

# WAHA News

Volume I, Issue I

September 2006

## Members.....

- We'd love to hear from **you!** This is your newsletter and we'd like to feature **you.** A great way to get to know each other is to run **profiles** in the newsletter. We know you can't all get to meetings, so what better way to get to know your peers than by telling us about yourself? A photo would be fantastic also!

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## Welcome to WAHA's inaugural newsletter

At last! Here we are with our first newsletter ever! The aim of the newsletter is to keep you all informed, to get to know our fellow members a little better and to raise the **profile** of WAHA and its **individual members.** We fully realise the minutes are a little dry as far as keeping up to date with news goes, so here, we hope, is a fresher, more interesting way of sharing news and information.



**Case Studies** are welcomed with open arms. We all have interesting experiences - it is the very basis of what we do! **Please share them.** I know from experience that I am all ears at peer support meetings— I really cannot get enough of other practitioner's tales.

James Vote has got the

ball rolling with an interesting experience of his own (page 2). I look forward to being bombarded with your stories!

Letters to the Editor are also welcome. Do you have something positive to say? A beef to air? **Go for it!** Anything and everything is welcome.

Constructive criticism & ideas are also welcome - what would **you** like in this newsletter?

## Your WAHA committee.....

President	Sandi Saber <a href="mailto:sandi@arach.net.au">sandi@arach.net.au</a> 0422 130 019	Historian	Alisa Cardaci <a href="mailto:alisa@hypnosishealthandhealing.com.au">alisa@hypnosishealthandhealing.com.au</a> 0421 745 644
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# Hypnosis.....telepathy

## By James Vote

As we all try to make a living or supplement our income with Hypnotherapy it is good to take time out and try some new ideas or test out some "weird" ones.

I was asked to give a demonstration of Hypnosis to a meditation group I belong to. At first I thought just to show them a sample of light trance and "finger" indicators.

But what the hell, lets try some thing new.

So I ask the "subject" would they be willing to try some thing new which did not involve them acting like a "Chook"

The subject was willing, so I put them into a light trance (Hand to Face), then a deepener of a basic count-down (10 to 1 etc)

I ask the subject that they could verbalize when asked a question. I told them that I would leave the room and for them to be "connected" to me at all times.

I left the room and went into the kitchen; I put some instant coffee on my finger and then put it on my tongue. I was about to call out to my subject what they had experienced, when they called out

"Yuk – Bitter – Coffee"

Well not bad for a first time experiment, not really clinically correct or tight on procedures, but it makes you think.

When I brought the subject and asked what they had felt. They said that it felt like they were connected to me by a "flexible" conduit which moved with me as I left the room, and the taste in there mouth was strong and distinct.

So we have some proof of the "connection" that is bound to all of us. It would be interesting to see this taken further with other sensors (Sight, Touch, Smell etc)

We have all read about the "Masters" in the past that have done a lot of work in this field, but it is not until you try it for yourself and see the result that it finally hits home that there are a lot of things out there that are very much unexplained.

Will keep you informed.....

*Are there times you need to "bounce off" someone?*

*Ring one of these people - they will gladly hear you and share their own experiences with you.*

*Supporting each other is what we're all about....*

## WAHA Buddies.....here for you.....

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## Peer Support Groups



We'd like to see these peer support groups up and running sooner rather than later. Interested people were asked in July's minutes to express their interest in:

- a) venues
- b) Interest in attending

While I realise we asked

for these details much earlier this year and a number of people responded, those emails have been lost (sorry), so if you still have a venue and / or an interest in attending, please let Mailin know once more (and she promises you this will be the last time!).

This time around, we had Kathryn Sturtridge offer her clinic premises in Subiaco (thank you Katherine). Katherine's details are in the buddy list so please get in touch if this location works for you.

## Welcome new members.....

We take great pleasure in welcoming all of the following **new members** for 2006:

- Christine Allen
- Murray Barton
- Wendy Clark-Mackaay
- Alyn Davies
- Lia Eliades

- Helen Gallagher
- Helen Harris
- Manual Lopez Perez
- Jacqui Luff
- Michelle Middlemost
- Hilary Monck
- Evan Penberthy
- Kay Rosen
- John Steer

- Casey Terry
- Maria Wagner
- Peter Wetters
- Colleen Crawford

We're also pleased to welcome back two **returning members** :

- Kym Byatt
- Tony Ahearne

*Over the last few months we have welcomed a total of 18 new members to WAHA!*

*New members bring fresh energy and new ideas to any organisation and we look forward to continuing growth in strength and numbers.*

*A big welcome to our returning members also!*

## Dates for your diary.....

### WAHA Meetings:

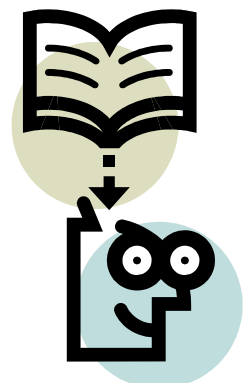
17th September  
15th October  
19th November

### Mind Motivations

Certificate Course  
14, 15, 20, 21, 22 Oct  
Advanced Course  
9, 10, 16, 17 December

### Mind over Matter

November 2006  
To be advised



## Profile.... Sandi Saber



### WHY HYPNOSIS

I am a qualified psychologist and counsellor who has always been interested in alternative modalities and especially how my “past life/lives” has affected this one. Living in South Africa, there was no opportunity to delve into this.

My family and I arrived here in Perth in November 2001, where I happened to open the Nova Magazine – also new to me – and saw a course being offered on hypnosis – this, in my opinion, was the answer I was looking for.

I enrolled in the course in February 2002, where I met Rick, Patricia, Kim & Jacqueline. The course and people were fantastic and that was the start of my passion for hypnosis.

A year or so later, during the advanced course and with more students having joined us, it was suggested that an association be started. In 2003, with 11 students, WAHA officially began.

At that time Rick was President, Linda – Treasurer and Penny – Secretary. This soon changed and Patricia became President.

As time went along, Rick migrated from Queensland to

Perth, held more courses and encouraged more students to join the association which now comprises of over 100 members.

When Linda resigned as Treasurer, “in normal Sandi fashion”, somehow I “landed” the position. This happened later on in the year when Penny resigned as Secretary and once again – I landed myself in the position of Secretary as well!

As current President and a founder member, my goal is to not only see WAHA continue to grow and strengthen both locally and nationally, but also to be a force to be reckoned with. I would ultimately like to see more people utilising the WAHA services and become aware of the benefits of membership.

Keeping WAHA members informed....

Contributions & comments to:

**Editor:**

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**We're almost on  
the web!**



**Members! Flood us with articles, case studies, questions, letters to the newsletter, jokes, your views on the hypnosis...or the world! Seen any interesting articles lately? Make us aware of them!**

**We really need your input to get this project running successfully.**

**Although our first issue is a bit light on (well, it is the first...we are warming up here!), we would love to see it become “meaty” and full of interesting stuff sooner rather than later so come on.... don't make us beg!!!**

### **Quote of the month:**

*When I stopped needing to be right, it made being wrong meaningless.*