnaissante chaque jour.

Noël est le moment de donner et de penser aux autres moins chanceux que nous. Donner de son temps, gentillesse et de son amour est plus important et précieux que tout ce qui a une valeur monétaire.

Créez de merveilleux souvenirs avec vos proches. Les cadeaux de Noël que j'aimerais offrir cette année sont la paix là où il y a des drames, l'amour là où il y a de la colère, la santé là où il y a la maladie et le pardon là où cela est nécessaire. Je vous souhaite à tous une merveilleuse période de fêtes et j'ai hâte de vous rencontrer tous en 2021.

Translated into German by Stella Nkenke

Es ist fast Weihnachten und traditionell ist es die Zeit des Schenkens und des beschenkt werden. Dieses Jahr war ganz anders als wir es vielleicht alle erwartet haben, und im Einklang damit haben wir beschlossen, dass Consuelo und Fabio eine wohlverdiente Pause von ihrer üblichen Aufgabe eines vollständigen Weihnachts-Newsletters verdienen. Durch die Arbeiten mit der neuen Website, dem You-Tube-Kanal mit all den Videos von den Auszeichnungen und den Facebook-Posts wird hoffentlich für Sie alle bis zu unserem ersten Newsletter im kommenden März 2021 ausreichend Information vorhanden sein.

Weihnachten ist jetzt fast ein universelles säkulares Fest mit dem mythischen Weihnachtsmann als Hauptfigur. Es wurde erstmals 336 von den Römern gefeiert, die es der unbesiegtten Sonne widmeten. Im 9. Jahrhundert wurde es dann zu einem christlichen Fest.

Der Tannenbaum erschien erstmals im 16. Jahrhundert in Deutschland. So kann ich zumindest jemand anderem die Schuld für meine Besessenheit mit allen Weihnachtsdingen geben.

Aber ich gebe zu, es ist meine eigene Schuld, dass ich meinen fast 3m hohen Tannenbaum einmal 3 Jahre lang hab stehen lassen. Ja, vielleicht sind Sie jetzt entsetzt oder verdrehen etwas die Augen und wollen schon nach dem Handbuch Psychiatrischer Störungen greifen, aber ich entschuldige mich nicht für diesen Bruch mit der Tradition. Ich hatte einen großen Speisesaal, den ich gerne dem Weihnachtsbaum widmen wollte, und ich dachte einfach, warum nicht?

Vielleicht sind die wahren Gründe für meinen Widerwillen, ein so riesiges Biest aus künstlichem Grün zu zerlegen, viel weniger logisch. Ich sah den Baum jeden Tag und hielt inne, um mir all die verschiedenen Schätze anzusehen, die sich auf ihm befanden und mich an so viele glückliche Zeiten erinnerten. Ich wusste, dass ein 3m hoher Anker für glückliche Erinnerungen nicht notwendig war, aber ich liebte es trotzdem ihn in seiner ganzen Farbenpracht zu sehen.

In diesem Jahr darf ich zusehen, wie meine Enkelkinder die gleichen glücklichen Erlebnisse haben werden wie ihre Mütter, und ich werde meinen Töchtern zusehen, wie sie die gleichen wunderbaren Erinnerungen schaffen, die ich im Laufe der Jahre für sie geschaffen habe. Ich weiß, dass ich gesegnet bin und dafür bin ich jeden Tag dankbar.

Aber Weihnachten ist ja nicht nur eine Zeit des Gebens, sondern dafür an andere zu Denken, die weniger glücklich sind als wir. Zeit, Freundlichkeit und Liebe zu schenken ist wichtiger und wertvoller als alles, was man kaufen kann. Schaffen Sie mit Ihren Lieben wunderbare Erinnerungen.

In diesem Jahr werden meine Weihnachtsgeschenke folgende sein: Frieden, wo Schwierigkeiten sind, Liebe, wo Ärger sein könnte, Gesundheit, wo Krankheit ist und Vergebung, dort wo sie gebraucht wird.

Ich wünsche Ihnen allen eine wunderbare Weihnachtszeit und freue mich schon darauf, 2021 mit Ihnen allen in Kontakt zu sein.

Translated into Spanish by José Cava

Es casi Navidad y es tradicional en estas fechas dar regalos y también recibirlos. Ha sido un año muy diferente al que todos esperábamos y, teniéndolo en cuenta, el BoD ha decidido dar un merecido descanso a Consuelo y Fabio de su tarea habitual de hacer una revista completa.

El trabajo con el nuevo sitio web, el canal de YouTube con los videos de los premios y las publicaciones de Facebook supondrá material suficiente para todos ustedes hasta que salga nuestra primera revista del nuevo año 2021, el próximo marzo.

La Navidad es ahora casi una celebración secular universal con el mítico Papá Noel como personaje central. Fue celebrado por primera vez en el año 336 por los romanos que lo dedicaron al Sol Invicto, y en el siglo IX se convirtió en una fiesta cristiana.

El Tannenbaum, o árbol de Navidad, apareció por primera vez en Alemania en el siglo XVI. Al menos puedo culpar a alguien más de mi obsesión por todas las cosas navideñas.

Es el momento del mea culpa y admito que una vez mantuve mi árbol de Navidad de casi 3 metros durante 3 años. Sí, puede poner los ojos en blanco horrorizado y mirar el DSM, pero no me disculpo por esta ruptura de la tradición. Tenía un gran comedor para dedicarlo al árbol de Navidad y simplemente pensé ¿por qué no?

Las verdaderas razones de mi renuencia a dismantelar una enorme mole de vegetación artificial pueden haber sido mucho menos lógicas.

Lo veía cada día y me detenía a mirar todos los diferentes tesoros que había en el árbol que me recordaban tantos momentos felices. Sabía que no era necesario un ancla de 3 metros para evocar los recuerdos felices, pero me encantaba verlo en todo su llamativo esplendor.

Este año veré a mis nietos tener las mismas felices experiencias que tuvieron sus madres y veré a mis hijas crear los mismos recuerdos maravillosos que yo ayudé a crearles a lo largo de los años. Me siento bendecida y agradecida por ello todos los días.

La Navidad es una época para dar y para pensar en otros menos afortunados que nosotros. Dar nuestro tiempo, amabilidad y amor es más importante y precioso que cualquier cosa de valor monetario. Crear recuerdos maravillosos con nuestros seres queridos.

Mis regalos de Navidad este año son: paz para donde haya problemas, amor donde haya ira, salud donde haya enfermedad y el perdón donde sea necesario. Les deseo a todos unas maravillosas fiestas y espero estar en contacto con todos ustedes en 2021.

Translated into Italian by Fabio Carnevale

È quasi Natale e tradizionalmente è il momento di fare e ricevere regali. È stato un anno molto diverso da quello che tutti ci aspettavamo e perciò il Board ha deciso di concedere a Consuelo e Fabio un meritato riposo dal loro consueto compito di una newsletter completa.

Si spera che il nuovo sito web, il canale YouTube con i video degli Awards e i post di Facebook saranno sufficienti per tutti voi fino alla nostra prima newsletter nel nuovo anno 2021, il prossimo marzo.

Il Natale è una celebrazione secolare quasi universale con il mitico Babbo Natale come personaggio principale. Fu celebrato per la prima volta nel 336 dai Romani dedicandolo al “Sole Invitto” e nel IX secolo divenne una festività cristiana.

Il Tannenbaum, o albero di Natale, apparve per la prima volta in Germania nel XVI secolo. i

I che mi consente di incolpare qualcun altro per la mia ossessione per tutte le cose natalizie.

È tempo di mea culpa e ammetto che una volta ho tenuto addobbato il mio albero di Natale alto 9 piedi per 3 anni. Di sicuro potreste alzare gli occhi al cielo sfogliando la vostra copia del DSM, ma non mi scuso per questa rottura con la tradizione.

Avevo una grande sala da pranzo da dedicare all'albero di Natale e ho semplicemente pensato: “perché no?”.

Le vere ragioni della mia riluttanza a smantellare una tale enorme bestia di vegetazione artificiale potrebbero essere state molto meno logiche.

Lo vedevo ogni giorno e mi fermavo a guardare tutti i diversi tesori che erano appesi all'albero e che mi hanno ricordato tanti momenti felici. Sapevo che un'ancora di 9 piedi per i ricordi felici non era necessaria, ciò nonostante mi piaceva vederlo in tutta la sua gloria sgargiante.

Quest'anno guarderò i miei nipoti vivere le stesse esperienze felici delle loro madri e guarderò le mie figlie creare gli stessi meravigliosi ricordi che ho contribuito a creare negli anni per loro. So di essere benedetta e ne sono grata ogni giorno.

Il Natale è un momento per dare e pensare agli altri meno fortunati di noi stessi. Dare il nostro tempo, la gentilezza e l'amore è più importante e prezioso di qualsiasi cosa materiale.

E' un modo per creare ricordi meravigliosi con i tuoi cari. I miei regali di Natale quest'anno sono la pace dove ci sono problemi, l'amore dove c'è rabbia, la salute dove c'è la malattia e il perdono dove c'è bisogno.

Auguro a tutti voi una meravigliosa stagione festiva e non vedo l'ora di entrare in contatto con tutti voi nel 2021.

8

Editor's Letter

Consuelo Casula



**EUROPEAN SOCIETY OF
HYPNOSIS**

CHRISTMAS

2020

Image by F.C.

As you will have read in her President's letter, Kathleen has told you that the board has decided to respect the continuity preparing the December ESHNL and to be innovative dedicating this short issue to the Christmas holidays.

Our most important value is to show our closeness to all our readers scattered throughout Europe fighting with hope and resilience against this pandemic, each with their own personal and professional resources.

We also wanted to offer you a playful break from a long and demanding read, and instead, to make this newsletter an address to your heart and soul.

Our good intention is to offer you pleasant and easy reading, full of benevolent thoughts of peace, love and harmony, Ali, to evoke fragrant, colourful, and soft memories, of your previous Christmas holidays, Fabio, to invite you to cross bridges armed with past learning that will lead you to a healthy future.

In this December issue you will find anecdotes and metaphors from Kathleen, Randi, Marie Jeanne, and myself; games to play in the company of your loved ones, such as a hypnotic crossword from Stella, a scientific cube from Peter, and an ancient backgammon directly from Santa Claus. From Santa, you will also receive

other presents coming from the old wisdom of nature and the smart new technology.

Years ago, a Robert Jr. McFerrin song went viral. The title "Don't worry be happy" is repeated like a mantra after sentences like... "in every life we have some trouble, but when you worry you make it double. Don't worry be happy"...

This reminds me a Buddhist story called The two arrows. A man gets struck by an arrow in his arm: it's painful and the arm is bleeding. Then immediately the man's mind starts to think: "What's going to happen? What if I bleed to death? What if this is infected and I can't walk back properly?"

The Buddha describes the first arrow as the physical pain and the second is what our mind does, when starts thinking about the worst scenario that can happen. Thus "be warned of the second arrow."

Going back to the song... "Like good little children, don't worry, be happy... put a smile in your face, it will soon pass, whatever it is, don't worry, be happy".

Even, if during this holiday period we have good reasons to feel worried, scared, and sorry, let us leave them out of our hearts and let us instead allow trust, hope and curiosity enter for the challenges and changes we are going through.

10

Christmas Gifts
From the ESH Board



Image by F.C.



Kathleen Long

Everything was frozen in time.

Days were full of repetitive tasks and isolation as the harsh winds and dark winter days crept like a malevolent shadow across the land covering everything in a thick blanket of snow and ice.

The boy shivered at the thought of fetching wood for the fire. His task, which he sometimes resented, was to keep the house warm. His movements slow and laboured as he trudged through the snow in thick boots and heavy clothes.

He could feel his breath freeze against the scarf tightly wound around his face. His gloves made him clumsy as he carried the wood back home to the small cottage that kept him and his family safe.

He wanted to run free without restraint but he knew that this was as foolish as it was dangerous.

For the next few months, he needed to accept the limitations placed on him by forces beyond his control.

At night, if the sky was clear, he would look out of his window and marvel at the spectacular aurora borealis.

He would sometimes take comfort in the familiar sounds of his family as they slept and be thankful for the warm glow in his belly from his supper.

He knew that spring would soon arrive. His eyes grew heavy as imagined all the things he would do when the days were lighter and the snow was gone. He could almost hear the waterfalls running freely down the mountain and feel the splash of water on his skin as he swam in the river.

As he closed his eyes, drifting off to sleep, he smiled feeling the warmth of the sun on his skin and he understood that it was only a matter of time until all was well in his world again.

Merry Christmas





Consuelo Casula

A reporter interviews Santa Claus to know his gifts for this year 2020. Santa replies: the first and most important is sweet, salty, and spicy healthy food: we must nourish our body, where our soul lives.

The second gift is backgammon, because, in addition to nourishing body and soul, we must nourish the mind by playing.

Why Backgammon? Asks the reporter. Because it offers an exact distribution of merit: fifty percent to the skill of the players; fifty percent to chance. Knowledge and experience help to predict the mysteries of the whims of fate and to use even the worst case to the player's advantage.

What else? Does the reporter ask. A bag full of seeds of flowers and trees from around the world.

Why?

Because we need to be surrounded by the beauty and scents of flowers and to embrace the stability and longevity of trees. Sowing means trusting the hidden potential of the seed, the fertile cooperation of the soil and our care during the transformation process.

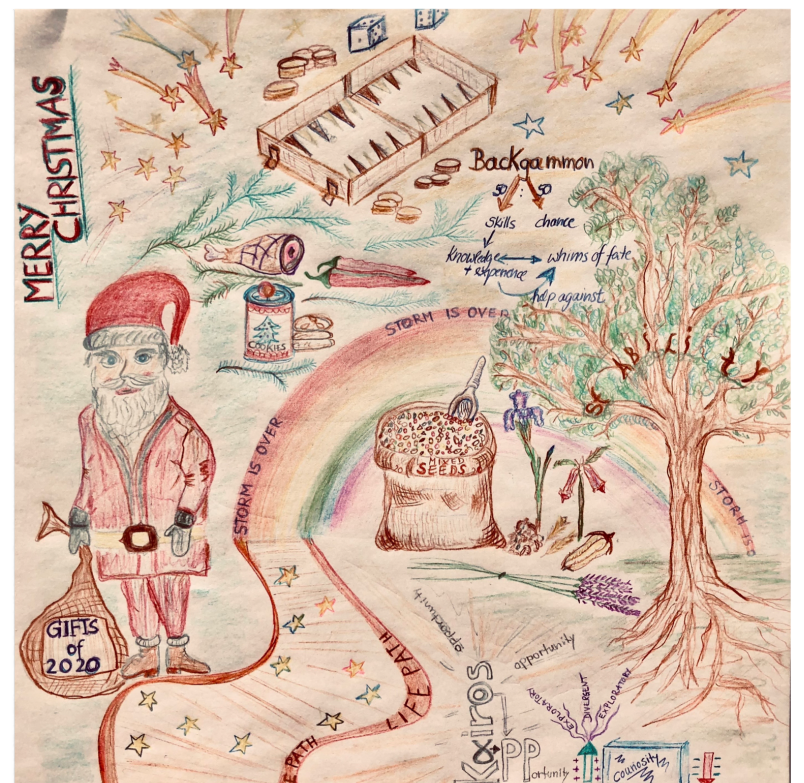
Do you have something else? Asks the reporter. Rainbows and shooting stars, replies Santa.

Why? Rainbows, because they indicate that the storm is over; shooting stars, because they keep falling and light up our life path.

Any technological gifts? The reporter asks.

Two, replies Santa. The first is a smartphone with an application called Kairòs, which sounds the alarm whenever there is an opportunity to be seized. The other is a video game called Curiosity in which the winner is the one who asks exploratory and divergent questions to unmask prejudices and fears, and begin a research process, showing the passion for a new world of possibility.

Happy New Year to each of you.



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#BY SN

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Gérard Fitoussi

Wishes and numbers

Dear friends,

2020 was a year full of surprises, some good and some less so. There was much confusion and magnificent moments too.

The COVID-19 pandemic will leave its mark on a whole generation and even if it is far from being behind us, there is the good news of a vaccine coming soon, according to the World Health Organization, one among the 193 being tested, so that we can foresee the end of this pandemic.

In the meantime, we will have learned to work, consult and meet remotely... we will have seen our deserted and silent streets, we will have relearned the importance of small gestures and simple moments in our daily life.

We will rediscover this essential freedom to walk and move wherever and whenever we wish. So often we humans only realize the importance of health and liberty when we are deprived of them. So, let us not wait, let us cherish them now. Let us take care and be attentive to all that would undermine or restrict them. This is the period of the vows, of those that we receive and of those that we wish to others.

Wishes are not always compatible with numbers, but for once let's make an exception today and challenge this rule. And so, for 2021, I wish you.

1 year of good health

12 months of discovery

52 weeks of friendship

365 days of desires

8,760 hours of creativity

52,600 minutes of benevolence

3153600 seconds of gratitude (1)

All the best

(1) Inspired by the site

<http://www.texte-de-voeux.fr/texte-voeux-original.php>

consulted on 10 11 2020



Merry
Christmas



Ali Özden Öztürk

Turkey and Turkish culture cherish and nourish many different habits, beliefs, traditions and religions with respect.

During Christmas, homes, streets, places are decorated nicely with colourful blinking lights. Gifts are given in family or friends gatherings. Some people celebrate Christmas in churches; some people celebrate the beginning of a new year; some people celebrate the winter solstice as an old Turkish tradition.

We have “Ayaz Ata (the Father of Cold)” in Turkish mythology. Ayaz Ata is a saint who appears on cold days in winter and helps the poor and homeless.

Her daughter/granddaughter “Kar Kız (Snow Beauty)” is believed to accompany him during his visits.

In Turkish tradition, winter solstice is celebrated by decorating of tree “Akçam” (White pine), which is also called “the tree of life” according to shamanism tradition in Altay region. This winter feast is called “Nardugan” (nar, sun, and dugan, born); and it means “the New Sun”, and also “the Birthday of the New Year”. Turks believe that the night fights with the day on December 22 (December 25 in some sources) and, at the end of this night, the sun defeats the night after a long war, so that the day start becoming longer and lighter. This is celebrated with “Pine Feast the new-year feast” by the Turks. White pine is decorated with prayer

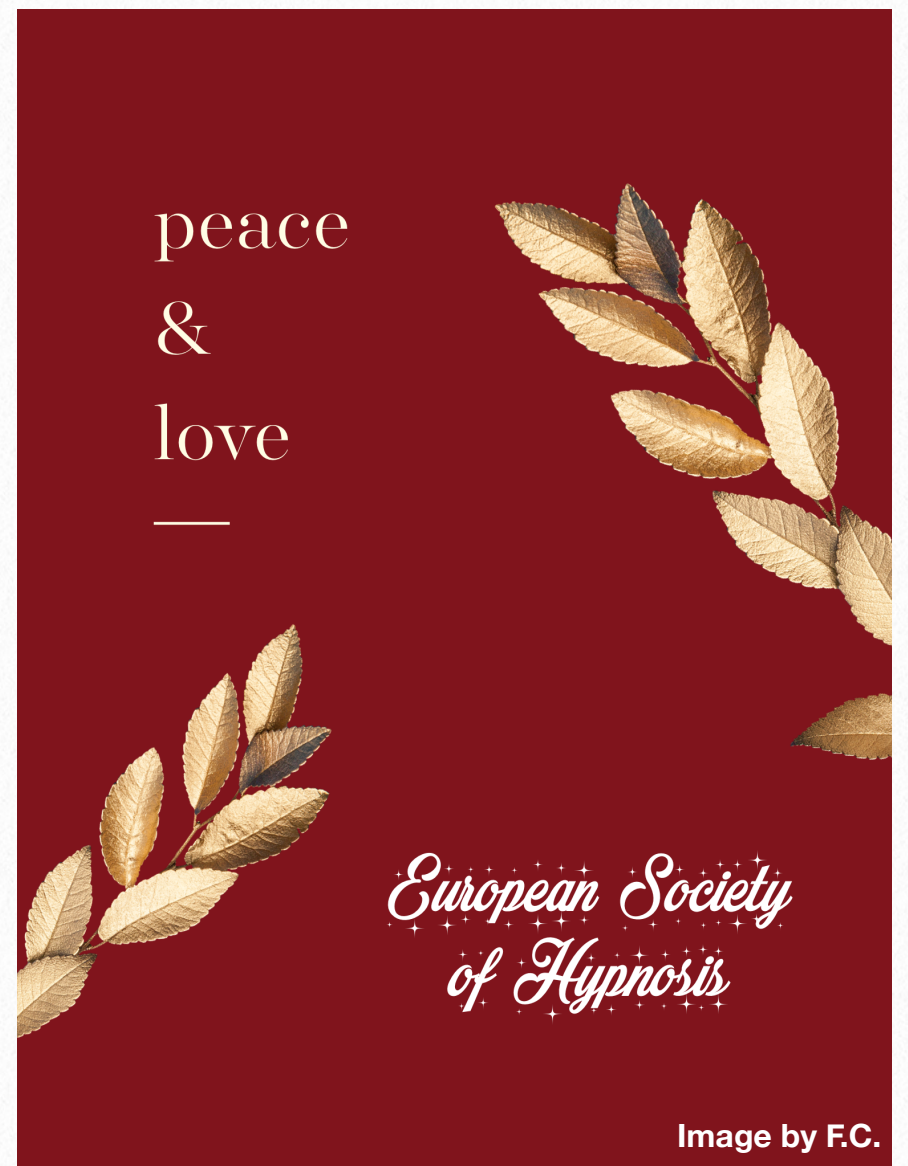
wishes hanged on its branches, some gifts were put under the pine tree. I wish you and the whole world a peaceful new year in every dimension of life.

My wish is also related to the motto of 2023 ESH Congress which will be hosted in Istanbul 26 - 29 October. The motto is:

“Peace at Home, Peace in the World...

Peace in the Soul, Peace in the Body...

Peace with Hypnosis, Peace with Love & Joy...”





Fabio Carnevale

Who knows how many scents, aromas, whispers, expectations, dreams and glows, melancholy and shortcomings, melodies, panoramas and images we keep in the most hidden recesses of the Christmas archives of our memory?

In times when our present was nothing more than a misty and indecipherable future and adulthood appeared to us as an indefinite distance - from which mysterious epochs of aspirations, desires and fantasies separated us - the games to which we dedicated ourselves represented bridges reaching out to the adults we have become.

Of that distant past we keep traces smoothed by the experiences that have crossed our life up to here. Today.

From those soft memories, beautiful, poetic or painful, we can draw teachings - conscious and unconscious - that know how to nourish the choices we make this Christmas going through such a difficult and special season for all humanity.

Lingering on the memories extended towards the children we were, in an instant - perhaps due to a moment of distraction, perhaps in a moment of unexpected concentration - we could, perhaps, feel the caress of the time when Christmas has enriched the repertoire of our ability to imagine the future.

There was a very distant time when the dismay, which the darkness could generate in the children we were, was magically subverted by the enchantment of the Christmas lights. May our life -today- benefit from that enchantment.

Merry Christmas



Image by F.C.



Randi Abrahamsen

Years ago, before Christmas I had an old widower in my dental chair for treatment. “How are you going to celebrate Christmas?” my assistant asked him. I guess we both expected that he would tell about busy plans to visit his children. Surprisingly he said: “I have several invitations to celebrate Christmas evening, but I have always chosen to stay at home enjoying a good glass of red wine and a piece of delicious duck. This evening is very special to me. I reserve the evening for travelling back through all the wonderful and joyful memories of my previous Christmases all the way back to when my children were young even to when I myself was a child. The evenings are like marvelous pearls on string. When I concentrate, it is almost as if I am there again and it makes me very happy.” This old widower had no knowledge of hypnosis, but he seemed to be very effective in positive age regression with anchoring happiness!

I often think of him at Christmas time, especially when things in my family were difficult. I remember his word and go back to my own happy memories of Christmas.

With the ongoing Covid-19 pandemic, I think Christmas this year will be different for all of us. We might not be able to spend the holidays with all our loved ones. I suggest you do like my old widower. Spend a little time thinking on your previous nice Christmases. Let them grow in your heart and let the memories twinkle in the Christmas light. Remember Leonard Cohen:

“There is a crack in everything that’s how the light gets in”.

I wish you all a merry Christmas and a happy, prosperous new year. Thank you for your support to ESH

Stay safe



Image by F.C.



Marie-Jeanne Bremer

Christmas is associated with a cozy indoor-warmth, perhaps with a convivial togetherness in a brightly coloured market, flooded with light; you may sense the smell of sweets and spices or the taste of a warming drink.

Christmas markets would have been a welcome ritual in a year in which a ban or a concern was slowing down physical proximity and warming or stimulating encounters.

Some European governments cannot promise that Christmas or New Year's Eve will be celebrated "as every year".

During the last years I could host a cheerful crowd of about more than 40 family-members, children and adults of all ages, for Christmas dinner.

But a 10-guest limit will probably make them feel disappointed. Fortunately, we have nice photos and vivid memories of these festive meals.

With this inner wealth, I want to offer you a hypnotic Christmas bauble which will awaken souvenirs every time you look at it.

Sometimes you see a smile from a cherished person, or suddenly you hear a sentence that encourages you. If your eyes and your mind get

lost in the depths of the sphere, a remembered embrace may become alive and tangible.

This inner connection with friends, family members and loved ones can of course be strengthened through the new media.

And beyond that, the Christmas ball may remind you, again and again, to deepen the "magic" of healing remembrances by staying fully aware of the present moment and by storing it in a privileged corner of your memory.

Then you transform absence into presence and you stay profoundly connected with your loved ones.

With this invitation to metamorphosis, I join the choir of the Board of ESH with all our best wishes for Christmas and New Year.

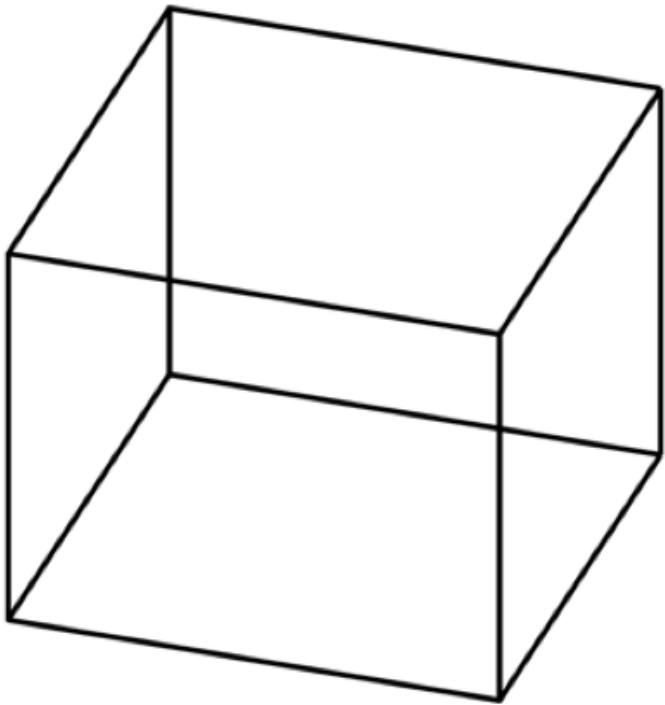


Photo by M.J.B.

Merry
Christmas



Peter Naish



With the Festive Season fast approaching, instead of my usual scientific article I am going to give you a little test that you can try on yourself and your family, during the Christmas break. You will be data gathering, so that's still science!

You have probably seen this figure before. Most observers see it as a cube - perhaps a better description would be that it is like an empty fish tank, because it would not be possible to see the rear edges of a solid cube. The special characteristic is that it can be seen in two alternative orientations, and as one stares at the cube it seems to alternate between the two.

If you would like to try the test it would be best to make a nice large copy of the cube on a clean piece of paper, without any writing next to the picture. If you test someone else, first get them used to the idea that the cube changes

perspective; tell them not to try to make it change, nor try to keep it the same – just look at it and see what happens. When they are ready, time them for one minute and ask them to say “Now” every time the cube switches. You count how often it changes for them in the space of a minute. An average score will probably be around 15 changes.

In the first Newsletter for 2021, I will tell you all about the fascinating science behind what you have just tried, and I will explain the link with hypnosis. For now, I will just tell you something that very few people know. Those of us who are more hypnotically susceptible tend to switch cube perspectives more frequently.

Have a very happy Christmas!





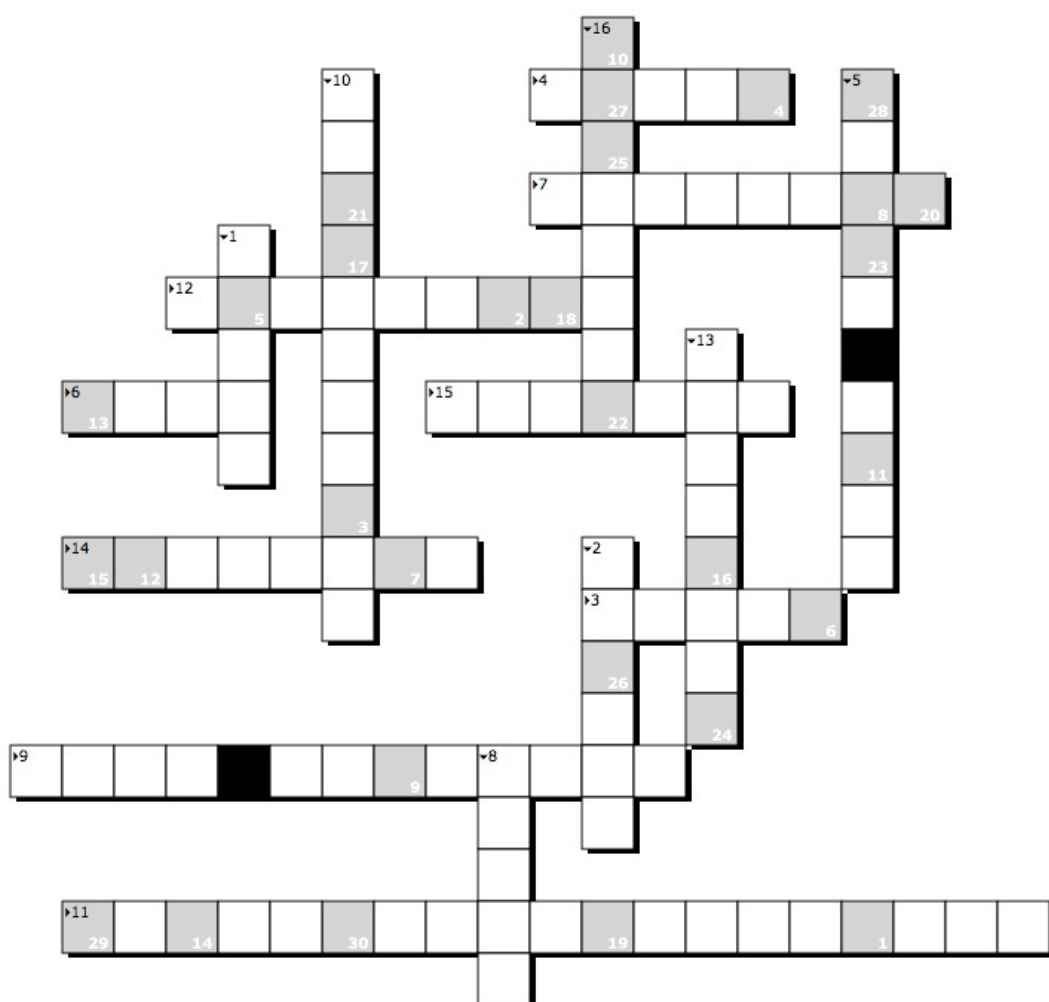
Stella Nkenke

The world's first crossword puzzle was published in December 1913 in the Christmas supplement of the newspaper New York World. Since I like riddles, I decided it might be the perfect time to offer you the first ESH- Hypnosis Cross riddle in our Christmas letter.

In Vienna, like in many other places in Europe we still do not know how the holiday season and the New Year will be different this time. But undoubtedly, we will be allowed to be joy- and playful.

My wish for you is hidden in the solution of the riddle.

The names of the first three participants who can solve the mystery message and send it within three days after the publication of the ESHNL to mail@esh-hypnosis.eu will be published (with their consensus) on the ESH Facebook. Together with the solution of the riddle, their names will be also published in the next issue of ESHNL.



1. How many vocals are in the first name of our president?
2. Where did Franz Anton Mesmer study medicine?
3. In which country has the ESH congress most often taken place?
4. A viral infection that is visible and you can heal with hypnosis?
5. Where can you find a memorial of Milton Erickson?
6. Name of an ESH Committee concerning education?
7. Next ESH Congress takes place in?
8. He or she received the honorary ESH award in 2020 for outstanding contribution?
9. We all know how to unwrap presents at Christmas... to unwrap a gift is normal. Jeff Zeig likes to communicate highly effectively by using which technique?
10. Corona changes a lot, even during Christmas. As hypnotherapists we are gifted to make the best out of it using ...?
11. What did "he" wish to know when he started to work with Hypnosis?
12. Platform of networking in hypnosis?
13. He was a man born in March and died in September of this year but he was more famous for?
14. You can follow the ESH also on?
15. It exists already in German and in Italian and hopefully soon in English: purcopine comes along with the princess and the ...?
16. It is new but to read the former ESH Newsletter you need a...?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Erstellt mit XWords - dem kostenlosen Online-Kreuzworträtsel-Generator
<https://www.xwords-generator.de/de>

Calendar of Events

LUXEMBOURG HAS THE GREAT PRIVILEGE TO HOST THE 12TH CFHTB FORUM FROM MAY 19 TO 22, 2021

Topics of the forum: Ethics, research, neuroscience, mindfulness, anesthesia, pain, obstetrics, palliative care, stress, well-being, behavioral and personality disorders

Save the dates from 19 to 22 May 2021 and welcome in Luxembourg.

www.cfhtb-luxembourg2021.org

XXII WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS – COOPERATION IN HYPNOSIS

Dates: 10th - 13th JUNE 2021

Venue: Krakov. Congress Centre of Jagiellonian University.

You can now send proposals for presentations, or you are also warmly welcomed to join our hypnosis family reunion meeting without presenting a talk or facilitating a workshop. Either way you will enjoy the congress in one of the most attractive cities in Europe.

Registration: www.hypnosis2021.com



Image by F.C.

*European
Society &
Of Hypnosis
Happy New
Year*



We would like to invite you to join the new platform for networking in the hypnosis community world-wide: www.whoISHwho.com.

Please send us your CV, photo and if you have also your publication list to us at contact@whoishwho.com.

This platform will also be used for organizing ISH congresses more easily.

In the future, for example, if the planning committee needs to see the CV to learn about the experience of a potential speaker, his or her CV would already be easily available on the whoISHwho platform. Also if you are moderator planning a symposium and want to identify potential co-presenters, you could use the whoISHwho platform to identify these individuals. Of course, there are many more possibilities for encouraging networking in our community (and getting information about you to other like-minded people) for such a system.

You also can upload your profile yourself, which makes it easier for us. But please - do not hesitate to just send us things by email and we will do this for you.

ISH President

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