

Valerie Austin

Author, Hypnotherapist, Pilot, Film maker

Memory Loss

The start of my new journey



GLOBE

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HOLLYWOOD HYPNOTIST'S MIRACLE CURES

By ROBIN LEACH

MANY of Hollywood's top stars owe their success to hypnotherapist Gil Boyne.

Sunday Mirror.

MEMORY FEAR OF CAR CRASH BRIDE

A SPECIAL fear haunts bride-to-be Val Hall — She's worried she'll forget the man she's planning to marry.

For Val, 29, is suffering from amnesia following a car crash.

And she's scared her wedding day will become a faded memory . . . even before she walks up the aisle.

Val met her fiance, John Austin, only a month ago when she was in America trying to find out about a new drug to cure her memory loss.

Lanes: "Every day I have to force myself to recall him.

"I know people will find it hard to believe a girl can't remember her fiance. But since the crash two years ago I find it hard to recall feelings and experiences. It's horrible."

Now the couple write and 'phone each other every day.

Determined

John, a Hollywood author, said; "I'd hate to lose Val, and I'm deter-



REAL LIVES

'Thanks for MY MEMORY'

An accident that left me with a 24-hour memory was the catalyst for my career as a hypnotherapist. By Valerie Austin







'There was a shadowy figure in the road, straight in front of me'

'One day I woke up and completely forg that I was married'

The Weekly News, September 6, 1980.

BRIDE-TO-BE HAS LOST HER MEMORY

She has a picture of her American boyfriend as a constant reminder —and he phones her every day

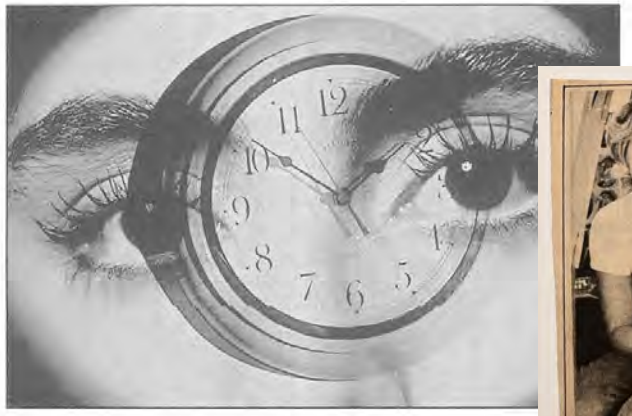
NYONE would think that with just a few months to before the day I'm to be rried in Las Vegas, I should feeling on top of the world. nstead, a haunting fear troubles wherever I am and whatever I'm ng.

am afraid I'll completely forget the man is to be my husband.

That may sound absurd, but it's the ul predicament I find myself in after a accident two years ago which has left with amnesia.

28 TUESDAY, 7 APRIL, 1998 HEALTH & FITNESS *** EVENING STANDARD

'I lost track of time; I'd even forget my son existed ...'



Amnesia: the agony of not remembering

Monday, July 27, 1981
Glendale News-Press



Mrs Austin at Blackpool airport with hypnotist Gil Boyne

Hypnotist in flight of hope

By PAM STORRIE

A ST ANNES woman has flown a world - famous hypnotist to Blackpool in the hope that he can cure her mother who is gravely ill.

Mrs Val Austin arrived at the controls of a light plane from Blackpool Airport to Scarborough today with hypnotist Gil Boyne.

Val, of St David's Road North, says she was cured of amnesia by Hollywood - based Gil, who has treated such stars as Sylvester Stallone and Dolly Parton.

Group manager Val, who is married to Hollywood writer John Austin, said: "After a car crash more than three years ago I suffered amnesia. I would completely forget about things that had happened only minutes before.

"Gil usually only treats film stars, but he read about my case in a newspaper and contacted me. I met him in America and after only one session I was cured.

Now Val hopes that Gil, who is lecturing in England, will be able to help her mother — Mrs Rose Hall, of South Park Drive, Blackpool.

"A lamp fell on my mother's head," she said. "She had an operation to remove a piece of bone and she gets extemely bad headaches. The pain is so intense she cannot even walk."

Val said that Gil has had a recent success in England. She put the drummer of pop group Slade, Don Powell, in touch with him last week. Don suffered from amnesia after a car crash.

"Don was hypnotised by Gil" she added. "Don then phoned me to say he appeared to be cured."

Amnesia: the agony of not remembering

Monday, July 27, 1981
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Valerie Hall Austin spent two years of her life in a mental fog until Gil Boyne, a Glendale hypnotherapist, "cured" her.

By VICKI SMITH
Staff Writer

You rush home after a hectic day at work and carelessly drop your car keys on the coffee table. You need to run up to the store for a last minute item, but you can't find your keys.

Or, you park your car in a large parking structure and can't remember where you parked it.

Then, there are days when you can't put names and faces together for the life of you.

We all have days when our minds are as tight as a sieve. Occasional forgetfulness is just a part of life.

But for Valerie Hall Austin, "forgetfulness" almost ruined her life.

Valerie, 30, lived two years of her life in a mental fog caused by amnesia until Gil Boyne, a Glendale hypnotist, "cured" her.

Although she never forgot who she was, she gradually began to forget day-to-day occurences, business appointments, friends and acquaintances. She eventually became suicidal because she only had a 50-second retention span.

Owning an advertising and promotion company in England, Valerie's life was filled with excitement, running to the Cannes Film Festival, art galleries and conventions. But she got to the point where she couldn't remember anything about what she had been doing.

"What was the use of going out, if you couldn't remember anything the next day," she said. Valerie became so depressed that she saw no reason for leaving her home in St. Anne's, England, and considered suicide.

The amnesia began in 1979 after she was nearly killed in an automobile accident. Valerie had been driving home from a promotional campaign in Glouster when the accident occured.

"I was driving home through the country...suddenly a man ran across the road. I swerved ... and the car plunged into a ravine," said the Englishwoman. She said that two months later, she began forgetting where she had gone the night before and whom she had met, if anyone.

"It began when people would stop me in the street and begin to chat," Valerie said. "Sometimes I had to ask if I knew them, for I honestly couldn't say who they were although they often turned out to be lifelong acquaintances."

She added that she continued dating (at the time she was divorced from her first husband) but often forgot completely about ever meeting the various men. "Fortunately I was not in the position where I slept around. So, I never had to worry whether I had been to bed with him," she said, giggling with relief. "I had no moral conscience because I couldn't remember."

On one occasion, Valerie's mental lapses interferred with her business. She was doing a promotion for a London art exhibition which involved a great deal of publicity.

"I clean forgot to release any information to the press and as a result the exhibition was a flop," she said with chagrin.

Valerie explained that she felt as if there was a haze or fog over her mind and that "energy would leave me completely."

She said that her business called for her to go out frequently. For one promotional campaign, she attended a posh cocktail party at a large London hotel.

"I left my coat with my friends and went to the toilet. An hour-and-a-half later I was still there," she said. "I have no idea what happened in that time."

As Valerie's memory lapses became more and more intrusive, she sought the aid of a London hypnotherapist.

After spending fruitless months with the him, she read about a "miracle drug" that was being developed in the United States. She came to Los Angeles in July 1980 with a girlfriend to make inquiries about the drug. Although she discovered nothing, she met her current husband, John. By the fourth day of her Los Angeles stay, she accepted his proposal.

When she returned to England, her amnesia worsened. Afraid of forgetting her fiance, she submitted her story to a tabloid newspaper, The Weekly News, in the hope that some doctor who knew how to cure her would contact her.

Gil Boyne, an internationally acclaimed authority on hypnotism, was traveling through England and read Valerie's story. Boyne contacted the newspaper and Valerie's mother, but Valerie was out of the country on business.

Boyne and Valerie did not meet until Valerie moved to Brentwood, Calif., two days before her wedding in April of 1981.

"Time went by but we finally got together. I worked with her on the same day President Reagan was shot," Boyne said.

"I was his guinea pig at one of his seminars (at the Hypnotism Training Institute of Los Angeles in Glendale)," Valerie said. "I was cured in five minutes."

Boyne corrected her claim. "I worked with her for an hour," he explained, adding that she honestly believes it only took five minutes because of the post-hypnotic amnesia all subjects experience.

Boyne, a hypnotist since 1956, said that because Valerie's amnesia was not organically based, he had to reintegrate her thought process.

"We all have difficultly remembering things at one time. But when a person begins to panic when memory lapses occur, it begins a self-fulfilling prophecy."

Boyne said that Valerie he had to break the habit of panic, anger and rage. To accomplish this, he intensified the underlying feelings and performed age regressions under the controlled conditions of hypnotism.

He explained that he had to trigger her back to earlier events by using the intensified feelings. "She relived four events," Boyne said. "I intervened to re-educate her. I'd say, 'you're much older now. How are you going to deal with this?'" Boyne added that this technique enabled him to dispell her hurt, resentment, anger and rage.

One of the events she relived was a terrifying experience of domestic violence. She said that her former husband had tried to kill her mother. Although her mother survived, the guilt, helplessness and rage stayed with Valerie. She swore that she had blocked the incident out of her mind until Boyne made her relive it.

Although the event was traumatic, she said that "time heals all wounds, even if you're not aware of the passage of time." She added that she can now discuss the earlier incident rationally.

Since Valerie has regained her memory, she said that family and friends say that she sounds different. "They say it (her voice) changed back to the way it was before the accident."

Although she believes she has been cured, Valerie is still scared that "something could put me back," back into that fog of not remembering.

Sunday People

Hypnotist Cures Hopeless Case

September 27, 1981 — "England's largest weekly newspaper."

HYPNOTIST GIVES ROCK STAR NEW LIFE

SUNDAY PEOPLE REPORTER

HYPNOTHERAPIST GIL BOYNE has helped rock star Don Powell to rebuild his shattered life.

In 1973 rock star Don Powell had the life that many only dream of. As drummer for England's Number 1 rock group "SLADE," he had six records at the top of the charts in just three years.

Suddenly, on an English country road, Don Powell's life was shattered when his Bentley went out of control and hit a concrete wall. Don's girl friend was killed in the crash and he spent many agonizing months in the hospital recovering from his appalling injuries. Although his broken bones mended, his memory was destroyed in the crash.

Now, an American hypnotherapist, GIL BOYNE, has cured Don's amnesia of eight years' duration in less than one hour.

Don said yesterday, "I've regained my memory and also my confidence. It's a miracle! Doctors and psychiatrists never gave me any kind of hope!"

Don was put in touch with the hypnotherapist by Val Austin, manager of Cloak Adams and the Physique Stars. She told him that she had suffered amnesia as a result of a similar car crash and after two years she was cured in one session at Gil Boyne's Hypnotism Training Institute in Glendale, California.



Star: Drummer Don Powell, right, with the chart-busting Slade.

Boyne, who has helped screen stars Sylvester Stallone, Lily Tomlin and Dolly Parton, said, "I regressed Don back to the night of the fatal accident.

Subconscious Barrier

"I discovered a subconscious sense of guilt which had created a barrier to Don's memory.

"He was able to recall a jealous quarrel while driving home that evening. With Don in a deep trance, I created a dialogue between him and the dead woman.

"She forgave him and assured him that the accident was no fault of his."

Don reports, "When I woke up from the trance, I knew I was a new man."

Val Austin said, "Gil Boyne worked a miracle with me and I was certain he would cure Don as well."



Mrs Austin at Blackpool airport with hypnotist Gil Boyne

Hypnotist in flight of hope

Sept 9 1981

By PAM STORRIE

A ST ANNES woman has flown a world - famous hypnotist to Blackpool in the hope that he can cure her mother who is gravely ill.

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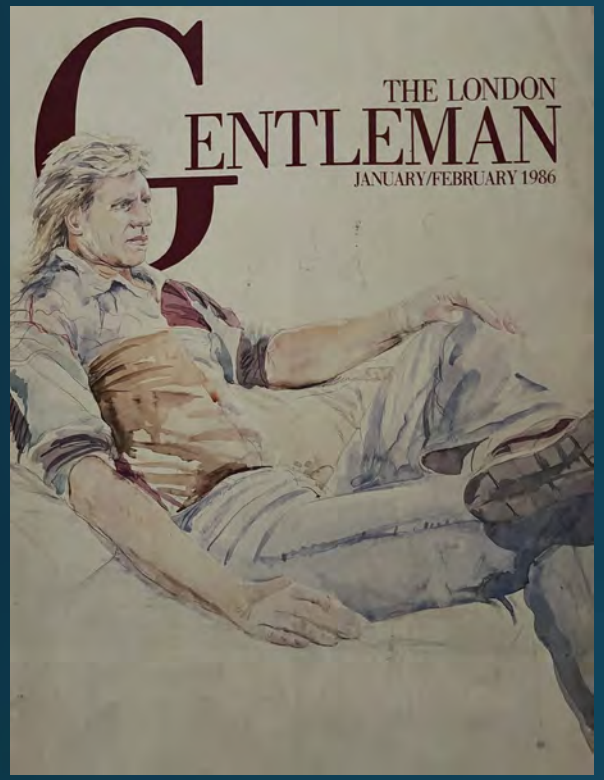
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Valerie who has a pilot's licence flew famous hypnotist in to treat her ill mother

Becoming a journalist

Looking for the big scoop









Working as a columnist through the 80's

Valerie was employed full time on four magazines and frequently had her articles on the front pages.

So you want to lose weight? Try taking a handful of pound notes, dipping them in champagne, and chewing them slowly.

At the same time, replace much of your normal food with a mixture of powdered protein, vitamins and purgatives. It's not likely to do much harm, other than to your pocket, and no doubt you would lose weight. But many doctors believe it wouldn't be a very sensible way of going about it.

Still, it's not far removed from Britain's latest diet fad, Herbalife. In America, wild claims have been made for Herbalife: that it helps guard against cancer, herpes and baldness. Though such claims are not made for it here, and it is sold only as a slimming aid, Herbalife has spread snake-like through Britain. Over the last two years a chain of 30,000 distributors has been established.

For many who have sold it, it has created a fortune. The diet has not been proved harmful, and selling it is not illegal. But some of those who have been touched by Herbalife believe its sales methods are highly questionable.

The product, based on a system of milk-shake drinks and bottles of pills, is sold around the charisma of its Californian founder Mark Hughes. Such is his barnstorming sales technique and his Hollywood gift-wrapping that it is easy for the ordinary customer to overlook the fact there is nothing revolutionary about this diet.

If you follow it, you eat fewer calories. And eating fewer calories is how you lose weight. At a cost of at least £75 a month, it might be more beneficial just to give the money away to a good cause.

Mark Hughes himself is enough to convince anyone they should "get on the product", as he puts it. An eternal 29-year-old, he sounds terrific and he looks terrific: perfect suit, perfect tan, perfect teeth and perfect—too perfect—manner.

His style is sexy-evangelical—Billy Graham in tight pants. His public meetings attract thousands. His converts flock around him, and he appears to be an unstoppable force.

He bounces onstage at a meeting at London's Royal Lancaster Hotel, to clue "you gang", as he calls the audience, into the benefits—both physical and fiscal—of Herbalife. He gets a standing ovation.

Hughes launches into a patter which rarely varies. Cable television viewers in America can watch the Herbalife show with Hughes doing his stuff: the same anecdotes, the same pauses for laughs. It is a bravura performance, a mixture of boyish enthusiasm and barely veiled cynicism.

He tells an absurd story about his mother's dietary problems which gets a huge round of applause. He refers back to the origins of Herbalife and how he started the company.

But he does not go back beyond that, to when he was a salesman for an American dietary treatment called Slender Now which was finally banned in America for being injurious to health. Hughes tells horror stories of the grotesque things people will do to themselves in their hopeless search for weight loss—jaw-wiring, apronectomy, stomach-stapling, abdominal bypass surgery.

No one is left in any doubt that the *only* way to lose weight is with Herbalife. Herbalife, he says, *is* safe and is responsible for more weight-loss "than any hospital, any medical institution, any clinic, any other weight control product in the world."

"People will come to you, they will say, 'Thank you for getting us on the product'," hollers Hughes. "There's nothing so satisfying as that, nothing like it in the world."

Except the money, of course. You get *rich* selling Herbalife—"I've been poor, and rich is definitely better." Hysterical burst of applause.



Herbalife's Caroline Hazeldine whips up enthusiasm from the growing British sales force

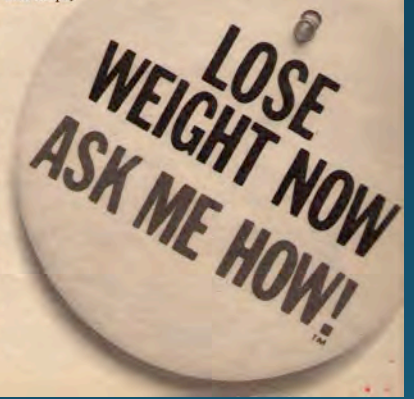
It is hardly nine o'clock in the morning. The hotel maids still wear the whey-faced looks which go with the early morning tea, and yet the Herbalife meeting is turned into an instant party.

A contingent from Aberdeen who crammed into a mini-bus to arrive at 4.30 am looks decidedly green as the disco decibels are turned up.

Suddenly the music switches tempo,

and as though someone pumped a huge shot of adrena into the room, people are dancing beatific expressions on their fac hands clapping to the beat. nine in the morning it is w weird.

By now there are 1000 peo in the room and if the atmosph is cracking down



Exposing Herbalife

Scoops as a journalist

Harrods
'Sex for Sale'

Los Angeles Times

BUSINESS

Harrods Checking Report Its Perfume Girls Sold Sex, Too

L.A. TIMES ARCHIVES
JUNE 8, 1988 12 AM PT

REUTERS

LONDON — Harrods, the fashionable London department store, launched an investigation today into a report that some girls working at its perfume counters sold sex to customers.

The Daily Mirror tabloid alleged in a front-page story headlined "Sex Harrods" that free-lance salesgirls earned up to $1,800 a day in cash to take part in champagne, sex and drugs parties.

"They are serious allegations, and therefore we are holding a full inqu matter," a spokesman for Harrods said.

The Mirror said some of the girls, working for agencies and not direc Harrods, took four-hour lunch breaks for sex sessions.

It quoted one, who claimed to have earned more than $182,000 in ca two years, as saying: "That includes bonking (having sex) in the back very naughty."

Los Angeles Times

BUSINESS

Harrods Sues Tabloid Over Sex-for-Sale Story

L.A. TIMES ARCHIVES
JUNE 11, 1988 12 AM PT

FROM REUTERS

LONDON — Harrods, the fashionable London department store, said Friday it is suing a mass-circulation British newspaper for alleging that some women working at its perfume counters sold sex to customers.

The tabloid Daily Mirror published stories on its front page alleging that free-lance salesgirls, hired through agencies and not directly employed by Harrods, were paid up to $1,820 a day in cash and gold jewelry to join sex and drugs parties.

"Harrods has now concluded its internal investigation into the allegations," the store said in a statement.

"Harrods has issued legal proceedings against the Mirror Group Newspapers 1986 Ltd. in respect of features which appeared in the June 8 and 9, 1988, editions," it added, without giving further details.

A spokesman for the Mirror said,"We stand by our story."

Magazines I Published



Valerie launched two popular London society magazines

Society Columnist in the 2000s







10 years as a columnist for
London's popular society magazine 'Hot Gossip'

All back issues available on www.hotgossip.co.uk

Socializing with top celebrities



Baroness Margaret Thatcher
at a function at the House of Lords



Jack may fly the nest for Monaco

WHILE the smoking ban takes hold in Blighty, one celebrity puffer doesn't intend to give up the evil weed.

Old devil JACK NICHOLSON was cornered by hypnotherapist and Stop Smoking expert VALERIE AUSTIN, pictured above, in the American Bar in the Hotel de Paris in Monaco.

Says our man on the next bar stool: "Valerie was trying to persuade Jack that smoking was bad for his health. But he said he didn't ever want to give up and was thinking of relocating to Monaco so that he could carry on as he couldn't smoke in the US, or even in London these days." Look out, Monaco. Smoking may not be lothario Jack's only bad habit!

Jack Nicholson



Nancy Dell-Olio



Boris Johnson
former Prime Minister



Albert II, Prince of Monaco

Hypnotherapist

30+ years of experience



22 DAILY STAR, Wednesday, March 14, 1990

Hypnotist helps stars give up smoking

WOMAN EXTRA!

'I CAN MAKE YOU STOP IN AN HOUR'

IT'S National No Smoking Day today and you could be just ONE HOUR away from giving up.

Hypnotherapist Valerie Austin-Hall claims that that's how long it takes her to **STOP** your cravings for the evil weed.

She has a 95 per cent success rate and a client register bulging with top stars, politicians . . . and even doctors.

Valerie, who has never smoked herself, says: "Most hypnotherapists just make suggestions to the subconscious.

"I go further — I get the subconscious to replace the need to smoke with something like exercise, reading or deep breathing.

● ARFUR Daley star George Cole is hooked on cigars, but he'll mark No Smoking Day by not "puffing smoke over others".

Doctors

"The subconscious chooses what it would rather do.

"It doesn't matter how heavy the smoker is.

"Hypnosis is rather like taking an old floppy disc out of the brain and replacing it with a new one."

Mind doc stubs out craving for the weed

By JANE SLADE

The bad news is that Valerie has a two-week waiting list for treatment, [illegible] costs £r

But even the medical profession reckons it's worth waiting for.

At a conference in London, no fewer than 36 top Harley Street doctors, plastic surgeons, dentists and psychiatrists wanted to learn about her magical powers.

They were so impressed that she was signed up to help the doctors AND their patients.

Valerie says: "I was very pleased to see so many top medical people.

"For too long hypnotherapy has been ignored by the medical profession.

Problems

"It's time we realised in this country that hypnotherapists can work successfully with doctors."

Valerie now has a thriving clinic just off Harley Street and treats all sorts of troubles.

But as far as she is concerned her methods have passed the ultimate test — they worked on her.

Valerie is no stranger to trauma. She has lost her memory three times — once after witnessing an attempted murder.

She also had a phobia about cars after being in a near-fatal accident.

But she pulled her life back together with the help of hypnotherapy.

"When the medical people get stuck, the hypnotherapist can unlock the door," she says.

You can call Valerie on 01-486 8087.

POWERS OF PERSUASION: Valerie snaps a patient out of a trance

● EASTENDERS star June Brown, who plays Dot Cotton, is a smoker both on and off screen. She says: "Youngsters shouldn't smoke. It's a bad habit, but I'd be as nervous as Dot if I gave up."

Daily Star article 1990
The start of my career

ADVANCED HYPNOTHERAPY FOR THE BUSINESS PERSON

STOP SMOKING IN ONE HOUR

As Seen On TV

Smoking, panic attacks, phobias, weight problems, anxiety, stress etc can all be treated quickly and pleasantly with new techniques in mind power, including hypnosis, alpha state and NLP

The Stop Smoking In One Hour programme has been successfully practised over two years with a 95% success rate, saving many people's lives. The reason it only takes one hour is that smoking very rarely begins with a trauma; e.g. a person given their first cigarette at the scene of an accident - this would be a trauma.

The cost of the therapy is £150, which includes the back-up session if necessary.

Despite the newspaper blockage of the stunts and publicity generated by independent bodies such as QUIT for Stop Smoking Day, at least the television news coverage was generous, but then again, it would be - cigarette advertising is no longer allowed on TV.

I was invited to take part in a Stop Smoking Day promotion presented with Kiss FM radio, which had the motto "Kiss It Goodbye".

DEMONSTRATION WORKED

The Chippendale boys were there to kiss any lucky young ladies who gave up. That certainly brightened up the day for a lot of females, me included! I had agreed to do live demonstrations and with the help of my colleague, Patricia Leslie, the day was very entertaining.

Both the demonstrations of hypnosis I did were filmed and one appeared on ITV news; my stop smoking technique.

I'm pleased to say the person who understood the situation. I was particularly curious to find out how effective the therapy was, case there were many distractions: the television cameras were whirring, photographers from newspapers running the full gamut from *The Times* to the *Daily Mirror* were flashing away and there was a discotheque blaring away in the next hall!

So I was under a lot of pressure but battled on. My client told me later that, though she was aware of everything going on, she felt isolated from the commotion around.

After all that, the only promotion picture from the event published the next day was in the *Daily Sport*. I'm happy to say that at least I wasn't in that one!



by VALERIE AUSTIN-HALL
Harley Street Consultant Hypnotherapist & Corporate Psychologist

CHANGE YOUR CAREER

I'd like to point out that if you have an, thoughts about a career change, there are places left on my May course, which is designed to appeal to three different levels of interest:

- People looking for a change who may themselves want to qualify as a corporate psychologist or consultant for stress counselling and stopping people smoking;
- People wanting to make use of their new-found skills in their existing employment;
- Those simply wanting to improve their quality of life.

The 50-hour diploma courses are held at the London base (£1500), or as a Luxury Holiday training course set in the Isle of Wight - including food and accommodation (£2500). No prior experience is necessary.

For appointments for stopping smoking

ADVANCED HYPNOTHERAPY FOR THE BUSINESS PERSON

STOP SMOKING IN ONE HOUR

Don't Believe The TV!

by VALERIE AUSTIN-HALL
Consultant Hypnotherapist & Corporate Psychologist

(NEW SERVICE - NOW OPEN SAT. MORNINGS)

The Stop Smoking In One Hour programme has been successfully practised over two years with a 95% success rate, saving many people's lives. The reason it only takes one hour is that smoking very rarely begins with a trauma; e.g. a person given their first cigarette at the scene of an accident - this would be a trauma.

The 5% who fail are usually trauma-based and need a back-up session (which is inclusive in the price). Therefore, if a person comes back for the back-up there is no reason why the therapy shouldn't be 100% successful.

The cost of the one hour session is £150.

DR CHRIS GOT IT WRONG

I was horrified to watch the popular morning programme This Morning giving advice on how to stop smoking - it made me cringe. The so-called expert obviously wasn't up-to-date on his research, and therefore could hinder a person from knowing there are simple and painless ways to quit smoking.

He advised that you should keep nicotine in the system while stopping, using some of the various brands on the market. I have more problems with smokers who use nicotine replacements than most others. He made a sweeping statement that hypnosis and acupuncture only had a long-term success rate of 20%.

I can't comment on acupuncture, as it's

fact that hypnosis is only a relaxation technique and the success rate is *totally dependent* on the method used.

For example, hypnosis with just a suggestion - the most common method used until a few years ago - *could* have a low success rate, depending on the suggestion and the therapist. To make a sweeping statement like that is a bit like saying exercising in health clubs is bad for your health. Maybe so in the old days, but it completely disregards the excellent, professional and modern clubs with the latest equipment that are around now, which are fully supervised for the individual. Of course, these are expensive, but the expertise and the incredible equipment has to be paid for.

Similarly, the method we use incorporates advanced techniques of hypnosis, and in addition NLP techniques which in turn



change the attitude so the smoker simply doesn't want a cigarette. The satisfaction normally derived from smoking is channelled to more beneficial behaviour, so the smoker no longer wants to smoke, doesn't suffer withdrawal symptoms and can be in the company of smokers without attacking them.

For many years hypnosis has helped people give up smoking and stay stopped. Dr Chris seemed to think this was highly unlikely, therefore taking away hope for many people desperate for help to stop smoking.

I have stopped people smoking for nearly three years with a 95% success rate - and I have had to give satisfactory proof in order to publish such a high success rate. I have been featured in the national press and have written many articles on the subject, as well as teaching hypnosis and corporate psychology.

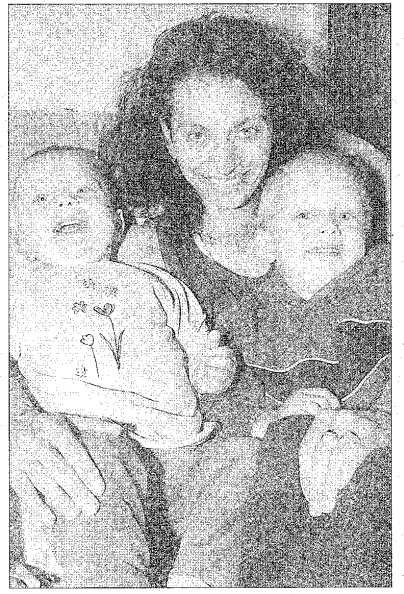
When it comes to using hypnotherapy to stop smoking, I can only say I stand on my record and only add that wise old saying - don't believe everything you see on the TV.

TRAINING COURSES

There are two places for the January course, which has been booking up quickly. If you are interested in a career change by learning hypnotherapy as a business, the course incorporates 50 hours of concentrated learning - a little more than that required to obtain a private pilot's licence - with additional home study before the exam. Hypnosis is used to accelerate learning throughout the course. Because there is extensive training throughout the course, the trainee finishes fully confident to set up their own practice, either as a consultant to a company or in their own practice. The course costs £1500.

For details on stopping smoking, or the training course, call the South Molton Street Clinic on 071-408 2333 or 071-233 9794 (24 hrs).

Jasmin Brackenfield was on the brink of death when, as a last resort, her parents called in an unusual ally. ELAINE SINGLETON relates a remarkable story ...



TOGETHERNESS: Jasmin Brackenfield with her two children Kyle and Emily

How hypnosis saved my life

Doctors had all but given up on Jasmin Brackenfield after horrific complications set in following the birth of her first son Kyle.

Her family were warned to expect the worst and Leon, her husband, was facing the fact that Kyle would never know his mother.

But as their daughter's life ebbed away Jasmin's parents called on a friend for help. Valerie Austin, a hypnotherapist, was allowed to sit with Jasmin, after doctors admitted there was nothing more they could do. Using techniques she had only recently learned herself, and never had the chance to put into practise before, Valerie brought Jasmin back to life.

Almost three years down the line Kyle is a happy, healthy little boy, who will celebrate his third birthday in August. He has a baby sister Emily, and their mum, Jasmin, is fully recovered and so inspired by the hypnotherapy techniques that saved her life that she, along with husband Leon, are both now qualified professional therapists themselves, working from their home in Caton, North Lancashire.

Jasmin had planned a totally natural birth for Kyle before everything went wrong. She and Leon were living in London, shortly to move to Wales, when, seven weeks early, she began to experience contractions. She was admitted to hospital and the actual birth went ahead as planned but because he was so early Kyle was whisked away to the neo-natal unit accompanied by Leon, leaving Jasmin on her own.

She'd opted not to have the injection which quickly expels the placenta after birth, because, she says, she felt all the implications were not fully explained to her.

"It was all a bit rushed," she recalls. "Kyle was taken away because he was cold and the incubator in the room was broken and I was left feeling a bit out of it.

"The midwife was with me and I felt her tug on the umbilical cord. Suddenly I didn't know what was going on. The next thing she had pulled out the placenta as far as I am concerned. It felt very uncomfortable, it didn't feel right at all."

Jasmin started to bleed and she was given a small blood transfusion. The bleeding stopped and everything seemed settled until a day and a half later when she saw a huge blood clot. She began to bleed very heavily and the blood just would not stop.

"At that point I was fairly scared. I just did not know what was going on. They tried to stop the bleeding but they didn't know at that point that bits of placenta were left in the womb and had become infected," she says.

Doctors told Leon that they would have to remove Jasmin's womb in order to save her life, but thankfully another specialist examined her and decided there was no need. However, Jasmin had still lost massive amounts of blood. Transfusions had pumped 40 litres of new blood into her but her immune system was failing and she had no resistance to infection.

Because of the infection that had set in her temperature began to rise dangerously and by now doctors were very concerned. Jasmin was mostly unconscious and had no clear idea what was happening but her husband said panic was setting in among medical staff. "It was touch and go. I was at death's door. If I'd not been very healthy to begin with then I don't know if I would have made it."

Jasmin's mum contacted hypnotherapist Valerie Austin to see if she could help. Doctors gave permission and Valerie came to Jasmin's bedside where she put her into a deep hypnotic sleep, bringing her from being unconscious into a semi-aware state.

Following information from the doctors, Valerie basically "told" Jasmin's body what it had to do to heal itself. Valerie then went into a very deep trance - something akin to hibernation called the "nth level", where the body needs two breaths a minute to sustain it and begins to emit healing energy.

Half an hour later Jasmin's temperature began to go down and she eventually made a full recovery.

She says: "I am a fairly rational person, quite open minded, but even when I explain it to people I cannot understand how it worked myself. I think there are some things the human mind is not supposed to understand. What I do know is Valerie saved my life."

Sceptics may scoff but there was one piece of irrefutable scientific evidence which doctors could not explain. When white blood cells die they form a white plaque in the lungs. Valerie "told" this plaque to disperse to help the healing process. When Jasmin came round the physiotherapist told her to cough to bring up the plaque but nothing happened. A scan revealed that her lungs were perfectly clear.

Jasmin can now take herself to the nth level and says it is a very calming state. She uses hypnotherapy to help people overcome all manner of problems. She can also teach people self-hypnosis. "This has the power to change lives," she says.

And indeed to save them.

Jasmin can be contacted on 01524 771123.

Valerie saved her life

Increasing productivity via hypnosis techniques

By MARY ZACHARIAH

A visiting British hypnotherapist, who even designs programmes for business people, says her techniques

"I am like a hacker and I go into the mind/computer and clear out the virus and thus creating a better environment.

"As hypnosis is a heightened state of awareness, it allows the mind to work things out without the viruses of grief and depression, for example, said Austin.

Local businessman Hisham Zainal of Hisham & Company Ltd is so convinced of hypnotherapy and its benefits, having attended one of Austin's training programmes, that he and two others are setting up an institute in Langkawi.

Hisham, together with another Malaysian and a Saudi Arabian are investing RM200 million in the Valerie Austin Institute which will be operational in June 1996.

Various courses will be offered at the institute and these include training those who have already received a diploma for the practice of hynotherapy but are interested in training others to become hynotherapists.

Individuals who are interested in making a career out of hynotherapy can also attend courses at the institute to receive the diploma which is recognised by the British National Register of Advanced Hypnotherapists.

Another feature of the institute will be therapy for clients who are seeking treatment.

Austin, whose main work is training and writing (her fourth book will be available in September 1996), developed the Austin Technique which teaches people the art of reprogramming the sub-conscious to eliminate bad habits and stress and instead create new positive habits.

"Imagination is the language of the subconscious. When you imagine what you want in hypnosis, it gives a blueprint to your subconscious.

"That blueprint can be changed anytime according to your goals to better yourself," said Austin.



□ AUSTIN... *'techniques help clear cobwebs in the minds'.*

NEW STRAITS TIMES — HEALTH

Using hypnosis to eliminate bad habits

British hypnotherapist Valerie Austin has developed a technique in self-help for stress reduction and trauma-related problems. Through hypnosis, she says, one can quit smoking permanently in just one hour. JOSEPH EDWIN reports.

DEALING with the consequences of negative stress buildup can be extremely unnerving, but a British hypnotherapist says the problem can be resolved in just one day through hypnosis.

In Kuala Lumpur for the first time, hypnotherapist Valerie Austin says she can help people manage their stress levels better by getting them to enrol in one of several self-help courses on hypnosis that she will be conducting at the Crown Princess Hotel.

Austin, 40, has developed a technique in self-help for stress reduction and trauma-related problems.

The Austin Technique, as it is called, is a method of programming that teaches people the art of re-training the mind to choose a better personality and eliminate bad habits and unwanted behaviour.

It is a blend of Heightened State of Awareness (HSA) and the Alpha State, a bringing together of old and well-tried methods to reframe and persuade the mind to form an innovative technique.

Austin claims that hypnosis is the quickest and most effective stress management programme today.

Her one-day course teaches a person to use his own natural techniques to halt stress buildup and channel negative stress into a more positive area.

"You can make stress work for you instead of against you by simply re-channelling it," she says.

Austin likens stress to electricity. "It is neither good nor bad. Just like electricity, stress can be channelled into a good area such as a hospital or a bad one such as a torture chamber," she says.

The day course will teach clients how stress works, how to use self-hypnosis with quick and simple techniques and to halt negative stress buildup, thereby increasing productivity and quality of life.

If the stress is trauma-related, it will take more time to deal with it, she says.

Austin became a firm believer in hypnosis after being cured of amnesia through hypnosis about 15 years ago.

She spent two years in a mental fog after nearly being killed in a 1979 car accident.

"I never forgot who I was, but I forgot friends, day-to-day occurrences and business appointments. It got so bad that I could only remember something for a maximum of 60 seconds."

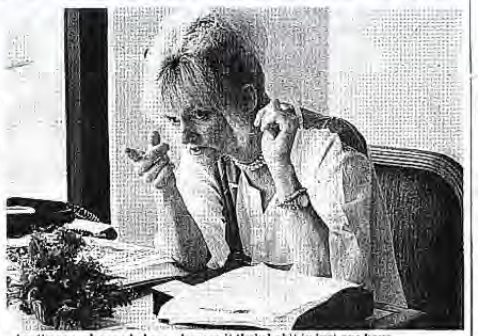
At the time, Austin was working as an advertising executive in England. She then tried numerous treatments, all of which failed.

In desperation, Austin went to Los Angeles after hearing about a new miracle drug that promised help.

But even that did not change her condition. Some time later, Hollywood hypnotherapist Gil Boyne read an account of Austin's plight in a British newspaper while he was in England.

Several months later, Austin appeared on his doorstep at the Hypnotism Training Institute in Glendale, California, and was cured of her condition in less than one hour.

After her successful treatment, Austin sought out many major hypnotherapists in both the United States and the United Kingdom, and enrolled for courses on the subject.



Austin says she can help smokers quit their habit in just one hour

Some years later, she began to adapt the best of these methods and came up with her own routine to treat her clients for not only stress, but a host of other conditions.

Her Stop Smoking programme, utilising suggestion hypnosis, has received much attention in London, where she runs a practice in Harley Street as a consultant to psychiatrists and doctors, following a year as a hypnotherapy consultant to a private hospital in Britain.

Austin says she can get her clients to stop smoking permanently in just one hour of hypnosis.

"It's the most effective, simplest, quickest and probably cheapest way of giving up smoking," she says.

To prove her point, Austin will be conducting a one-day Stop Smoking course on Jan 29 at the Crown Princess Hotel.

"Suggestion has been proved to have a 60 per cent success rate, nearly three times more than anything else on the market," she says.

Austin also offers a personal, one-to-one course for a higher fee. She says that with this course, the success rate increases to between 80 per cent and 90 per cent.

"This treatment is more expensive as it is more intricate and uses advanced techniques in hypnosis rather than just the suggestion techniques," she adds.

Austin says the reason it only takes one hour to get a person to quit smoking is that smoking very rarely begins with a trauma.

Those who fail to be rid of their smoking habit by hypnosis are usually trauma-based clients and they would need a back-up session (which is included in the fee), she adds.

The Austin Technique has been so popular that a book on the subject, written by Austin, is due to be published in June this year.

Ten years after she was cured of trauma-related amnesia in the United States, Austin became one of UK's most successful marketeers of Stop Programmes.

If the stress-management and stop-smoking programmes are successful Austin will soon be introducing other programmes such as speed reading, achieving weight-loss and curing insomnia through hypnosis.

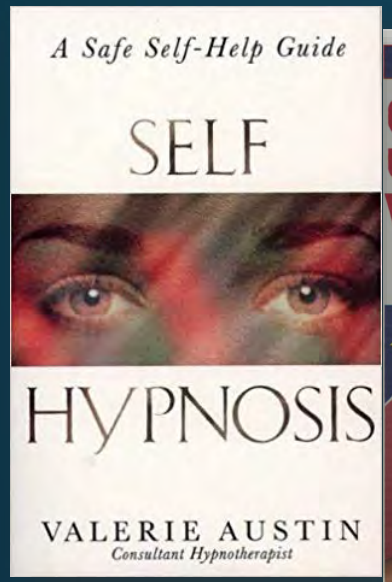
For her Kuala Lumpur courses, which are registered under a company called Oliwaord System, Austin will be assisted by hypnotherapist Wamen Veal from the UK.

Austin's stress management and stop smoking day courses (RM250 per person) will be conducted through February (each weekend) and a diploma course on learning to increase productivity (RM4,500 per person) will be available in April and May (four weekends).

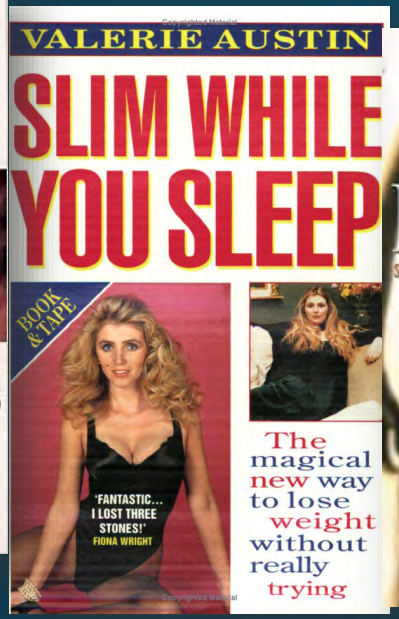
She will also be conducting her stress management courses at the Langkawi Holiday Villa till November. For a personal one-to-one course Austin charges RM5500.

The fee for all courses includes refreshments and a take-home package on self-hypnosis.

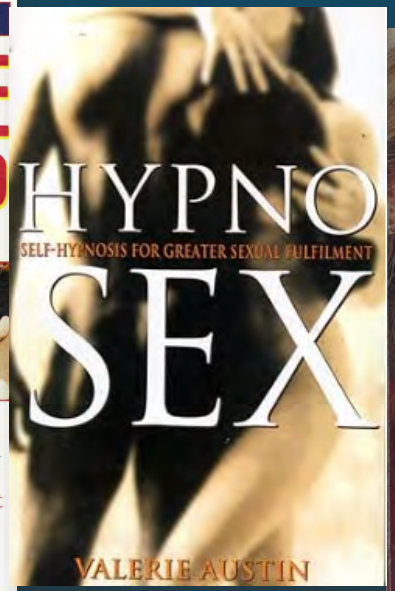
For more information on the courses, call the Crown Princess Hotel at Tel: 03-2625522 and ask for Austin hypnotherapy courses.



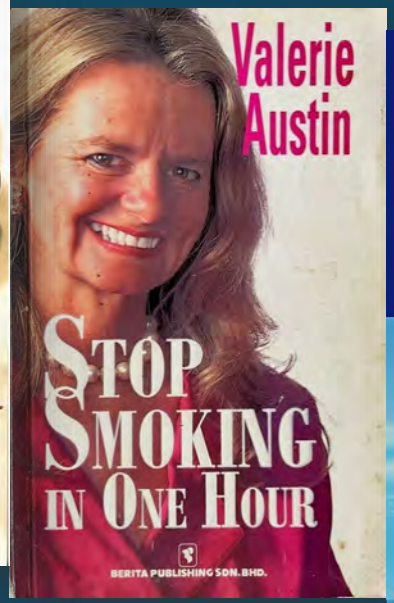
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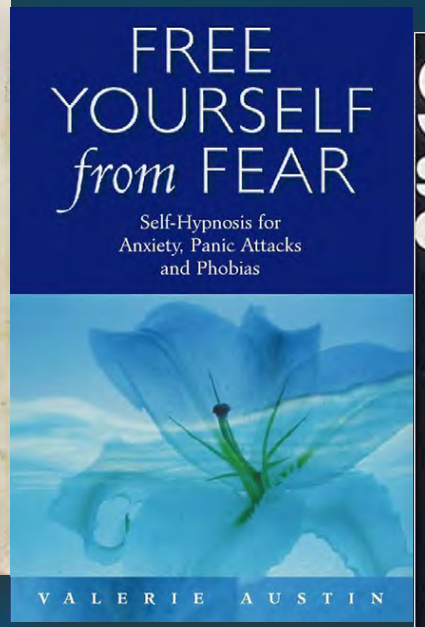
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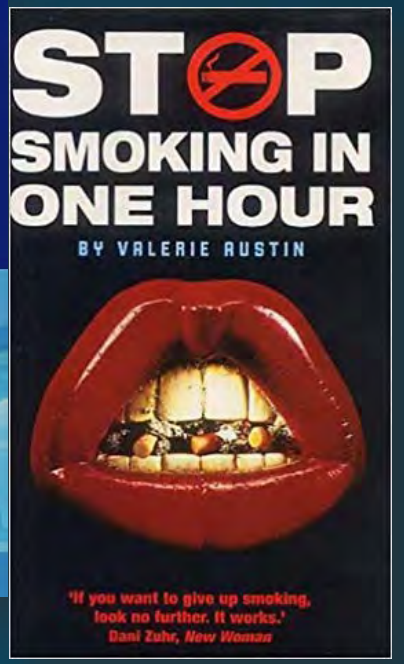
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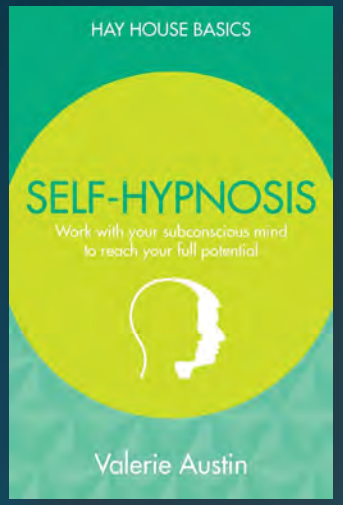
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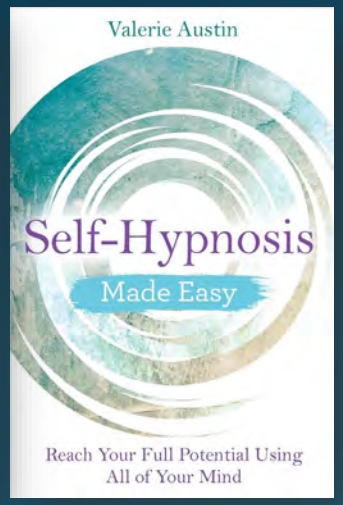
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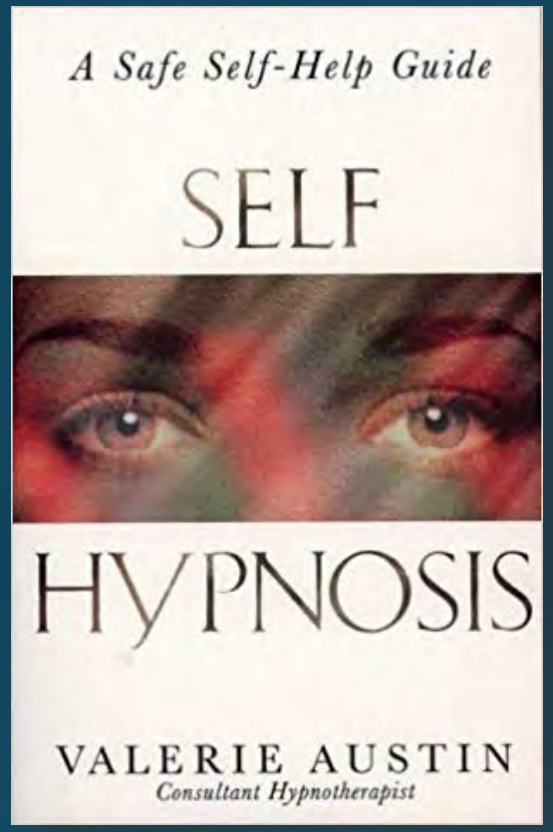
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Hypnosis Books

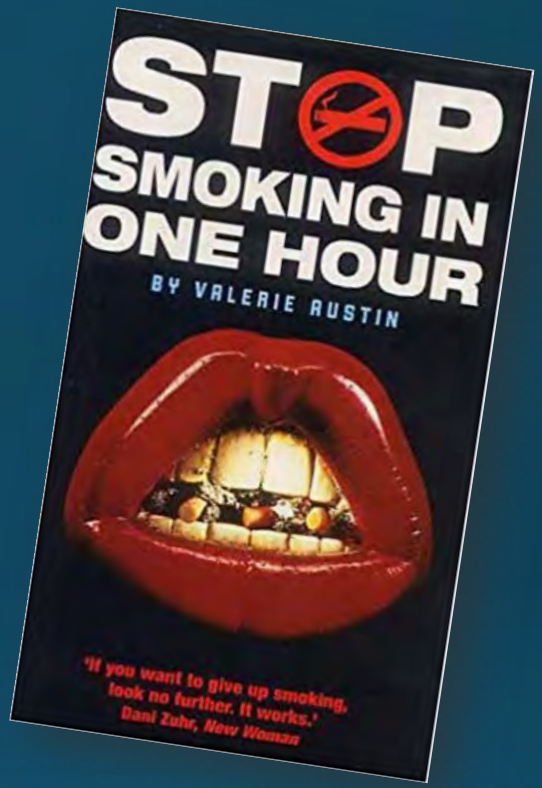
Commissioned by major publishers
and with many translated into up to 8 languages



'Self Hypnosis'

Thorson's 'little gem' that just keeps selling





'Stop Smoking in One Hour'

Book based on successful hypnotherapy technique

First version published in Malaysia

British hypnotist offers cheap, effective way to quit smoking

KUALA LUMPUR, Thurs. — Boasting a 95 per cent success rate at helping smokers kick the habit, British hypnotist Valerie Austin reveals the techniques she uses in her latest book *Stop Smoking in One Hour*.

Austin said the book, published by Berita Publishing Sdn Bhd, offers a simple and practical explanation on how and why the mind is resistant to a decision to stop smoking.

Austin who also has an institute in Langkawi offering Stop Programmes for habits, phobias, fears and stress said hypnosis was probably the cheapest, simplest and most effective method to quit smoking.

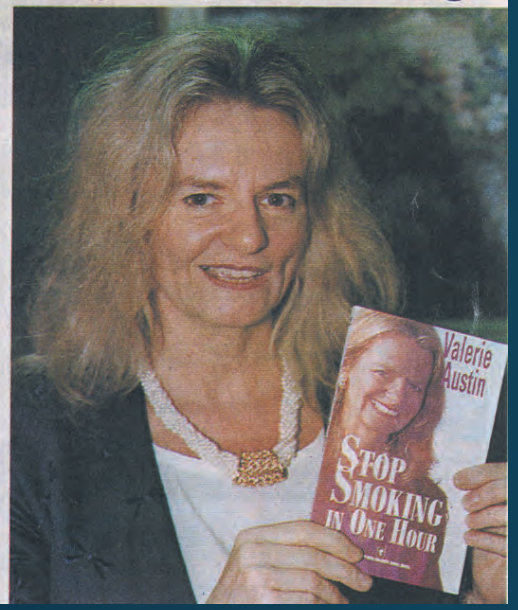
Austin called smoking a mental addiction and said it was very difficult to stop the habit which was locked into the subconscious mind.

"Through hypnosis we reach into the subconscious mind and teach it that the habit is no longer necessary."

Other features explained in the book are hypnosis, hypnotherapy, suggestion, case studies, self hypnosis, scripts for inducing relaxation and stopping smoking, reports from around the world on hypnotherapy and other products on the market that help smokers stop the habit.

Austin took up hypnotherapy as a career after hypnosis treatment helped her regain her memory following a car crash.

The treatment under American hypnotherapist



GOOD HEALTH ADVICE

Daily Mail, Tuesday, January 16, 2001

Stop smoking in just ONE hour

By VALERIE AUSTIN



FROM my experience of helping more than 3,000 smokers around the world to give up, I have found that hypnosis has a much higher success rate than any other treatment.

Over the years, I have honed my own technique so that I now have a 95 pc success rate, and have also found it is possible to cure someone of smoking in just one hour-long session.

Everyone is susceptible to hypnosis, though some more than others. The most important thing is for the smoker to genuinely want to give up.

I use a perfectly safe 'mind reprogramming' technique to change people's attitude to smoking, and to shift the satisfaction they get from smoking to something beneficial to them. But it is also possible to hypnotise yourself.

Below is a step-by-step guide to

script in my book which I often use at this point to increase the effectiveness of the stop-smoking suggestions.

The aversion therapy helps the mind experience the unpleasant side of cigarettes, such as the stale smell of the smoke, so when you return to a normal state the thought of a cigarette repulses you even more.

TO HELP bring yourself out of hypnosis, use the counting out script to count backwards from ten to one.

'In a moment, I am going to count from ten to one, and at the count of one you feel fully aware, fully alert and your eyes are open. Ten, nine, eight — coming up now — seven, six, five — more and more alert — four, three, two, one: eyes open.'

With this form of suggestion

Features

After years of dedicated cigarette smoking, **Sally Brampton** believes she has found a way to shed the shackles of nicotine

Breaking up with a very old friend

W



Lifestyle

AND T
PAGE

Time to give up

You've been banned from buses and barred from pubs. It's a good time to stop smoking, says **Jade Sermon**

▶ Health



Valerie wrote article for Daily Mail

Hypnotherapist Valerie Austin claims to have cured 95% of her patients of their smoking ha
just one hour. So we sent her the ultimate challenge – nicotine worshipper **Simon Hattenst**

The last cigarette?



The Malay Mail, Friday, May 2, 1997

HYPNOSIS WAY TO STOP SMOKING



US TOBACCO INDUSTRY ADMITS SMOKING CAUSES CANCER

Quit Smoking Now!

SAVE TIME AND MONEY. IT'S SIMPLE AND EASY TO FOLLOW.

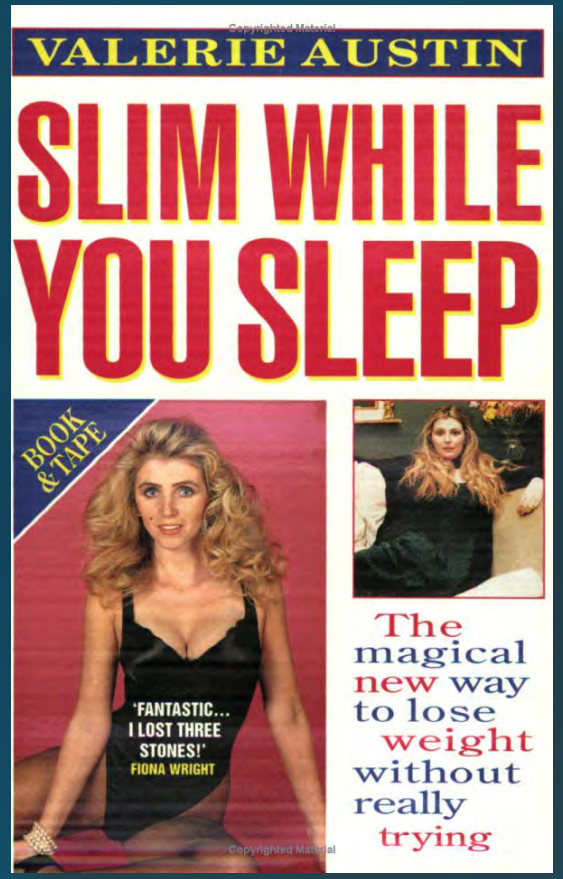
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STOP SMOKING IN ONE HOUR is meant for those who are interested to stop smoking or those who want to help friends quit the habit. The book examines the various reasons smokers get hooked to smoking and slowly it became a habit hard to get rid off. The author introduces her remarkable Austin Technique which have help hundreds of smoker to stop smoking. This book teaches you how you can use the dynamic power of self-hypnosis to retrain and transfer the illusory satisfaction of smoking to a more benefiting role.

About the Author

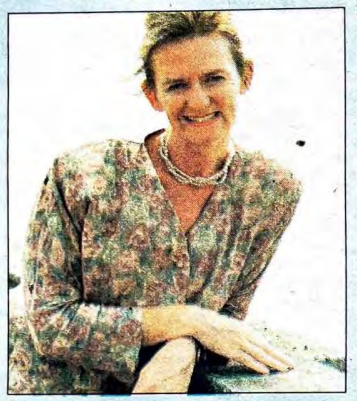
VALERIE AUSTIN is now practising in London's Harley Street. Austin offers a variety of hypnotherapy programmes to assist people to quit smoking, lose weight and reduce stress. Austin Technique has recorded an extremely impressive 95% success rate. Her method was televised in 1993 in UK on National Stop Smoking day. In 1994 the Health Minister of



'Slim While You Sleep'

A new concept for weight loss

Use mind power to help you lose weight, says Valerie



Valerie Austin: 'Re-programme your mind'

WHY do we eat more than we need to? For comfort, for protection, for punishment?

The slim woman sitting in the foyer of the Imperial Hotel in Blackpool bets that it is for one of these three reasons.

Your body doesn't need that extra food, insists Blackpool-born hypnotherapist Valerie Austin, who has devised a slimming course designed to get that message through to the brain.

"People don't need to worry about diets," she says. "They know what's good for them – don't use yourself as a garbage can!"

"The key to losing weight and, more importantly, maintaining the loss, is MIND POWER!" she writes in her book Slim While You Sleep, which comes with a tape.

"Once you reprogramme your mind to root out bad, negative habits and replace them with dynamic new, positive ones, then you should be able to eliminate your weight problem for ever. Think of the mind as a highly sophisticated computer – it's a question of getting rid of the outdated software and inputting a new programme to change attitudes.

"How to achieve this? Everyone has at their command the most powerful tool for self-healing known to mankind: HYPNOSIS.

Venture

"Using hypnosis, those bad habits and lack of self-discipline that lead to over-eating can be eliminated and replaced by positive mental attitudes, resulting in a more balanced approach to a sensible diet and control of your weight."

On the cover of the book and the tape is a photograph of model Fiona Wright – who hit the headlines after her kiss-and-tell affair with Sir Ralph Halpern – bearing testimony to the fact that she lost three stone with Valerie's help.

Now 47, Valerie is the daughter of Blackpool hoteliers. She worked in the USA and married an American, from whom she is now separated.

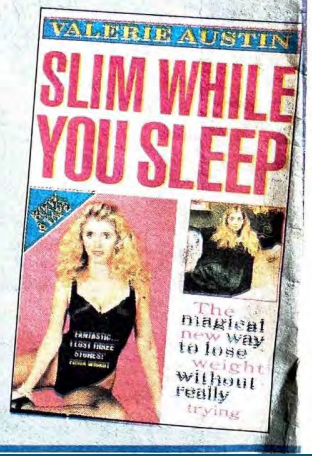
Her interest in hypnotherapy started in the 1980s when she sought help from one when her late mother was ill. Now she practises in London, with students of her own.

Two more books are planned, one on stopping smoking and one that deals with improving your love life!

Her latest venture, strictly for the well-heeled, is Learn in Paradise, a holiday which has been organised by The Malaysia Experience at the luxurious Datai Hotel in Malaysia. The holiday runs from September 18 to 25 and includes a four-day mind improvement course.

There are still places available on the secluded white beaches of the island of Langkawi with Valerie – but you will need £2,225 to join her for this slice of tranquillity.

■ Slim While You Sleep comes packaged with a tape and costs £10.99 from Blake Publishing Ltd., 3 Bramber Court, 2 Bramber Road, London W14 9PB (Tel 0171-3810666).



The Journal/Tuesday, January 10, 1995

A dream come true for dieters?

Slimming while you sleep may sound a little far-fetched, but as hypnotherapist Valerie Austin told JANE HALL, it is possible to melt away those unwanted pounds without really trying.



Weighting game: Hypnotherapist Valerie Austin has written a slimming book based on sleep hypnosis.



Shapely: Fiona Wright, left, before she sought help from Valerie Austin, and right, after her treatment.

VALERIE Austin knows all about the weighty problems associated with piling on those unwanted pounds and inches.

Having been on the pill for seven years her doctor suddenly changed her to a new brand, and she watched as her trim size 10 figure ballooned to a size 14 thanks to the effects of water retention.

And as a former journalist and promotions executive in Hollywood she worked closely with the film industry, and saw for herself the mental and physical anguish suffered by models, beauty queens and actresses obsessed with trying to stay trim and slim.

Like many people, Valerie, a hypnotherapist who runs two clinics in London, has grave concerns about what she terms the numerous 'faddy diets' that come on the market virtually every day.

For the vast majority of the population they don't work. People find themselves trapped in the never-ending spiral of dieting, losing weight for a while, relapsing, piling on the pounds again, trying yet another miracle diet, losing weight, putting it on, and so on...

Not only can it be a depressing vicious circle, but as we now know, such diets can be detrimental to our health, and cause mental frustration.

Valerie says: "Diets based on food deprivation, or only eating certain types of food, vary from the silly to the downright dangerous, but they all have one thing in common, they relate to a purely physical approach to slimming and ignore the mental element.

"However, there is growing evidence that being overweight is a state of mind. Lack of willpower is widely acknowledged as the principal reason why so many slimmers 'fall off the wagon'.

"What is needed is an approach to weight loss that combines sensible eating with a disciplined programme of mental self-help and self-control."

Which is what Valerie has come up with. *Slim While You Sleep* is a unique diet book and tape that involves programming your mind while you sleep to help you lose weight.

Valerie said: "In a powerful, two-word phrase, the key to successfully losing weight – and, more importantly, maintaining the loss – is mind power.

"Once you reprogramme your mind to root out the bad, negative habits and replace them with dynamic, new positive ones, then you should be able to eliminate your weight problem for ever.

"Think of the mind as a highly sophisticated computer – it's a question of getting rid of the outdated software and inputting a new programme to change attitudes."

'There is growing evidence that being overweight is a state of mind.'

If it seems too good to be true, Valerie has scores of patients who can testify to its success, including model Fiona Wright – probably best known for her headline making affair in 1987 with the former Burton Group chairman Sir Ralph Halpern – who lost three stones after seeking the hypnotherapist's help.

Fiona had suffered many years of repeatedly gaining and losing weight and was in Valerie's words "definitely large" when she sought her help.

She said: "When I first saw Fiona it was a real shock because I remembered her from her professional days when she was really slim. And here she was, stones overweight. I had heard she had put on a lot of weight, but I wasn't prepared for how much."

Valerie says she was able to help Fiona not just with her weight, but other problems that were worrying her – such as appearing on TV – and affecting her general well being.

Hypnosis, Valerie says, is the most natural self-healing tool known to mankind. "Using hypnosis, those bad habits and lack of self-discipline that lead to over-eating can be eliminated and replaced by positive mental attitudes, resulting in a more balanced approach to a sensible diet and permanent control of your weight problem."

Slim While You Sleep is the result of a series of fortuitous accidents.

Valerie was asked to write a slimming book just before she went to America for a hypnotherapy convention early last year, but admits that she had little or no idea what she was going to do.

One of the first lectures she attended was on sleep hypnosis. She had just lost her father and was suffering some mental problems that were affecting her life. But she said: "I had some treatment and all my problems disappeared.

"I learnt all about it and then started trying it on people. The results were extraordinary. It is such a new technique and to my knowledge isn't being used in this country."

She adapted the *Slim While You Sleep* programme from the Hypno-Sleep Therapy she learnt from American hypnotherapist Jack Mason, and the technique requires the commitment of only a few minutes every day for about three weeks to ensure that you will rest in a more positive and natural way.

'The key to successfully losing weight is mind power.'

So what is sleep hypnosis? Valerie explains: "Sleep hypnosis enables a person to direct the inner mind to do the work even before your subconscious is active.

"To use an analogy, suppose you consult a hypnotherapist to seek help for a problem – the advanced hypnotherapist has been likened to a computer expert who shows you how to work your computer and run the software.

"Sleep hypnosis like being directly in touch with the designer to correct the malfunctions and solve the problems at source.

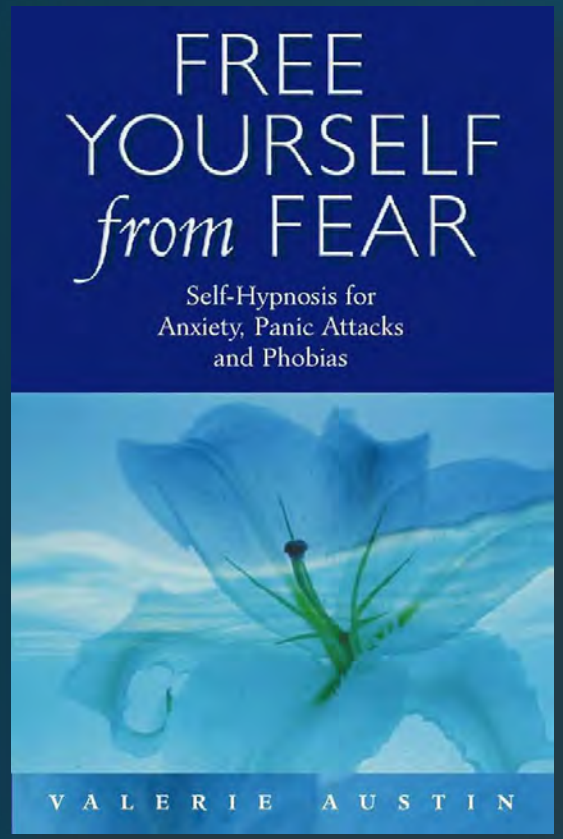
"Your specially designed hypnotic suggestion is rather like the computer expert explaining to the designer what problems result because of the design fault. The designer then makes an adjustment to ensure the smooth running of the equipment."

But is it dangerous? There has been much talk in the media in recent months that hypnosis – and especially stage acts – can be dangerous.

Valerie says: "Many people are understandably fearful of allowing themselves to be hypnotised, but it is most unlikely that any harm could be done. If they are asked to do something they don't want to, their mind will reject it and they will simply wake up.

"One thing though, if you decide to enlist the help of another party to act as your guide to assist you into hypnosis, which is one method I suggest, then you must be sure to choose someone whom you trust completely."

■ *Slim While You Sleep* by Valerie Austin is published by Blake at £10. Anyone wanting more information about weight loss, how to stop smoking, stress, traumas and phobias, can contact Valerie on (0171) 637- 1330 or fax (0171) 580-8838.



'Every time I flew, I felt sure that the plane would crash'

AS A CHILD, Valerie Austin dreamt about being in a plane that crashed. "After that, each time I really did fly, I felt sure the plane would crash." She was so determined to confront her fear that, as a young woman, she learnt to fly.

The process of overcoming her fear, combined with successful treatment by hypnosis when she lost her memory after a car crash, led to a career as a hypnotherapist. In her new book, *Free Yourself from Fear*, she outlines a step-by-step guide on how to self-hypnotise your way out of anxiety, panic attacks and phobias — including fear of flying.

According to Valerie, self-hypnosis works best when a fear has been inherited or learnt. She tells the story of two sisters, one of whom was terrified when the pilot of the private plane in which she was a passenger tipped the wings so she could see a swimming pool below.

"The lurching movement made Trudy's stomach sink and frightened her — she was only five. The next time she flew, her stomach again sank, compounding the fear; eventually, she could not even go to an airport."

Valerie cured this deep-seated phobia, but only after several sessions of regression therapy, during which she took Trudy back to the childhood trauma. Shortly afterwards, Trudy's sister Alex, who was going on honeymoon, asked to be cured for *her* fear of flying. "The unconscious mind is extraordinarily powerful and I found she had become jealous of the focus on her sister. Without realising, she had learnt to imitate her phobia."

However, Alex's acquired fear was easily banished by suggestion hypnosis, similar to the self-hypnosis techniques described in Valerie's book. There are three basic steps:

1. Induce a trance-like state to allow your subconscious mind to be receptive to suggestion. To do this, record and play back "scripts" — such as *The Island Fantasy*, described in the book. Another is *Relaxation*. There are many pauses in the passages, for example: "... foliage above you shades you from the hot sun ... and you notice a cool refreshing breeze ..."
2. Play a pre-recorded suggestion script. There is a specific one for *Fear of Flying* with such passages as "... you imagine the trip to the airport ... you arrive and check in your baggage and you feel so calm and relaxed ...", or "... the plane starts to taxi to the runway, you look out of the window and a wonderful feeling of calm flows through you ..."
3. Count yourself out of the trance by counting from 10 backwards.

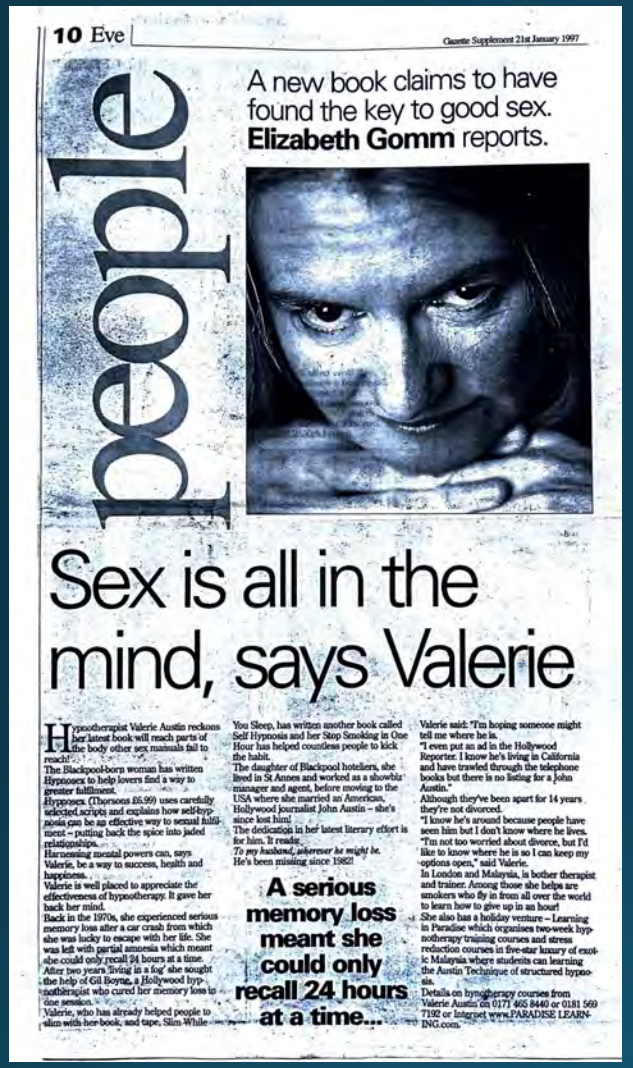
The author suggests repeating this each day for three weeks. With practice, you can devise your own customised "scripts". Some people swear by self-hypnosis, but it does not work for everyone; some find the fantasies silly rather than constructive. Valerie believes that about 60 per cent of fearful flyers might help themselves to lose their phobia in this way.

☐ *For details of Valerie Austin's fear of flying cassette and treatment sessions: 0181-569 7192.*

☐ Free Yourself from Fear *(Thorsons) by Valerie Austin is available for £6·99, post free in the UK, from Telegraph Books Direct, 24 Seward Street, London EC1V 3GB or call 0541 557222. Please quote ref PA269 when ordering.*

'Free Yourself From Fear'

Curing fears and phobias using self hypnosis



10 Eve

Gazette Supplement 21st January 1997

people

A new book claims to have found the key to good sex. **Elizabeth Gomm** reports.

Sex is all in the mind, says Valerie

Hypnotherapist Valerie Austin reckons her latest book will reach parts of the body other sex manuals fail to reach!

The Blackpool-born woman has written *Hypnosex* to help lovers find a way to greater fulfilment.

Hypnosex (Thorsons £6.99) uses carefully selected scripts and explains how self-hypnosis can be an effective way to sexual fulfilment – putting back the spice into jaded relationships.

Harnessing mental powers can, says Valerie, be a way to success, health and happiness.

Valerie is well placed to appreciate the effectiveness of hypnotherapy. It gave her back her mind.

Back in the 1970s, she experienced serious memory loss after a car crash from which she was lucky to escape with her life. She was left with partial amnesia which meant she could only recall 24 hours at a time.

After two years 'living in a fog' she sought the help of Gil Boyne, a Hollywood hypnotherapist who cured her memory loss in one session.

Valerie, who has already helped people to slim with her book, and tape, Slim While You Sleep, has written another book called Self Hypnosis and her Stop Smoking in One Hour has helped countless people to kick the habit.

The daughter of Blackpool hoteliers, she lived in St Annes and worked as a showbiz manager and agent, before moving to the USA where she married an American, Hollywood journalist John Austin – she's since lost him!

The dedication in her latest literary effort is for him. It reads:

To my husband, wherever he might be.

He's been missing since 1982!

A serious memory loss meant she could only recall 24 hours at a time...

Valerie said: "I'm hoping someone might tell me where he is.

"I even put an ad in the Hollywood Reporter. I know he's living in California and have trawled through the telephone books but there is no listing for a John Austin."

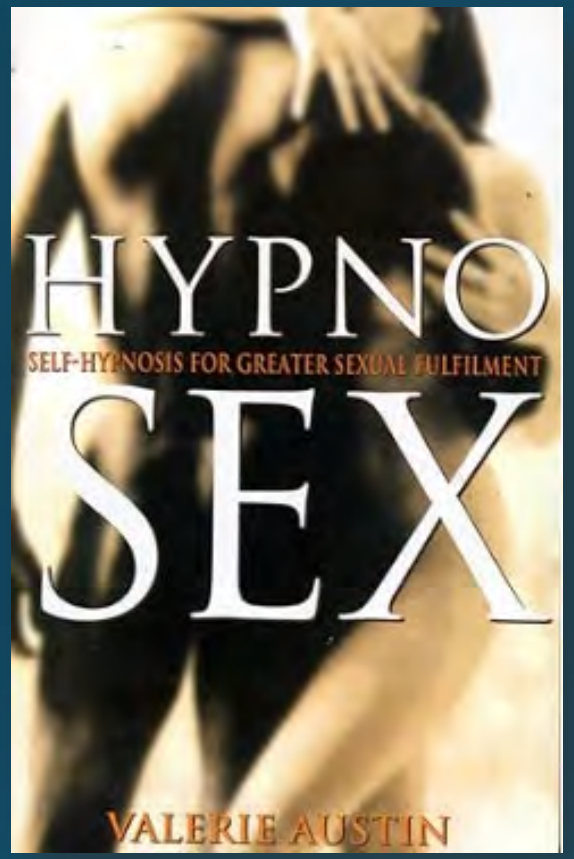
Although they've been apart for 14 years they're not divorced.

"I know he's around because people have seen him but I don't know where he lives. "I'm not too worried about divorce, but I'd like to know where he is so I can keep my options open," said Valerie.

In London and Malaysia, is bother therapist and trainer. Among those she helps are smokers who fly in from all over the world to learn how to give up in an hour.

She also has a holiday venture – Learning in Paradise which organises two-week hypnotherapy training courses and stress reduction courses in five-star luxury of exotic Malaysia where students can learning the Austin Technique of structured hypnosis.

Details on hypnotherapy courses from Valerie Austin on 0171 403 8440 or 0181 569 7192 or Internet www.PARADISE LEARNING.com.





SUNDAY MIRROR, November 3, 1996 PAGE 9

HYPNO SEX

How the power of your mind can help you make love like never before

By DAVID ROWE

YOU'RE wrapped in the arms of your lover on a deserted paradise beach. Or you're entwined on the silk sheets of a luxurious four-poster bed.

Maybe you're helplessly seduced by a mysterious stranger. Or suddenly you become the world's most desirable sex object.

Whatever your favourite love fantasy we all know deep down that sex begins in the mind. And that's where the most erotic part of your body.

Now an exciting new technique — Hypnosex — teaches you how to harness that sexual power and open up a whole new world of fulfilling passion.

It is a method of deep relaxation which sweeps the mind clear of inhibitions and opens the way to greater sexual pleasure.

Hypnotherapist Valerie Austin, 34, has devised the programme after years of treating clients with a range of sexual needs and desires.

From shyness to sexual obsession, Hypnosex offers simple, self-help advice which can change your life forever.

And Valerie says the basic technique is just like sex itself — once you've learned it, you'll never forget it. The British-born author says: "Wonderful, mysterious sex is everybody's right — so clear your mind for it.

"Hypnosex reaches the parts of the body other sex manuals fail to reach."

Valerie's methods help explode many of the myths surrounding sex.

She says: "Many misguided ideas have been passed down to us, such as that the way to satisfy a woman is to spend hours on foreplay.

"In reality the amount of time needed is very flexible. Women are all different with their own beliefs and preferences.

"If the man is oblivious to how important timing is and puts his full energy into prolonging the love-making, it can become a nightmare for the woman instead of a pleasure.

"The unfortunate part is, she cannot tell him in case his reaction is to blame her.

"Another male ignorance is many women don't understand what they think is the importance of size.

Valerie says: "So many men think that a massive appendage will turn all women on and that the more elaborate leg it is the more a woman likes it.

"This is a common belief. All I can suggest is to use a little common sense.

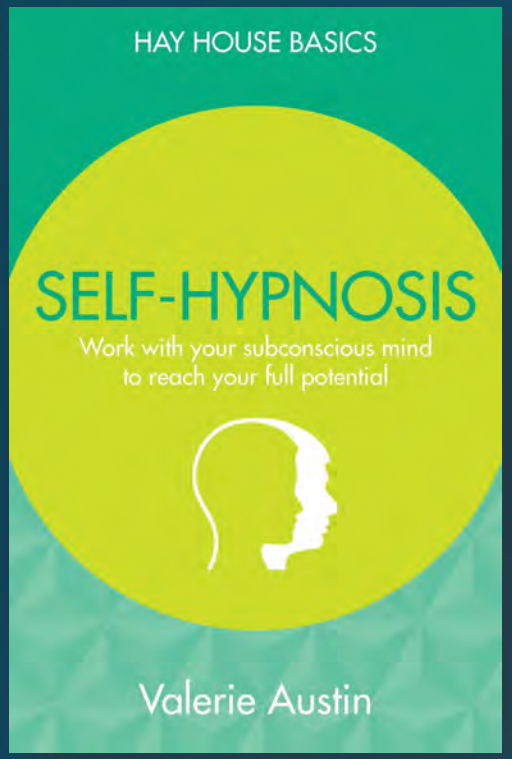
"It can get very tedious for a woman to have to keep

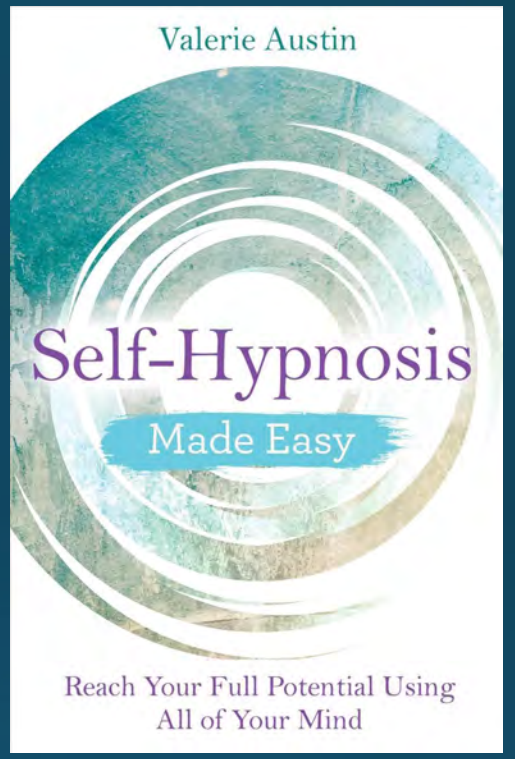
Turn to Page 37

TAPES THAT WILL GIVE YOU THE BEST SEX OF YOUR LIFE - CENTRE PAGES

'HypnoSex'

For better relationships





Self Hypnosis re-imagined

Hay House publishing



Education LIFE

From Palm Springs to Eaton Park

Valerie Austin at the Desert Sun, Palm Springs

VALERIE Austin is a remarkable woman, forceful, focused and original. And, if her claims are startling, then her results are equally so.

Most smokers, who want to stop can be helped by her technique 'learn to stop smoking in an hour.' But that claim, she says is backed by 'a success rate as high as 95pc.'

Stress, she says is 'the silent killer' and here the Austin technique deals with the problem before it builds up.

Austin Training also stretches to such modern problems and phobias and such common difficulties as losing weight.

But it also has a positive side. Speed reading, earning potential and technique for dealing with the media are also introduced into her courses.

And essential to her skill is location, location and location. So she has held courses in Palm Springs, in Langkawi, Malaysia and in London. And for her first course in the North she has come to the Long Room at Eaton Park, traditionally the home to some of the grandest receptions and festivities in Cheshire. The first course will be held there from the 14th to the 20th of October.

They are not cheap, ranging from £3,500 for a non-residential course, to £5,000 for a residential.

But then Valerie would claim, that in any walk of life, quality costs. Valerie herself is an established author, trainer and journalist. Her best selling books have such catchy titles as *Slim While You Sleep, Free Yourself from Fear, Hypno Sex,* and *Self Hypnosis.* She has received support from such diverse people as Roy Stockdil, book editor of the *News of the World* and Dani Zur of *New Women.*

The remarkable Valerie Austin is bringing her training techniques to one of the most prestigious locations in the county

At the heart of her work is hypnosis. And the aim is to 'use hypnosis to clear the mind viruses' of her high profile clients.

She is a woman as they say with a 'history.'

She spent ten years covering the Cannes Film Festival, and worked as 'trade editor for the film industry.'

In the 80s she was married to the International Editor of the *Hollywood Reporter* and was a journalist with her own magazine in London.

A near fatal car crash led to six years of 'amnesia, followed by 15 years of study and training in advanced hypnotherapy'.

The aim of the course is to teach hypnotherapy 'to the executive or the housewife'. The seven day course aims to use 'structured hypnosis to maximise individual potential'.

For information on the courses ring 0208876 1044 or e mail at: www.paradiselearning.com ■



Tips *from the* top

Hypnotherapist **Valerie Austin** recommends hypnosis as a basis for achieving personal goals and forming compatible relationships

Valerie Austin is well placed to appreciate the effectiveness of hypnotherapy. It literally gave her back her mind.

Back in the 1970s Valerie experienced serious memory loss after a car crash from which she was lucky to escape with her life. The trauma left her with a partial amnesia which meant she could only remember 24 hours at a time.

'I could not recall people or places. To my enormous embarrassment I was having to ask lifelong friends who they were. I constantly lost things, and began to dress oddly. I would start a job and move on to something else, forgetting to finish the first task. I would spend hours looking for things, totally absorbed in the search and unaware of the passage of time. I lost all my money. I could not keep a job because I was unemployable. On weekend breaks from boarding school, my son would be left outside my house while I was off staying with friends, having forgotten I even had a son.'

Valerie endured this 'mental fog' for two-and-a-half years, before her plight attracted the attention of Hollywood hypnotherapist Gil Boyne. In one session he'd cured her of her memory loss. But later a string of family deaths, accidents and traumas triggered her amnesia once again. She even forgot she had a husband in America!

The fog was back, for another four years, until another hypnotherapist helped her regain her memory once more.

Valerie became interested in hypnotherapy herself and realised that her problems – like most people's – were rooted in even earlier experiences. A child who witnesses an act of violence, for example, or who is constantly told, 'you'll never amount to anything'.

Such unresolved issues can sow doubts and negative thoughts which later prevent us from daring to achieve all we want to. The Austin technique, which Valerie went on to develop, aims to undo these limiting programmes. She works to give people a new and powerful sense of confidence and clarity of thought and action by eliminating bad thoughts and any unwanted behaviour.

'Most of us need to clear the mind of the cobwebs that occur as we grow up. The people I work with tend to have unresolved "baggage" which can create particular difficulties in relationships.'

This is the subject of Valerie's latest book, *Hypnosex*. 'Unfinished business hangs about and collects more negativity. Negative attracts negative. Somebody with 50 per cent baggage, say, will attract somebody else with a similar amount. This baggage isn't easy to see on the face of it, but it helps explain why couples suddenly find themselves incompatible.

'Hypnotherapy can help you "clean up your act" so that you have a better chance of meeting someone more balanced, and a better chance of a lasting relationship.'

After two to three weeks of using the techniques explained in Valerie's books, 'you can train yourself to link directly into you inner mind, bypassing the resisting, left-hand, conscious brain,' Valerie explains. 'For example, I might look at a goal I want to achieve, say going to the Caribbean. Then I would picture myself standing on top of the world and look at what I need to get there. There must be no intention of harming anyone or anything else on the way. It's a very powerful universal law: if you have a clean route to what you want to achieve, your mind will find a way of getting you there without stamping on other people.'

HOW TO BE THE PERFECT PARTNER

This exercise is a shortened version of the blueprint for love which appears in Valerie Austin's book, *Hypnosex*. Do this exercise somewhere quiet, where you can concentrate easily ...

- **Imagine that you are looking at yourself through your lover's eyes.** Imagine that your lover is feeling enduring love and affection for you.
- **As you do so, ask yourself what are the three words – 'sexy', 'honest', 'loyal', for example** – that sum up what you need to do, how you need to be, so that they see you that way. You will find that the adjectives you choose will complement and balance one another.
- **Every morning and evening** – when you wake up and before you go to bed – visualise yourself on a television screen being those adjectives. Keep in mind your partner's reaction – the look in their eyes you want to see.
- **Then visualise the end result** – for example, making love with your partner and the way they look at you.

Valerie Austin is a hypnotherapist and trainer working in London's Harley Street and in Kuala Lumpur (tel: 0171 465 8440 or 0181 569 7192; www.PARADISE LEARNING.com). Her publications include Self Hypnosis (Thorsons, £5.99) and Hypnosex (Thorsons, £6.99).

Words Dani Fielder Photography Wendy Carig

Palm Springs article promoting Valerie's course.
The Duchess of Westminster, a former student, offered to host the course in the grounds of her home in Chester.

Malaysia

Learning in Paradise



With the Prime Minister of Malaysia's wife



With the Health Minister of Malaysia



With the Prime Minister of Malaysia



Valerie hired by hotel to hypnotise staff to improve the quality of service







Learning In Paradise

By H.Hussein

An executive style holiday-cum-learning experience for the business person who must learn to accept that one "cannot delegate one's health and sanity"...

Valerie Austin is a hypnotherapist author, trainer and entrepreneur, based in London's famous Harley Street and now also in Kuala Lumpur. Author of books on self-help, she specialises in increasing productivity and stress-control to help keep the highly trained business mind free of obstacles that can lead to stress, illness or even breakdown. Her previous experiences in high performance selling, ten years covering the Cannes Film Festival, and her life in Hollywood as a trade editor for the film industry stay well have prepared her for the fascinating strategies of the mind.

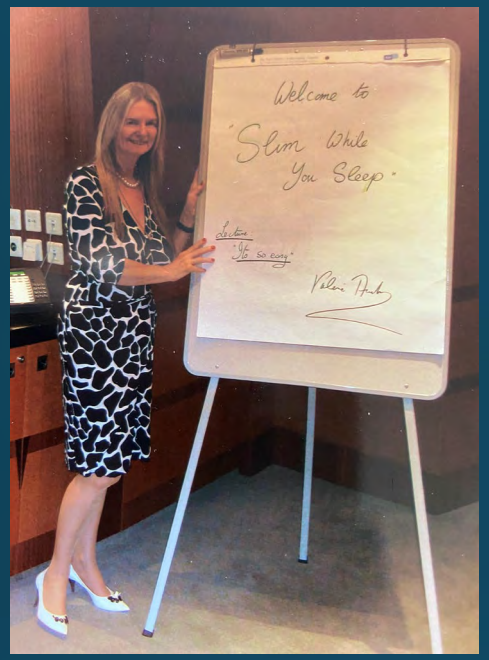
"I became a therapist quite by accident", Valerie explained. "I was suffering from severe amnesia resulting from a car accident and after two years in what seemed like a "mental fog" I was helped by a famous "hypnotherapist to the stars". He had already treated Sylvester Stallone, so I was in good company. In fact, the hypnotherapist asked me to pronounce him with my film industry and journalist contacts. The promotion was very successful and I believe he still uses the press hand-outs to this day." Eventually she returned to the UK, but it was several years before she decided to take a hypnotherapy course and become one of UK's leading hypnotherapists.

"My years in journalism helped me to promote myself as a top therapist. I don't say this because of my ego, but the results were amazing. I believe it was a direct result of me having such a long and complicated disability, like amnesia, that gave me the edge for structured hypnotherapy. I was having to live on my wits through the trauma of a memory loss, compensating for my disability with careful, structured excuses. Combining this with the heavy financial deal-making in Hollywood gave me the wonderful grounding for the 'mind contracts' so necessary in this form of therapy. It is of little use learning new tricks in increasing productivity without first dealing with the problems that sabotage your life and health.

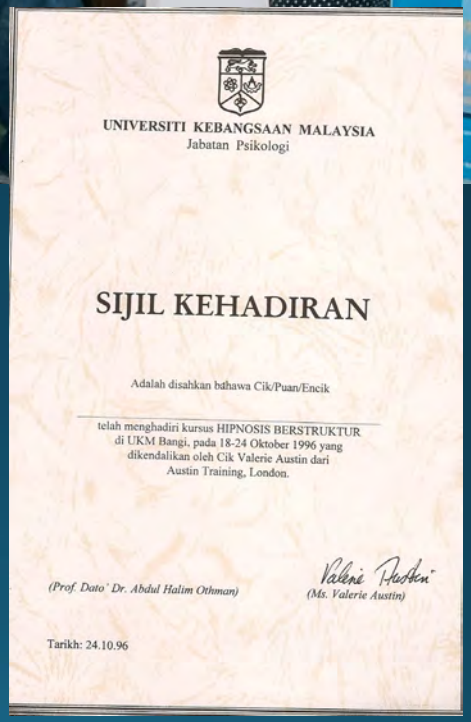
"I was asked to join a leading private hospital as their first hypnotherapy consultant. From then on, word soon got around the medical profession and I was sent a stream of clients from top psychiatrists in Harley Street. In fact, one of my clients was so pleased with the results of his therapy, that he literally handed over the keys to his Beverly Hills-styled offices in Harley Street and left for good to travel the world. I worked hard with long hours as my publicity ensured a full practice. Then I started to concentrate on increasing the productivity of business people. I found that I wanted to work with people who were well rather than ill, but had problems that were preventing them from being the high-level achievers that they originally set out to be."

Concentrating on prevention rather than dealing with illness, using structured hypnosis and developing her own techniques enabled her clients to have a kind of 'spring cleaning, clearing their mind - "and so, my new concept for therapeutic retraining of the thought process, "Learning in Paradise" was born," she said.

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UNIVERSITI KEBANGSAAN MALAYSIA
Jabatan Psikologi

SIJIL KEHADIRAN

Adalah disahkan bahawa Cik/Puan/Encik

telah menghadiri kursus HIPNOSIS BERSTRUKTUR di UKM Bangi, pada 18-24 Oktober 1996 yang dikendalikan oleh Cik Valerie Austin dari Austin Training, London.

(Prof. Dato' Dr. Abdul Halim Othman)

(Ms. Valerie Austin)

Tarikh: 24.10.96

Health minister awards Valerie's psychology students and teachers special diploma



Teaching University course



Commissioned by The Psychology University to teach her 7-day course on hypnosis

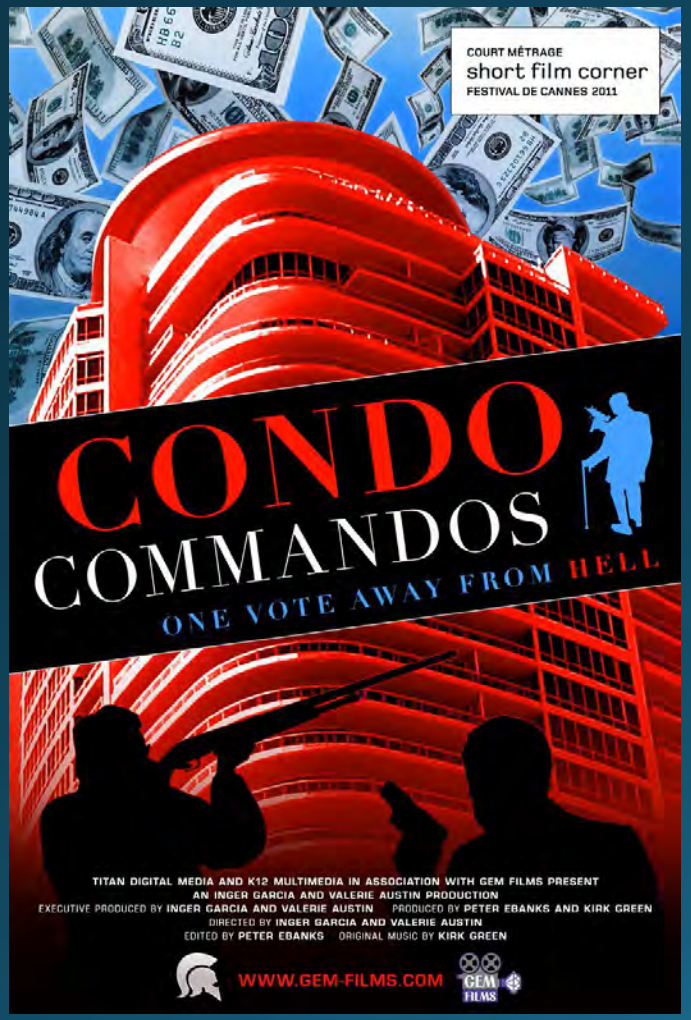


Being honoured with a Fellow and Lifetime International Member award from The Malaysian Professional Hypnotherapy Association in 2022 in recognition of being the first person to bring hypnosis to Malaysia and the legacy of associated achievements.

Active in the film industry

From Blackpool to Hollywood

Condo Commandos: One Vote Away From Hell







‘The Face of Cancer’ shown at the Cannes Film Festival



Valerie and Inger Garcia,
her co-producer for ‘The Face of Cancer’
promoting the film at the
Cannes Film Festival



Valerie with Carol Connors and Pat Riley
who were interviewed in the
2½ hour Face of Cancer Film



Singer-songwriter
Carol Connors,
co-writer of the
academy nominated song
‘Gonna Fly Now’
from the film Rocky

"Who Controls The Memes, Controls The Universe"

Elon Musk Parody Account - Memes

April 11th 2024

A.I.


ARTIFICIAL PERCEPTION









Image source: Nvidia

The Rundown: NVIDIA just revealed Project GR00T, a multimodal AI system that acts as the "mind" for advanced humanoid robots — enabling them to learn skills and interact with the real world.

The details:

- GR00T is a foundation model that allows humanoid robots to understand language, emulate human movements, and learn skills.
- Leading robotics partnering with Nvidia to leverage GR00T include Figure, Apptronik, Agility Robotics, Sanctuary AI, and Unitree.
- Nvidia also unveiled Isaac Sim, a tool for training and testing AI robots, and the OSMO platform for scaling AI workloads.

Why it matters: While AI has made huge strides, integrating advances into physical robots has remained a challenge. GR00T can help translate these high-level capabilities into low-level robot behaviors — enabling embodied AI that can perceive, reason, and act in more intelligent and human ways.

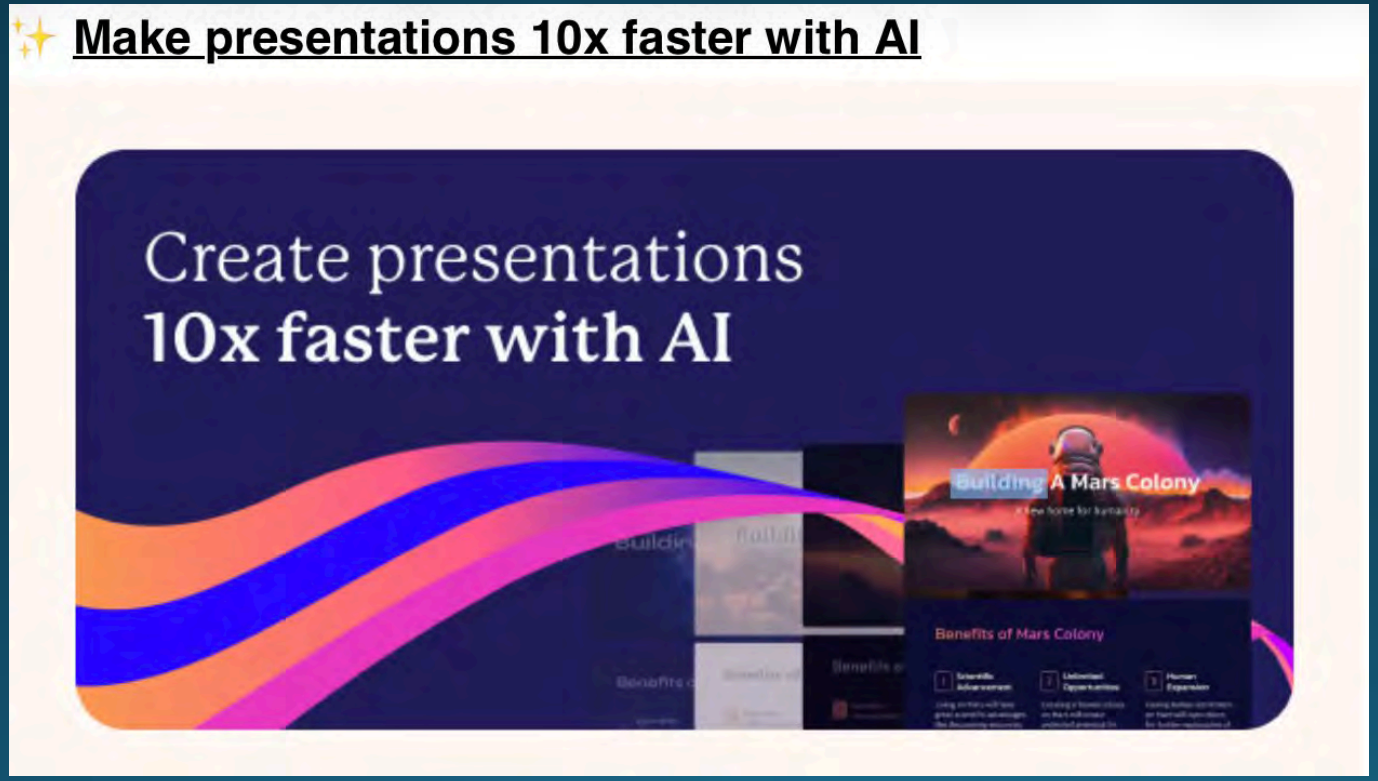
The Robot Mind vs the Human Mind

- Why it can never be the same

There are serious concerns
that AI will become dangerous
and Elon Musk is saying AI is being
taught to lie.

The problem is there were no rules put in place
and now it is said to be too late.

AI is fast becoming the standard tool for everyday tasks in the office.



This PowerPoint was produced in the old-fashioned way!



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www.artificialperception.vc