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National Association
Of Certified Hypnocounselors 1358 Burnet Ave. Suite 1 Union, New Jersey 07083

HYPNOLINK 2004

NEWSLETTER

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Reservations

Chapter Dinner Meetings

Members.....\$20.00

Non-Members.....\$25.00

AT The Door \$2.00 Extra

CALL: 908-964-4467

(payment due 5 days prior)

3RD Wednesday of each month

An Appointment With Yourself Meditation

As you take a few moments for yourself right now, begin by inhaling deeply, relaxing your shoulders and exhaling slowly. . . . As you return to your normal breathing, relax even more, letting your shoulders feel loose and limp. . . .

And now, in your mind's eye, notice the calendar on which you write your appointments. . . . If there are some things you know you need to do, but which you have not yet written on the calendar, imagine you take a moment to add them to all the activities you have already scheduled. . . .

And now, as you notice all the things you feel you have to do -- as well as the things you want to do -- how do you feel? Is there a sense of having too many things to do and too little time? Do you feel you must meet the expectations of too many other people and you haven't allowed enough time for yourself? . . . In other words, as you look at the calendar, do you find spaces in your days, regular times that are set aside just for you, when you can sit quietly by yourself and allow your mind to float free from the constriction of problems and daily pressure? . . .

If there aren't enough of these times, especially if you want to develop a habit of doing imagery, self-reflection, and meditation on a regular basis, take a moment now to imagine you can make appointments for yourself by writing "time for me" -- or perhaps even "essential time for myself" -- on this calendar in your mind (you can later write these words on a real calendar). You may even want to imagine that you write these words very clearly (perhaps in a color of ink you particularly like) so there is no mistake about your intention. . . .

Now that you have added to the calendar appointments with yourself, perhaps scheduling time alone for every day, take another look at this calendar. Now that you have carved out some space for you, how do you feel? Is there a greater sense of balance than you had when you earlier looked at the calendar? . . .

Allow a feeling of warm relaxation to spread throughout your body as you contemplate what it will be like when you regularly meet with yourself for a time of quiet and inner peace. . . .

As you prepare to return to the business of your life -- the world of real calendars and scheduled activities -- slowly open your eyes, take a deep breath and stretch, reflecting on how wonderful it will be to slow down the busy pace of life and enhance your sense of well-being by tapping into a quiet pool of comfort, calm and healing energy.

BY Arlene F. Harder MA

INSIDE THIS ISSUE

- November, A Month for Meditation
- Information Corner
- Upcoming Workshops
- Topic of the Month

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.

• Happy Holidays • Peace On Earth • Merry Christmas! • Happy Holidays • Season's Greetings To All •

November a Month for Meditation and Relaxation

RELAX.....Take a deep, deep breath in through your nose, and let it out through your mouth. Continue to repeat this process. Feel the stress ease out of your body. A gentle breeze of peace envelopes you. Your body slips deeper into total relaxation. All the tension in your neck and shoulders releases and lets go. You are totally at ease. Streams of colored lights gently caress your body. These colored lights become a rainbow bubble around you. This bubble shimmers with gentle reflections of love, that thrill your body into a state of total oneness.

Inner Teacher - path meditation

Breathe deeply.

Surround yourself in a brilliant blue light.

Gently call out to your inner teacher.

Feel the energy respond, the blue light comes alive. It sparkles and glows with love and beauty and takes the form of your teacher. This form can be any form of God from human to tree to plant to animal.

The teacher points out a pathway to you.

See the pathway and understand it's purpose.

Begin to walk down the pathway now with your teacher at your side.

Soon you are at a crossroad. You turn to your teacher and discuss the choice you have before you. You make the choice and continue the journey.

As you journey other people cross your pathway. Stop one now and ask them what they have to teach you, then continue your journey. (Perhaps more than one)

Now you come to a park, a resting place with trees and a beautiful lake. Your teacher thinks you should rest awhile and regain your strength and perspective. Can you do it? Take some time to consider and decide. When you continue your journey, you feel the joy or weight of your decision.

The path continues to grow out ahead of you. It goes on to the horizon with no apparent end in sight. You begin to tire and desire change. You wonder how long the path will continue this way and if there will be another park soon. You turn to ask your teacher and they're gone.

Now you must decide, do you continue forward on this path or do you try to return to the park? Your teacher has given you the wisdom to make this choice. Make it now.

Now that your choice is made your teacher returns to share they're opinion about your choice and where that choice will lead you. Listen carefully.

When you have contemplated this wisdom of your inner teacher, fully, gently return your awareness to your body. Bring back the new knowledge you have gained.

Awaken refreshed, renewed and ready to continue your growth.

Close your eyes.

Imagine the warm sun touching you on a spring day.

Hear the water of a stream floating across the stones of it's bed.

Smell the sweet warmth of the Earth's aroma coming into your conscious awareness.

Feel the outside world slip away taking with it all your cares and worries.

You are totally immersed now in the sacred private place your own private Earth.

The birds begin to sing and with their song you become more and more a part of the totality of the scene.

You begin to see a glowing energy around your body.

This energy now reaches out and touches everything around you.

Sense the wisdom that surrounds you.

Open your heart to the messages of the true nature of oneness.

Healing Meditation

Become aware of your heart beating, rhythmic, soothing, constant.

Feel your breath feeding your blood with oxygen and releasing tension and fear.

Your body moves into a state of absolute relaxation, balance and peace.

From this place you find that your body is filled with capsules of light floating freely from place to place. You become one of these light capsules and move into the flow of the stream.

Suddenly the capsules begin to gather into a large pool and you see up ahead of you a large dam. You move yourself ahead to the dam to ask **why** it has stopped the flow. Take time now to receive it's answer.

Upon receiving this new knowledge ask the dam to remove itself and free the light capsules to resume their flow.

Travel now on this journey seeking all the dams. Find their purpose for blocking the flow and remove them. Do this now.

Now that the flow is established there are new capsules entering the stream. Some are black and look sticky and disgust you. Confront them now and ask them what they represent and why they are in your space.

Now that you are aware of why they have come into your space, you become overwhelmed with the love of forgiveness. Your whole capsule swells until it bursts forth with a brilliant light that envelopes the black capsules and disintegrates the black goo, leaving them brilliant shining lights like the other capsules in the stream.

The whole flow becomes engrossed in this bursting forth of forgiveness. Joyous celebration echoes through every part of you, waking your consciousness until you become aware that you are fully awake and feel alive and healed.

In Our Prayers

We are saddened by the passing of one of our courageous NACH members, Dr. Arthur Santucci. As you know, many years ago Art was the recipient of a heart transplant, and continued living a meaningful life. In fact, he and his wife Anita also a member, gave a presentation at one of our NACH meetings several years ago. Art was a professor at Seton Hall University and a skilled Hypno-Counselor. We shall miss him.

TV Celebrity

Your Editor, me, Roxanne Cortese was on Local 12 New Jersey News channel with Dr. Derrick De Silva, "Your Natural Health". Even though my topic was on hot stones massage, by the way it was a live demonstration, I was able to give all of my credentials, being a certified hypnotherapist as one of them, as well as all my other credentials. The show ran for 1 week, with 4-5 showings a day at all hours. I received over 100 phone calls within the first 3 days. Most for massage, but I did receive phone calls because they heard I did hypnosis. I don't know if you are aware of how easy it is to go on TV and radio. The local stations where they have talk shows look for guests to appear all the time to fill up their weekly slots. One of my clients mentioned me to her Doctor and poof, he called me. It is a great way of marketing. Listen to your AM, not FM stations for local talk shows. Send in your brochure, business cards and a topic that would be of interest, and believe me they will call you.

Self-hypnosis - a possible cure for habit cough

We can develop all sorts of habits but one which isn't always recognized is habit cough. It may start with a virus but persists. It can be a loud cough, which tends to disappear when distracted or asleep. People with habit cough can really get on the diagnostic merry-go-round, with X-rays, scans, lung function and blood tests all of which come up negative. Habit coughers can be put on asthma medications and potent cough syrups – all to no avail. A report from the United States suggests that self-hypnosis might be effective. The study wasn't a trial with a dummy treatment, so you do have to be careful with the conclusions.

The researchers reported on over 50 children and adolescents with habit cough – some who had habit-coughed for years mostly banished the cough after a single session of self-hypnosis. Self-hypnosis is about training your brain to distract itself – kind of programmed daydreaming similar to when your mind drifts while driving or listening to a boring Health Minute! The person is trained to induce a relaxed state with a pre-programmed, say, rubbing of the thumb and forefinger – when they feel a cough coming on.....Works like a dream, say the researchers..... Anbar RD and Hall HR. *Journal of Pediatrics* 2004,

The Word Is Getting Out There

We've known it all along - there's more to life than our current medical system has traditionally understood. And now this truth is being recognized by the mainstream media. People are searching for alternatives to hormone therapy and arthritis and flu cures because they're losing faith in many current medical treatments. Recently, "Newsweek" Magazine highlighted mind-body therapies, including hypnotherapy, and the word is getting out.

UPCOMING WORKSHOPS

ACADEMY OF PROFESSIONAL HYPNOSIS

Fall Session Dates

Advanced Clinical Hypnosis Certification (34 hours)....October 24th & 25th, 30th & 31st, 2004

HypnoTapping with Drs. John Gatto & Anthony De Marco, **November 6th & 7th, 2004**

Integrate this exciting, fast growing energy therapy modality into your practice immediately. It truly produces amazing results. Let the healing begin instantaneously with easily followed procedures.

HypnoAddictionology with Dr. Tony De Marco, **November 13th & 14th, 2004**

Learn how to work with alcohol, drugs and gambling, and other addictions. Be led by the hand through a session by session 13 session program. The Practice Manual is invaluable: Includes, session explanations, scripts, homework assignments, journals, and other useful forms.

Place: Holiday Inn 4701 Stelton Road, South Plainfield, NJ 07080

Tel: (908) 753-5500....**Time:** 9:00 am – 6:00 pm..... For Brochure-Financing Info:

Dr. John Gatto at (908) 964 4467

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 for the newsletter gives permission to use this information freely. *Roxanne Cortese, Editor*

