

# HYPNOLINK 2004

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National Association  
Of Certified Hypnotherapists

1358 Burnet Ave. Suite 1 Union, New Jersey 07083

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## NEWSLETTER

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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**

### INSIDE THIS ISSUE

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### **Happy New Year!**

Well the parties over, it's now time to get back to basics, work, new beginnings and getting motivated for the year 2004. As you can see NACH is already thinking of creating some new concepts with the newsletter. I hope everyone had a healthy and happy holiday and Santa was good to everyone. I personally am already thinking of the NGH convention, ways to market my practice, incorporating new techniques I have learned, and I totally redid and rearranged my office for a new look and feeling, I believe change is always good. Notice the new layout of the newsletter too. I'm on a roll. See you at the first meeting of the year..... *Roxanne*

### **Expansion Notice**

It is the intention of NACH to expand its Newsletter to 8 pages but can only do so if our members submit articles for review and acceptance. You may send us **1.** Brief Scripts with an explanation or background for the script; **2.** Interesting case histories with your personal involvement; **3.** Interesting articles of other persons that can be reproduced without violating the copyright laws **4.** Any educational or comical, or important thoughts, concepts, theories, programs, or insights that you would like to share with members. We would like to put in a small picture of persons whose 'full length' articles are being published, which really improves networking among members. We also are open to your suggestions for other contents of the proposed expanded Newsletter, which will begin with the March or April issue if we receive sufficient submissions.

I came across this article which was e-mailed to me since I am on their free info list. Found it very interesting and thought what a wonderful article to start our year, to IMPROVE our emotions to draw positive financial energy our way. *Roxanne*

## **Your Money Feelings,.....Want to improve your finances?**

Great article by.... **Joan Sotkin, creator of TBE's**

**How often do you think about money?** Most people think – or obsess – about money fairly often. Even people who have what would seem to be a lot of money think or worry about money many times a day. It seems strange that we spend so much of our time thinking about something that by itself has no value at all. Money's value lies in the importance that we give it. Over the years, as I have been transforming my financial situation, I have had to look at why some people are comfortable with their money and others aren't. My conclusion is that like anything else in our lives, **our financial situation is a reflection of our thoughts, beliefs and emotions .....(TBEs).**

**Money is an energy of exchange.** It is energy that passes between two people. When people exchange money for goods or services, they are having a business or financial relationship. Therefore, money is a symbol of relationships, and the way you deal with money is the same as the way you deal with your relationships.

**Let me rephrase that: Money is energy passing between two people, and how you deal with money is how you deal with your relationships – with yourself and with others.**

**Just as you have feelings about people relationships, you have money feelings, and they are usually similar to your other relationship feelings.** As a matter of fact, your financial situation is a means for you to express deep feelings. Once you understand which feelings you are expressing through your money, you can work to express those feelings in a healthier manner and change your financial situation.

**Think about it -- isn't financial security a feeling?** Some people feel financially secure with very little available cash. Others think they need more even when they have millions in the bank. Financial security has nothing to do with how much you have. It is about how you feel.

**Your relationship with money can tell you a lot about yourself. For example:**

- If you think other people are going to cheat you financially, you're afraid of being abused or manipulated.
- If you're stingy, you're afraid of love/intimacy.
- If you are worried about running out of money, you're afraid of being left alone or of abandoning yourself.
- If you never have enough money, it's because you believe you're not enough.
- If you often say, "I'm broke," you feel broken or wounded inside.
- If you are never able to buy things you want, you feel deprived, usually of love.
- If your money is out of control, so are your feelings.
- If you need to be rescued financially, you may be feeling needy. alone and unloved
- If you often borrow money, you think you deserve more than you receive (emotionally).
- If, when you look at your bank balance you feel ashamed, you're ashamed of yourself.
- When you go to buy something and you get a gripping feeling around your heart, you're feeling like a bad girl or boy.
- If money slips through your fingers and you never keep enough for yourself, you don't think you deserve prosperity.

**Getting in touch with your money feelings is important if you want to feel prosperous and financially secure. Use the following techniques to tune into what you are expressing through your money:**

**1. When you start worrying about money, rephrase the problem in terms of relationships.** For example, if you are saying, "I have no money and I'm not generating any clients," you are probably feeling alone and un-validated. You may be expressing the thought "Nobody loves me." Or, you may feel disconnected from your Self, which leads to feelings of aloneness.

**2. When you are paying bills or buying something, notice what you are feeling.** Are you feeling fear? What are you really afraid of? Here again, don't use the word money in your answer. Try to see what is going on in terms of relationships. If you are afraid of running out of money, it means you are afraid of being alone; you can't run out of money, you can only run out of people because money is always attached to people!

**3. Once you identify the feelings associated with your money, think back to the earliest time that you can remember when you felt the same feelings.** Express the feelings to whomever was involved in your life story at the time by writing a letter that you don't actually send, sharing the feelings with someone else, or with whatever emotional clearing technique works for you.

**The idea is to express, as deeply as possible, the feelings you are acting out through your money.** If you are afraid to do it alone, share the feelings with someone who can listen to your pain without getting involved. Expressing the feelings will help you change your financial expression.

### Self-Hypnosis Beats Stress

Self-hypnosis may help people combat the negative effects that stress has on the immune system, say researchers from Ohio State University. A study of medical students experiencing exam-time stress revealed that the immune system of given "hypnotic-relaxation training" was stronger than that of untrained students. Researchers took blood samples from both groups of students at the start of the study and just before exams got underway, and exposed the samples to foreign substances in order to monitor the activity of key immune system components. Results showed that samples taken from the self-hypnosis trained students launched stronger attacks against the substances. Furthermore, the immune response got stronger the more the students practiced the techniques. Previous studies have found that self-hypnosis may reduce pain following surgery as well as speed wound-healing and post-operative recovery. SOURCE/REFERENCE: Journal of Consulting and Clinical Psychology

When it comes to beating stress stroking your dog may be more beneficial than pouring your heart out to friends, partners, or counselors. Researchers at the University of New York at Buffalo studied how 240 volunteers - half of whom owned a dog or cat - responded to two stress-inducing situations - mental arithmetic and plunging their hand into ice cold water. Results showed that pet owners had lower resting heart rates and blood pressure than those without a cat or dog. Furthermore, they exhibited a lesser response to the stressful tasks and their heart rates and blood pressure returned to normal more quickly than those whose performed the tasks in the company of friends or spouses. Study leader Dr Karen Allen, said: "While the idea of a pet as social support may appear to some as a peculiar notion, our participants' responses to stress, combined with their descriptions of the meaning of pets in their lives, suggest to us that social support can indeed cross species."

### Herbs Offer Relief from Stress-Related Insomnia

The popular herbs valerian and kava may help people kept awake by stressful thoughts to finally get some sleep, suggest results of a small-scale study. Dr D Wheatley found that when given individually, kava and valerian reduced stress enabling study participants to nod off and get a good nights' sleep. Those involved in the study had suffered from insomnia for more than 15-years on average, however participants reported that both herbs significantly reduced stress and offered relief from insomnia. Even though 42% of volunteers did report side effects (16% had vivid dreams after taking valerian, and 12% of those being treated with kava felt dizzy) they were minor and significantly less troublesome than those caused by conventional sleeping medications. Wheatley concluded: "The study showed that kava and valerian were effective at relieving stress itself and insomnia caused by stress."

SOURCE/REFERENCE: Phytotherapy Research

## INFORMATION CORNER

### 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 there 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*

### A Mother's Prayer Answered

Hi Dr. Gatto,

Happy new year! I hope this letter finds you and yours in good health. I'm writing you to tell you the great success I have had with tapping my son's asthma. I had an instant turn around with him from the time I left your office. He has had a few common colds but none of them went into his chest and flared up his asthma like usual. In fact I have even tapped him (and myself) when my husband had the flu recently and we didn't get sick, not even one snuffle or body chill. It even helped with his physical activities outside with getting "winded" when running around.

Thank you so much for introducing me to the tapping procedure, it saved me from sleepless nights, Dr. visits and hospital stays.....

(ED Note...Dr. Gatto received this email in January, 2004. "Tapping" is the EFT modality that Dr. Gatto teaches in his "HypnoTapping" 2 day workshop. **Jennifer is a recent graduate of the Academy and also attended a 2 day seminar of Dr. Gatto's "HypnoTapping"**

The Academy of Professional Hypnosis 100 hour Certification Course beginning on February 21, 2004 at the Holiday Inn, South Plainfield. Look at to our website .

NGH Solid Gold Weekend in Las Vegas February 7-8, 2004.

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.

When the NGH approves applications for presentations at 2004 Annual Convention, we shall include a listing of the members' presentations that have been accepted.



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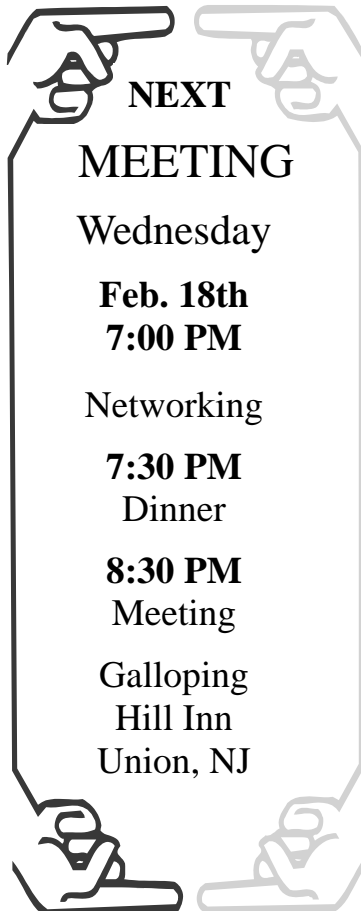
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TO:

FIRST CLASS

## HypnoLink 2004 Newsletter

Happy New Year / Newsletter Expansion / Your Money Feelings / Did You Know/Information Corner / Upcoming Conventions/ Letter to Dr. Gatto



NEXT

MEETING

Wednesday

**Feb. 18th**  
**7:00 PM**

Networking

**7:30 PM**  
Dinner

**8:30 PM**  
Meeting

Galloping  
Hill Inn  
Union, NJ

TOPIC

**N.A.E.T and B.R.T:**  
**"This alphabet soup can help you feel better."**  
**With Marsha Schreiber, Chiropractor**

During her presentation, Dr. Schreiber will specifically discuss NAET and BRT. NAET, a synthesis of chiropractic and acupuncture, is a technique developed to address imbalances in the body's energy meridians that manifest themselves as "allergies." BRT addresses imbalances in the body's endocrine system that manifest themselves in endocrine symptoms, such as PMS, weight gain, and thyroid issues. Both NAET and BRT use Applied Kinesiology as a diagnostic tool, and treat using energy vials.

**MARSHA SCHREIBER, D.C.** is a chiropractor in private practice in Highland Park, New Jersey. She received her Doctor of Chiropractic degree, *Cum Laude*, from New York Chiropractic College (1991) and her undergraduate degree at Yeshiva University, (B.A., *Magna Cum Laude* (1987)). She is a member of the Central Jersey Chiropractic Society. Dr. Schreiber has received postgraduate training and/or certification in the following areas: Network Spinal Analysis; Erchonia Low Level Laser Therapy; Pediatrics; Nambudripad's Allergy Elimination Technique (NAET); Body Restoration Technique (BRT), Lang Autoimmune Technique; among others, which she incorporates into her holistic practice. Dr. Schreiber is married and resides in Highland Park with her husband and three daughters. When not seeing patients or spending time with her family, she likes to ride horses and spend time at the beach.