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(payment due 5 days prior)

3RD Wednesday of each month

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Confidence In Company

By Glenn Harrold MBSCH Dip C.H

As you go deeper relaxed... you will remain more relaxed... whenever you are in the presence of other people... and it doesn't matter whether it is a small group of people... or a large group... or whether they are friends or strangers.... you always remain calm and relaxed when you are in the company of other people...

you will now learn to remain comfortable and confident when speaking to other people... you will always be able to express yourself easily and confidently... and you always speak freely and easily... with intelligence and humour when appropriate ... your conversations will flow easily...and you will enjoy talking to people.... about any subject that arises... and you are always able to meet people on equal terms...

You replace old feelings with your increasing ability to focus on your strengths.... you will become... so deeply interested... so deeply absorbed in what you are saying... that you become completely focused in the conversation... to the complete exclusion of everything else... and you always remain perfectly relaxed... perfectly calm and self confident... when you are speaking to other people... whether it's to do with business or pleasure... whether its on a one to one... or to a group... when you're with other people... you become much less conscious of yourself... and your own feelings... you will consequently be able to talk quite freely and naturally... if you should try to think of yourself....you will immediately shift your attention back to your conversation ... and you will remain calm... confident... and self assured... at all times... and because of this... you will find that you get on better with people... you gain their respect easily... because you are a good listener too... and you like to laugh with people... as laughter is a wonderful way to communicate... and you feel happy and content....knowing that you can communicate easily with people from all walks of life... as you draw upon your experiences of life to make your conversations interesting.... and as time goes by... you will find that you enjoy being around other people... as your skills of communication grow more and more refined... and you draw opportunities towards you... as people respond to your likeable easy going personality... and so as you grow more and more confident about your own abilities... when you're in the company of other people... you grow more confident about yourself... and develop an inner calm and strength... as the days weeks and months go by....

GUILT RELEASE - Terence Watts

This should be used only when there is a genuine cause for the guilty feelings. It should not be used when there is a misinterpretation of events, i.e. when it is obvious that no guilty feelings are deserved or when the guilt is otherwise unwarranted (rape, abuse, finding a new partner after the death of a spouse, etc.). Under those circumstances, it could have an adverse effect. Use as part of an ego/confidence reinforcement session. And you're going to find yourself easily able to forgive yourself for things you feel you may have done wrong in the past... whether those wrongs are real or imaginary... and whether they are in your conscious mind or buried within the subconscious...you're going to find yourself easily able to let go of any guilt feelings associated with these things... **Continue page 3**

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.

INSTRUCTIONS FOR LIFE

1. Give people more than they expect and do it cheerfully.
2. Memorise your favourite poem.
3. Don't believe all you hear, spend all you have, or sleep all you want.
4. When you say, "I love you," mean it.
5. When you say, "I'm sorry," look the person in the eye.
6. Be engaged at least six months before you get married.
7. Believe in love at first sight.
8. Never laugh at anyone's dreams.
9. Love deeply and passionately. You might get hurt but it's the only way to live life.
10. In disagreements, fight fairly. No name calling.
11. Don't judge people by their relatives.
12. Talk slow but think quick.
13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
14. Remember that great love and great achievements involve great risk.
15. Call your Mom.
16. Say "bless you" when you hear someone sneeze.
17. When you lose, don't lose the lesson.
18. Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions.
19. Don't let a little dispute injure a great friendship.
20. When you realise you've made a mistake, take immediate steps to correct it.
21. Smile when picking up the phone. The caller will hear it in your voice.
22. Marry a man/woman you love to talk to. As you get older, his/her conversational skills will be as important as any other.
23. Spend some time alone.
24. Open your arms to change, but don't let go of your values.
25. Remember that silence is sometimes the best answer.
26. Read more books and watch less TV.
27. Live a good, honourable life. Then when you get older and think back, you'll get to enjoy it a second time.
28. Trust in God but lock your car.
29. A loving atmosphere in your home is so important. Do all you can to create a tranquil harmonious home.
30. In disagreements with loved ones, deal with the current situation. Don't bring up the past.
31. Read between the lines.
32. Share your knowledge. It's a way to achieve immortality.
33. Be gentle with the earth.
34. Pray. There's immeasurable power in it.
35. Never interrupt when you are being flattered.
36. Mind your own business.
37. Don't trust a man/woman who doesn't close his/her eyes when you kiss them.
38. Once a year, go someplace you've never been before.
39. If you make a lot of money, put it to use helping others while you are living. That is wealth's greatest satisfaction.
40. Remember that not getting what you want is sometimes a stroke of luck.
41. Learn the rules, then break some.
42. Remember that the best relationship is one where your love for each other is greater than your need for each other.
43. Judge your success by what you had to give up in order to get it.
44. Remember that your character is your destiny.
45. Approach love and cooking with reckless abandon.

FORGETTING - Michael McKee

This nicely done confusional-type script by Michael McKee can have many uses...

But you can remember that sometimes you see things and sometimes you miss them don't you. And you can think of a time when you were looking for something in plain sight and looked and looked and when you came back later there it was all along. And isn't it interesting to note that the unconscious mind can choose just what to notice and what not to notice. There is a story of Milton Erickson who once went into a factory and noticed that the workers there could talk to each other and understand each other but that he couldn't hear a word they were saying because of the loud background noise of the factory.

He realised the unconscious mind can choose to not notice certain things. And there is another story of the town of Niagara

Falls which was right next to the famous waterfalls. One morning the residents of the town all ran to each other and asked what was that loud noise. It took an outsider to remind them what silence sounded like... they had acquired the ability to totally tune out the noise of the falls and when the river was diverted to the falls so it could be reinforced because they were collapsing they hadn't made the transition to hearing without the background noise.

Now it is interesting that those people could go other places and find the lack of background noise quite natural but in their lives the unconscious mind had learned to simply tune out the noise of the falls. And isn't it interesting to speculate just how your unconscious mind can manage to undergo the experience of not noticing to notice things? Take for example the colour blue. It can be true blue but it can also be an emotional state. And I don't know just how exactly your unconscious mind can make the switch to thinking of blue as only the feeling. That's right.

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Creativity includes the use of color, laughter and freedom to enhance productivity. *Creativity* is fun. When people enjoy what they do, they work much harder.

Creativity includes conscious efforts to see things differently, to break out of habits and out-dated beliefs to find new ways of thinking, doing and being. *Creativity* is a natural, normal aspect of healthy human beings.



ALERT

THIS NEWSLETTER IS NOW SWITCHING TO INTERNET EMAIL DELIVERY ONLY

The cost of paper and postage has forced us to discontinue hard-mail, and its easier to save and forward to friends Please email your email address to info@hypnoacademy.com If you have no email, please telephone.....

Dr. John Gatto at 908-964-4467

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There are many. Colors and for the next while your unconscious mind can forget to remember that feeling colour and forget to even remember the name for that colour that you don't need to notice. And you can notice many things. You can notice the colour of the grass or the colour of the tea you had back then for breakfast but isn't it easy to forget to remember that you don't need to even notice that particular colour. You might even be surprised that others notice some things that you don't but that is only natural. You are trained to notice some things that others notice so it is very easy to let others notice some colourful things that you simply don't notice. And you can not notice so easily....

For some things are here and some other things are over there and some other things are off colour but we don't need to make jokes just yet. So letting the off colour be off the other end of the spectrum of consciousness you can think of innuendo and maybe even make jokes of a different kind but some things are simply easier to not take notice of like the speck of mascara on the old lady's face that belongs only around her eyes or the bad joke that is so easy to forget that you might as well have not noticed in the first place.

Respect of self and of others; includes: *respect* for the environment; other people's personal privacy, their physical space and belongings; different viewpoints, philosophies, religion, gender, lifestyle, ethnic origin, physical ability, beliefs and personality.

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

Academy of Professional Hypnosis

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

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REMEMBER, MEETINGS ARE THE 3RD WEDNESDAY of EACH MONTH,

(except, July, August, December and January)

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because you are a normal human being with normal emotions and normal drives, you're sometimes prone to make normal human errors, as we all do... but those errors, those human mistakes, are in the past now... and we cannot and should not attempt to rewrite history...because everything that happens to us is part of what makes us human... and the very fact that we are able to feel guilt tells us that we are human... tells us that that we are a caring person... because if we felt no guilt, then that would mean that we did not care... and it is only the person who does not care that should feel guilt... and yet it is only the person who cares, who genuinely cares, that does feel guilt... so now it's time for you to be just a little kinder to yourself... to accept that the guilt you have been feeling is the subconscious mind's way of letting you punish yourself for things you feel you may have done wrong... but there is always a limit to the amount of punishment that is needed for any wrong doing... every caring person knows that... and when that limit has been reached, there is no just need or cause for that punishment to continue... and a caring person finds it easy to forgive people their mistakes... so you can now forgive yourself... just as you would forgive others for their errors, their mistakes... because those things you feel you may have done wrong were errors... just mistakes... so there is no need now for your for further punishment... most of the time, nearly all of the time, you don't make these errors... nearly all the time, you do the right thing... and you have always tried to do what you believed was the right thing to do... and because of this, you're going to find it easy to forgive yourself, right now, right this minute... you're going to find yourself easily able to let go of any guilt feelings associated with these things that you feel you may have done wrong... whether those feelings are in the conscious mind or buried within the depths of the subconscious... it's all right to let go of those feelings of guilt... and to accept that you are a whole, complete, and worthwhile person...

ATTENTION

Only Presenters shall be permitted to sell their products and only on the date of their presentations. Any other sales will only be permitted with the permission of Dr. Gatto and at a charge of 20% of the sales for NACH.

