



Awareness



School of Hypnosis

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# HEALING THE HEALER

Stress & Life Management Course

for

*General Practitioners (& Spouses)*

With  
HYPNOSIS  
MEDITATION  
CBT &  
QUANTUM HEALING  
By

**Dr. R.S.Muthukrishnan**

Sydney 27<sup>th</sup> & 28<sup>th</sup> July 2019

Sydney 23<sup>rd</sup> & 24<sup>th</sup> November 2019

**IN TWO ALMS: (80 GROUP ONE CPD POINTS Approved By RACGP)**

(CPD point allocations are not guaranteed and are subject to review by the RACGP)

Dates and venues are subject to change depending upon number of participants.

(Please enroll early to facilitate confirmation of venue/dates )

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# **Healing the Healer**

**(Stop the Burnout and Start Blossoming Again!)**

**Stress and Life Management Seminar for GPs  
(and their spouses)**

**(In two ALMs)**

**`What you can do or dream you can, do it;  
boldness has genius, power, and magic in it'**

**- Goethe**

**Most people live in a very restricted circle of their potential  
being. They make use of a very small portion of  
Their possible consciousness, and  
of their soul's resources, in general, much like a man who, out of  
his whole bodily organism should get into a habit of using and  
moving only his little finger**

**--William James**

**Welcome to the world of mind power.....!**

Mind power is still an elusive tool, simple yet infallibly powerful, easy to use but seldom used; a willing genie but locked in the confines of logical rigidity. The awakening happens now and then, as a fine glow of enthusiasm, but fades away too soon to guide you into the realm of fulfilled dreams.

"Know thyself".... has been the common theme of all religions and philosophical pursuits, from Socrates to Shankaracharya, from Jesus Christ to Buddha

If you know that your real self is more than your physical self, and that it is the unlimited, all powerful, all pervasive, infinite self, then you become invincible.

**Whether it is electricity, gravity, fire or the biological forces -- they all have a pattern, programme or dedicated pathway of achievement and these forces are all formidable. The power of your consciousness is as formidable as these forces, if not more. But as these forces are only potentially powerful, they need to be initiated or switched on. The switching on process of your consciousness is what we call awakening or enlightenment. *Healing the Healer* will show you how to switch your power on. Once you know how, you'll be amazed why you have not been doing it all along.**

To achieve this awakening or self-realization, in *Healing the Healer* we use ***hypnosis, meditation, CBT, and quantum healing*** concepts. *This combination of tools, has a synergistic effect, and produces changes in a positive and beneficial way in your professional and personal life.*

**You will leave the seminar, enlightened and self realized, with all the tools of personal transformation at your disposal.**

## WHAT IS HYPNOSIS?

Hypnosis is an altered state of consciousness, in which favorable suggestions are readily accepted, internalized and acted upon, and the unlimited power of the subconscious mind is utilized for **healing, creativity, personal transformation and performance enhancement**. It is essentially, with our understanding of the **Quantum Field**, a reorientation of one's awareness, this reorientation process, opening up a field of **infinite possibilities**. Nothing can make medicine more holistic, than this metaphysical tool.

It has been replete with myths and misunderstandings since **Mesmer** quite unjustifiably. It is perhaps the safest, most noninvasive healing modality and deserves better acceptance from the medical fraternity.

Modern hypnosis has evolved itself into a sophisticated, clinical specialty and needs to be treated as such: **It is not the spiral wheel, the swinging pendulum or the authoritative command of the stage hypnotist any more.**

Hypnosis is not new to medical profession. Around 1845, an English Surgeon Dr. James Esdaile performed over 300 deep abdominal operations with remarkable success using Hypnosis as the only means of anesthesia, in India. We have of course better means of chemical anesthesia now: **But hypnosis still remains an excellent form of therapy in common cases like chronic migraine, stress, phobic states, IBS, chronic fatigue syndrome, etc., and also in uncommon conditions like reflex sympathetic dystrophy, phantom pain, etc. The relief is often unbelievably dramatic.**

There are also many areas of performance enhancement you can really help your ambitious but helpless `patients', i.e. your soccer or sports enthusiasts, ballet dancer or opera singer, company executive or H.S.C. students: Hypnosis can give them the edge they are struggling for.

Effortless performance and excellence in any pursuit, perfect health and harmony are perhaps the most sophisticated help medicine can offer in modern society - through hypnosis.

It is becoming increasingly evident, that the next decade or so will bring some staggering discoveries in the field of thinking, consciousness and their interaction with matter, physical and emotional states, health and disease.....

Hypnosis may well be the key to these new frontiers of human potential.

**"Hypnosis is the means of bringing the art of healing to absolute perfection"**

- **Franz Anton Mesmer**

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- **"Heal thyself...!"**

**"Physician, heal thyself..."** is an age-old admonition to the healing profession. It is, however, more appropriate now than ever before.

Doctors particularly, general practitioners, under various social, political, academic, personal and financial challenges and crises, face a rather unmanageable level of stress, often paradoxically more than the patients they are treating.

The ravages of years of study, hard-working, stress, juggling financial, family, personal and professional priorities.. are as the years go by, destroy the charm and mystique of the healer, as he slowly sinks into mediocrity, unfulfilled dreams and failing faculties.... **the healer becomes the sick.** Money, relationships, health, happiness and fulfillments should be the effortless accomplishments of every healer. As we all know health is not merely absence of disease, it is an abundance of health wealth and happiness and a permanent sense of fulfillment.

**Stress** is the common cause and source of many diseases and dysfunctional states. **Healing the healer will give you state of the art methodologies in understanding and managing your personal stress and stress-related situations in life.** Quite unconventionally, this week end course will also **address** and **treat** many of your personal problems in a very discreet and personal way while you're participating in the seminar. This kind of treatment is not often available in the user-friendly, non challenging, non confrontational and congenial atmosphere to GPs and their spouses.

You'll find, **Healing the healer** is the most precious gift you can give to yourself and your family

## **The way we are.....**

**“For a male doctor, the suicide rate is about double that of the community generally.**

**For the female doctor, it is said to be about six times higher. Now that is just death, suicide of highly trained people.**

**It doesn't take into account the vast numbers of doctors who are depressed, suffer from alcoholism, who self treat -- which is often a very real problem.”**

**--Jeff Kennett**

**“Recent research has shown that 53% of doctors have considered quitting because of their heavy workload ..... Even more alarming is the suicide rate in the medical profession”**

**--Heather Ewart**

**“GPs are succumbing to stress and depression at an alarming rate. New research puts the suicide rate of GPs at twice the national average and the epidemic is driving doctors out of the profession, making the situation worse for those who remain”**

**--Maxine McKew**

**“The suicide rate of GPs spouses is also significantly higher than the national average...”**

**---Heather Ewart**

## **The most important patient in your life-- yourself!**

It is amazing and ironical that people belonging to the noblest, the most prestigious and the most humane healing profession should deteriorate into a state of depression, anxiety, dysfunctional professional and personal life and driven to alcoholism, drug addiction and suicide.

This may, however, be the extreme end of the spectrum, but milder degrees of stress manifesting in the form of dysfunctional marriages, poor parental relationships, unenviable financial position, unhealthy eating habits, hypertension, insomnia, obesity etc are lurking in the other end of the spectrum of GPs life. We are burning out instead of blossoming.....!

Healing the Healer will show you the way out of this quicksand of burnout and frustration. You know, coming out of the quicksand is not easy -- the harder you try the deeper you go down....Healing The Healer will help you out of this self defeating, self sabotaging seemingly inescapable downward spiral.

Conventional modalities such as counseling, CBT, psychotherapy, pharmacotherapy etc, are as you very well know are often very ineffective or impractical or unacceptable in your busy schedule of life. You almost need a "magic wand"! In Healing the Healer we virtually offer you that "magic wand" with the state of the art hypnotic techniques we use.

In this seminar, you will meet, recognize and treat the most important patient in your life-- yourself!

What will you gain in this one weekend by attending *Healing the Healer?*

For the first time, you will meet, recognize, understand and holistically treat the most important patient in your life-- **yourself!**

- You will gain access to the most powerful yet dormant resources in your life -- your own mind power.
- You will learn to use hypnosis/meditation/and other mind power modalities for your personal transformation -- not just managing life and stress but transforming your present life into the most desirable one
- **You will experience instant yet powerful personal healing. You'll get all your physical and psychological conditions healed -- all psychosomatic problems -- anxiety, depression, phobias, fears, panic attacks, addictions(smoking, gambling, alcoholism and substance abuse)-years of silent suffering from any of these will suddenly disappear.**
- You will leave the seminar with a sense of empowerment, with a new sense of purpose, direction and confidence.
- You will wonder why you didn't attend this kind of course many years ago.
- With powerful tools of personal transformation at your disposal your future will look quite achievable bright and promising.
- You'll be able to balance personal, professional, family and spiritual priorities effortlessly.
- **Perfect health, peace of mind, financial and emotional freedom and enriching relationships are but a few of the best outcomes of *Healing The Healer***

## Highlights of the course...

Healing the Healer offers:

1. 80 Category one CPD points in ALMs (40x2).
2. State of the art working knowledge of self hypnosis/meditation/quantum concepts.
3. Skills in personal stress and life management.
4. Various metaphysical tools for self-improvement.
5. Techniques to stay stress free in and out of consulting rooms- at home and at work.
6. Ongoing support for self improvement and personal health issues, even after the course is finished: participants will have personal access to Dr. Muthukrishnan for consultation and guidance over telephone/fax/e-mail any time when they need.
7. Concessional rates of fee for The Intensive course in Clinical Hypnosis for General Practitioners,(a four day course) to take this personal transformation to the next level of professional transformation with improved clinical skills in mind body medicine) -- if you wish to attend.

## What do the participants say about the course?

Mind blowing, excellent content, superb speaker, many thanks.

*Dr. Stephen Leow, Angle Vale Shops, Shop 5 Heaslit Road,  
ANGLE VALE SA 5117  
PH (0412) 824295 (mobile) PH (08) 3328749 (home)  
PH (08) 2847777/2555551*

The course was like an awakening for me, personally and professionally. I enjoyed every moment of it and have absolutely no doubt that all my dreams will become reality. It is the best investment I have made in my life.

*Dr. Doreen Jayamaha, 34 Belgrave Road, EAST MALVERN VIC 3145  
(03) 852 0055*

An excellent course. How can I give you any suggestions when you have put your 100% into it?  
The best investment that I have ever made.

When I passed out of medical school after a strenuous five year course I felt inadequate. After some years in general practice my confidence had grown but I was still frustrated with my inadequacy in dealing with many problems.

After this four day course I feel totally equipped and confident to handle any situation, be it in my surgery or more importantly in my own personal life. Many thanks for this excellent course.

*Dr. Vevil de Kauwe, 359 Beechboro Road, MORLEY WA 6062  
PH (09) 377 3132*

I have found the techniques of hypnosis/meditation/CBT taught to me as being invaluable in dealing with my own stresses when working as a GP. I am more relaxed, energetic, & feel better able to cope. I recommend other GPs consider the course because by improving personal development & well being we become more productive in our work life.

-- Dr Paul Condoleon

# Healing the Healer

Course content (In two ALMs)

The course is given in two modules over the weekend.

In this course, we combine many mind power modalities i.e. meditation, CBT, counseling, NLP, quantum concepts and traditional psychotherapy in a clinically useful way using hypnosis as the operative system. **And that's what makes this course unique. Using hypnosis as operating system is a cutting-edge technology in producing cost-effective and predictable clinical results in an unimaginably large variety of cases and in a much shorter timeframe.**

**SPEAKERS AND FACILITATORS** - Dr. R.S. Muthukrishnan is the main lecturer, and facilitator in this course and the whole course has been put together by him with the help of the committee.

**Dr. R.S. Muthukrishnan** is a G.P. with an M.B., B.S. degree from Madras University, in family practice for the last thirty three years, in referral hypnotherapy practice the last twenty five years:

He is the director of Awareness School of Clinical Hypnosis. He lectures and teaches RACGP approved courses in clinical hypnosis and mind body medicine for GPs.

He has published a book on mind power, SOFTWARE FOR YOUR SOUL. He conducts free healing hypnosis seminars for cancer patients and carers, trains athletes, dancers, musicians, artists, students and CEOs for peak performance. He also practices acupuncture, nutritional medicine and mind body medicine.

**Dr. Saroja Srinivasan**, is a clinical Psychologist with wide clinical and teaching experience. She will be giving a few lectures on psychosomatic diseases, the mind body connection, Psychoneuroimmunology, meditation and other trance states, and their use in health and healing. If Dr. Srinivasan is not available, Dr. Muthukrishnan will do these extra lectures as well.

## **Module one: Stress and life management for GPs**

### **Topics:**

#### **1 What is stress?**

Definition, the cause, the origin and the course of stress in professional and personal life

#### **2 Primitive and Modern stress**

#### **3. The Stressors**

The paper Tigers, human Tigers, Corporate Tigers, Bureaucratic Tigers, imaginary Tigers. Family friends and patients.

#### **4. The stress reaction.**

---the hormonal, psychological, physiological social and professional effects of stress reaction. .... adrenaline versus endorphin, muscle power versus mind power, from fight or flight response to no need to fight, no need to flee: metaphysical excellence.

5. Hans Selye's stress syndrome or general adaptation syndrome: the mechanism of stress

6 Mental, physical and psychoneuroimmunological effects of stress.

7. The havoc: intellectual, psychological and physical break down:

8. The healer becomes the sick:

#### **9. Consequences of unresolved stress:**

Depression, anxiety, insomnia, dysfunctional relationships, marriage/relationship breakdown, drug addiction, alcoholism, intellectual and moral deterioration, poor performance professionally, reduced immune system, migraine, IBS, hypertension, diabetes, sexual inadequacy, poor self-image etc, social and economic psychological disturbances leading on to poor coping mechanism and suicide...

#### **10. Managing Stress:**

Redefinition of stress → freedom of interpretation: proactive or reactive response → attributional style :object referring or self referring → The magic space in the cognitive gap →

Your freedom of choice → -- muscle power or mind power -- Adrenalin of Endorphins?

11 Putting into Practice -- the real world stress -- in your consulting rooms, in your lounge room and your bedroom -- is there any freedom?

12. you don't have to fight, you don't have to flee -- the metaphysical freedom: stress free life;

# Healing the Healer

## Module Two: Managing stress with Hypnosis/Meditation/CBT/mind body medicine

1 Managing stress and Managing life:

2 Tools for stress management:

Trance States: the operating systems:

a). **Hypnosis:**

induction, deepening and therapy

b). **Meditation:**

types and integration with hypnosis

c). **Quantum field:**

science-fiction reality  
merging physics and metaphysics

Cognitive tools: the softwares:

a). CBT: the power of thoughts

b). NLP: the power of language

c). Psychotherapy: the power of mind

d). Dr. Muthukrishnan's hypnotherapeutic mind body medicine protocol : the programme

The print out: Self realized human being: stress free balanced and harmonious life with joy and fulfillment

**Daily take home routine with mini hypnosis/self hypnosis/meditation**

**Please note:**

**Throughout the course, intense training will be given in self hypnosis, meditation and personal healing, in an experiential way, in addition to the theoretical knowledge of the various modalities of self-improvement (the treatment part will be done with utmost discretion and privacy)**

# HEALING THE HEALER

Life and Stress Management Course  
For General Practitioners.

**THE FORMAT:** The course is given in two days in two Modules

## VENUES / DATES:

**Sydney 27<sup>th</sup> & 28<sup>th</sup> July 2019**

**Sydney 23<sup>rd</sup> & 24<sup>th</sup> November 2019**

**TIMES:** 8.15 am-7.15pm

(Starting and finishing times may be slightly flexible to suit interstate participants, if requested prior).

**FEE: \$1599.00 + GST \$159.90 = \$1758.90**

or

**\$1499.00 + GST \$149.90 = \$1648.90**

(If paid four weeks in advance)

or

**\$1699.00 + GST \$169.90 = \$1868.90**

(If paid in four monthly installments of \$467.22)

## POINTS/CATEGORIES:

**Total CPD POINTS 40x2 = 80 (Group I conditions apply) (Approved by RACGP)**

**REGISTRATION:** Please fill in and return enclosed registration forms with \$400.00 registration fee (or \$465.22, first Installment); the balance is payable at the beginning of the course (**if not paying full fee**). Accompanying spouses (**non-medical only**) can attend the course for a concession fee of \$1400.00 + GST \$140.00=\$1540.00

**Please note: (credit card payment facilities and other Payment options are available)**

# HEALING THE HEALER

*Life and Stress Management Course  
For General Practitioners.*

## REGISTRATION FORM

FULL NAME .....

DATE OF BIRTH.....

QUALIFICATIONS.....

PRACTICE ADDRESS.....

.....

TELEPHONE:                      FAX:                      E mail:                      Mobile:

.....

QA& CPD REFERENCE NUMBER & DOB.....

ACCOMPANYING SPOUSE (NON MEDICAL ONLY)

.....

FEES ENCLOSED OR PAYING AT THE REGISTRATION  
\$.....

**(Cheques should be made payable to Shobana Enterprises Pty. Ltd.)**

**FOR THE COURSE IN:**

**Sydney 27<sup>th</sup> & 28<sup>th</sup> July 2019**

**Sydney 23<sup>rd</sup> & 24<sup>th</sup> November 2019**

**(PLEASE REFER TO OTHER PAYMENT OPTIONS)**

**SIGNATURE**.....

**PLEASE MAIL THIS TO: Dr. R.S. Muthukrishnan  
Shobana Enterprises Pty. Ltd.  
P.O. Box 42, KINGSWOOD, NSW, 2747**

Please fill the registration forms and send as soon as you can with the registration fee of **\$400.00** or first installment. The balance to be paid at the beginning of the course, unless you use other payment options.

# HEALING THE HEALER

## EASY PAYMENT OPTIONS

### COURSE FEES:

1. 1599.00 + GST 159.90 = 1758.90 (NORMAL FEE)  
(\$400.00 registration fee + \$1358.90 at the beginning of the seminar)

2. \$1499.00 + GST \$149.90 = \$1648.90  
(If paid four weeks in advance)  
(\$400 registration fee + \$1248.90 four weeks before the seminar)

3. \$1699.00 + GST \$169.90 = \$1868.90  
(If paid in four monthly instalments)  
(\$400 registration fee + \$367.22 in four monthly instalments)

**SPOUSE FEES (non-medical only, pay \$100.00 less in all categories)**

### CREDIT CARDS: MASTERCARD/ VISA/ BANKCARD

Please use the enclosed  
Credit card payment form.

#### PLEASE MAIL THIS TO:

DR R.S. MUTHUKRISHNAN  
SHOBANA ENTERPRISES PTY.LTD.  
P.O BOX 42, KINGSWOOD, NSW 2747

Cheque should be made payable to: SHOBANA ENTERPRISES PTY.LTD.

PS: Fee covers tuition, lecture notes and other handouts, sumptuous lunch, morning and evening tea/snack, & Dr MUTHUKRISHNAN HEALING HYPNOSIS CD.

Dr: _____									
I wish to pay by <input type="checkbox"/> cheque.	Please charge my:   								
Please make your cheques payable to: Shobana Enterprises Pty. Ltd. ACN 059 101 441	<table border="1"><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>								
Signature: _____	Cardholder Name: _____ Expiry Date: _____								