



# CONNECT

*Official newsletter of the International Medical and Dental Hypnotherapy Association®*



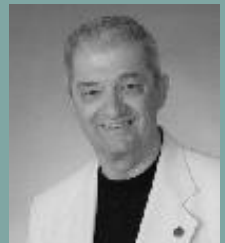
## *Hypnosis Your Heart*

BY: GERALD F. KEIN

SUBCONSCIOUSLY SPEAKING ARCHIVES 1997

The latest health statistics show that heart disease is increasing very rapidly while more and more pressure is being put on us by our society. We should all be concerned about the excessive pressures life puts on us.

How can hypnosis help prevent heart attacks and prolong our lives? One of the major causes of heart attacks is the specific behavior pattern of rushing; rushing without knowing how to slow down and relax. If this behavior pattern is present in an individual, he/she can easily have a heart attack in his/her early thirties or forties. The absence of this behavior pattern shows that heart attacks almost never occur before age of seventy. When you combine this rushing behavior with the other known factors of smoking, excessive weight, feelings of anger and both social and professional isolation, the odds of suffering heart disease become great.



**Gerald F. Kein**

The late Gerald Kein is the founder of the Omni Hypnosis Training Center in DeLand, Florida.

His knowledge, energy and humor made any class with him an unsurpassed learning experience. Having trained thousands of hypnotists live and through distance learning, he is acclaimed by many as one of the countries leading instructors of clinical hypnotism.

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## Brain Riddle

I have a neck, but no head. I have two arms, but no hands. What am I?

One of the common symptoms of heart disease is the chest pain called Angina Pectoris. This occurs when there is greater demand on a person's heart muscle than it can provide. This pain can occur during either high physical or emotional stress.

Two methods that I teach my client to use in obtaining relief from this pain are as follows:

**Circulation Method:** With my client in deep trance, I ask him/her to imagine that the blood vessels in the area of the pain are expanding. In other words, they are going from very small to very large, and as they do you can feel the circulation in this area increasing. As the area relaxes, it receives more oxygen and more blood. This tends to greatly reduce or relieve the pain. I then program the individual with the finger pinch technique. I tell him/her that whenever he/she is experiencing any angina, he/she simply presses his/her thumb and forefinger together and as he/she does, say, "Relax now." I then compound this technique by suggesting the pain is there and then have him/her remove the discomfort with the finger pinch. You should compound this technique at least ten times so your clients are absolutely convinced it will work for them after they leave your office.

**The Anesthetic Method:** With the client in trance, I teach him/her how to create numbness and a relaxed feeling on the top of the right hand by rubbing it continuously until this occurs. When the top of the hand is completely numb and relaxed and a state of anesthesia has been produced, I then teach him/her to transfer this state to the chest area by rubbing the hand over the heart in a curricular manner. This produces a numb, relaxed anesthetic state in the chest area thus removing the pain. Angina pectoris is your body's way of telling you it is under too much stress and strain. It does not leave any permanent damage. It should not be feared, but it should be heeded.

**Serum Cholesterol-Another Signal:** It has been found that serum cholesterol rises with stress. The implications of this are obvious; it produces hardening of the arteries and decreased circulation of blood to the heart muscle. We must teach our clients to decrease stress and thus keep the blood

## Did You Know?

- Mosquito repellent sprays do not repel, they hide you. It blocks the mosquito's receptors, preventing them from knowing you're there.
- The way it smells after the rain is called petrichor



## Want a Free Pass to Hypno Expo?

We are looking for a few organized, energetic individuals to join us as **Room Monitors!** This is a critical role that keeps our event running like clockwork—and it comes with a massive perk:

**Your conference fee is waived!** You get all the education and excitement of the Expo for free (excluding meals) just for helping sessions run efficiently.

**Don't wait!** These spots are highly coveted and are selected on a **first-come, first-served basis**. Call the corporate office NOW to see if a spot is still open for you!

cholesterol low. Again I teach the client a variation of the finger pinch technique. In hypnosis, I bring on feelings of stress through suggestion. When the stress is strong, I tell the client that when I tell him/her to, press his/her right thumb and forefinger tighter and when he/she does, notice how all the negative stress dissolves and disappears and he/she feels calm, relaxed and in control. I compound this ten or more times to make sure it is strongly implanted in his/her subconscious.

**The Three Step Age Regression Technique:** This is a method of hypnotherapy that can be used very successfully to prevent the first or any future heart attack.

**Step 1 - The Past:** With the client in somnambulism, I take the client back to a time when he/she was wonderfully relaxed: when he/she functioned at a slower pace and felt really good. I have him/her indicate he/she is at this place by having him/her raise his/her index finger closest to me.

**Step 2 - The Present:** The client is then asked to come forward to the present and recreate this feeling of well being and relaxation. Again I have him/her indicate he/she has done this by raising his/her index finger.

**Step 3 - The Future:** I ask the client to see his/her self in the future, and imagine his/her self relaxed and free of tension. Setting these future goals is important so the client can have confidence in his/her ability to maintain control over his/her more relaxed way of functioning.

In the future, I will describe many other techniques to use with a person suffering heart disease. It is absolutely mandatory that before working with any heart patient, you must obtain a referral from his/her cardiologist and keep the doctor informed as to him/her patient's progress on a regular basis.



## Video Pick of the Month

**Reading Body Language Like an Expert**  
TellTale Productions

<https://www.youtube.com/watch?v=VMHNKEVUJEU>

The poster for 'Galaxy of the Stars: The Next Generation' features a cosmic background with stars and a large, glowing brain. At the top, the title 'GALAXY OF THE STARS' is written in a large, colorful, stylized font, with 'THE NEXT GENERATION' in a smaller, white font below it. The event dates 'February 21st & 22nd 2026' and time '10 AM to 5:30 PM (ET)' are displayed. A price tag in the top right corner shows '\$139' with 'Early Bird \$109 til Jan 21st' below it. The bottom section features four circular portraits of the speakers: James Tripp, Michael Harris, Annette Dubreuil, and Dale Turnbull, each with their name in a blue banner below. A 'Register Here' link is at the bottom center.

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The poster for 'Hypna Expo 2026' features a lush, green garden scene with flowers and butterflies. The text 'OUR ROOM BLOCK IS OPEN!!' is at the top. Below it, 'Hypna Expo 2026' is written in a large, ornate, gold-colored font. The phrase 'Be the Change' is written in a large, stylized, gold-colored font, with 'May 1st to 3rd' below it. A 'BOOK NOW!' button is in the bottom left corner.

OUR ROOM BLOCK IS OPEN!!  
**Hypna Expo 2026**  
**Be the Change**  
May 1st to 3rd  
[BOOK NOW!](#)

Brain Riddle Answer: A shirt