

HYPNOLINK 2003

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National Association
Of Certified Hypnotherapists

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NEWSLETTER

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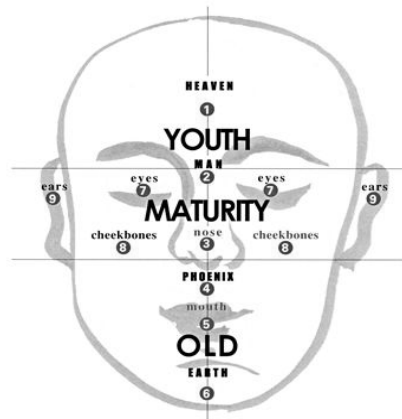
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Feng Shui Workshop Follow-up Comments

What a fascinating work shop we had in May. We could have had 5 more hours of the wonderful information that we received on Feng Shui for our home and offices. I have to say, after reading book after book, no one explained it to me as easily as Joanne Yohannes did. For all of you who could not attend, I hope she will return in the Fall for another workshop. I think all of us who attended went right home to redo our homes and offices. She gave some wonderful handouts to explain everything. Joanna is available as a Feng Shui Consultant if you would like for her to come to your home or office to be Feng Shui'd.

The Nine Wealth Features of the Face The Feng Shui Way



The central axis of the face indicates much about your lot in life, and ideally, balances the face.

Here's a different approach to learning about your features and how it affects your life.

The Chinese believe in lucky and unlucky faces and a great deal is made of the mountains and rivers of the face, which indicate wealth and fortune. Generally the central axis of the face is deemed to be a crucial indicator of a person's lot in life, and when this appears to balance both sides of the face, the powerful trinity of luck is said to be properly aligned for prosperity.

Continued on page 2

NGH CONVENTION August 8th,
9th & 10th, Nashua, New Hampshire
Call: 603-429-9438 to register

NACH member, Lawrence Galant's wife
Carol, passed away on May 15, 2003.
Please remember him in your prayers.

June 18, 2003
September 17, 2003
October 15, 2003
November 19, 2003

***3rd. Wednesday of
Each Month**

The 9 Wealth Features of the Face

Continued:

The first wealth spot

The first wealth spot, the forehead (which also represents the luck from heaven and is the foremost mountain of the face) is round, high, curved and protruding. Such a forehead indicates power, wealth and great authority. A perfect forehead is rare, but as long as this protrudes and looks prominent and wide, good fortune is indicated. A good forehead augments all the other luck features since this also signifies the place of the heavenly celestial dragon. This is a yang spot in the face and means a great deal in terms of one's luck potential. Look after your forehead and keep it clear of blemishes, spots and unsightly pimples. Use artificial aids to ensure a smooth forehead. Moles on the forehead are acceptable unless they are placed dead in the centre, in which case they should really be removed. Black moles here are deemed to be most inauspicious.

The second wealth spot

The trinity of luck is expressed in terms of tien, ti and ren – heaven, earth and mankind, with man in the centre, located at the middle space above the nose and between the eyes. This is the man spot also referred to as the 'life palace'. Here the space should be clear, bright and luminous if it is to represent a life of good fortune. There should be no hair, colorings, spots or moles in this area since these collectively or by themselves signify obstacles to one's luck. When this space is clear and luminous it symbolizes a life of affluence and influence.

The third wealth spot

The third wealth spot of the face is the nose. This is deemed a yin spot and it signifies one of the rivers of the face. In the Chinese classic texts on face reading, the nose signifies the river Jie, which brings wealth. The rounder and fleshier the nose looks, the better is the wealth luck indicated. Nostrils should not be too small nor too large. The nose must look balanced and smooth. Spots – white or black – are seen as obstacles, and moles at the tip of the nose are regarded as a major sign of misfortune. The Chinese always regard a big nose with some indulgence, no matter how out of place they look in the overall face. This is because the nose is the repository of money fortune and it indicates wealth from many different sources.

The fourth wealth spot

Directly below the nose is the tip of the lips and if you are deemed to possess the mighty gift of the gab – tremendous prosperity luck from speaking – you will see here what is termed the phoenix pearl. It looks rounded and is protruding, and usually those who have it will probably have had it from childhood. Like the cleft chin or the dimple, the pearl is deemed also to be a beauty spot. It brings good fortune in both men and women. The pearl is considered the fourth wealth feature on the face.

The fifth wealth spot

Directly below the pearl is the mouth, which is considered the second river on the face. It is known as the river Huai. The mouth is deemed auspicious when it is soft and succulent. Irrespective of its size, the mouth must never appear dry, since this indicates loss of luck. As long as the mouth is always moist, it indicates money luck. The mouth is the fifth wealth spot on the face. Moles around the mouth, as long as they are not black, are deemed to enhance the good luck of the mouth and indicate that the person will never lack for good.

The seventh wealth spot

The seventh wealth spot on the face is the eyes. The eyes are said to indicate great good fortune when they shine and are slightly moist. It does not matter what shape, size or coloring the eyes are – what is most significant is their vitality. When eyes are bright and are well protected by arched eyebrows, life is healthy and prosperous. Eyebrows should never be overly plucked or shaved. When a face lacks eyebrows the person simply cannot climb up the ladder of success. When one eye is smaller than the other, it is a good idea to use artificial aids like eye-liners to correct the imbalance.

The eighth wealth spot

The eighth wealth spot on the face is the cheekbones. In terms of age luck one enters into the center section of the face, which indicates the mature years, at the age of 21. When the cheekbones stand out prominently and appear bright and shiny, it is one of the surest signs that serious wealth luck is about to manifest. Cheekbones should always have flesh and never look bony since this would indicate excessive yang. For cheekbones to appear balanced they must look good enough to pinch!

The ninth wealth feature

The final indicator is the ears. When your ears are well formed and proportionate, they indicate great good fortune and wisdom. They are said to represent the flow of the Yellow River. Remember that face reading is based also on manifestations of yin and yang and clues can also be gleaned by superimposing Chinese trigrams – shapes that make up the hexagrams of the I Ching – on the face. These trigrams, which are made by combining yin and yang lines, are another way of looking at the kind of luck intrinsic to the different parts of the face.

Of the nine wealth features only one is placed in the youth section of the face and two in the old age section. This suggests that our destiny manifests mostly during the time of life between youth and old age – this is named the age of maturity. Thus while face reading gives you a good idea of luck potential, it is essential to note that the bridge between heaven and earth is mankind. It is mankind luck that has the most impact on our destiny as it unfolds. The face over time can undergo change. Mountains can flatten and rivers can run dry. It is vital to stay ever watchful, as much over our physical bodies as over the luck that we are constantly creating for ourselves.

Choosing Your Goal

Choose Well ! You have many choices & opportunities in all areas of your life. Engage in limitless wishing. Pretend you have a genie in a bottle who is willing to give you whatever you want. Spend some time thinking about what you really do want. Take time with this exercise. Most of us tend to be "goal-less" & spin our wheels unproductively for most of our hours. It is time to break this habit. In addition, many of us choose things we don't really want & so we set the scene for failure even before beginning.

Choose one, or at the most two goals in each area ! Most goals at the top our lists are old goals. Some have been difficult for us in the past & often have "failure-codes" assigned to them. Set yourself up for success by not overburdening yourself with too many goals in each area. Certainly don't back away from these previous goals, but keep in mind that your work will include diminishing those "failure-codes" & replacing them with new success images. This is time consuming work, but as you practice more & more assistance will be given by the subconscious mind. Do make certain, however, to have goals in each area of your life. Goals keep us on track & moving forward. Each area will energize the other areas.

Try the goal on for size ! When choosing goals it is a good idea to work subconsciously. This is quite easy & most of us are pretty good at doing this already. In the beginning it is best to do this work alone & with quiet. Turn off the phones, radio, TV & ask not to be disturbed for a bit. Once you gain experience with these skills, you can utilize them any time and at any place. Once you've secured your quiet, allow your body to become deeply relaxed & heavy in the chair. Now tilt your eyes up about twenty degrees just as if you were sitting in the second row of a movie theater. On the screen place one of your possible goals. See yourself AS IF it were already in your possession. Observe it for a bit from all angles & make certain this is what you really want.

Evaluate other choices ! Try on some of the other goal possibilities. Sometimes we find that we want one of these more than the other that came up first. Allow yourself to explore the goal details. See yourself in all possible scenarios, acting AS IF the goal were already in hand. What does the goal offer you? What does the goal take away? How do the parts of you feel about this? All of this is very important information offered by your subconscious mind. You will be utilizing it later in your goal work. Go ahead and take a goal that IS NOT ON YOUR LIST. Try this on for size. What does it feel like to have this goal? This powerful exercise allows you to set up a goal continuum, experiencing both ends.

Do it for you ! Remember, this is your goal. This is something you are doing for yourself, even though others may benefit from it. This is especially important when designing work related or relationship- related goals.

Back to the theater in your mind. Observe the goal playing out with this current theme. How would you rate it on the "for you scale?" If the scale comes up with low numbers, call over the subconscious librarian & ask for suggestions about enhancing it "for you." Those suggestions will either come in the moment, or a bit later. When they come, be certain to try them on, noticing if they enhance the goal value for you. The subconscious mind works in what may be considered "strange ways", but do know that every suggestion has value.

Gain cooperation of others beforehand ! If your goal will affect the lives of others, check if changes need to be made, or their cooperation gleaned in some way. For instance, if you want to join a health club & the money needs to be taken from other family activities, discuss this ahead of time with those involved. You might take a visit to the theater of the mind beforehand & see the cooperation that you want AS IF you already had it. You might notice that you are "handing out refreshments" to the others. The subconscious librarian will assist you in locating these "refreshments." As you share with others you will find they will often share with you in return. Working with positive imagery is a very valuable tool & helps us to move past roadblocks with less effort than before.

Image the goal in doable steps ! In hypnosis we always see the goal AS IF we already have it, but this does not mean that we don't observe the steps leading to the goal. As we see these steps, we can utilize the subconscious mind in a variety of ways to help us move along with less effort. I like to work with the theater as well as with a journal exercise for this. Go back to the theater and see your goal as completed. Open your eyes & spend some time detailing the goal on paper. Be as specific as you can, as if you were describing it to someone else. Now, back to the theater, notice the steps leading up to the achieved goal & the time-frames attached. Open your eyes & draw the steps on your paper, of course including the times or deadlines for achieving each one. If you do not know, make an educated guess. You can always perfect this later on. Remember all of our goal work is work in progress. Your levels of success will be enhanced as you work with the theater & the pen.

Do a self-check ! Once again, back to the theater. It is time to meet with all parts of yourself. If there is any inner-self opposition to your goal choice, it is best to clarify it early on in the planning stages & work to diminish any large negativity. Even small ones can be enough to take away from effortless success, so awareness is key. For example, if you really want to quit smoking for your health, make certain the part of you that enjoys smoking socially is willing to support the project. If not, you can learn techniques to bring this into a better self-balance, thereby enhancing your chances of success.



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TO:

FIRST CLASS

HypnoLink 2003 Newsletter

Meeting Follow-Up / 9 Wealth Features of the Face / Choosing Your Goal / Announcements / Meeting

TOPIC **Awesome Marketing Techniques** With Ed Hamowy

Next Meeting

Wednesday
June 18th.

7:00 PM
Networking

7:30 PM
Dinner

8:30 PM
Meeting

Galloping
Hill Inn
Union, NJ

Increase your income by utilizing creative marketing techniques. Bring your practice of hypnotherapy into the 21st century with innovative sales tools as well as the use of proven methods.

Ed Hamowy will introduce you to techniques by which you will get more clients, retain clients, get more referrals and enjoy significantly more income. **A must-attend evening for anyone interested in expanding his/her practice.**

Ed Hamowy is a practicing Hypnotherapist with a robust practice in Clifton, New Jersey. Prior to practicing hypnosis, he was a sales and marketing consultant to some of America's largest companies including, American Express, Sears Roebuck Co., J.C. Penney & Co., Gulf Oil, Mobil Oil, Fingerhut, etc. Created, developed and sourced product in the Far East and domestically, coordinated export sales for the American furniture industry, and was a lecturer and presenter to various trade groups concerning direct mail marketing. As a corporate communications consultant, he has created many advertising and public relations programs for diverse and significant companies.

Mr. Hamowy is also a certified Stress Management Consultant and has worked with organizations and companies to reduce employee stress, minimize employee turnover and increase productivity.

Ed Hamowy received his foundational training in clinical hypnosis at the *Academy For Professional Hypnosis* and is now an adjunct instructor there. His approach to the business and marketing side of hypnosis has revolutionized conventional thinking in this area and he has aided countless Hypnotherapists to establish and successfully operate a profitable practice.