

# LITTLE NINE HEAVEN INTERNATIONAL

## KUNG-FU

### Hypnosis for Child Birth

The word hypnosis comes from the Greek word "Hypnos" (meaning sleep), and is used to describe a state which does indeed appear to be sleep but is actually a trance. The word hypnotism in common usage has both good and bad connotations. The word hypnosis and trance have been greatly misused and misunderstood by many.

Actually, we all go into hypnosis many times each day. Day dreaming is a form of hypnotism. A day dreamer exhibits facial features that are slack and eyes that stare vacantly with little or no animation of the body. We daydream when watching television, riding a bicycle, walking down the street, or even when we watch the ocean. A trance-like condition often occurs when we stare at a fire, listen to music or to a guest speaker. Many speakers have the ability to sway an audience and hold its attention just by the hypnotic inflections in their voice. By identifying with these common examples, we can begin to understand that the trance is really not mysterious and there is no such thing as "animal magnetism."

Stage hypnotists have only added to the distortion of the public understanding of hypnosis. The stage hypnotist is primarily a showman: he uses dramatic stage techniques to entertain. Many stage hypnotists wave their hands in various motions, causing some people to believe that this movement or waving of the hands helps produce the trance. This is simply not true. It is also very important to realize that a stage show subject is a volunteer who expects to act silly and say outrageous things, that expectation causes his unconscious mind to easily respond to the hypnotists stage suggestions.

At this point you may say, "All right just what is hypnosis? What is a state of hypnosis?" The answer: no one knows for sure. The mind is too complicated and not fully understood yet; there is still much to be explored. We simply cannot explain what combination of chemical or electrical

energy or arrangement of the cells in the brain enables a man to think or be hypnotized. We come to a dead end here, because no one knows. No one can tell you why hypnosis does what it does. Hypnosis or (the state of hypnotism) is a mental phenomena, a phenomena that is as old as man himself. In fact all the primitive medicine men and all the witchcraft recorded in history used hypnosis even though those ancient practitioners didn't know it. They knew only that they had something and it worked. HYPNOSIS will work for you too. Basically, hypnosis is simply a state of mind that occurs that allows acceptance of positive suggestion given by the hypnotist to the subject. There are no mystery words that the hypnotist must use. He merely uses suggestions that help you to relax your body. We know that when the body is relaxed all muscular and nervous tension is removed. We also know that during this process the conscious mind is subdued or put "on the back burner." It is then possible to communicate with the subconscious mind and give it positive suggestions. The suggestions are then accepted by the unconscious mind and acted upon later in consciousness.

We are on the receiving end of suggestions every minute of our wakefulness. Every newspaper or magazine display suggests that we buy this or that brand of merchandise. Radio and television tell us about the wonders of different products and how our lives will be changed by those products. Often they insert a suggestion so subtle that we are unaware of it, but we subconsciously accept the suggestion about the product and but it without really knowing why. For example, you have undoubtedly had the experience of seeing someone yawn. Chances are you yawned too. Although it was unintentional, you were given a subconscious suggestion to yawn... and you accepted it.

The one question a person would always ask is "How does it feel to be hypnotized?" The best way to describe the feeling of hypnosis is simply to say that you will

experience complete and wondrous calm, mentally and physically. You will not experience a blacking out or a feeling of being drugged afterwards, but rather an all-consuming relaxation of your whole being. This is why afterwards, people don't know that they have been hypnotized the first time. Because they have heard so many stories about hypnotism, they have a lot of misconceptions and they expect a "magic carpet ride" or a floating sensation to occur. However, since hypnosis is a state of heightened suggestibility and deep relaxation. The hypnotized person is fully aware of everything about him. He hears the hypnotist's voice clearly. He is fully aware of his surroundings and noises. At all times he is in complete control and can choose to remain relaxed or to wake up at any time. He is not UNCONSCIOUS, just relaxed.

In a deeper trance the patient will not only feel the complete and wondrous calm and relaxation but he will also enter into what appears to be sound sleep. However, he can still hear the hypnotist's voice and will respond to the positive suggestions of the hypnotist.

The question arises, "Why, if hypnosis is such a valuable tool, has it been neglected by the medical profession for so long?" The answer is simple: we know that in the evolution of all scientific learning one factor remains constant, superstition precedes knowledge. Actually, it seems that most scientific ideas pass through three phases before accepted. First it is "impossible." then it becomes either "sacrilegious" or "preposterous," and finally it becomes so axiomatic that "everybody knew it all the time." Hypnosis stalled in the second stage, largely due to the antics of its early experimenters. Those who practiced it during that time were either regarded as being a wizard or into a traditional satanic pact usually perpetuated the idea. Scholarly investigators who dared honest examination of its undoubted phenomena were excoriated instantly by both church and science. In the

engravings showing worshippers in poses unmistakably characteristic of hypnotic trance. A Greek engraving (928 B.C.) shows a renowned physician of his time placing a pupil under hypnosis.

From every country, from every period of man's history we find documents, paintings, and sculptures showing that some form of hypnosis has been practiced wherever man has congregated. Western civilization saw the practice of hypnosis completely disappear until in the eighteenth century it blossomed forth as a "new science". Once again hypnosis gained temporary respectability. In 1773 Frederick Mesmer presented the Faculty of Medicine of the University of Vienna with his thesis. Later he left Vienna and went to Paris where he became very popular and the topic of every conversation; a person was simply "no one," until he had been mesmerized. Mesmer returned to Vienna and died; soon thereafter hypnosis became a lost art. Then an influential man named Marquis de Puységur, a former student of Mesmer's revived some of his ideas which had sunk into oblivion. Marquis de Puységur impressed many people with remarkable feats. News of his miracles spread rapidly. He repeated his experiments again and again always with the same success. The science of hypnotism owes a tremendous debt to Marquis de Puységur, for he was the first to demonstrate "artificial somnambulism". He induced calm, peaceful sleep, which left the patient placid, content, and in a previously inexperienced state of relaxation upon awakening. There were other famous scientists who carried the banner for hypnosis, like Father Gassner, Doctor James Braid in 1841, Doctor Burcq around 1876, Charcot around 1878 and others until modern times. There are three general sages of hypnosis.

1. **LIGHT HYPNOSIS:** The subject is extremely drowsy, although he may not feel affected. He is fully aware of everything going on about him. He will obey simple suggestions, but will likely not react favorably to those of complicated nature, He will

drop his head, breath heavily, and he will find distracting influences disturbing.

2. **MEDIUM TRANCE:** The intent and purpose of medium trance suffices for almost any purpose which is pursued during hypnosis. It is occasioned by marked obedience, cooperation. There is no effort to resist, and he accepts suggestions readily. The patient's senses are made available from the unconscious for utilization by the therapist, and he can relive or feel any suggested event. From every standpoint this is the most desirable state, particularly for inducing post hypnotic suggestions that deal with behavior modification, performance enhancement or pain control.

3. **DEPT HYPNOSIS:** This is the most complete state. The respiration and heart action are markedly lower; the client presents the familiar signs of sleep, although he will half-heartedly listen to suggestion offered to him. This deep sleep is not dangerous. The main purpose for this state is for major surgery. Painless amputation is possible in this state of hypnosis.

Today there is a widespread and growing public interest in hypnosis as we see it applied in many diverse areas. Training centers and educational programs are appearing as the demand for knowledge in this field continues to grow.

The only anesthetic that is without danger is hypnosis. Many Obstetricians are finally becoming aware of the use of hypnosis for obstetrical anesthesia as an adjunctive technic, as evidenced by the increasing number of reports.

There is no doubt that the expectation of pain and fear associated with labor can be effectively relieved by suggestion and/or hypnosis. The education for childbirth by "natural childbirth" method aim at establishing a healthy attitude and have the same purpose as hypnosis but cannot achieve as deep a relaxation or reduce discomfort as in hypnosis. When natural childbirth and hypnosis are combined together the threshold for pain relief is much greater.

Showing that hypnosis can be an effective agent for eliminating pain in childbirth by knowing how to relax the body during labor. As a result of relaxation and knowing what to expect, anxiety and fear are decreased. For the maximum results one should take hypnosis and prenatal training which will result in less medication and calmer behavior during labor and delivery.

### ADVANTAGES OF

### HYPNOSIS

#### **Benefits and advantages of hypnosis in childbirth.**

1. Reduction of fear, tension and pain before and during labor.
2. Complete control of painful uterine contractions.
3. Shortens the first stage of labor by approximately 2 to 4 hours.
4. Can transfer report to an associate, nurse, friend, mother or husband. (With the patient's permission).
5. Decreased shock and speedier recovery.
6. No elaborate education or exercises are needed to achieve a strong interpersonal relationship essential to the success of childbirth.
7. No possibility of harm will be done to the mother or the baby by hypno-anesthesia.
8. An intensely gratifying emotional experience for a well-adjusted mother hearing the baby's first cry or seeing him or her immediately after birth are thrills that a mother can never feel if she is not awake.

By: Dr. James W. McNeil

**CDs ARE AVAILABLE ON  
LITTLE NINE HEAVEN  
WEBSITE ON CHILD  
BIRTHING.**

**Kelly with new L9H baby**



## The New Addition to the McNeil family

Hello, L9H family. My name is Christine McNeil-Holmes. As many of you may know, I am Sifu's youngest daughter, also known as his "little half breed." I was asked by my father to be a part of this month's newsletter since I have worked behind the scenes as the creator of all the newsletters.

Many people have told me that they view Sifu as a father figure and fortunately or unfortunately, I obviously have firsthand experience. Growing up, I always knew that my father's career was far different than most. I always knew that my father was a VERY unique individual and maybe even strange compared to any of my friend's dads. However, it also made life more interesting for me.

As a child, I was always meeting a vast array of students of a different race, religious background, or/and culture due to my father. Having been raised in Irvine aka "the bubble," I would have never encountered many of you. I find that having been exposed to all of you helped me to become the person I am today. My father always taught me that everybody has red blood and that color and race did not matter. I grew up believing that and I feel that it has made me a more well-rounded individual than those I grew up with in Irvine.

Because my father was seen as the father-figure or counselor for most of his students, I feel that being exposed to his kindness and love towards his students helped me pick the career path that I have chosen for myself today.



My Parents, sister Jenni, and I in 1988

After graduating high school, I went on to college at the University of California, Santa Barbara and majored in Sociology (minored in Chinese and Applied Psychology). In college, I became friends with people that were far different than those that I grew up with in Irvine. I became close friends with people that had grown up in poverty, people who had come from the ghetto, and people who had to fight all of the odds to get to college.

Hearing the experiences of many of my friends who came from far less privileged environments than I did helped me realize my purpose in life...to bring hope into the lives of those less fortunate so they could make it like that my college friends had.



Some of my inspirations from college and now my best friends

As I wrote my graduate school entry statement, I wrote about my father's impact in my life and how his active involvement in the lives of his students and the experiences of my college friends had inspired me to pursue my Masters in Social Work. I attended University of Southern California for my Masters in Social Work and graduated in 2008. For the past 3 years, I have been working as a mental health therapist for at-risk children and youth with a desire to instill hope and positive change in their lives and their families' lives.

Although my inspiration for serving at-risk families and children was from my father and my experiences with my college peers, I would truly not be where I am at today if it were not for my mother's high expectations of me to attend college and graduate school. My mother has always aspired for me to be a good person and help others. She always taught me to give back to others and work hard to get the things I want in life. Although, she would have loved for me to help others by being a DOCTOR, she has realized that helping at risk youth has been more rewarding and humbling for me. Thanks to my mother, I feel that my higher education has lead me to better serve the families I work with as well as be successful financially in this field of work.

While in graduate school in 2007, I met my husband, James, at a group home where we both worked at. There was an instant connection between us as we both had a passion for helping at-risk children and had similar values and beliefs. Not to mention, we both have the same birthday!

What are the chances?! Anyhow, like every couple, there was a roadblock. He was 11 years older than me and had two children, Deontre James (now 15) and Jaiden (now 11). Although my protective parents disapproved of their 22 year old daughter dating a 33 year old man with children, I continued to date him and they later realized or had to accept that their daughter was happy and he treated her well. After a few years of dating and living together, James and I tied the knot in May of 2011. A month after tying the knot, we found out we were expecting!

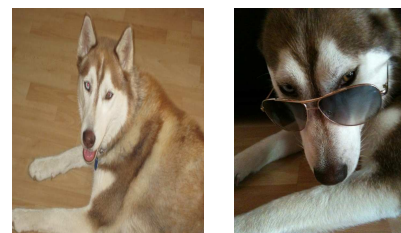


James and I

James and I currently live in Corona, CA in a beautiful home with my two wonderful step-sons, DJ and Jaiden, and our beautiful 3-year old husky, Savannah. DJ, the brains of the family, is a sophomore in high school and is enrolled in all AP and Honors classes. Jaiden, the jock of the family, is in the 6<sup>th</sup> grade with straight A's and is actively involved in football, basketball, and baseball. Although some would say that I am too young to be raising such grown children, I feel that they have been a blessing in my life and I wouldn't change my life for anything else in the world.



Family Reunion July 2011



Our dog, Savannah

James and I are currently preparing for the new addition to our family. To most of my family members' dismay, we have chosen not to find out the sex of the baby. We feel that this baby is a gift from God and, like a Christmas present, it shouldn't be opened until the day of. Although we are hoping for a girl to bring some balance into our household, we are mainly hoping for our new baby to be happy and healthy. This will be my mother's first grandchild and my father's fourth.



Our new addition



At my baby shower with my friend Lauren (left pic) and my cousin BJ (right pic)



As I prepare for this new child, I will never forget the values that my father instilled in me which were to never judge anybody by the color of their skin. Being that my child will be a mixture of races: Chinese, White, Black, and Native American, I plan to instill a sense of pride in all

the cultures he or she comes from as my parents did for me. I thank my parents and my husband for helping me become the person I am today and instilling in me the important qualities of honesty, generosity, and most of all acceptance to all individuals.



My parents and I in 2008

Thank you!  
Sincerely,  
Christine McNeil-Holmes

## Upcoming Seminars and Events

### October to November 2011

Seminars in England, Moscow, and Odessa.

### February 2012

February 6th to 18th:

Thailand, Bangkok/Pattaya

Traditional Training in Taoist Energy Lovemaking & Acupressure Massage.

Feb. 6<sup>th</sup> to 11<sup>th</sup>: 3 persons or 3 couples 6 days for the first week

Feb. 13<sup>th</sup>. to 18<sup>th</sup>: 3 persons or 3 couples, 6 days for the second week.

I am available Feb. 13<sup>th</sup>. to 18<sup>th</sup> for anyone wishing a very private lesson

**18 HOURS OF TRAINING AND 20 HOURS OR MORE OF PRACTICING PER WEEK. SIGHTSEEING IS ALSO**

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**ADDITIONAL 2 HOUR SEMINAR ON SEXUAL ENERGY (NEW!!!!)**

**Sign up now, before Jan 2, 2012. Class is filling up quickly!!!!**

Deposits of \$1000.00 for Thailand seminar is required on or before Jan.3<sup>rd</sup> 2012 to hold your spot. Total balance due on or before Feb 6, 2012. Contact [siful9h@gmail.com](mailto:siful9h@gmail.com)

**For those who are interested in Private or Group lessons with Sifu McNeil you may contact him at [siful9h@gmail.com](mailto:siful9h@gmail.com) or call him at (949) 636-1573**

## The Little Nine Heaven Ring

For those wanting an L9H ring, please send in your \$100.00 deposit and ring size by January 1, 2012. The price of silver is rising and in order to hold this price of \$250.00, we need ALL deposits by January 1, 2012. Your L9H membership number will be inside each ring. Send check or money order, to address below:

Sifu James McNeil/L9H

PO Box 60775,

Irvine, CA. 92602.

## Manchester, England

I was in Manchester England doing a few seminars a group seminar in Taoist Lovemaking part one on energy and feeling, Hsing-I, Chen Tai-Chi and Splashing Hands. The seminars were a success.



Chen-Tai Chi Group



Hsing-I Class



Teaching Fighting