



# NACH and the Greater NGH Chapter

## National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



# NEWSLETTER

**NEXT  
MEETING**  
Wednesday  
April 21,  
2010

### *Presentation for April 21 Meeting:*

#### COMPASSION CONVERGENCE

#### UTILIZATING "THE THERAPEUTIC SELF" IN HEALING AND HYPNOSIS.

#### JOANNE BELL

JOANNE EARNED HER MASTER HYPNOSIS CERTIFICATION THROUGH THE ACADEMY OF PROFESSIONAL HYPNOSIS .SHE ALSO STUDIED PAIN MANAGEMENT AND HYPNOSIS OFFERED BY THE INSTITUTUTE.

JOANNE HOLDS A MASTERS DEGREE FROM COLUMBIA UNIVERSITY M.Ed EDUCATION .TEACHERS COLLEGE. ADDDITIONALLY SHE IS A NURSE PRACTITIONER IN BOTH ADULT HEALTH AND PSYCHIATRY. SHE HAS EARNED HER DOCTORATE IN INTEGRATIVE MEDICINE IN 2004 FROM CAPITAL UNIVERSTIY OF INTEGRATIVE MEDICINE.

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- April 2010 Horoscope
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- Betty Erickson Method of Self-Hypnosis

### UPCOMING 2010 MEETING DATES

**April 21, 2010 May 19, 2010 June 16, 2010**

No sessions December & January and July & August

**Use this as a positive reminder of our upcoming meeting dates!**

### **Call for Presenters!**

In the efforts of the NACH to steadily build our organization, we are calling for any NACH member in good standing to submit his or her name and topic for presentation at our dinner buffet meetings. We shall consider all submissions. This is your chance to participate in our growth. Also, any member in good standing may suggest a topic to be presented and we will search for presenters to accommodate your request. Email all correspondence to [infor@hypnoacademy.com](mailto:infor@hypnoacademy.com) with a copy to [lcchrepta@yahoo.com](mailto:lcchrepta@yahoo.com).

## April Horoscope with Judy Lewis

**Aries ^** - You are no "April Fool" as the Sun and Mercury transit the 11<sup>th</sup> house governing your hopes and wishes. After successfully overcoming the obstacles of 2009 you won't allow emotion to be your guide. Furthermore, you are wary of those who wish to incite your fiery nature and are wise enough to walk away. They now understand how adversity has helped you grow.

**Taurus ♉** - Some undercurrent of sadness about a past relationship is still tugging at your heart strings as we enter April. This is a process that will cleanse the hurt and allow you to find new happiness. Move forward without regret and with confidence that the relationship you desire is just around the corner. This process was necessary to allow the positive energy of May to be appreciated.

**Gemini ♊** - Your sign on the ascendant for April finds Gemini at the center of a firestorm. Friends and family are looking to you to solve their problems. Some will request a financial bailout so they can get in the good graces of their creditors, Caution is advised. You have struggled and due to discipline and sacrifice are now out of a dark period. Offer help with advice and concern but not money if you wish to remain in a relationship.

**Cancer ♋** - Some fortunate astral energy with finances is predicted for April. The Moons node or Dragon's head is well aspected and prominent in your house of money. Expect sudden and beneficial windfalls to arrive at your door. Money that has been owed you will be paid back. Overpayments on insurance or taxes will be refunded. The extra money could be used to redecorate your home or buy a new wardrobe. Enjoy and save a little for the future.

**Leo ♌** - Third house energies with Mars indicates caution in all dealings with siblings. On another note, your Leo power level is high and you can accomplish much. It is a great time to concentrate on any goals you desire and write them down. Meditate on the best course of action. April is the time to plan for a successful and prosperous summer to come.

**Virgo ♍** - A delay in finishing any current project is indicated due to a Jupiter opposition in your Solar chart. So much work and critical planning will not go unnoticed but for the outcome you envision patience is required as it is not immediately forthcoming. By year's end you will see some beneficial results. Don't give up as delays are certain but success is assured if you continue at your current pace.

**Libra ♎** - Saturn advises caution in all 5<sup>th</sup> house issues such as children, romance, and gambling. Fight the urge to criticize those children in your care. Don't accuse a romantic interest of being unfaithful, and don't think that by spending your whole pay check on the lottery that you can become the next mega millionaire. Saturn decrees, not at this time! Don't make any trouble where none exists. May is better and calmness will return.

**Scorpio ♏** - Astral energy for April may find you insecure at your place of employment. Paranoia reigns as some of your co-workers are let go. Fear that you might be next victim clouds your every thought. Those Scorpio's out of work will find themselves in even more desperate straits. The Sun of financial security shines in May but for now have faith that better times are coming. The stars are working in your favor you just can't see it now.

**Sagittarius ♐** - Seventh house activity indicates that a friendship may turn into a romantic partnership. Those Sagittarian natives already attached may find their relationship renewed and the feeling of love returning after many years. Enjoy this romantic revival. This can be the beginning of a happy period of love. A little lust will be thrown in just for good measure. The joy of life has returned.

**Capricorn ♑** - The 8<sup>th</sup> house governs, among other things, mortgages, and taxes. Your Solar chart for April indicates caution with these issues. Pay all taxes and keep pristine records. Pay your mortgage on time and scrutinize all documents, as mistakes in these areas are indicted. Careful analysis and a positive attitude will leave you none the worse in May. In fact you may find errors and receive cash back for your efforts.

**Aquarius ♒** - Someone on the work front may have crossed the line with their critical attitude and you can feel the heat. You are ready to explode and could care less about the outcome. Hold on, as a clear head is needed at this time. Neptune clouds your vision and a reaction is not in your best interest. The aspects of May find you vindicated and those who verbally assaulted you at a disadvantage. Patience will be your weapon. Hold fast for better energy.

**Pisces ♓** - The many changes that the Pisces native has undergone in the past two years are the result of Uranus energy. Enter Jupiter in your sign and your positive side has emerged. The good times are back. You still

are undergoing a transformation but exceptional positive energy will be yours now. The astral energy in May finds you happy and fulfilled.

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stargagingonline.com

Astrology is a long-established method of exploring ourselves, our relationships and our place within the world. It works by taking a look at the significant environmental influences operating in a particular place at a given time - as expressed through the [horoscope](#) in the symbolic relationships of the heavenly bodies. Astrology, the science of the stars, can give us insight into all manner of situations, from the personal to the political and from the most intimate to the most mundane.

### Stargazine 2009

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Stargazing

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## Self Help Meditation - A New Way to a Better Life by Ed McDonough

Self help is about individual improvement and about the manner in which you can improve yourself, your state of existence and your life. It is connected to many different categories such as health, wealth, happiness, relationships, self esteem, abundance, and the list goes on. It is a concept based on one's abilities to gather the "mental" strength needed to improve their life. By being able to help one's self it allows them to regain control of their life, make improvements and help others with similar difficulties.

Self help, or Personal Development as it's sometimes referred to, starts when a person realize a certain aspect of them self (or their life) needs to be changed, added or improved upon.

This realization indicates that a time of great personal growth is approaching as they contemplate taking action towards making this change. This state of awakening is also known as self-empowerment which is the underlying force that will guide them to achieving their goal.

### Natural Growth

As human beings we have little choice but to experience growth during our lives. I frequently tell people my life is an evolution, not a closed end or limited experience, because as I continually encounter growth; growth which I freely welcome.

And, when inner growth is the focus, one's external reality will reflect it in a positive way.

Personal growth is the natural course in everyone's life however many people are resistant to it because it is commonly associated with change. In this case, their life appears to be stagnant even though they are unknowingly experiencing some growth. On the other hand, when change is welcome in one's life, and personal development becomes a goal, the natural growth rate is enhanced and the positive results are greater.

### Empowerment of Personal Development

Empowerment is a strong indicator that you believe you can achieve whatever you set out to accomplish. It is a function of the desire and commitment you need to reach the goal. It can also be viewed as giving yourself the authority to take personal responsibility for attaining your objectives. The most rewarding part of "helping yourself" is you decide what you want to bring into (or change) your life and how, where and when you'll get it. And, obtaining the goal increases your ability for continued growth at a faster pace because it builds self-confidence.

Empowerment is an essential part of Personal Development because it strengthens your capacity to satisfy your own needs, solve your own problems, and acquire the

necessary resources to take control over your life. The by-product of it is finding inner peace, obtaining greater happiness and the increasing your self-worth.

### Self Help and Meditation

The most astonishing factor to Self Help and Personal Development, which is frequently overlooked, is tuning into your inner being for help and guidance through meditation. The true source of empowerment comes only from within and will only be recognized when the mind is silent and clear of thought. The guidance from the higher intelligence which inside all of us is only realized when we make the choice to access it and accept it into our life.

Affirmations, declarations and positive thinking are tremendous tools which can help you reach your self improvement goals though they are practically ineffective when used in the normal "awake" conscious state of mind. However, when the mind is quieted through meditation the effectiveness of these tools will increase dramatically. This is due to the greater focus and clarity achieved when in the meditative state.

In addition, meditation also gives you the ability to connect with your higher intelligence and use your mind in a genius like way. This added benefit gives you access to additional resources which lead to more effective and faster problem solving. In addition, you can also seek guidance from this amazing source when you need the answer to questions which are not available or ap-

In addition, meditation also gives you the ability to connect with your higher intelligence and use your mind in a genius like way. This added benefit gives you access to additional resources which lead to more effective and faster problem solving. In addition, you can also seek guidance from this amazing source when you need the answer to questions which are not available or apparent while at the conscious state of mind.

### Helping Your Self

Individual improvement and self development begins by recognizing the need for change in your life. How the change manifests, and how you grow as a person, is proportional to the effort you put into it. Your desire and determination to make the change will dictate your success in reaching the goal.

Learning how to meditate, and how to use it to assist you in your Self Help needs, will not only speed the process, it will also help you to live a happier, healthier and more fulfilled life. It will help you become the person you desire to be and live life exactly the way you want.

## How To Hypnotize Yourself Using The Betty Erickson Method Of Self Hypnosis

Self hypnosis allows you to access your own unconscious mind and achieve lasting and powerful change where it matters, in your unconscious.

The number one key drive of the human mind is homeostasis; keeping things the same.

If you cause change at a conscious level only, the unconscious mind, which makes up approximately 90% of your total brain power, will quickly restore things to the way they were.

So for any positive change to successfully occur, be it to stop smoking, weight loss, achieving goals, in fact the possibilities are almost endless, it needs to occur at an unconscious level.

Performing self hypnosis will allow you to control your own mind, and effect powerful and, most importantly, lasting positive change. To access your unconscious mind in self hypnosis you need to enter a self hypnotic trance, basically you need to remove your critical mind and allow you to access your unconscious.

A lot of beginners have difficulty with entering a self hypnotic trance, with the Betty Erickson method anyone can enter into a deep self hyp-

notic trance in no time.

To perform the Betty Erickson method of self hypnosis:

Get your self in a comfortable position, sitting up or lying down, whatever makes you feel the most comfortable.

Keep your eyes open and say, out loud if possible as this quiets internal dialog, three things that you can see.

Then say three things that you hear, and three things that you can feel.

Try and throw in a few internally orientated observations as well, such as "I feel myself relaxing" when you in fact do.

Then say two things that you see, two that you feel and two that you hear (there is no magic in the order of the senses which you use. Any order of see, hear, feel will work fine, and feel free to change the order throughout the induction, the only rule is do not have the same sense back to back, so never end with a feeling on one loop then start with a feeling on the next).

Then say one thing that you feel, one that you see, one that you hear.

Close your eyes and no-

tice as you relax deeply.

Give your suggestion, making sure they obey the laws of suggestion (that they are positive, and that you can believe them. So saying "I am thin" when you know you aren't will not be as effective as saying "with everyday that goes by i am getting thinner and thinner until I reach the weight that I want to be").

After you have done your suggestion wake yourself up.

A great way to do this is by telling yourself that when you count down from three to one you will wake up feeling refreshed, relaxed and alert, bringing with you all the positive suggestions of that session, then count yourself out.

Ideally perform self hypnosis everyday, before you go to bed, when you wake up, or whenever you have a spare 5 minutes. When you begin practicing self hypnosis you will find your life full of more joy and success than you have ever hoped for!

**By Nathan Thomas**

### **SELF-HYPNOSIS TOWARD**

### **RELAXATION**

Self-hypnosis is used to directly program your unconscious with affirmations and suggestions that would otherwise have been "edited" by your conscious mind. Before you begin, choose the stress-relieving suggestions such as "I am not afraid of subways," or "I am totally relaxed." You can use this programming as an effective method to help reduce stress and induce relaxation. Simply put, when you engage in anxiety hypnotherapy you are concentrating peaceful suggestions in order to improve the quality of your life.

## Fall Academy Hypno-Counselor Certification Course Schedule for 2010

Approved by the National Guild of Hypnotists, the largest hypnosis organization in the world. Become certified by the Academy of Professional Hypnosis.

TO; All Persons Interested in Hypnosis Certification.....call Dr. John Gatto at..... (908) 964-4467.

Or Email Dr. Gatto at: [info@hypnoacademy.com](mailto:info@hypnoacademy.com) Or go to [www.hypnoacademy.com](http://www.hypnoacademy.com)

to print your registration form.

The Academy of Professional Hypnosis, the first school of Hypnosis to be licensed by the State of New Jersey, Est. (1991)

**Schedule: We are setting dates for the Fall 2010 sessions in the very near future**

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (Est. 1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified Hypno-Counselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the FALL session where excitement awaits you.

**Basic Hypnosis.....**

**Advanced Hypnosis.....**

**Advanced Clinical Hypnosis Certification.....**

**EACH COURSE IS .....2 WEEK-ENDS**

**NEW INCOME**

THE PRESENT STATE OF OUR ECONOMY DICTATES ACTION TO CREATE NEW INCOME OR SUPPLEMENT YOUR PRESENT INCOME. FALLING BEHIND ON OBLIGATIONS CAN HAPPEN VERY QUICKLY. TAKE STEPS NOW TO ENHANCE YOUR FUTURE EARNING CAPABILITIES. OUR ACADEMY OFFERS THIS POTENTIAL TO PERSONS INTERESTED IN HYPNOSIS CERTIFICATION AND TO THOSE WHO HAVE STUDIED AT OTHER INSTITUTIONS WHO DESIRE TO LEARN DIVERSIFIED PERSPECTIVES AND PARTICIPATE IN EXTENSIVE TEACHER-SUPERVISED, STUDENT-TO-STUDENT, HANDS-ON TRAINING INVOLVING ONLY REAL-LIFE ISSUES. ENTER A RESPECTED PROFESSION, WHILE ALSO GAINING SELF-CONFIDENCE, SELF-ESTEEM AND THE EXCITING TECHNIQUES TO USE IMMEDIATELY FOR CLIENTS, FAMILY AND YOURSELF .

**Feel free to copy this schedule of classes and send it to your local newspaper under "around town" to help us spread the word.**

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# CEU Credit Hours

## 2010 MEETING DATE

**Wednesday: April 21, 2010**

**Networking: 6:00—7:00 p.m.**

**Dinner: 7:15 p.m.**

**Presentation: 8:00 p.m.**

**Meeting Place:**

**Galloping Hill Inn, Union, NJ**

**(908) 686-2683**

Somehow another year has



**NACH and NGH**

**Working Together**

Our meetings are always on the 3rd. Wednesday of the month.

Members receive CEU credits for attending meetings.

### DIRECTIONS:

**PARKWAY:** Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road toward Union. Restaurant is at the far left corner of the intersection.

**ROUTE 22:** Take the Union exit on Morris Avenue (Kean University). Proceed toward Elizabeth on Morris Avenue for 1/4 mile. Turn 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, turn left on Salem

### ***Presentation for April 21 Meeting:***

#### **COMPASSION CONVERGENCE**

#### **UTILIZATING "THE THERAPEUTIC SELF" IN HEALING AND HYPNOSIS.**

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#### Reservations

Members.....\$22.00

Non-Members.....\$25.00

At the Door..... \$2.00 Extra

**CALL: (908) 964-4467**

**Please send your check in on time. Arriving unannounced may cause a problem with seating. Thank You!**