

Volume 6... Issue 5

May 2008

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N.A.C.H. and The Greater NJ NGH Chapter

NEWSLETTER

National Association Of Certified Hypnotherapists

1358 Burnet Ave. Suite 1 Union, New Jersey 07083



RE-CREATE YOURSELF

You have goals to get fit and healthy, wealthy and wise. Your body is willing but sometimes the mind is weak. Release the parts of yourself that hinders you from growth, from being the best you can be. You may be fully aware of the hinderance or you may not realize what you are allowing to hold your true potential back. On the surface, it may seem like you just can't control your weight or it seems everything is just going wrong. These hinderances come from road blocks within your mind and spirit that prevent you from controlling your weight or achieving your goals. It may be an addiction to something or someone; or a lack of self esteem, or an obsession, jealousy, fear, excessive behavior, or suspicion. Get rid of these blocks and re-create yourself to open your flow of positive energy.

Ask yourself what you really want in life. Do you really want it and the responsibility it holds? Do you get anxiety, apprehension, or stress from

it? Find out why, find what is in you that holds your doubts and fears, and holding you back from getting what you want. Don't deny this. Ask why it is sabotaging you. Why are you *creating* experiences that causes you not to succeed. See what *beliefs* are behind it. Change that belief. First, accept this as part of yourself. Then release it from its containment of fears of success and responsibility.

Instead of fighting it, embrace it and accept it as part of yourself. Visualize embracing a part of yourself that contains your fears, anxieties, depression, or problems. Do this during a breathing meditation. Give this person in you love. Then give this person in you a new role, one that is creative, give yourself a new lift on life. Your healing process will be helped immensely when you contact this part of you. Find out what it wants and needs. Now it will become one of your strongest allies. When you fight the part of yourself that hinders you, it becomes you against yourself. It is 'separation'. **Cont. PG 4**

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Hypnosis, Metaphor and Guided Imagery

Hypnosis is focused attention, metaphor is story-telling, and guided imagery is mind games mainly used for healing. The common denominator is words the therapist uses, words to effect both mental and physical changes.

How is it possible for:

1. The suggestions given in the suggestible state of trance;
2. The telling of interesting stories;
3. Using internal imagery (all senses possible) to bring about change in a client?

Is the therapist an active/directive/causative agent, or is the therapist a facilitator who helps the client to find unique solutions based on their own life? In the old days therapists took most of the credit for change. Since we can never know a client in the way that they know themselves, then we are effectively limited to being guides. Although there is a place for traditional directive hypnotherapeutic work (as in, 'cigarettes will taste like shit from now on'), I believe that the most effective way to use the concentrated attention of a client is via the subtle and indirect use of language. It was said of Milton H. Erickson, MD, that he was a master of the precise use of vague language.

Vague means that the words as is usually the case in poetry - provide opportunities for the listener to create/recall her own uniquely individual responses or memories.

Rather than say, 'You are now going to figure out how to handle this by confronting your parents' you can say, 'just wonder what interesting, and perhaps surprising, ways have already come to mind to realistically resolve your concerns.'

The first formulation restricts the client to the therapist-generated solution of confrontation. The indirect method is also more collaborative and respectful. Since everyone is unique, you have to tailor your approach to the client. It was also said of Erickson that he invented a new therapy for each client, and that his clients never knew what he was going to do when they entered his office. How predictable are you?

Everyone loves a good story. All cultures and religions have favorite stories and myths and legends that are told and re-told. Stories are entrapping. Stories are not just for children. Each of us is a unique and unfolding story - even those of us who live dull and routine lives - a dull story is still a story. White and Epston's 'Narrative Therapy' is an approach that makes use of the stories that people believe about themselves.

When you meet a stranger and each of you responds to the unspoken question of 'Who are you?' you respond with your life story. At any rate, you report the highlights of how you got to be who you are - these are the key events as filtered through your present-day perceptions. Remember, memory is mal-

leable, and what and how we recall past events are controlled by current needs and perceptions. Do you recall only good or only bad things about your growing up years, for example?

The intervention of Guided Metaphor makes use of personal stories to create a metaphor for change. The client is asked to summarize his life in a page, in a sentence, and in a descriptive word. Then, the client is asked to write a new story with the (realistic) ending they desire. This new story is told in a page, a sentence, and a descriptive word.

The therapist can now construct a metaphor to deliver (in or out of trance) that incorporates the old story and how it has been transformed into a new story - all using the client's images and descriptive language. The client, in effect, tells you how his changes have been brought about. (This approach has parallels with Erickson's 'pseudo-orientation in time', but is more structured.)

Of course, the traditional way of utilizing therapist-generated metaphor to suggest a variety of ways that the client can use to resolve her concerns is also useful. (Notice that I am picky about language and prefer 'concerns' to 'problems'.)

Guided imagery is primarily used with people who have life-challenging diseases, although it can also be used for psychotherapy. (The NLP 'swish' technique and the TimeLine Therapy approach can both be considered to be variants of guided imagery.)cont. page



a facilitator who helps the client to find unique solutions based on their own life?



Using all of your senses

MIND TRICKS TO IMPROVE YOUR MEMORY

In today's fast paced society, we are constantly learning new information and we need better memories to remember it all. Students need better memories for studying and taking exams. People need better memories to be successful in their careers, and we all need better memories to remember important dates and facts.

However, most people have trouble remembering new facts and ideas. Memory problems often occur as we age, but there are other factors that impair our memories, such as stress, fatigue, depression, and concentration problems. Fortunately, there are a myriad of ways to improve your memory using easy mnemonic techniques and hypnosis and memory enhancement.

Mnemonic devices are helpful memory retention techniques. They can be in the forms of words, pictures, or any other associations that help you link concepts and information together. Acronyms are a common mnemonic device formed using the initial letters of words or word parts in a phrase or name. Let's say you want to memorize a shopping list of eggs, soap, cheese, ham, and salsa. You could come up with the acronym "CHESS" for cheese, ham, eggs, soap, and salsa. The acronym and the effort you put into generating it help you memorize the list.

Acrostic sentences are similar to acronyms. You can use acrostics to memorize ordered lists or sequences of events. In an acrostic,

you use the first letters, syllables, or words of a phrase to remember a different message. In school, students are taught the acrostic sentence "Please Excuse My Dear Aunt Sally" to remember the order of operations in mathematics (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction).

Another famous mnemonic device is called the "Method of Loci." This technique was used in ancient times to memorize speeches. In this method, you link information to visual cues along a path. First, you think of a physical route you are familiar with, such as the commute to work, or a walk through your house. Imagine yourself traveling along this route, and identify specific landmarks that you pass by. Each landmark will correspond to something you wish to remember. Once you have identified your path and landmarks, you mentally associate a piece of information with each landmark.

Another technique is the "chunking" method of memorization. This method is useful in memorizing series of numbers, such as dates, phone numbers, and social security numbers. For example, you probably remember your social security number as a set of three, two and four digit numbers, or three sets of three digits. Using the chunking method, you break up a large amount of information into "chunks" that are easier to manage and remember. You can also organize information into categories to help you remember more

complex things.

Now that you know these techniques, you can use them when you are trying to remember information. To successfully form a memory, concentrate on what you are trying to remember, taking a few seconds to process the information. Eliminate distractions from your environment that take your focus away from what you want to memorize. Write down the information, read it aloud, and try to engage all of your senses when you are learning new information. If you can experience or associate the information with all of your senses, you will remember it better.

Stress will impair your ability to focus and remember information, so you must relax! To cope with stress, you may be interested in using hypnosis to improve memory and recall abilities. Although memorization tricks are helpful, stress and lack of focus are the top reasons why people struggle with memory problems and can inhibit your success using the techniques. If stress and concentration problems are causing your memory problems, you can use hypnosis to improve memory and recall abilities significantly. Your memory will be enhanced by combining memorization methods with hypnosis and [memory improvement techniques](#).

[Self hypnosis memory improvement techniques](#) can help you relax and focus on information. Hypnosis and memory techniques help improve your short-term memory by increasing your awareness, so you never forget things such as where you left your keys or wallet.



Hypnosis and memory enhancement can also help you overcome anxieties that interfere with your ability to remember things, such as nervousness during an exam or a presentation at work. Many students suffer from test anxiety, but this can be overcome by hypnotherapy. Similarly, many people "freeze" and forget information during public speeches, a problem that can also be overcome by self hypnosis memory improvement techniques.

Hypnotherapy is the best way for people to remember and recall information because it calms the mind and increases the ability to concentrate. You can let hypnosis and memory work together to eliminate your memory problems. Someday, [hypnosis and memory](#) may become inseparable as people discover how hypnotherapy can improve their lives.

The 5-4-3-2-1 Technique

by Charles Holton, LCSW

This is a description of an anti-anxiety technique called "The 5-4-3-2-1 Technique" taught to me by Yvonne Dolan, MA, author of *A Path With a Heart* and *Recovering from Sexual Abuse*. It is also taught by Betty Alice Erickson, daughter of Milton Erickson, MD.

The technique is very simple and direct. It does not involve complicated visual imagery or hypnotic inductions, it does not ask the client to close their eyes, imagine themselves somewhere else, or even to trust the therapist very much. It is a way to relax and release anxiety while orienting yourself comfortably to the physical reality around you.

(1) Establish a position that you can maintain comfortably for a few minutes. Pick a spot on the wall or nearby and let your eyes remain on that spot, and let your head remain in a comfortable, stable position. Moving your eyes, moving your head, moving around and re-orienting will tend to interrupt the experience, so let yourself settle into a comfortable position and stay there for a few minutes.

(2) Say out loud in a slow, gentle rhythm five things you see, then

five things you hear, then five things you feel in your body. Then say out loud four things you see, four things you hear, four things you feel. Next, say out loud three things you see, three things you hear, three things you feel. Then, two of each, and finally one of each. You'll find yourself repeating a lot, and that's fine.

(3) For most people, somewhere before they get to the one-of-each category, they find themselves relaxing into the pleasant sensations of just noticing what's around them in all its detail and richness. They slow down a little, they kind of enjoy the process and get distracted by that, and actually lose their place in keeping track of which step they're on. *That's the point of the exercise.* When you lose your place, just ask yourself, would you like to continue to get absorbed by the pleasant sensations around you, just kind of drift into daydreaming and relaxing, or would you like to go back to the exercise?

(4) Let me demonstrate for you. (Adjust your posture, take a deep breath, fix your gaze, and begin.) "I see the print on the wall, I see the trees out the win-

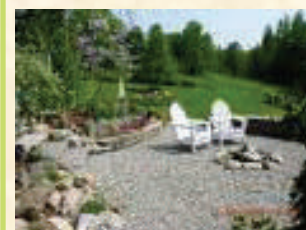
dow, I see the chairs in the room, I see the lamp in the corner, I see the print on the wall. I hear the sound of my own voice, I hear the traffic outside, I hear the hum of the building's air conditioner, I hear the sound of your breathing, I hear the sound of the traffic outside. I feel the chair supporting me, I feel my feet on the floor, I feel my watchband on my wrist, I feel my glasses on my nose – is that four or five? I lost my place already. So at this point I can choose to return to the exercise or just go along into noticing what I'm noticing, and continuing to relax and breathe deeply and evenly without the exercise."

(5) Would you like to try it?

I once worked with a client who had been traumatized with count-downs, so she preferred to reverse the order of the exercise and make it the "1-2-3-4-5 technique." Another client found it unpleasant to notice body sensations so used "I smell . . ." as the third sequence. Remember to be flexible and follow your client's lead, and may this exercise be useful and valuable to you and your clients!



Milton Erickson



Visualize your yard and everything around it



5-4-3-2-1

Cont. from page 1.....The greatest suppression of love is fear. Love and fear cannot occupy the same place. "Perfect love casts out fear". The reason for an illness, its underlying purpose comes from a lifetime of acting on certain assumptions, of believing in a lesser self that is subject to illness, overweight, personal problems, lack of finances. It is a self that is no more than thought fabrications. The experiences come from the beliefs in your mind that lead you to expect it. For example, we are conditioned to believe that cold air will give us a cold, we are subject to advertisements for cold remedies even before it gets cold, to prepare us mentally for what we will surely experience physically. In our culture we see our lacks, losses or illnesses as failures. Instead, see it as an *opportunity* for growth. **(TAKE THE HYPNOTAPPING COURSE)**

VISUALIZING Your GOALS-.....-with Feeling

Visualization is a highly effective tool for developing a prosperity state of being. Part of the prosperity process is visualizing yourself in a comfortable, satisfied place. Comfortable and satisfied are feelings, and since we create our life stories with our thoughts, beliefs and emotions, if you are spending a lot of time worrying about not having enough money and imagining what would happen if

you ran out of money, then that is what you are visualizing! Worry just creates more reasons to worry. I suggest that you spend as much time as possible each day imagining yourself enjoying whatever it is that you are trying to create. As you do this, practice the feelings that are concurrent with success and prosperity. When you find yourself moving into

a worry place, take a deep breath, visualize your goal, switch to the congruent feelings, and say to yourself, "I am willing to be successful and prosperous." Then repeat your power word. To strengthen the effects of your visualizations, identify and clear the old thoughts, beliefs and emotions (TBEs) that you are carrying with you and acting out through your uncomfortable life stories.

Italian Inspired Soup from Weight Watchers

- 2 cups escarole, chopped
- 2 cloves garlic, minced
- 1 cup onions, chopped
- 2 cups baby spinach
- 2 small zucchini, cubed
- 1 medium red pepper, chopped
- 2 cups fennel bulb, thinly sliced (one bulb)
- 6 cups vegetable broth
- 28 oz canned diced tomatoes, preferably fire-roasted
- ¼ tsp crushed red pepper flakes
- 2 tsp fresh thyme, finely chopped

- 1 tsp fresh oregano, finely chopped
 - ¾ tsp salt
 - ¼ tsp black pepper
 - ¼ cup fresh parsley, chopped
 - ¼ cup fresh basil
- Put escarole, garlic, onions, spinach, zucchini, red pepper, fennel bulb, vegetable broth, diced tomatoes, red pepper flakes, thyme and oregano into a large soup pot; stir to combine. Cover and bring to a boil over high heat. Reduce heat to low, and simmer, partly covered, for about 10 minutes.

Stir in salt, black pepper, parsley and basil. Serve. Serving Size: about 1 cup.

OR FOR VAIRATION ADD THIS

- 1 ½ Tbsp grated parmesan cheese, **POINTS**value: 1
- 2 oz cooked chicken sausage, **POINTS**value: 3
- 2 Tbsp cooked chickpeas, **POINTS**value: ½
- 2 Tbsp cooked orzo, **POINTS**value: ½
- 2 small, store-bought turkey meatballs, **POINTS**value: 2

May all your dreams come true.....by: Susan Polis Schutz

Lean against a tree and dream your world of dreams... Work hard at what you like to do and try to overcome all obstacles.... Laugh at your mistakes and praise yourself for learning from them....Pick some flowers

and appreciate the beauty of nature.... Say hello to strangers and enjoy the people you know....Don't be afraid to show your emotions....Laughing and crying make you feel better... Love your friends and family

with your entire being. They are the most important part of your life. Feel the calmness on a quiet sunny day and plan what you want to accomplish in life. Find a rainbow.....and live your world of dreams.



I AM
RICH, FAMOUS
SUCCESSFUL



DREAM

Hypnosis and Infertility.....BY SJANIE HUGO

It is estimated that one in seven UK couples have difficulty conceiving – approximately 3.5 million people. A wide variety of factors affect fertility, and there are many potential causes of infertility. These range from physical and chemical factors to emotional and psychological factors. A diagnosis of infertility – whether it is explained or unexplained – can leave you feeling extremely disappointed and without hope. But does this mean the end of a life long dream? Or are there things you can do to increase your fertility and help you become a parent? I have worked with many couples who have wondered if they will ever conceive and have a family of their own. Some of these couples have been trying for a baby for years and some have spent a lot of time and money on medical treatments like IUI (intra-uterine insemination), GIFT (gamete intra-fallopian transfer) and IVF (in-vitro fertilization) without success. In other cases, couples have made the decision to start a family in their later years, only to discover that becoming pregnant is taking far longer than they expected. Regardless of each couples unique situation, they all found their struggles with infertility highly emotional and stressful – which is completely understandable, given everything that they have to go through. The ongoing striving for a baby can leave you feeling out of control and hopeless. It can affect every aspect of your life, from your relationships with your partner, family and friends to your career. It can be the first real test of a marriage. The majority of infertile women report that coming face to face with their infertility is the most upsetting experience of their lives. Unfortunately, their heightened levels of stress and increased feelings of depression can have a very harmful effect on their ability to conceive and carry a baby to full term. Research has shown that stress affects the hormonal system, which may result in decreased fertility. Stress causes tremendous changes in the body's biochemistry and rhythms. It upsets the body's natural balance, and over time can lead to chronic health problems. After prolonged stress the Sympathetic Nervous system can become hyper-stimulated. A hyper-stimulated nervous system sends less blood to the uterus and ovaries, thereby impairing their optimal functioning. (Lewis, R. P 'The Infertility Cure.' Little, Brown and Company, January 2004. Pgl93.)

So how can Hypnotherapy help?

Hypnotherapy can help to decrease the effects of infertility, and it can also work to help increase fertility. By reducing stress, relieving anxiety, lifting depression, increasing the patient's sense of control, it enables patients to cope better and take better care of themselves during this time. As part of the treatment I teach people a variety of self-help tools, including self-hypnosis, which can be used for many things including deep relaxation. Relaxation techniques help women to cope with, and heal from, the stress of infertility while also substantially increasing the rates of conception. Using approaches derived from Cognitive Behavioral Therapy, I always aim to work with unhealthy beliefs and to challenge them so that the patient can actively change the causes of stress and anxiety. Hypnotherapy also helps couples to prepare for pregnancy, birth and parenthood. This process will often address unconscious resistance to conception as well as any ambiguity towards parenthood. Couples are often surprised when I ask them: why do you want to be parents? And why don't you want to become parents? Simply discussing this can bring many beliefs into conscious awareness. Recent research has drawn attention to the effectiveness of using hypnosis to support IVF treatment. The use of hypnosis during embryo transfer doubles the IVF/ET (embryo trans-fer) outcome in terms of increased implantation and clinical pregnancy rates. Furthermore it seems the patients' attitude to treatment was more favorable. ('Impact of hypnosis during embryo transfer on the outcome of in vitro fertilization-embryo transfer: a case-control study.' Fertility and Sterility Journal. May 2006; 8 (5):14040-8) Due to the increasing demand for this treatment, I have developed an effective hypnotherapy protocol, which is designed to support couples through each stage of IVF. I have also begun teaching this protocol at fertility and hypnotherapy workshops, since many practitioners find it such an important component of their fertility work. Below I have listed the key stages of IVF treatment, and a few ideas and approaches to consider during each stage..... [Continued page 7](#)



Frustration and stress to conceive is but a hypno-therapist away



Positive Outcome

Hypnosis and Infertility

Continued from page 6**The Stages of IVF:****a) Preparation for treatment***Preparing the body and mind***Hypnotherapy:**

- Increase physical, mental and emotional well being.
- Reducing FSH (Follicle Stimulating Hormone) levels if Necessary.
- Direct suggestion to support 'detox.'
- Techniques like 'Self-Integration Dissociation' to clean out any psychological or emotional clutter.
- Pseudo orientation to see themselves being in control throughout the treatment, feeling calm and relaxed.
- Teach self-hypnosis for relaxation and visualization.

b) Ovarian Stimulation (10 - 14 days)*Fertility Drugs are used to stimulate ovarian production***Hypnotherapy:**

- To increase the effectiveness of the drugs and to decrease the negative side effects.
- Use of techniques like 'Healing White Light', 'Apposition of Opposites' and " Control Room of the Mind "
- Visualisation of the ovaries producing an abundance of healthy eggs.
- Use self-hypnosis to balance the systems of the body on a daily basis using 'Apposition of Opposites'

c) Egg collection and sperm collection*The eggs are retrieved, fertilized and monitored***Hypnotherapy:**

- To increase comfort and speed of recovery from egg

Hypnotherapy help to increase Fertility?

Hypnosis, Metaphor and Guided Imagery

Continued from page 2

There is much evidence that body affects mind, and that mind affects body. Some depressions are biochemically related, as is their reversal or control by pharmaceuticals. Psychosomatic ailments are by definition mind-caused. Guided imagery uses the mind for healing, and with a surprising degree of concomitant physical improvement.

The most effective way to do guided imagery work is with client-generated 'images'. What do they feel, or have an inner sense, will work for them? Is it predators or angels? Mechanical devices like ray guns and pulverizers, or gentle persuasion? Biologically accurate things like enhancement of particular immune system components, or a healing presence? The healing metaphor, the healing agency, needs to fit the client's personal belief system and their unique life story. General imagery can be helpful if it is artfully vague. Yet, even with knowledge of the client's specific imagery, it is important to structure your language in as open-ended a way as is possible. The healing image may be an angel, but let the client fill in her own details about the angel- male or female or ... The healing work, after all, is done within the client's mind.

Is it all in the mind? Yes, if you use words. It is not necessary to belabour the point that words like 'red' and 'happy' are individually interpreted. Women, for example, can typically distinguish and name many more shades of red than men can. Yet, each woman experiences a particular red differently.

The placebo effect is always present when you use words since the words evoke individual belief systems. If you congruently believe, and project that belief, that whatever you are doing with a client will be helpful, then your belief tends to become the client's belief. When a treatment is 'new', it is invariably more effective than when it has been around for a while. In 'talking' therapies words count, so choose them with care.

Rubin Battino MS, Mental Health Counselling***I Choose****To live by choice, not by chance;**to make changes, not excuses;**to be motivated, not manipulated;**to be useful, not used;**to excel, not compete.**I choose self-esteem, not self-pity.**I choose to listen to the inner voice,**not the random opinions of others**Unknown author*

HYPNOTAPPING**MERIDIAN ENERGY THERAPY - ACUPOINT TAPPING PLUS HYPNOSIS****AS SEEN ON THE TLC SHOW 'I WANT TO MAKE YOU THIN'****Two (2) Day Workshop Sat & Sun - May 31st & June 1st 9AM-5PM****Members \$325 Non-members \$350 Call Dr. John Gatto @ 908 964 4467**

Dr. John Gatto and Dr. Tony De Marco share their experience and expertise in Meridian Energy Therapy in this workshop. Now, you can combine the power of Acupoint meridian tapping with the permanency of hypnosis. You have seen effective weight management on the TLC show 'I Want To Make You Thin' on Sunday nights at 9 PM, and now you can learn the procedures to implement your practice and bring greater revenue to your office. Drs Gatto & De Marco have been teaching these same procedures for over 10 years now. Learn how to eliminate phobias and fears, overcome guilt, shame, anger, increase energy levels, control cravings and urges, work with weight management, smoking cessation, sports performance. Be amazed at the results when you use it personally. You owe it to yourself and your clients. **WITNESS AMAZING HEALING TAKE PLACE ON SUNDAY AFTERNOON**

Sunday afternoon is set aside for working with real clients that students are permitted to bring to the workshop at that time. We shall time for 3 clients and first come first served with requesting that we consider the client in advance....relative to interesting issues to make it exciting and informative for persons attending the workshop. You must advise us no later than May 23rd about your request to bring a client and we shall advise you within 3 days if acceptable for scheduling. Act now seats are limited. See flyer listed under Newsletter @ www.hypnoacademy.com

Celebrated Hypnotist Dolores Cannon**to present at the May 21st, 2008 NACH-NGH Chapter Dinner Meeting**

On May 21, 2008, 7:00 PM, the National Association of Certified HypnoCounselors (N.A.C.H) and the Greater NJ Chapter of the National Guild of Hypnotists (NGH) is honored to have Dolores Cannon (decannon@msn.com) give a lecture on her 30 plus years of past life regression work as a hypnotist, researcher and teacher. She shall also discuss subject matter found in her 15 published books (www.ozarkmt.com / 479-738-2348) covering a multitude of subjects: including Metaphysics, Past Life Research, the Life of Jesus and the Essenes, Nostradamus, Life after Death, the Seeding of Planet Earth, Life on Other Planets, Life in Other Dimensions, UFO's, Alien Life Forms and other subject matter. The meeting and Dolores Cannon's talk will be held at:

The Galloping Hill Inn, 325 Chestnut St., Union, New Jersey 07083 (Five Points)

The price for admission for members is \$20 and for non-members \$25, which includes the meeting room and a lavish free buffet, served by the Galloping Hill Inn staff. If you plan on attending, please contact Dr. Gatto by phone at 908-964-4467 (leave a message) or by email at gqattohypno@aol.com. **Seating is limited.** Reserve your seat in advance.

Make your check out to N.A.C.H. and Mail to: N.A.C.H. 1358 Burnet Ave, Union, NJ 07083.

ALL CHECKS MUST BE RECEIVED NO LATER THAN MAY 15TH, 2008 FOR YOU TO ATTEND, AS THE RESTAURANT MUST BE NOTIFIED IN ADVANCE OF THE PROPER AMOUNT OF FOOD TO PREPARE. NO EXCEPTIONS

If you plan on flying into Newark Airport for Dolores' lecture (May 21) or hypnosis class (May 23-25), rooms are available for **\$89.00 (discounted) a night** at the WYNDHAM Garden Hotel. Mention you are with the Dolores Cannon Group to receive the special rate.

Wyndham Garden Newark Airport, 550 Route 1 South, Newark, NJ 07114.....www.wyndhamgardenhotelnewarkairport.com

(Across from Newark Airport / Shuttle Available) For Hotel Reservations call: 973-824-4100 or 973-854-8933

NEXT 2008 MEETING

Wednesday: May 21st. 2008

Networking: 7:00 PM

Dinner: 7:30 PM

**Meeting Place: Galloping Hill Inn
Union, NJ**



NACH and NGH



MEETING DATES

FOR 2008

May 21st.... Oct. 15th....Nov. 19th.

No Meetings:

June, July,

December and January

TOPIC: An Evening with Dolores Cannon

PRESENTER: Dolores Cannon

NACH is honored to have Dolores Cannon, who will give a lecture on her 30 plus years of past life regression work as a hypnotist, researcher and teacher. She shall also discuss subject matter found in her 15 published books covering a multitude of subjects: including Metaphysics, Past Life Research, the Life of Jesus and the Essenes, Nostradamus, Life after Death, the Seeding of Planet Earth, Life on Other Planets, Life in Other Dimensions, UFO's, Alien Life Forms and other subject matter.

Dolores Cannon is a past-life regressionist and hypnotherapist who specializes in the recovery and cataloging of "Lost Knowledge". Her roots in hypnosis go back to the 1960s. She has been specializing in past-life therapy since 1979. Dolores has become, perhaps, the world's most unlikely expert on the prophecies of Nostradamus. A retired Navy wife from Huntsville, AR, USA, Dolores was nearly fifty years old when she began experimenting with hypnosis and

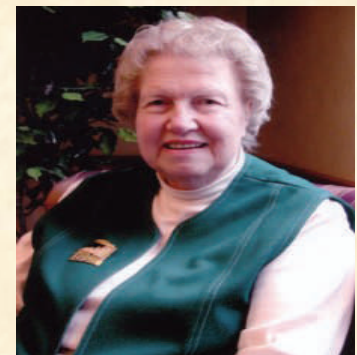
past-life regression. The results were, to say the least, quite spectacular! Working through several different subjects, Dolores was able to establish communication with the living **Michel De Notredame**, better known as the prophet, **Nostradamus**. His revelations and their impact on our own time are both fascinating and at times frightening.

Dolores has appeared on various TV specials including: "A Current Affair" (in Australia); BBC Documentary Series "Divine Magic"; "Ancient Mysteries of the World" (a two hour special on CBS); "Ancient Prophecies I and Ancient Prophecies II" (two hour specials on NBC); "Encounters" (a one hour special on FOX network); "Good Day LA" (in California); "Mysteries, Magic and Miracles" (the Sci-Fi Channel); "Marilu Talk Show" (ABC); "Biography" (series on A&E Channel); "America After Hours" (CNBC); "CNN International Entertainment News"; "The Wisdom Chan-

nel" (Correen Edwards); and "The Fox Family Channel".

We are honored to Have Dolores be a speaker this month for us. This is a don't miss meeting.

BUT PLEASE call and reserve early, seating is limited and we cannot guarantee you seat if you just **SHOW UP.**



DIRECTIONS

PARKWAY: get off at exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road towards Union.(908) 686-2683. **ROUTE 22:** Get off at Union exit on Morris Avenue (Kean University). Proceed towards Elizabeth on Morris Avenue for 1/4 mile. Make right on Salem Road and go to the end. **STATEN ISLAND OR LONG ISLAND:** Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, make a left turn on Salem Road and go to the end.