

NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING**

Wednesday

**Feb. 17,
2010**

Presentation for February 17 Meeting:

Nine Hypnotic Tales- Healing Stories for Your Transformation

Presented by Jim Malone, Ph.D

What is it about a good story that can transcend the ordinary and create hypnotic rapport? This presentation by Jim Malone will show you how and when to easily integrate healing tales into your hypnosis sessions to become even more effective in your work with clients. In addition, he will be sharing some other ideas that can enhance your practice. A practicing consulting hypnotist since 1995, Jim also publishes the online Creative Calm Newsletter and has authored several popular e-books on self-improvement topics. James Malone has been Certified Hypnotist through the National Guild of Hypnotists since 1995. He also earned alternative doctoral degree in Clinical Hypnotherapy from American Pacific University. At his practice in Point Pleasant Beach, NJ, he works with clients of all ages for a wide variety of self-improvement issues and concerns

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UPCOMING 2010 MEETING DATES

February 17, 2010 March 17, 2009

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 info@hypnoacademy.com with a copy to Ichrepta@yahoo.com.

February Horoscope with Judy Lewis

Aries - The minor health problems that have plagued you in the last months of 2009 seem to be waning. A new sense of focus has allowed your determination to resurface and people have noticed that the vitality of the Ram has returned. Gratitude and a feeling of relief permeate your soul as the good times are back.

Taurus - Solar aspects suggest avoiding the tendency to argue and sulk if things don't go exactly your way. Although this month offers some challenges instead of behaving like the proverbial bull in the china shop use constructive action and all will be fine.

Gemini -7th house energies indicate luck with partnerships and these also include marriage. Just in time for Valentine's Day, a rush of heartfelt optimism and caring will flow down from the astral heavens. Some ideas for this month are renewal of vows and romantic getaways. If you are without a significant other the Universe may change your status from alone and lonely to together in love. Have faith and accept the gift of love.

Cancer - Pluto in opposition to the north node in the 8th house governs other people's money, such as taxes and mortgages. Be advised that every penny paid to the mortgage or city or state should be scrutinized with a critical eye. Mistakes can be made and perhaps not in your favor. Prepare now and the tax god may give you a large return.

Leo - Your desire for a perfect place where everyone treats each other with kindness and love is admirable but non-existent. Make vast improvements by starting in your own little corner. Mars retrograde in the 9th house governing your higher mind may leave you disappointed but your Leo-Sun energy won't allow you to give up. A month of triumph and satisfaction as you will try to change the world and you may actually succeed!!

Virgo - The Moon in the 10th house of status and honor may have you changing direction when it comes to career. Instability at the workplace makes you uneasy. Virgos are on the need to know basis each day of their lives. The astral advice suggests that you wait until the more opportune aspects of March to make any changes. As for now, make a decision not to make any life altering decisions.

Libra—Your emotional flexibility is not a negative characteristic. Quite the contrary, your ability to see both sides of a situation makes for a great judge or negotiator. It is when those scales of yours are off kilter that problems arise. Those time when you just can't make a decision the blocked energy gives you half way measures both ways. This leaves you confused and dazed. Such a month is this one. Your clear head returns in March.

Scorpio - Legal situations and possible court appearances are in the stars for the month of February. These situations are not new and have been building for quite a while. The astral advice suggests you don't leave things to others. Prepare and then work even harder to ensure that you can prove the facts. You will be surprisingly successful. So much so, that you may contemplate your career and become a lawyer.

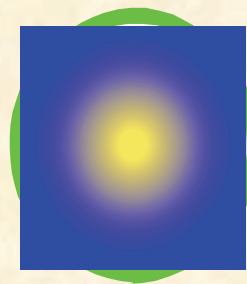
Sagittarius - Someone that you have befriended is not looking out for your best interest. Accepting a proposal for a partnership at this time would be unwise as aspects to the 7th house are not especially favorable. Don't allow a smart talking individual sell you a bag of goods. You're wiser than that, but the stars at this time may weaken your sales resistance. All is back to normal in March when you can see people for who they are.

Capricorn -You are still under the influence of Pluto in the 8th house and the changes that are on the horizon are monumental but will have a very successful outcome. The challenges have made you stronger and will lead you on an exciting path that you never would have ventured on. So sometimes when a situation starts negatively it turns out positive. By the fall you will understand what the stars were trying to communicate.

Aquarius - An abundance of positive astral energy in the 10th house of your solar chart indicates success in all career matters. Go for and get an exciting position. If you currently have a job a possible raise or promotion may be yours in the near future. Don't listen to the economic pundits who complain about this economy. Tell yourself that negativity is just not your reality. In this case, you fly above the radar and finances are good.

Pisces - A sudden burst of hope has fallen from the stars. Jupiter has entered Pisces and many can feel its benevolent effects. Vow to minimize the gloom and doom talk and don't give into your tendency towards martyrdom. An all around lucky period begins, so make every effort to enjoy it. Surround your self only with people that display a positive nature because remember, you are a psychic sponge. This is a period for the Pisces native.

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.



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Hypnosis - Change Your Mind And Change Your Life!

Hypnosis to me is a way of recreating my life story from this moment forward. I believe when we are born we are from birth imposed upon with a set of predetermined ideas, thoughts, beliefs, or as I like to refer to them-tapes. We are in a sense hypnotized to live, think, behave, and believe in a certain way imposed on us by our families, teachers, churches and society. These ideas that we have learned early on may not be in any way a reality that will benefit us for the rest of our lives. Many of these ideas are simply someone else's beliefs imposed on us. We take all of this into our subconscious as truth and often times let this become our belief system for life. These ideas may be positive or negative, true or false but none the less, they have a big influence on who we become and the way we will think about ourselves and impact the outcome of our lives. These outside influences unknowingly program our subconscious mind into believing that which may not be true or healthy for us. These thoughts may not have any benefit towards what we would like to accomplish or become in our lives. We may have been told we are not smart enough, or we are too big, or we are too small, or we do not have enough money, or we are not the right color.

Many people go throughout their life believing these mistruths and remain unhappy and unfulfilled simply because they do not realize they can reprogram their subconscious mind and recreate these unhealthy tapes. This is where hypnosis comes in. This is where our computer in our mind can be reprogrammed with new healthy fulfilling tapes and those old unfulfilling tapes removed. Through hypnosis we can reprogram our subconscious mind and become what we truly want and were meant to be. Through hypnosis we can get into contact with our subconscious mind and reprogram all those negative false beliefs we have been carrying around with us all of our life. We can get in touch with our inner being and recreate our lives to be all that it was suppose to be. The possibilities are endless. All we need to do to accomplish this is to just imagine what we want, feel it with enthusiasm, and believe it in our heart and hypnosis will take us there. Desire, belief and expectancy are all we need to change our lives with hypnosis. It is so sad that people go through their lives with misconceptions of who they really are and what they could actually become and or accomplish.

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It seems so true that thoughts are things. What we think about all the time truly does come about. People need to realize they have some control over their lives. God gave us a magnificent subconscious mind to use to create our reality through our thoughts and imagination. "So as a man thinketh, so shall he be". So true are these words if we would only pay attention and act on these truths. Hypnosis can help us to think in positive ways to help us create a new reality which in turn could help create a more positive universe. Just imagine if all people would learn self hypnosis and reprogram their subconscious mind to live a more rewarding and happy life. It would help them to accomplish their desires, therefore making it easier to be kinder to others. It all begins with self. If we are individually fulfilled and love ourselves we are much better able to love others as well. If society as a whole were happy with themselves and more fulfilled in their individual lives, they would be less likely to be envious of others. This could cause a decrease in crime and abuse of mankind in general. If we all could only learn how to use what we were all gifted with, which is our subconscious mind, our world could be a better place.

Hypnosis is a way of creating miracles. Disease can be cured. There have been people whom have been cured through hypnosis when all other medical treatment has failed. This goes to prove that many, if not all diseases, are due to faulty thinking and programming of the subconscious mind. Through hypnosis we can learn to manage stress which frequently is linked to many of our diseases. Cancer, obesity, ulcers, colitis and anxiety are only to name a few.

Through hypnosis we can assist our immune system in the eradication of cancer cells by just imagining the cancer cells are being attacked by protecting army cells. Our subconscious mind will believe anything that we suggest when under hypnosis. We can learn to control our anxiety levels and learn to see our stressors from a different perspective. We can lose weight by learning to react to food in a more healthy way and learn to think like a thin person. There is virtually no end to what can be accomplished with hypnosis.

For myself, I would like to rid myself of the old tapes in my subconscious mind. I desire to increase my confidence, let go of old hurts and begin my life at fifty. I have learned over time that no matter what we believe, that becomes our reality. We can change our old programs. People whom have mental illnesses live in that reality even if it is not real to others. Whatever we think, is true to us. We all live in our subconscious minds. We need to use hypnosis to build on what will make us fulfilled in our life and make us happy. Whether this means us building on our self confidence, learning to forgive, reducing pain, or healing from disease. Through hypnosis, we can reprogram our subconscious mind and change our lives. Again if we would just remember: "As a man thinketh, so shall he be" and, "Ask and it shall be given to you," then all we need is to have belief, desire and expectancy, and hypnosis will take us there.

Linda Gillman L.P.N CHT.

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Healing Script

.And you are now at a deep and relaxed level where you can travel and experience light.

And now imagine that you are in a place that is calm and serene and peaceful. It can be at the beach, in the mountains , near your home or a place of your imagination. This is your place and you can experience it any way you choose. And imagine that you are sitting in this wonderful, peaceful and very special place of yours and you are meditating. The lovely feeling of this place and time surrounds you and fills your mind and body with its feelings of peace and tranquility and relaxation.

And you are facing the sun; it is shining on your forehead. You feel the brightness behind your closed eyes and the warmth on your skin. Now, let the light flow into your body. Let the light flow into your body and flow from your head down to your feet. Imagine that you are hollow and the light is filling you up, from the bottom to the top. Imagine that your skin is transparent. Let the light shine out of you and into you. And, now imagine that the light is getting brighter. Imagine that you weigh very little. Imagine that you are gently floating above the ground. Calmly, gently and serenely floating above the ground.

And, as you inhale, imag-

ine that light of all colors enters your body through each pore. In the moments between inhaling and exhaling it is peaceful and calm and serene and the light gets brighter,. And, as you exhale imagine that the light of many colors comes out of your body through all of your pores. Imagine that the light radiates out to the ends of the universe. And, as you inhale imagine that the light comes to you from the farthest reaches of the universe. Feel yourself expanding. Now imagine that the edges of your body are becoming indistinct. Imagine that the light in your body merges with the light outside your body.

And, now imagine that the center of your body is a point of light. As you inhale, light comes from far in the universe toward the point of light. And as you exhale it goes from the point of light to the farthest corners of the universe. Now imagine that the point of light goes toward any illness you have in your body. When it reaches the illness, the illness is burned and disappears. If you feel a tingling, buzzing or warmth in that area, concentrate on that feeling. Focus in on that feeling. Let the point of light rest where the illness was; let it grow brighter and brighter as you inhale and exhale. Now let the point

of light grow to the size of your whole body. Let it grown brighter and brighter as you inhale and exhale. And, now let the light grow as large as a house. Let it get even brighter as you inhale and exhale.

Now let it grow to the size of the earth. Let it grow brighter as you inhale and exhale. Let it grow to the size of the universe. Let it grown even brighter as you inhale and exhale.

Now, let it shrink little by little until it is the size of a tiny seed. Let it grow brighter and brighter as you inhale and exhale. Let it grow again to the size of your body. Feel your body weightless and glowing. Feel it healing.

Each and every time you do this exercise it will become easier and easier to relax and go into the hypnotic trance. You know it is good for you and it is what you want and what I want for you. And you are accepting all of the suggestions that I give you on every level of your mind and body.

Hypnotism and Surgery

In 1845, a Scottish doctor, James Esdale, opened a hospital in Calcutta and began a serious of

operations where patients

experience no pain and there were few deaths. His practice was made up of rajahs with 100 prominent witnesses. So many in India had been afraid of operations until this time, that they lived with tumors of up to 80 lbs. By the time he left, Dr. Esdale had

performed over 2000

operations.

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 Or go to 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:

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..... *****All sessions shall be scheduled in the future upon Dr John Gatto's return to work after the conclusion of his present therapy

Advanced Hypnosis.....

Advanced Clinical Hypnosis Certification.....

EACH COURSE IS2 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: February 17, 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

happening each year. The days turn



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 Road and go to the end.

Dr. John Gatto is getting better and better every day and he is rearing to get back to work. This Monday, February 1, 2010, he shall spend a day at his home to 'test the waters' so to speak and he is arguing with Tony about going back to the office to catch up on reading the mail & making calls. He is still in therapy at a rehab center in Mendham and is pressuring the doctors to discharge him every day. Did you expect anything less from Dr. Gatto??....lol

NGH SOLID GOLD WEEKEND IN LAS VEGAS

On February 20 & 21, 2010 the National Guild of Hypnotists shall be presenting its fabulous Solid Gold weekend at the Flamingo Hotel & Casino featuring hypnotists that have been acclaimed by the hypnosis community to be outstanding presenters over the years. Tony De Marco has been selected to present his acclaimed addictions seminar 'Destructive Triggers-Healing Triggers' and shall join 10 other presenters during this event. Each presenter shall have their own time slot without any other speakers during that time to allow the attendees not to miss any speaker. Come and learn from some of the leaders in our field. Call the NGH to register now at (603) 429-9438

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