



Who is programming your mind...or your children's minds?

Television - Tel-lie-vision

Channels - Chanelling is a form of directive energy influence through a specific frequency of transmission and reception

Program - A method of instilling, installing or teaching to influence ones thoughts, behaviors or patterns of information

Disney What???



What is Hypnosis?

There are many misconceptions and misunderstandings of what hypnosis actually is. There are several forms of hypnosis that you may be familiar with, or at least aware of, so we will focus here on understanding the difference between “stage hypnosis”, “subliminal hypnosis” and “clinical hypnosis”

Stage Hypnosis

Stage hypnosis is what you might find at a casino in Las Vegas...in actually, more forms than one. You may have the comedian who asks for a volunteer to come up on stage...your consent...or you may have a performance that challenges your imagination or perception of reality...like “Cirque du Soleil” and before you know it, the dazzling display is over and you didn’t know 2 hours had passed. If we consider the comedian, often times this can be harmless and just for fun. “Hey did you see that guy cluck like a chicken every time someone said the word, abaracadabra?” When he asks for a volunteer, you are subconsciously giving your consent to be hypnotized...you see, it cannot be done without your intention to participate, at least, not easily. That’s not to say that we don’t sometimes find ourselves susceptible to hypnotization even when we aren’t saying, “yes, I’ll volunteer!”

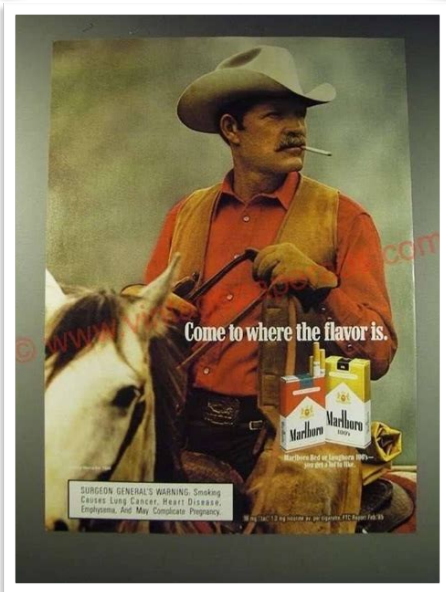
What is Subliminal Hypnosis?

This is actually a more sneaky method of hypnosis and can be used to subconsciously, or without our awareness, alter our thought patterns and behaviors. These days, subliminal hypnosis





Reality Check!



is widely used, and unfortunately, much more broadly and for nefarious purposes than we first realize. Sometime back in the 60s the CIA started a program called MK Ultra which has since been admitted and supposedly shut down sometime in the 70's, or at least that is what they reported to the public. One can still find old videos on YouTube and Bitchute about these programs and the experiments they did with LSD and other techniques, including hypnosis, to effect opinions, behavioral change and modification.

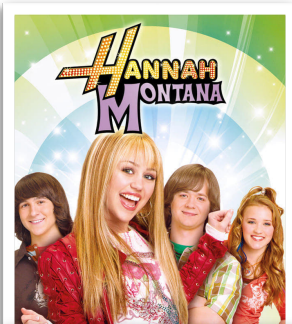
Subliminal hypnosis can also be called suggestive hypnosis. This is actually a method used by marketing and advertising agencies for a very long time. Do you remember the old cigarette ads of your doctor smoking "his favorite cigarette"? What was this subliminally telling the public? Perhaps the idea was, a). I'm a doctor and an authority on your health and b). these things are actually healthy for you. Or how about the "sophisticated woman", making smoking look feminine and that it gives one a sense of sophistication and empowerment, or even the "Marlboro Man", smoking his manly Marlboros while riding his horse off into the sunset. Do you want to be "healthy", "sophisticated" or "manly"? The problem here is that these suggestions are far more powerful than we give credit. Let me ask you a question....how many pharmaceutical company sponsored ads have you seen since Coronavirus started? I bet if you take one day and count how many pharmaceutical ads or sponsors to different shows there are, you would be quite surprised at how aggressive this campaign really is. They are bringing pharmaceuticals into your subconscious and conscious awareness. Even if you only have the TV on for background noise, you still hear these suggestions, and what's more, since your attention is elsewhere, the subconscious programming you are being subjected to, is that much more powerful without you even knowing.

So let me tell you a little personal story. When I was about 12 years old, my step-mother told my father that we should no longer be allowed to watch Disney movies, due to their suggestive sexual content. Listen this was back in 1987!! She knew even then and we all thought she was nuts!! Disney??? Why??? It's cartoons!!

Well, now it has come out in the news and media via whistleblowers accounts, as well as well-meaning citizens trying to protect our children, that in fact, Disney hires, and re-hires

convicted child sex offenders, and former child actors and stars who have since disappeared from the limelight, are coming out with their reports of how sexual abuse of children is a common, if not expected, part of becoming a child star in the industry. Many of the so-called child stars have actually been

programmed and manipulated by money, power and fame into being used to influence upcoming generations. They appear wholesome and cute at first, but by the time they reach puberty, are often sexualized, dancing around in scantily clad costumes and making suggestive and vulgar movements and gestures. What ever happened to Hannah Montana, AKA Miley Cyrus, or Brittany Spears??? Weren't they both in the "Mickey Mouse Club"???? Many believe that this is also part of the agenda to normalize the sexualization of children. Don't believe



me??? What is the Pedophile Credo??? "Love is Love"? And now we have adult drag queens trying to manipulate our children in the form of "kid-friendly drag shows" and "Drag Queen Story Hour" at your local library! Have you ever heard of 10 year old boy Desmond, the "amazing drag kid"???



So who is whispering in your ear, or more importantly, your children's ears?



You see, they think that you will follow the stars because you are meant to idolize them, or covet their fame or fortune or fan base. They think that you want what they have, and that in order to get it, you will be influenced by their behaviors and actions. They often use

these people in the public eye to manipulate our thinking. Do you remember all of the movie, music and sports stars coming out to tell you to get your Coronavirus "vaccine"? Go ahead and watch the Superbowl 2023 and count how many pharmaceutical ads you see.



Just a friendly suggestion....turn off your TV, get out into nature, be more active and learn something new, like how to grow your own food in your garden. In my opinion, there is no value in anything on television: news, programming or commercials. If you want to unwind by sitting down in front of the boob-tube (gee, I wonder how it got that nickname) might I suggest a few alternatives:

- Subscribe to GAIA TV through Amazon Prime and expand your thinking and learn something new
- Subscribe to PureFlix Network, for faith-based Christian oriented content
- Download "The Chosen" App for wonderful biblically-based shows and movies



Romans 11: 33

"For who has known the mind of the Lord, or who has been his counselor?"

"Or who has given a gift to him that he might be repaid?"

For from him and through him and to him are all things. To him be glory forever. Amen.

Romans 12: 3-8

Gifts of Grace - For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned.

For as in one body we have many members, and the members do not all have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy in proportion to our faith; if service, in our serving; the one who teaches in his teaching, the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.

So what, then, is Clinical Hypnosis?

All hypnosis involves an altered brain wave state, anywhere from unconscious to heightened alertness. If you want to talk science, let's consider the Electroencephalogram or EEG.



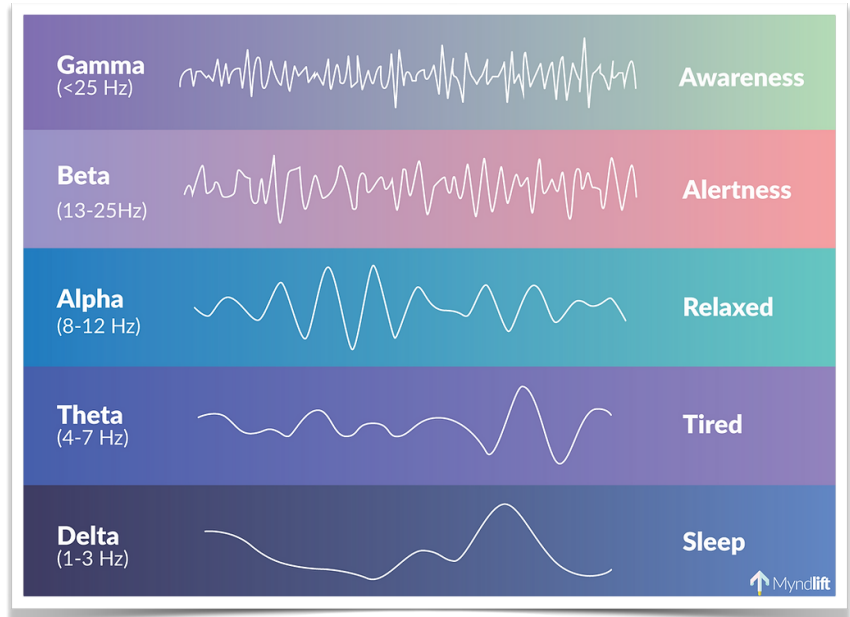
When I began my nursing career in 2005, I worked at Barrows Neurological Institute at St. Joseph's Hospital in Phoenix, AZ in the Neurologic Intensive Care Unit. People literally would come from all over the world for treatment in this facility due to its renowned neurosurgeons and their willingness to treat even those who had no hope elsewhere. This was quite certainly ordained by God because he was preparing me for this time, even that long ago. Neuro ICU was not originally of interest to me as I wanted the high-octane and "glamorous" status of the Emergency Room. But luckily, that manager was not pleasant to work for, so I elected to start my career in the Neuro ICU instead, where I had once been one of their patients. If you've read my book, you may remember that I worked with and was trained by the same nurses that took care of me when I had broken my neck in a car accident in 1991....there is no such thing as a coincidence.

Anyways, during that time, I cared for patients with seizure disorders, strokes, brain tumors and spinal injuries. Many of these patients were more often than not, in an altered state of consciousness, either due to their injury, or medically induced to allow their body time to heal.

EEGs were a common practice as a diagnostic tool for these patients, but even then, I didn't truly understand what the different waveforms meant, as those were left to the specialists to interpret.

What I learned in my training as a Clinical Hypnotherapist and a student of Metaphysics, is that these different brain wave patterns are associated with different levels of consciousness.

We are often in one level or another of hypnosis until approximately the age of twelve. Some believe that this is one reason that perhaps our childhood memories are a bit sporadic or only include memories of big events. Babies are almost exclusively in a deep form of hypnosis until the age in which they start becoming more self-aware, closer to the Delta and Theta brain wave states, that's why they sleep a lot.



Levels of Hypnosis.

Gamma brain wave state is characterized by a focused awareness. When you are concentrating on a task at work or engaged in a conversation (in which you are actually listening and paying attention), most often you are in a Gamma pattern of “awareness”.

Beta brain wave states are stimulated once we are exposed to either an internal or external threat, whether that is sudden pain or that car that just swerved into your lane. Beta brainwave state is an alertness level that allows you to quickly react to a stimulus.

Alpha brain wave states, however, in comparison, are much more relaxed. We often enter this state during a massage, if you can “turn off your brain” to relax or

perhaps enter this state after a sexual encounter with our partner. When the world falls away and you are present in the moment, often you are in an alpha wave state.

Now we get to **Theta!!!** My favorite brain wave state of them all. This is a state we often experience if we are allowed to wake up naturally and without a stimulus such as an alarm clock to jolt us from our restful

sleep. This between sleep and awake state is often when we can remember dreams, get an inspired thought, or yes, even be more open to God to talking to us. I cannot tell you how many times I have received inspiration in this state of mind. If I am building a new planter box or doghouse and I come up against a brick wall that I just can't find a solution to, I now know that if I just stop and go to bed, the solution will be with me in the morning when I wake up.

Additionally, the **Theta brain wave** state is also when our Pineal Gland is the most active. While it is not discussed in typical health class, the Pineal Gland is responsible for the release of the hormones Melatonin and Serotonin, that regulate our sleep cycles and control our mood, respectively. When these hormones are released and combined in the Cerebrospinal Fluid in the right ratio, a natural compound called DMT is released into our system. DMT is a compound that, while it can be synthesized in a laboratory and used for psychadellic experiences, is natural and responsible for the images and colors we see when we dream. The Pineal Gland is also now known to have cones and rods. Does that sound familiar? Cones and Rods? That's because we also have cones and rods in our "seeing" eyes. The Pineal Gland is otherwise known as the Third Eye and associated in esoteric circles with the Third Eye chakra, found in the center of the forehead between the brows and deep in the center of the brain above the hypothalamus of the brainstem.



STOP!!!!

Now for those of you who hear the word chakra and think."NEW AGER"...."of the devil", "blasphemer!" I implore you to reserve your judgement because even Jesus spoke about this fact of human biology.

"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness."
 - Matthew 6: 22-23

The pineal gland is responsible for another level of awareness that we once were able to tap into readily as children. Did you or your kids ever have imaginary friends? How real were your make-believe fantasies? Unfortunately, the environment and toxic exposures we are subjected to throughout life, dampen this gland and create calcifications that can block what we call, intuition, or heightened awareness. Flouride is the biggest culprit for calcification of the pineal gland and should be avoided at all costs. Another deception...dentists recommended flouride products, kinda like the doctors and cigarettes. (eye rolling

ensues). The pineal gland actually has what is called a piezoelectric component and when pressure is exerted on these crystals that are supposed to be a part of the pineal gland, we can actually see light in our closed eyes, and if in an altered brain wave pattern, can also see images, like dreams, that we can perceive as very realistic. This is a good demonstration of what many people perceive during a state of hypnosis. I myself have had many sessions in which much of the information received was in a visual format where I could see colors, people, shapes, and details, just like in a dream, but they can be indistinguishable from conscious-life memories.

Anywho....getting back on track. The Theta brain wave state is the one we are after in the clinical hypnosis toolbox. This is a subconscious tapping state of mind in which the brain can actually be rewired....or reprogrammed. We often make inappropriate neural connections in childhood and connect emotional states (energy in motion) to an instinctual response (fight or flight). And because we don't necessarily, at a young age, have the ability to properly rationalize what is happening, we create ineffective and unwanted patterns of behavior and thought or emotional responses. But in the Theta brain wave state, these connections, once found, can be rewired for a more healthy response in the future, freeing you from old behaviors or thoughtforms that no longer serve you.

Have you ever said to yourself...."I don't understand why I react that way" or "I don't know where that belief came from"?

These thoughts, beliefs and behaviors are often programmed into our subconscious and stored for later use. You see, the subconscious mind stores ALL of the information of ALL of our experiences. It is our brains way of creating a shortcut to try to make life easier for us.

Unfortunately, when these are unhelpful or self-destructive, these programs can

lead to unwanted and harmful interactions, behaviors and relationships. So in a state of Theta brain wave hypnosis, my job as a Clinical Hypnotherapist is to DISCOVER the origin of these faulty programs and help GUIDE you to overwrite them with healthy, HEALING thoughts and patterns and behavior modification, that are more consistent with how you consciously want to live your life and interact with others, including yourself. This is also how many people are able to conquer addictions like alcoholism and smoking, and even why neuromedical therapeutic techniques such as EMDR and "tapping" techniques, are shown to have clinical improvement, and are shown to successfully modify unwanted behavior.



A Final....for now, Thought About Hypnosis

For some of us, when we think about hypnosis, we think about Past Life Regression therapy. I would like to leave you with a thought about the possibility, and for some, reality of Past Lives.

If you really want to dive in and to do some research on your own, I highly encourage this idea. Researchers have been curious about and investigating this for quite sometime and some have interviewed hundreds or thousands of people who claim to remember their past lives. I'm not talking about adults either. I am talking about children, very young children, who have reports of memories of a life they are not currently leading. When these researchers interview these children, they are reporting their name and what they remember. The researcher then RESEARCHES the "facts" presented and have often led to the discovery that in fact, this child knew things about someone known from the past, or at least details of historical events, places or time periods that it would otherwise be impossible for them to know.

Additionally, there are adults who report their remembrance of past lives as well. As someone who has had past life regressions, I will tell you they are very real, and sometimes more meaningful than any event I have experienced in my current life. Regardless of your opinion, or of anyone else's, these experiences are often overwhelmingly impactful to those who have had them. The human mind still remains a mystery and that's why there are so many who study these things. As technology advances, perhaps we will be able to one day have a full understanding, but for now, consider the idea that if you have never tried to tap into a past life in a state of hypnosis, what you might be missing. Most who have will say that it helped them heal themselves or relationships, gave them purpose in life, or even made them change how they treated other people, or understand how they react in certain situations.

We won't go into whether these experiences are being had in a past life, another timeline, or another dimension. But for now, I ask you to reserve your judgement of others who have these experiences. For those who think that this is an "evil" exploration, might I remind you of the waking encounters with God that Jesus, not to mention countless prophets, have had and were reported in the Bible. Just go read the Book of Revelation if you don't believe that visions are real. If we cannot share with one another, how will we ever find the truth? After all, if God isn't Supernatural...what is? And we are made in His image.

Meet Pene



Meet Pene, the Princess-Queen of the household. This little bundle of love is affectionately nick-named Pene Kitty. She loves to greet guests at the door and then jump onto the couch with visitors to rub all over them like a cat on cat-nip. She's our 13 year old mix-breed and is our little world traveller. We love her beyond imagining!

Your Creator is calling out to you. Speak to Him and ask for guidance. Then listen for His answer.

God bless you in health and healing.

- Lana Trauts