

HYPNOSIS and Other Stories

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CHAPTER 19 : Love & Happiness

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Mark Gilboyne aka Gil Boyne, was the highest paid stage hypnotist in Las Vegas the year I was born, 1959. By the time I met him, in 1987, he was known as hypnotist to the stars in Los Angeles. I attended his first annual American Counseling of Hypnotist Examiners (ACHE) conference, and his pre-conference class in hypnotherapy. The large room was full. At the end of his presentation, he asked how many in attendance were hypnotherapists who had never been hypnotized themselves. Two hands came up. Gil Boyne put the challenge to us, "Make sure that these individuals experience hypnosis before the conference is over." He was convinced that to be a better hypnotist it is helpful to experience hypnosis subjectively. I agree, I enter trance with each person I hypnotize, and thereby deepen the rapport between us.

I love a challenge, and was on it. I was the first to approach both of those individuals and ask if they wanted to experience hypnosis subjectively. Both said, "yes." I used rapid inductions: the Dave Elman two finger technique with one, and the Elman handshake technique with the other. I did not know that Gil Boyne was watching from across the room as I shared my enthusiasm for the topic, until he approached me to ask where I had learned those techniques.

"Dave Elman."

"You are too young to have studied with Elman."

"I listened to his audiotapes."

Gil Boyne educated me that he was the publisher for the Elman book, suggested I pick up the book from his book table, and offered me a scholarship to come spend a month at his school in Glendale, CA.

That summer my skill set took a huge leap. The setting was inspiring with photos of young stars lining his walls. The image of Sylvester Stallone was from a time when he was a B grade actor. Gil Boyne encouraged him to write about something he knew, they were both from rough neighborhoods in Philly, and we got Rocky.

During one of our meals together, I asked Gil Boyne if there as a source or foundation of problems.

“Yes.”

“Will you tell me what it is?”

“It is the fear of being unloved or unlovable in some form. Once you have a person talking about that fear of being unloved or unlovable, you are at the core of the problem.”

He then asked, “What is most important to you? Money, power, love, or recognition?”

“What about happiness?”

“There’s no such thing. You can’t wear it like a shirt, move it in a wheelbarrow, weigh, measure or buy it. Happiness is a byproduct that comes from doing what you want to be doing.”

I spent the next year chatting up friends, discussing these ideas. At the end of a year of eating, drinking, singing, dancing and discussing topics of interest, we concluded that we were happy without or without money. Money made food better, clothing and living quarters nicer, but we could be happy walking along with a friend without a penny in our pockets. Power was a double edged sword. It was great to win an argument or debate; it sucked to lose a friend over it. Recognition was also a double edged tool. It is great to be known, business is easier when people recognize you and send you clients because they know of your skills. It is difficult when walking from one side of the island to the other for a meal, in a town where you are known, and chat up friends along the way, making you late for the planned meal. And Love? Without Love, we felt dead inside.

Then a friend added, “I am not happy when I am not healthy.” So, I got back with Gil Boyne to ask if he thought health was needed for happiness.

“No. You can be sick or dying and still be happy.”

Recently, a woman with the stage name of Nightbirde got the golden buzzer on America's Got Talent. She has a 2% chance of survival with the cancer issues she is dealing with. Her comment about happiness was a poignant reminder of the debate Gil Boyne stirred up with my friends from 1987 to 1988, "You can't wait until life isn't hard anymore before you decide to be happy."

References

Nightbirde. Song: It's Ok. <https://www.youtube.com/watch?v=CZJvBfoHDk0>
America's Got Talent 2021.

Post Script

Jane Kristen Marczewski, December 29, 1990 – February 19, 2022. Aka Nightbirde died at age 31, four years after a cancer diagnosis. Her music is inspirational.

IMDHA Resources

<https://www.hypnosisalliance.com/imdha/>



The International Medical and Dental Hypnotherapy Association can help you find hypnosis practitioners, training in hypnosis, events, a virtual library and an online store.

There are four types of membership providing access to tens of thousands of hypnosis and other articles for human health and well-being: associate, student, certified, and educator.

“The International Medical and Dental Hypnotherapy Association is a Referral Service dedicated to providing the community with excellently trained Certified Hypnotherapists. IMDHA Practitioners work harmoniously with allied healthcare professionals to aid individuals in dealing with specific challenges and procedures.

Our objective is to help create a sense of peace and harmony within the individual so that the current challenge can be met and dealt with in a positive manner, thus making the journey toward wellness and peace of mind less traumatic.

Our goal is to reduce the stress the individual is experiencing as a hospital patient and / or surgical patient, etc. Less stress allows the body to focus attention on its natural course of healing. The method to be used is hypnosis.

In addition to medical challenges, all IMDHA members assist persons in dealing effectively with non-medical problems. Finding solutions to self-sabotaging habits leads to peace of mind and control of unwanted, negative behavior. Self Empowerment is the goal.

The International Medical and Dental Hypnotherapy Association: Dedicated to Healing: Body, Mind and Spirit.”

M.G. Dahl has classes scheduled through 2026

Keywesthypnosis.com

Her training manuals are available on Amazon.

Hypnotherapy, Vol. 1: Basic Hypnosis.

Hypnotherapy, Vol. 2: Hypnotherapy

Hypnotherapy, Vol. 3: Electives

Her chapters (Chapter 10, 1st ed.; Chapter 13, 2nd ed.) regarding the use of neurofeedback for reducing the adverse impact of PTSD and mTBI are found in *Restoring the Brain*, edited by Hanno Kirk. Both editions are available on Amazon.

She is co-author of an article with Hanno Kirk that is in press, 2022.