



## Canadian Hypnosis Association

A Canadian Guild, to promote THE ART of fusing Mind, Body and Spirit in the State of Trance

### Insights

- ♦ *Hypnosis Reality: CHA being part of the 'Wake up Miracles' book launch*
- ♦ *Optimize your immune system with Wolfgang Zilker, CH*
- ♦ *Ethics and continued education in Year 2020*
- ♦ *Hypnosis Reality: Mind Maintenance in Year 2020 - The NEED for Awakening*
- ♦ *Conscious Expansion ... or ... Pimp my Brain...*

Dear CHA friends and members: Here it is:



The Canadian Hypnosis Association had the opportunity to be part of this wonderful book series. It is launched and available through different channels.

[https://www.amazon.com/Wakeup-Miracles-Healing-Around-World/dp/0999497898/ref=mp\\_s\\_a\\_1\\_3?dchild=1&keywords=wake%20up%20miracles%20of%20healing&qid=1596569900&sr=8-3&fbclid=IwAR0icVxKC6p5CAfOutXh0A-IKSHs6iSip7QLTh98OBNKLMKU6x1WGUSmcAA](https://www.amazon.com/Wakeup-Miracles-Healing-Around-World/dp/0999497898/ref=mp_s_a_1_3?dchild=1&keywords=wake%20up%20miracles%20of%20healing&qid=1596569900&sr=8-3&fbclid=IwAR0icVxKC6p5CAfOutXh0A-IKSHs6iSip7QLTh98OBNKLMKU6x1WGUSmcAA)

[www.canadianhypnosisassociation.ca](http://www.canadianhypnosisassociation.ca)



## MEMBERSHIP LEVELS

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Student Member

Certified  
Hypnotherapist

Certified  
Clinical  
Hypnotherapist

Master of  
Clinical  
Hypnotherapy

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HAVE YOU PAID

YOUR 2020 DUES?



Past Founder and CHA  
President late Diana B.  
Cherrie

CHA Board of Director Eike Jordan was co-authoring the previous book "Wake Up the Happy Brain" with Dr Joe Dispenza and Dr. Bruce Lipton. Through that wonderful and successful connection, we had the opportunity to display the pathway of replicating miracles in healing. Vice President Anita Lawrence and myself drafted the content with the intent to further establish the Ancient Art and Science of Hypnosis in today's world, as another accepted pillar in modern medicine.

As long standing CHA members, we are very excited to have the opportunity to share insights on how Miracles can be created and more important - replicated! We have the knowledge of these miracle cures back to ancient times.

There are many pathways for healing, as this wonderful book shows. Each of us has studied our given fields, and has researched ancient and modern scientific knowledge to further our ability to help our clients heal. In our searches, we have all been intrigued by documented, so-called "miracle cures." We ask, "Why did they happen? How did they happen? Why was it possible for one person to have a miraculous cure, while another succumbed to the same disease?"

Here is a the most significant fact you need to know: You can do what we can do because, it is the body's miraculous ability to heal itself, once stressors and roadblocks to healing are removed by a skilled practitioner using the Art and Science of hypnosis.

We are extremely proud that the Canadian Hypnosis Association sets the Canadian gold standard for our entire industry, thus ensuring quality care and safety for our clients. At

the inception of the Society, it was recognized, that hypnosis is an extremely powerful healing tool. Also recognized was that, undertaken by non-qualified practitioners, hypnosis has the potential to cause serious harm.

The mandate of the CHA was to be the first Society to set



standards of practice, including rigid training curriculum, examinations, a clearly defined number of hours of training to attain each level of expertise, and mentorship.

The total number of hours to be certified as a Master Clinical Hypnosis was set at 2400 hours, which is approximately 2395 hours more than most psychologist and psychiatrists experience during their education. We truly take our profession seriously.

Having set extremely high modern standards for practice, we recognize that since ancient times, this Healing Art has been utilized. More recently, cutting edge scientists such as Dr. Milton Erickson, Dr. Ernest L. Rossi, Diane Beaufort Cherrie, Gregg Braden, Dr. Joe Dispenza, Dr. Bruce Lipton, Dr. Patrick Porter have explored the potential healing capacity using this modality. Their scientific research has served to enlighten the world as to the efficacy of hypnosis, and its role in enhancing a multitude of positive Mind – Body connections that were not previously understood in our Western society. They were the pioneers who began the process of demystifying and simplifying the science behind hypnosis or trance work in a therapeutic and clinical setting. As a cautionary note, we believe it is vital that everyone be made aware that there is always the possibility of instant energetic damage as a consequence of inappropriate use of words, phrases, suggestions and energy manipulation that can occur when the client is in trance. Remember, the subconscious mind is literal! So choose your hypnotist carefully.

That being said, our focus is on therapeutic trance states that are utilized in order to create and replicate “Miracles”.

What state of MIND has to be established within the client in order to facilitate a miracle healing? It would be easy to conclude clients should be open-minded to all possibilities. However, what of Trevor Greene who was in a coma? There, Anita worked with his Higher Consciousness. So, though he was consciously unaware, his Higher Consciousness was on board. Some people question if it is possible to amplify the effects of the work when both the client and practitioner have a shared intention of healing? Absolutely! Lynn McTaggart has written about the scientific experiments she conducted on the efficacy of intention. In her research, McTaggart has statistically, and reproducibly proven the power of a group with shared intention. It then stands to reason that, when the practitioner and their client set an **aligned** intention, which can be enhanced through hypnosis, the results can be miraculous.

Why are such successes not publicly recognized? Why are teachings and knowledge of the above-mentioned esteemed scientists and even our CHA members, not part of any





main stream medical curricula? It is quite simple to explain. The Western medical model, historically, has given little credence to trance work. If it is taught at all in medical school, it has been allotted minimal time or importance. It is extremely difficult to shift a pharmaceutical based ideology to one of natural, drug-free empowerment of the client/patient. In contrast however, in China, pain free major surgeries are being performed without anaesthetic, with the patient under hypnosis. That is the power of hypnosis!

It is our profound hope that, with the publication of this book and with the continued research and passion for excellence of the people listed above, we will begin to make so- called "Miracle Healings" the norm. It is time to approach the human body, mind, emotions, and soul as one entity that has the **miraculous** ability to heal itself, with the intervention of a qualified 3-D-Healing facilitator. It is a matter of removing negative stressors from all sources affecting all aspects of the human being. **Then** one can truly expect MIRACLES

In love and light

Detlef Joe Friede, MCH

### Optimize your immune system

Times like this remind us that there is nothing more important than focusing on a healthy immune system as the real protection against any virus or bacteria. The basis of a healthy immune system is a healthy nervous system, a balanced energetic system, balanced emotions, and low stress. Removal of preexisting trauma to allow a balanced emotional and energetic state is usually one of the first things to do besides making sure to eat healthy and natural foods so you have all the required minerals, vitamins and a good pH balance in the body.

A remote NES scan is in my opinion a perfect way to start. It's one of the best and cutting edge assessment tools available to show the priorities to focus on in order to achieve and maintain a healthy and balanced state. Find out about energetic blockages, energetic immunity, emotional state, subconscious beliefs and patterns, digestion and metabolism, vitamin fields and much more in just a few seconds. The scan combined with a 3-D or hypnosis session allows to focus on the priorities of the client to achieve the best possible change.

Get well - Stay well!

Wolfgang Zilker, CH

CHA IT and PR specialist

<https://quantum-energy-healing.ca/about/>

[www.naturallyhealthyclinic.ca](http://www.naturallyhealthyclinic.ca) Hypnosis Reality:

Mind Maintenance in Year 2020





## **Ethics and continued education in Year 2020**

### **Be accountable**

Read, support and maintain information within the Code of Ethics.

Maintain regular contact with your supervisor for continuous support and guidelines for an ethical practice.

Maintain contact with Canadian Hypnosis Associations Ethic's Committee so that up to date information can be available to you. Attend workshops, seminars, webinars and education days to keep your level of knowledge current and your interest keen.

Take responsibility to boost ethical research and scientific knowledge within the Art of Hypnosis.

Maintain healthy emotional and psychological well being. If emotional burn out is experienced, do not practice any type of trance work.

Protecting the client's emotional health is to be taken seriously by the practitioner.

### **Ethical Endeavours**

- CHA promotes the Art and Science of Hypnosis as a tool for bettering all areas of persons lives.
- CHA supports, recognizes and addresses organizational, social and political factors that influence the Art and Science of Hypnosis and our society as a whole.
- CHA condemns the misuse of Trance work for monetary, political, personal and or corporate interests
- CHA advocates for change of unethical policies, legislation, or regulations that may affect Practitioners and/or Society as a whole.
- CHA's mandate is to be able to assess the individual practitioner's personal ethical issues, operating their practice on an ongoing basis.
- CHA stimulates membership discussions which bring consequently questions to the attention of The Canadian Hypnosis Association.
- CHA addresses perceived unethical behaviour of colleagues in an appropriate manner.
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- Accept and consider feedback to one's own behaviour and actions.
- CHA cooperates with committees and Government agencies, who address and are concerned with ethics and / or ethical conduct.
- CHA requests criminal record checks

Why is it so important to work with a 3-D-Healing Academy / CHA accredited Hypnotherapist?

As in all professions in this world, there is the skilled and trained professional and there is the backyard pretender. With something so sensitive and essential as one's soul, brain and individual

stored emotions, all clients deserve only the best with quality measurement and assurance.



### ***The Awakening process***

The shift to the state of Enlightenment cannot be missed. It happens as a result of an undeniable permanent shift in one's innermost sense of self. It is a shift from being solely identified with one's mind and the person, that one thinks he/she is now (EGO) - stepping out of the basic programming of the "person" that is thinking, feeling, perceiving, and experiencing. It is coming back to one's natural state of wholeness and completeness.

It has been thought, that Enlightenment was only for the rare and special few, and that if it happened, it happened by chance or by grace - but Enlightenment can happen for anyone, who is innocently open and ready. It is the natural birth right of everyone.

### **The Secret to Awakening**

The shift to Awakening can happen irrespective of what one believes in, or how deeply one believes in it. It can happen if one doesn't believe in anything at all. It can happen regardless of what self-development and spiritual techniques one has been practicing, or how long one has been practicing them. Techniques in themselves are invaluable for raising the level of consciousness and for gaining greater perfection, purity, refinement and balance in life; but the actual shift to *being* Pure Consciousness itself is beyond all techniques. The secret to Awakening is readiness, openness, simplicity, innocence and clear simple guidance from within, from nature, or from a fully enlightened being..... and/ or in consequence and as a result:

*Stepping out of created, implemented and/ or implanted Society based programming, which started at the moment of birth, into that earth plane experience.... is the first major step towards Awakening, being able to bridge Ancient knowledge with Modern Science!*

Ironically, even though the shift to the state of Enlightenment is completely natural and **utterly simple**, many people (even deeply spiritual people) may not be ready for it due to their deep-seated concepts, beliefs and programming, that prevent them from being completely open, simple and innocent. By stepping out of the programming, eventually everyone seeking that experience, will mature to the point, where that moment of "Awakening" will happen.



## The process

The initial first step to *being Pure Consciousness* is the first step in the unfoldment of the full value of Consciousness to itself, which in consequence requires the collapsing of one's EGO, within one's earth plane experience. Accounts of near death experiences, where that process of Enlightenment can happen within a blink of a second, are reported throughout history.

Besides that, the shift to the awakening process within Consciousness itself begins to occur through the natural surrender of Consciousness to Source, within itself. At this point, Consciousness gradually begins to experience the cosmic Divine dimension of the individual feelings, intellect, mind, body, personality, senses, and objects of experience.

Yet another deeper awakening happens within the silent Witness itself, as it recognizes and experiences itself everywhere as the Oneness pervading and permeating everything with no separation within itself. A continually deepening unfoldment of Consciousness to itself is perpetually taking place within Consciousness. Consciousness fully awakens with precise clarity to what the appearance of all life in the world and universe really is -- its own internal dynamics of the perpetual flow of its Self, within itself, knowing itself. It is the Totality of all that Is, and it is all Energy!

Within the process, a still deeper awakening happens to Consciousness, that is beyond all this. It is beyond complete silence, beyond Being or not Being, beyond Self or not Self, beyond Consciousness or not Consciousness, beyond existence or non existence, and beyond all description...it only can be understood, when it has been experienced !

For instance, the curriculum provides starting points for further research. Our 3-D-Healing students are highly encouraged to challenge our concept and create the personal drive to become a Master in that very specific Art and Science of Hypnosis and 3-D-Healing,

In love and light

Detlef Joe Friede, MCH

CHA President 20123 = 2020





### **Conscious Expansion... or ... Pimp my Brain:**

**Welcome to the new world of the 7th Sense and how to protect yourself as a certified CHA Hypnosis practitioner with an iPhone/ iPad**

**App: [www.key13.ca](http://www.key13.ca) or [www.self-healing.ca](http://www.self-healing.ca)**

Why is it, that today's global science community is still not advanced enough to understand, detect and measure **6th and 7th sense energy fields**? In consequence such phenomena is mostly still labeled (and even ridiculed) in public as paranormal. Intimately intertwined within the commonly accepted five senses our body uses to collect information about our external world, lies the uncharted territory of our metaphysical world, containing extrasensory perception. It's only recently that our "sixth sense" has come into humanity's collective awareness. But did you know that you have a newly developed "seventh sense", which is capable to decode WiFi and frequency based data content?

It is Aristotle (384 BC – 322 BC) who is credited with the classification of the primary five sense organs: sight, smell, taste, touch and hearing. These sense organs contain receptors for specific stimuli, that are connected to your body's central nervous system, which then sends data to our brain/ MIND, providing us with useful information about our physical / external world. But what about our essential /internal world?

Buddhists consider the MIND to be a sense organ in addition to the five senses. Simultaneously processing the collective data of the first five senses, the mind becomes a gateway, making an exponential or fractal leap to a broader spectrum of perception, that includes our internal sensory system. This extrasensory system has been referred to as the psychic realm.

The collective world of Science is not advanced enough or bound to limiting group conscious belief structures, to detect and measure these energetic effects on the human system, affecting the Prana energy field of the human MIND.

As an example, our sixth sense has been feared and revered since humans were a much more primitive species, depending on what period of history you had the (mis)fortune of being born into. If you were lucky enough to be born into a Native North American tribe, you may have been recognized for your inner genius and exalted as your community's shaman.





## **The 7th sense capability lies BEYOND SPACE AND TIME**

The difficulty for scientists in collecting empirical data is that the 7th sense functions outside of space and time and is a result of Conscious expansion within the human experience. It seems that the difficulty for non-scientists is, that much outlier phenomena is still accredited to external forces or entities—such as channeling, spirits (good or bad), extraterrestrials, etc.

It is well recorded and documented that approx. 500 Years ago, North American residents could not see incoming ships, since such decoding experience was not developed within their MIND sets.

For instance “Sixth sense” experiences range from “intuition, déjà vu, clairaudience/clairvoyance, prescience, tapping into Morphogenic and Quantum Field, premonition to past life parallels”. As our conscious mind as a decoding tool is always trying to create a linear story out of our experiences, we as humans tend to look for cause and effect to explain a multi- dimensional event.

To demonstrate the complexity contained within our human senses, there isn’t even scientific agreement on the number of senses because of differing definitions. For instance, Wikipedia as one information source states, that the senses are divided into the exteroceptive and interoceptive.

Exteroceptive includes the traditional five while interoceptive senses perceive sensations in the internal organs neurologically linked to the brain for the purpose of regulating bodily functions, i.e. regulation of respiration, the sensation of fullness, blushing and more. Add to these sub- groups, the body’s awareness of balance, pain, temperature, pressure, which are derived from the synthesis of multiple senses.

Some “sense” can be made of all this when you understand that your primary senses are inseparable from your chakra system. Chakras are multi-dimensional vortices of energy, as levels of consciousness, resonating at specific frequencies that also line up with the notes on a musical scale. Chakras act as an interface between the dense physical world and the non-physical world of pure consciousness. There are seven notes in a musical scale, seven chakras, and you have seven senses.



## **BYPASSING YOUR PHYSICAL WORLD**

While our sixth/ sense utilizes our physical body i.e Pineal Gland to inform us when our intuition is on or off target, our seventh sense is our newly developed access point to the world of frequencies.

Bypassing physicality, it is direct access to all information contained within the Quantum Field. On the down side, it is a 2 way street, where unwanted information can strike our system, without having control WHAT is entering our MIND as an information or data.

As a turning point in Human history we can bookmark March 15, 2016. On this day a computer program designed by Google has comprehensively beaten the human champion of the ancient Chinese game of Go, Lee Se-Dol, winning the match four games to one.

In order to win this quite complex game, the computer had to be able to create and execute emotions... which requires Spiritual and Soul capacity. Latest news in 2020 indicate that some technology has a real heart beat as a starting point of functionality for self organization...

Since Year 2013, the general public could witness many quantum jumps within artificial intelligence, IT consciousness, neuro gaming or Brain/Computer interfaces, while global military insiders are aware and used to such applications and developments ... for decades.

As a result and without anybody's consent, the global individual human being got prepared to decode incoming WiFi frequencies and expand consciousness within that realm (as showcased within the infamous global toilet paper pandemic in March 2020). When you were certain, that you have full control over your internal thought creating processes, Gestalt or Meta programming systems..... well ... think again.

For instance, the very complex studies of Robert Monroe Institute within Remote Viewing and Remote influencing over the last 40 Years were shedding lots of light into the human capability to access Quantum Field connections and possibilities. Every skilled facilitator in those areas or in the field of Past Life Regression, Life Between Life applications or the Ancient Art of Hypnosis, knows the complexity of Soul and Spirit constructs.



So here comes the key question: Did dedicated scientists find the access points to our individual MIND, enslaving and loading us up with (unwanted) information and data, which is simply interfering and removing our at Birth given rights of free will (i.e psychotronic Mind control)??

Within that topic just have a final look at some facts and get your own picture. In realizing what is possible... you will get the basic idea what [www.key13.ca](http://www.key13.ca) or [www.self-healing.ca](http://www.self-healing.ca) really can do:

### **Stepping out of the WiFi and frequency debris on this planet:**

On 3 September 2014, scientists reported that direct communication between human brains was possible over extended distances through Internet transmission of EEG signals.

**15 March 2016** : IT and artificial consciousness:

A computer program designed by Google named AlphaGO, has comprehensively beaten a human champion of the ancient Chinese game of Go, winning the match four games to one.

Lee Se-dol, a Korean champion of the game, said he regretted the result which has raised new questions about the power of artificial intelligence over human beings.

After all, just some food for thought

In love and light

Detlef Joe Friede