

## The Place of Human Emotions in Illness and Disease

by

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In this paper, the male pronoun will apply to either gender. The plural pronoun will apply to both authors. The nominal pronoun will apply to the first author.

*We dedicate this paper to George Lucas, the Creator of Star Wars. We salute and acknowledge him for his powerful and intuitive insights about human emotions and their consequences.*

At first, what we had were only suspicions<sup>1</sup>. Then, we were sure that human emotions have a very significant role in conditions of well-being, health and happiness. In fact, we were to discover that under certain specific conditions emotions could and would entail illness and disease!

This of course flies in the face all known tenets and canons in western scientific Medicine. In western medical science, if you complain to a doctor that you are not feeling well and it is the only symptom that you have, it is not likely that there is one blood test or any test for that matter that will corroborate that ‘you are feeling.’ As an MD, I know that there is simply no clinical test for ‘not feeling well.’ If you were to complain to your doctor that you just do not feel a sense of good and robust health and if this is the only symptom, again there is simply no test for it. If you complain that you live each day and ‘do not feel happy,’ there is no test for this either. As a set, all these three symptoms – a poor sense of well being, no sense of robust good health and persistent ‘not feeling happy,’ does not have corroborative laboratory tests to support them. By the logic of western Medicine, since all test results are normal, you are, by definition, fine. You are OK. As a result, you will be told that ‘there is nothing the matter with you.’ Yet you do not have any sense of well-being and your instincts about your health is that it is not good and you just continue to feel unhappy.

If you persist to complain about your symptoms, your MD will soon develop an adverse opinion of you. You could be diagnosed as a Hypochondriac or one with OCD thinking (Obsessive Compulsive Disorder).

Western Medicine does not really pay much attention to the place of emotions in human well-being, health and happiness. Conversely, western Medicine pays very little attention to the place of emotions in conditions of ill-being, poor health and human unhappiness. It pays absolutely no attention at all to the possibility that emotions can be the mother condition for medical pathology. In any reputable text of Psychiatry or Psychology you will not see a chapter either on Happiness or Joy nor one on Anger or Hatred. Oddly it will have one on Depression and another on Anxiety!

The insight about the role of emotions in well-being, health and happiness has not come from the professionals in western sciences, certainly not in western medical sciences and certainly not western health sciences. The original insight about the connection between emotions and human well-being, health and happiness has come from the people in the field of western arts! Western religions and eastern philosophies carried insights into such possibilities. Today, people are beginning to see that emotions can be the conditions of illness and disease. When this is more widely held western Medicine and western health sciences might finally awake with interest to it.

In Star Wars, through George Lucas is a very clear admonishment and caution to beware of the Dark Side of the Force. What constitutes the Dark Side of the Force are certain kinds of emotions. They include such feelings as worry, anxiety, fear, anger and hatred. It was very clearly implied that well-being and good health could be harmed, hurt and damaged if a person had such emotions. This was mirrored in the respiratory and other health deficits that Darth Vader had and it was manifested in the grotesque physiognomy of the Emperor.

A man came to us with a problem. However, in gathering the information about his case problem and taking his medical case history<sup>2</sup> there emerged a very clear connection between his emotional state and the set of physical ailments that he had. Initially, he had not come to see us about his physical problems.

He was born in a village in Quebec, Canada. It was at a time when he had to attend a village school. There he was the target of a bully. There was no escape from this bully. The bullying was unremitting and merciless. It continued when the bully followed him to high school. It was the way of things at that time in Quebec that he could not relocate to another school. He hated his bully and vowed retribution and vengeance – one day!

In the fullness of time he became a bouncer in various nightclubs in Montreal and then eventually in Toronto nightclubs. The day came when it was time to settle scores. He set out to find his one time bully. By a stroke of good fortune his ex-bully was one of Her Majesty's guests at her facility in the city of Guelph, Ontario. We were quite sure that but for this, the man would have been history.

Now this man was before us, seething with hatred. He was a physically big and powerful man. However, he was far from well. He was troubled by very poor sleep, headaches, persistent low back pain. He had rufous face with eyes that were bulging out of their sockets. His breathing was heaved tight and high in his upper chest. His nostrils were flared and his upper lip was held taut and thinned. He really was quite fearsome to behold. It was clear to us that it was a long time since he knew what it was to have one day's sense of well-being, good health and happiness. We could see that his health, for all his size and implicit muscular power, was poor.

His BL (body language)<sup>3</sup> a.k.a. his analog<sup>4</sup>, as we described it above, was nothing but a metaphor of his complete and consuming hatred. His hatred was eating him and it unfolded as his way of being. Quite literally it was destroying him.

A female patient once came to me that at her first consultation, I addressed this as my first sentence and question to her:

**What was the one thing that happened in your life for which you were scared out of your skin?**

She replied that at 18, she was a waitress at a coffee shop. One specific night it was her task to close the establishment. Before she could do so, some men came in. They sat down at a table and began to discuss an armed robbery that they had just committed.

One of the men spotted her eavesdropping. They took her to a back room and there they held a gun to her head. They then threatened her. The essence of what they told her was that if she ever told anyone about what she had heard they would come and kill.

This was an incredibly traumatic event in her life and it was marked on her. She had a pale ashen/white look. Her hair was gray. Her eyes were wide and bulging out. She was very thin. She was about 5' 4" tall and weighed about 100 lbs. Her hair was disheveled and standing up. It was similar to the event when people stand within an electric field at a Science Museum. Her breathing was high and tight in her upper chest. Since that event, she had to have someone with her when she went grocery shopping, to the mall, to the variety store – anywhere. When her husband worked on the night shift someone in the family had to come and stay with her. She simply could not be alone in the house by herself. Since that event she had not known one day of well-being and her health was much weakened<sup>5</sup>.

So, we are left to conclude that the Dark Side of the Force can result from two source possibilities, that which is:

1. generated from within a person<sup>6</sup>
2. impacted on a person from a critical life event.

When it is generated from within us it is our thinking.

Now, what is not universally known is that we think in two ways. We can think by our:

1. mind
2. body.

When we think by our mind we have thoughts, ideas and opinions. By definition, such thoughts are always ABOUT people, things and situations. When we think by our body we have feelings, emotions and actions. These too are always ABOUT people, things and situations. A thought is always an ABOUT of a person, thing or a context. A feeling or emotion is also always ABOUT a person, thing or context. The latter has the potential to be a meta-state.

The ultimate metaphor for thinking by the mind is Natural Language (NL). When we think by our body, we do so by our emotions and the actions that concordantly flow from them. The ultimate metaphor for this way of thinking is the Body Language (BL).

Our feelings can be Meta-States. When this is so, there can be a problem:

**Because Meta-States have references to other states of consciousness, an abstraction of thoughts-feelings about previous thoughts-feelings, it moves up the scale of conceptualization and into**

**the world that we construct with our languaging – *The Land of Nominalizations!* Meta-States accordingly, have much more references to things inside our skin (“things” like ideas, concepts, etc). Korzybski would have called this an intensional state.**

**As meta-states continue up the scale into more and more transcendental states, they become more atemporal in nature. This enables us to carry them across time in a way that we cannot carry primary states through time.**

**Michael Hall: *META-STATES* A DOMAIN OF LOGICAL LEVELS. SELF-REFLEXIVENESS IN HUMAN STATES OF CONSCIOUSNESS. Empowerment Technologies 1996.**

It is inevitable to the above quote that a person in a meta-state will not know ABOUT what he has the feeling. Thus, in cases of Chronic Depressions if you ask a Chronic Depressive what he is depressed about, he will tell you, “I don’t know.”

In turn, this has left health professionals to conclude that the condition is something that exists in and of itself; that it is a discreet condition with its own unique aetiology. This is not an accurate conclusion. The emotion is clearly a derivative of thinking in BL, ABOUT something that has become a meta-state.

Human thinking, NL and BL, is wonderfully notorious in its tilts to illogically and irrationally. When it is laced with humour and wit, it is the basis for humour and laughter. However, when it is dripping with *gravitas* and significance, then the emotions of illogicality and irrationality belong to the Dark Side of the Force. Our being by Dark Side, will mean that we will be semantically ill-formed<sup>8</sup>. Inevitably insanity and madness will unfold.

The problem is that when the thinking is persistent and patterned in its illogicality and irrationality, we accommodate<sup>9</sup> to it. We recently<sup>2002</sup> had a lady come to see us. What she noted in the office data sheet was that she wanted help so that she could be free of her GUILT. Her GUILT was an acid that was corroding into her being. I asked her who had done this. The first was her mother, “She blamed me for everything right to the very end of her life.” The second was her husband of 21 years plus 5 years common law. One day he went to live down in the basement. He never came up. It was the end of their social life. Then, he started to go missing from home for a week or two at a time. One day he took everything that he had and he was gone. She reported his disappearance to the police and asked for help her find him She was so stressed by his disappearance that when she went to see her family physician, he asked her what was going on in her life. She told him. He, in turn, advised her that she had to decide whether to end her marriage and survive or die! “I decided to survive,” she said. So she divorced him.

They did meet subsequently - once. His parting words to her were, “You know what you did to make me to leave!” She said to me, “To this day, even though I have wracked my mind, I do not know what I did for him to leave.” However his parting words were the condition for her persistent sense of guilt that somehow she was responsible for it!

She has not known one day of well-being in ages; and her health by our observation was poor. She was in a state of ongoing unhappiness. She is currently an RN in a hospital in Mississauga, Ontario. She is awesomely massive in her rotundity! She has fully accommodated to her obesity. She does not feel it at all. In her consultation with me, she has never mentioned her obesity to me as a problem nor expressed any concern about it. She never expressed a wish to be slimmer.

We all accommodate to the illogicality and irrationality of our emotions and hence of our being. We shall, therefore, be completely unaware of its semantic ill-formedness and its consequences; and at the same time sure we are RIGHT. It will be so because, our thinking is within the frame of Causality or Cause and Effect<sup>10</sup>. By it, we will always conclude that our thinking, NL and or BL, will always be “RIGHT.” It is the way of things by Cause and Effect that no one, not you nor I, not even a rabid schizophrenic, will ever for one moment think that his thinking might, at some time or any time, be wrong.

It was Richard Bandler who first applied the term “junko logic” to semantically ill-formed thinking in BL. We have no basis to modify what he proposed. In fact, we think he found the most fitting turn of phraseology to describe insane and mad thinking. It is truly JUNKO. All the consequences to a person’s well-being, health, and happiness directly flow from the thinking by junko emotions. All junko emotions are Dark Side emotions!

What we have stated is well encapsulated in the following quote:

**Human decisions are never completely rational but are always colored by emotions, and human thought is always embedded in the bodily sensations and processes that contribute to the full spectrum of cognition.**

**Frizof Capra:** *Web of Life* A New Scientific Understanding of Living Systems Anchor Books, Doubleday 1996 page 275.

If the thought is a BL thought it will be “**bodily sensations**” since the emotions are the thoughts themselves. If it is a mental thought then we now know that it is “**embedded in the bodily sensations**”. Thus, how we think is embedded in emotions that are concurrent and concordant with the thinking. If the thinking is junko then the emotions are junko – Dark Side. The place of emotions, whether they are on the Light or the Dark Side of the Force is pre-eminent in everything about us:

**The range of interactions of a living system can have with its environment defines its “cognitive domain.” Emotions are an integral part of this domain.**

**There is an emotional coloring to every cognitive act.**

**Frizof Capra:** *Web of Life* A New Scientific Understanding of Living Systems Anchor Books, Doubleday 1996 page 269.

Now, the entire process of what it is to be human, especially the neuro-semantics of our being is played in large part in the medium of NL (natural language)<sup>11</sup>:

**Meaning arises as a pattern of relationships among these linguistic distinctions, and thus, we exist in a “semantic domain” created by our language.**

**To be human is to exist in language. In language we coordinate our behaviour, and together in language we bring forth our world. “The world everyone sees,” writes Maturana and Varela, “is not *the* human world but *a* world, which we bring forth with others.” This human world centrally includes our inner world of abstract thought, symbols, mental representation, and self-awareness. To be human is to be endowed with reflective consciousness. “As we know how we know, we bring forth ourselves.”**

**Frizof Capra:** *Web of Life* A New Scientific Understanding of Living Systems Anchor Books, Doubleday 1996 page 288.

It is now clear that because we “**As we know how we know, we bring forth ourselves.**” It is by our knowing, our unconscious Epistemology that “**we bring forth ourselves**” in any manner of form and manner. This means that we can determine our ill-being and poor health in any number and manner of manifestations. Thus, we now know that we can give ourselves our own heart attack. The ultimate insane act is to cancer ourselves. The evidence for this assertion is to be found in the manoeuvre of the Quadrant Search (QS)<sup>12</sup>.

In the QS we ask the question such as:

Please finish this, “I cancered myself because . . . .”

I have put all this weight on because . . . .”

“I hate because . . . .”

“I keep biting my finger nails because . . . .”

The patient will answer the question. And they will be stunned by the words that come out of their mouths. Our most recent<sup>2002</sup> case was a woman who first cancered her right breast and then subsequently her thyroid gland. From the former we learnt that by her breast cancer and by the possibility of her death, she would be free of having to defer to her husband and end the business of having to nurture him as the continuing experience of her life. By doing the latter she would not have to engage in the linguistic battles and contests with him.

These were our findings from the Quadrant Search that we applied to her. This was the question of the 1<sup>st</sup> Quadrant Search:

**Regarding your right breast cancer in 1996, you cancered your right breast because . . . ?**

<p>A: <i>I am tired.</i>          Q: Because . . . ?          A: <i>My struggle with my husband.</i>          Q: Over what?          A: <i>Over life.</i>          Q: Who won?          A: <i>He did.</i></p>		<p>A: <i>I over nurture!</i></p>
		<p>A: <i>I am tired of hearing his voice.</i>          Q: You cancered yourself in order to die so that you would not have to hear his voice          A: <i>Yes!</i></p>

For her 2<sup>nd</sup> Quadrant Search, this was the question:

**About your thyroid cancer, you cancered your throat because . . . ?:**

<p>A: <i>I give up!</i> (Here she burst into tears.)</p>		<p>A: <i>I would not have to talk to him!</i>  <i>I would not have to hear his answers.</i></p>
		<p>A: <i>I want to leave my marriage.</i>  <i>I am absolutely unhappy.</i>  <i>It is always a struggle.</i></p>

At the time of the Quadrant Search we also posed this question to her:

**Is it true that you chose to cancer yourself as a way to die because if you had hanged yourself your husband would have suffered the public denunciation that he had forced you to your suicide?**

Her answer was a full and congruent “Yes!”, verbally and analogically!

Junko logic is of course unconscious. Whilst it can be cognitive, in medical pathology it is analogical. This is to say it is thinking in the being, in the BL. And here lies its power and its validation in Scripture:

**As thou thinkest in thy heart, so thou art.**

From this we have abbreviated it to:

**As you think, so you are.**

It is also a corollary to this that:

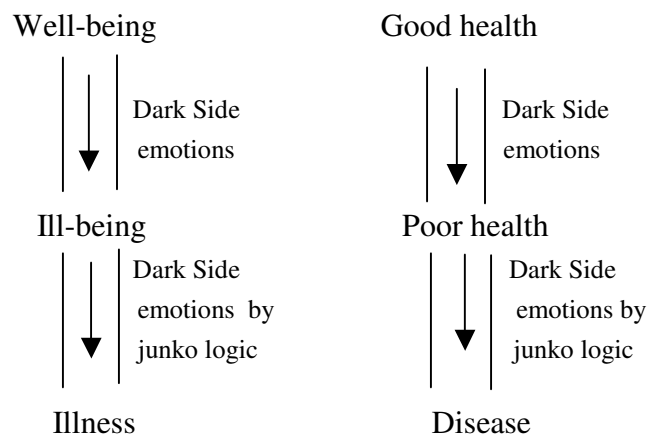
**As you speak, so you are.**

Dark Side emotions are the generators of our being for ill. And there is no escape from this.

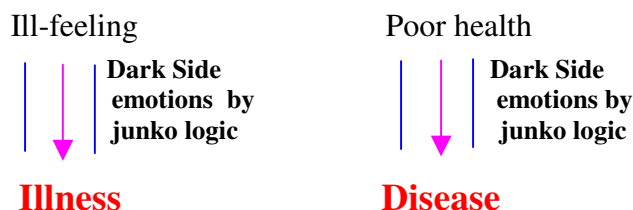
It was, therefore, a very interesting discovery for us when we read the papers by Margot Hamblett and Richard Bolstad<sup>13</sup> about their model for reversing a cancer. Like us, their model is very clear that to reverse a cancer one has to invert the analogical junko logic of a cancer person. They are doing this by using NLP techniques. In our model for reversing a cancer we are addressing these same issues but we are using the methodologies that we have researched out of Neuro-Semantic Programming.

What we now realize is that primary emotional states<sup>14</sup> and not even meta-states can entail illness and disease. It requires the generation of states by junko logic that will determine illness and disease.

We summarize what this paper is saying thus:



Now, a cognoscenti will realize that it is here that there is a very critical problem. This concept, as embodied in the diagram below:



This is something that, to this date<sup>2002</sup>, Medicine, Psychology and the Health Sciences has not identified nor recognized. The above diagrams are speaking to one possible aetiology for illness and disease. It represents an ontological transit, that if it is true, holds to ransom the lives of millions of people. The evidence for this is based on the findings that have been secured by researchers in the fields of Hypnotherapy, Psychotherapy, NLP<sup>15</sup>, NS<sup>16</sup> and NSP<sup>17</sup>. The researchers from these domains of study have placed their findings in their respective journals of their fields; unfortunately the body of these findings have never been assembled into one coherent work.

Of course Medicine has, can and does wonderful things for people who are ill and with disease. However, it has never claimed to be infinite. It has its limitations. Thus, everyone has lost someone, of young and old age, to cancer. This speaks to the limitations that Medicine has. However, here is a powerful conceptual adjunct to the general armamentarium of Medicine.

It is also clear that for the disciplines of Medicine, Psychology and the Health Sciences to embrace what is cited here will require a quantum leap in thinking that will significantly shake major and important parts of their respective orthodoxies. And being as conservative as they are, it will take a tsunami to achieve this. It is for this, that stuck in their orthodoxies there has not been and there is not to this day in academia a chair in Psychotherapy or Hypnosis. And yet there is one for such an oxymoron as Political Science<sup>18</sup>!

**One of the conspicuous handicaps is the conservatism of the scientific mind in its corporate aspect. The collective matrix of a science at a given time is determined by a kind of establishment, which includes universities, learned societies, and, more recently, the editorial offices of technical journals. Like other establishments, they are consciously or unconsciously bent on preserving the status quo – partly because unorthodox innovations are a threat to their authority, but also because of the deeper fear that their laboriously erected intellectual edifice might collapse under the impact. Corporate orthodoxy has been the curse of genius from Aristarchus to Galileo, to Harvey, Darwin, and Freud; throughout the centuries its phalanxes have sturdily defended habit against originality. The uses of hypnotism in dental surgery, child birth etc., are regarded as modern discovery. In fact Esdaile who lived from 1808 to 1859 carried out three hundred major operations under ‘Mesmeric trance’; but since Mesmer had been declared an imposter, medical journals refused to print Esdaile’s papers. In 1842 Ward amputated a leg painlessly under hypnotic trance and made a Report to the Royal Medical and Chirurgical Society. The Society refused to believe him. One of its most eminent members argued that the patient had merely pretended not to feel pain, and the note of the paper having been read was struck from the minutes of the Society.**

**Arthur Koestler: *The Act of Creation*** Arkana Penguin Books 5 7 9 10 8 6 1989.

We are not tsunamis but two very quiet and quite unknown research persons in the fields of epistemology and ontology. Perhaps this discovery will also be lost in the wasteland of the sturdy defense of “**habit against originality**” as has happened to so many others in the History of Science.

**Endnotes:**

1. At first, what we had were only suspicions - is reflected in our work *Power and Elegance in Communication* (1993). This work explored in detail the physiology of emotions.
2. gathering the information about his case problem versus taking his medical case history - are two distinct and different processes. In the former, is the search for the underpinning structures for a problem state. In the latter it is getting the story of a case by the chronology of its evolution.
3. BL (body language) - is the counterpart and companion of NL or natural language. There is a grammar to our BL that determines its form and style. It can be read. You can tell when there is something troubling a friend, something that he does not wish to discuss with you. You can see across a room a person who is in the dumps or is about to lose his cool. The grammar of the BL is a function of a person's unique culture, social system, politics, religion and his education.
4. analog - is a synonym for BL. It is the converse of digital. There are clocks in which the time can be read from the digits of the numbers on the clock or watch face. Analog clocks or watches give the time by the way the minute or hour hands at a moment in time dispose their positions in space, i.e. the manifestation of their BL.
5. health was much weakened – or it may even be poor but all tests will return normal. There is no test to measure health, good, poor or bad.
6. “generated from within a person” - is a turn of phrase that affirms this truth about us. It is that we are entities that are self-initiating, self-actualizing, self-sustaining and self-supporting. For this we are free standing, sovereign unto ourselves, autonomous and self governing. We say that what we have described are self-evident truths about us all. Our emotions are our own. No one can make you love another or hate another. When you feel feelings of offense they are generated by you. You cannot blame another for how you feel, be it of joy or unhappiness. All feelings are yours. Therefore, you can stop requiring or demanding others to apologize for how you feel.
7. “function of our thinking” - is an axiom Holy Scripture and of a teaching in Neuro-Linguistic Programming (NLP) and Neuro-Semantic Programming (NSP). It concerns the syntax – IP (internal processing or thinking) that generates our IS (Internal State or emotion) which in turn generates our EB (external behaviour or action).
8. semantically ill-formed - is a term that refers to meaning that does not fit-to-fact. It is therefore cockeyed. It is for this that we understand it as insane.
9. accommodate - is a physiological process. It speaks to the situation in which there is continuous sensory stimulus, e.g. your underpants playing on the sense receptors of your skin. By this physiological process, you will not feel it. You do not feel your underpants or your socks. Therefore, you are completely unaware that you are wearing them.
10. thinking is within the frame of Causality or Cause and Effect<sup>10</sup> - is universal. In a very real sense we have all accommodated to it. Consequently we are completely unaware of the consequences that it generates in our lives. The first time its logicity as a system of thinking was questioned was by David Hume in 1777. Then, it was much more seriously questioned by Alfred Korzybski and also as a philosophy of life in 1933 in his seminal work *Science and Sanity*. It was then to be severely questioned by Bandler and Grinder in 1975 in their work *Structure of Magic*. In 1991 in

- Don't Ask WHY?! we took Cause and Effect to task; we were to expand on it 1994 in the work Power and Elegance in Communication.*
11. NL (natural language) is a term from linguistics. It refers a person's native spoken language.
  12. manouevre of the Quadrant Search (QS) is our creation. It is tied to the grid of the accessing cues of the eye movements. In the manouevre we site the eye in each of the quadrants of the accessing cues. Fixed in that given position the constructed question is posed to the patient. The thought that comes is the answer to the question. The answer as it is translated into language is from the unconscious. There is no cognitive contamination to it.
  13. Margot Hamblett and Richard Bolstad are two NLP trainers who are from New Zealand. Their fascinating model to reverse a cancer was published in three parts by the journal NLP world.
  14. primary emotional states are one category states. Primary states speak to the emotional responses to a given context at Time<sub>NOW</sub>. Other categories of human states are altered states, the premier examples of which are hypnotic states, meta-states and semantic states. These issues are dealt with in our forthcoming work on Human Spheixishness.
  15. NLP or Neuro-Linguistic Programming is the field of study that examines the relationship between language and the fabric of human subjective reality. It has it basis in linguistics and semantics. It is a field of study created by Richard Bandler and John Grinder.
  16. NS or Neuro-Semantics is the field of study that examines the basis for human meaning in thought, words, feelings and actions. It has its basis in neuro-linguistics and semantics. It is a field of study created by Michael Hall.
  17. NSP or Neuro-Semantic Programming is the field of study that the examines how to alter the acquired meanings of thinking and being by a person. It has its basis in Applied Epistemology, Applied Ontology, Applied Linguistics and Applied Semantics. It is a field of study created by the authors of this paper.
  18. Political Science is a study, in large part, about the thinking and the actions taken by politicians. The folklore about politicians is that they tend to bend the truth, sail with the vagaries of the public wind and take leaps of inconsistency. How on earth can you have a "science" about a domain of human activity that is insanely random in its phenomenology as this? Even the science of Chaos has a structure to it in its attractor.

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