

HYPNOLINK 2004

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National Association
Of Certified Hypnocounselors

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NEWSLETTER

Relaxing Rituals for Busy People

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Reservations

Chapter Dinner Meetings

Members.....\$20.00

Non-Members.....\$25.00

CALL: 908-964-4467

(check due 5 days prior)

3RD Wednesday of each month

Wake Up Wisdom Motivational Mirror Session

Try to spend a calm moment before jumping out of bed and starting your busy day. Taking the time to stretch will help you start your day on the right foot. In this exercise, focus on gently relaxing your mind and body:

- Lie flat on your back and take a few breaths.
- Notice any areas in your body that are sore or tense.
- Gently raise your knees to your chest.
- Wrap your arms around your knees and breathe deeply
- Let your knees slowly drop to one side.
- Enjoy the stretch in your back and hips.
- Take your time in the stretch, then switch sides.
- When you're ready to get out of bed, slowly roll to your side and push yourself up with your hands.

Stand strong and flex before your mirror. Fill your lungs with air. Shake your head or body if you can't perk up. Give yourself a pep talk before launching into your day and you'll receive an instant boost. For better or worse, this is the "you" you've got today! Check in to see how you are doing.

What is special about today? What challenges lie ahead? Any final words of encouragement? Try repeating this: "Today I will calmly conquer the world." Or make up a motivational phrase that is appropriate for you. Attach a note of your special reminder to the bathroom mirror.

Rub-A-Dub Yoga in the Tub

Take a step into the relaxation zone! Schedule a meeting just for you, your bath salts and your bathtub. Add a few drops of lavender essential oil for a relaxing aromatic touch. Dim the lights, light the candles and stop the action. Focus on melting tension away.

- While sitting in the tub, brace your hands underneath your calves.
- Place the soles of your feet flat against the end of the bathtub.
- Gently lower your upper body into a forward bend.
- Let your head drop forward and relax your neck muscles.
- Breathe and relax into the stretch.

Be patient with yourself; peace and relaxation will arrive.

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Breathing is key, all emotions are stored in the body. Breathing is a catalyst. The breath work helps to bring up and release emotional traumas. Stress causes our muscles to tighten up and our respiration rate to quicken. Most of us become thoracic breathers, using only the middle and upper parts of the lungs. Learn to breathe properly.

While providing informal information through the writings in this Newsletter, the views expressed and written do not necessarily represent the thoughts, views and opinions of the National Association of Certified HypnoCounselors, (NACH), nor of its editors or officers.

EMPOWERMENT THROUGH POSITIVE ATTITUDE

Ever felt you could do no wrong, that you were "on a roll"? That everything in your life was falling into place, even if just for a short while. There'll be other times too, when nothing seemed to go right, when you seemed to be running to stand still, always playing "catch-up". Jobs you were working on just didn't seem to get done and you felt generally bad. So what's the difference? It's still you! All that's changed is your own attitude and motivation level.

Attitude affects motivation

Our thoughts affect our actions, our attitude affects our motivation so it's important to know what other factors affect how we feel.

Changing state

It can take real effort to create a negative attitude. Making those shoulders sag is a good start. Then you might start talking in a melancholy voice - that usually helps. To become more positive, you merely reverse the things that cause those negative attitudinal feelings.!

Triggers to emotion

Ever notice that a piece of music that's on in the background will trigger a memory or emotion in you without you consciously thinking about it at all. You could list dozens of examples. Printable ones include warm beaches, first date, defining moments in your life. Wherever you are and whatever you're doing, when these pieces of music play, you'll be taken straight back in time and relive these emotions. These experiences "anchors/triggers" is simply that your subconscious is taking elements from a past experience and replaying the emotion that went with that experience. Powerful, isn't it?

Doing it for yourself

We all have pieces of music that trigger positive emotions. Or another sound, a smell, a certain look from a stranger. Can you identify any right now? If you can, great, if not, don't worry, the time will come when one will come up on the radio or in the supermarket. When it does, commit it to your conscious memory. Why? It's simple: these triggers happen automatically when a set of circumstances occur. Guess what, they also happen if you consciously think of the trigger. Try it when you're having a tough day. Think of one of your empowering pieces of music and feel the change in your mood!

Use this technique in your daily life and I promise, you need never have a bad day again!

The ultimate energized state

This takes time, and when you've used these techniques, it's been in groups, where people can feed off the raw emotion of others. However, I have a belief that the following technique will work for you, if you believe it's possible and you really work at creating a specific trigger. It's simple, isn't it? Triggers can be created automatically, by your subconscious. They can also be created consciously, by you! You just need to think of a time in your life when you really felt you were on a roll, define or redefine that memory with the richness of the moment (the sights, sounds, smell, touch etc) and commit it to become your personal "power" trigger. Whenever you need to feel powerful, that emotion will be there waiting for you, at your command. All you need to do is create the trigger mechanism.

Creating your personal trigger

You must be in a relaxed state to do this. Close your eyes, be aware of your body and how you are breathing. Gradually take deeper breaths, listening and concentrating only on the sound of your own breathing. Now, with your eyes still closed, think of that defining moment in your life, the time when you felt at your best, when nothing could stop you. Remember how it felt, how good it was, the emotions, the confidence. Powerful, focused, unstoppable. Bring the emotions of the day back into your mind, and keeping the feeling, deepen your breathing, tensing your muscles a little as you do. After a few seconds, gradually release the tension, take one final deep breath then open your eyes. Do this many times. Each time you open your eyes, clap your hands hard together, so that the palms of your hands sting. The more times you do this, your subconscious will start to create the trigger of "stinging hands=powerful positive emotion". Over time, you'll be able to command that emotion at will, simply by clapping your hands!

How long does this take

Give it time, and believe it can happen. Then it will. Remember, our thoughts affect our actions, if we believe something will work, it will.

Conclusion

Today you can demonstrate to yourself that you can change your emotional state at will. By looking in your mind for positive memories you can change from a paralyzing state into an empowered state. Imagine: you never need have a bad day again!

DID YOU KNOW?

While patients and conventional doctors appear to accept alternative medicine more than ever before, they aren't approved by all insurance companies, making it difficult for researchers to study them. In Washington state, however, a 1995 law requires insurers to cover visits to licensed alternative medicine providers, such as massage therapists, acupuncturists, and naturopathic doctors, Lafferty says. Chiropractors were covered under previous laws. The researchers found cancer patients were twice as likely to turn to naturopathy -- herbal medicine -- and acupuncture. Patients treated with chemotherapy, those with blood or bone cancer, and those with spreading cancer were most likely to turn to naturopaths and acupuncturists, as were women as a whole. The sicker patients may have been trying "to get help with the toxicity of cancer itself as well as from conventional treatments," Lafferty says. On average, alternative medicine accounted for 2 percent -- or \$500 -- of the average \$25,000 annual medical costs per cancer patient. Cancer patients were less likely than other patients to go to chiropractors and about as likely to turn to massage therapy. Lafferty says the fact that 12 percent of female chemotherapy patients saw a naturopathic physician highlights the importance of full communication between health providers.

"If you're going to get naturopathic care, you should tell your [conventional] care providers that you're doing that," he says. "The same would be true for other forms of care like chiropractic and acupuncture. The more you share with all your health-care providers, the better service and outcome you're going to get."

Some insurance companies try to guarantee that communication takes place. At the Kaiser Permanente Health Plan in the Mid-Atlantic states, for example, conventional physicians work directly with alternative therapists, says Dr. Lydia S. Segal, service chief for integrative medicine.

Among other things, the alternative practitioners recommend meditation, guided imagery, acupuncture, acupressure, and massage, she says. Also, "we judiciously, cautiously review the diets [of cancer patients] and recommend supplements and herbs on a case-by-case basis," she says. "But we do not recommend using alternatives in place of traditional cancer therapy."

VOYAGERTAROT.COM

For those of you wanting a daily reading by James Wanless tarot cards. He has presented many years at NGH and has a great web-site for Tarot card reading of the day.

FOR YOUR INFO:

Many of the articles that are written for this newsletter come from wonderful websites I have stumbled upon, shared by other colleagues, sent to me by free hypnosis e-mail lists I am on, newspaper articles etc. or my own information that I am sharing with you. Where there is no name it is just a general information shared by many. You will always see the name of the person if someone submits their own personal information for credit. The WEB has a world of free information on Hypnosis and I have spent years tracking them down. All articles taken

INFORMATION CORNER

WE ARE PRESENTING AT NGH CONVENTION

Dr. John Gatto & Tony De Marco (2 day Workshop): HypnoTapping—Visual, Physical And Hypnotic Meridian Stimulation For Energy "Free Flow"

Tony De Marco (1 hour Seminar): "Triggers —Neutralization Of Harmful Stimuli To Eliminate Cravings, Urges And Obsessions"

Dr. John Gatto (1 hour Seminar): "Powerful 'On-The-Spot' Script Writing —Successful Satisfaction Of The Unique Requirements Of Every Client"

Roxanne Cortese (2 hour workshop) "I put up my Shingle-Now What? Need Help? Come Have All Your Questions Answered Pertaining to Every Aspect of Your Practice."

Pat Crilly will be presenting "Tap It and Zap It: A Hypnotherapists Guide to EFT for Kids" and a 2-hour workshop entitled "Succeed Indeed: Blasting Past Blocks and Barriers to Success with EFT"
Come and Support and Learn from your members presenting.

UPCOMING WORKSHOPS AND CONVENTIONS

IACT Convention in Atlanta, May 26-May 31, 2004 at which Drs. Gatto and De Marco shall present a one day HypnoTapping workshop, and 2 one hour seminars.

NGH Convention: August 13,14,15, 2004, Nashua, NH. To Register: (603) 429-9438. Hotel Reservation: (603)888-9970 @ Sheraton Hotel.
If you cannot get a room at the Sheraton, Roxanne has room for a room mate at NGH, interested call her at 908-561-1511.

Prayers & Positive Thoughts Section

Please offer your prayers for the following members:

Art and Anita Santucci who are going through some rough waters. As you will recall, Art received a heart transplant years ago and this has been not easy task for both of them.

Jennifer Zier is giving her brother a gift of love. Her brother, who is a kidney transplant recipient from 11 years ago, needs that kidney replaced. Jennifer is wholeheartedly giving her brother one of her kidneys. Both need prayers of complete success in the surgery and total acceptance and recuperation.

Tom Lynes had stents put in on Ash Wednesday to overcome blockages, and feels good in his recuperation.

Barbara Santucci has had back problems for many years, and is undergoing treatment.

Send some positive thoughts to:

Dr. Mike Schwartz who has moved to Florida and is opening a hypnosis practice there.

Dr. Todd Larchuk who is taking his first steps to open a hypnosis office here in NJ

Note Bene: If you or any member that you know needs some prayers or positive thoughts, please send the info to our Editor, Roxanne Cortese so that she may post same. **PRAYERS WORK**



N.A.C.H.
National Association of
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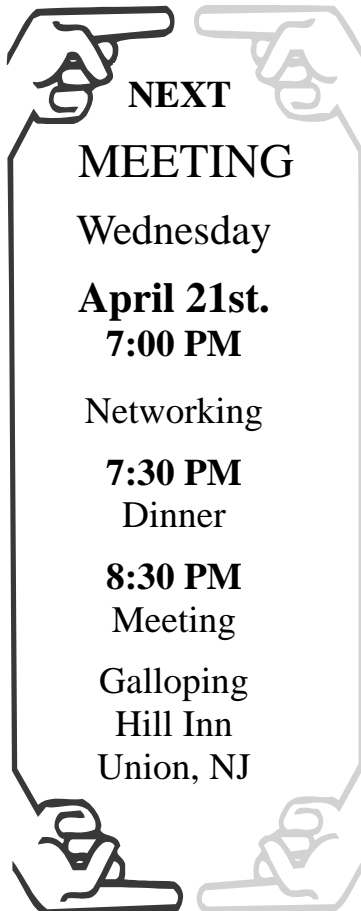
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TO:

FIRST CLASS

HypnoLink 2004 Newsletter

Relaxing Rituals / Positive Attitude / Did You Know? / Upcoming workshops/Conventions / Prayer Corner / Topic / Presenter of the Month



NEXT

MEETING

Wednesday

April 21st.

7:00 PM

Networking

7:30 PM

Dinner

8:30 PM

Meeting

Galloping

Hill Inn

Union, NJ

TOPIC

CHAKRAS "Get your wheels spinning in the right direction."
Presented by Patrick J. Conte, M.D.

Chakra is a Sanskrit word meaning "wheel" or "vortex". There are 7 major charkas or energy centers, which are related to the nerve plexus centers and the endocrine glands that govern our bodily functions. These are spinning vortices of energy located at different levels of the spine and brain that form the nexus of the physical body with our pure consciousness. When the chakra is in balance, it spins in a normal clockwise motion. When out of balance, the normal motion is deranged resulting in psycho physiologic disorders. The disturbed charkas may be brought back into balance through color and sound (mantras) therapy and with positive affirmations. Come join us on an energy meditation journey for rebalancing your charkas for your physical and metaphysical health.

Patrick J. Conte M.D. is board certified in General Radiology, Nuclear Medicine, and Diagnostic Radiology with Special Competence in Nuclear Radiology. He is currently the chief radiologist at t American Imaging of Jersey City, Jersey City, NJ. Dr. Conte is a Master Hypnotist and a graduate of the Academy of Professional Hypnosis. He was appointed as the Traditional Medical Advisor to the Atlantic Institute of Holistic Health in Moorestown, NJ. Dr. Conte is a also a certified Ayurvedic practitioner and educator. He graduated from the School of Ayurveda at the Ayurvedic Holistic Center of New York, under the direction of Swami Sada Shiva Tirtha. Dr. Conte also completed a distance learning certification course on Ayurveda offered by the Ayurvedic Institute, Albuquerque, NM. He is a founding member of the teaching faculty at the American School of Ayurveda, located in East Hanover, NJ, the only school of Ayurveda approved by the Department of Education of the State of New Jersey. He has lectured and written many papers on the subject of Ayurveda. Currently, he is pursuing a Ph.D. program in Ayurveda offered by Westbrook University. He is a member of the National Association of Certified Hypnotherapists, the International Association of Counselors and Therapists, the Ayurvedic Institute, and the National Ayurvedic Medical Association.

May Meeting.....Jane Doherty.....To be announced...**book early**, last time she spoke we had no more seats and tables available.