



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

WORLD HYPNOTISM DAY A SUCCESS

On January 4, World Hypnotism Day was celebrated by many hypnotists in their own special functions. World Hypnotism Day is just for us, and it is truly international! Why not log onto the website, www.worldhypnotismday.com, and start using the valuable resources there right now? There are hundreds of ideas and suggestions there for marketing, as well as royalty-free music. Hypnotists all over the world use World Hypnotism Day in their marketing, as well as in e-mail signatures. For 2011, think of World Hypnotism Day as the Super Bowl of hypnotherapy, with you selling the tickets and hiring the half-time act!

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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!

Dr. John Gatto had to forego his yearly trip to Italy as he woke up one morning in late December being very dizzy. He is now recuperating through therapy, self-hypnosis, and his own personal EFT. We have canceled the Spring Session of the Academy to give John a chance to stabilize his equilibrium. He promises to see all of you at the February 17th, 2010 NACH meeting.

Weight Loss Starts in the Head by Kin Beardstone

Weight Loss Starts in the Head

by Kim Beardsmore

Are you a "look-and-lose" dieter? Have you studied every diet ever created, read a zillion diet books, and yet are still unhappy with your weight? Has your quest for the holy grail of dieting become a substitute for actually making changes required to take the ill health out of your current diet? If so, you may not realize your thoughts are key to your happiness and success. Do you look at yourself and say, "I'm fat", or "My hips are too big"? Many of us look in the mirror and immediately compare ourselves to those "perfect" human specimens we see every single day on TV, in magazines and in the newspapers. Often we talk to yourself and make excuses, "It's my genes", "I'm much too busy to get fit", "I like myself this", as a way of protecting yourself from the way we see ourselves now and the way we want to be. If we were to be truly honest with ourselves most people actually want to lose a few pounds - if we only knew how. The good news is you CAN achieve your desired body shape with the right thinking about yourself, an understanding of how to get optimal nutrition, healthy eating habits and how to incorporate activity into your lifestyle to keep your muscles toned. But most important of all, you need a regular mental workout to keep your self-image in shape. Self-image is closely connected to the success or failure of any goal you choose to seek after, but none more so that the goal to get yourself fit and healthy. So how do you go about strengthening your self-image? Well fortunately your self-image, just like your muscles, will respond well to a regular workout. You can actually strengthen your self-image with a few daily exercises.

Weight Loss Exercise One - Self Examination

Start by compiling a list of all those negative thoughts your have about yourself...I'm undisciplined, I can't manage my time, I let people down, I can't succeed, I don't exercise enough. You will need to decide before you start this process that you won't get discouraged....these are things that you will admit to yourself but they most

certainly don't have to control your life. Next, compile a second list including everything you LIKE about yourself. Keep going until this list is LONGER than the first list you compiled. You might include things such as, I am a good cook, I can make people laugh, I contribute to the soccer club, my daughter loves the way I decorate her room. Then, take your negatives list and turn it into your potentials list. You do this by creating a positive self-image to every negative you listed. Instead of "I can't succeed", write a counter belief, "I will succeed". Ceremonially throw out the negatives list - you are saying goodbye forever! Burn them, trash them, destroy them....they are no longer going to be a part of your thinking about yourself. Now, keep your list of potentials in a prominent place. On your refrigerator door, in your daily journal, or in a picture frame on your desk. Make sure you have them in front on your every single day so that you are reading them constantly and reprogramming your daily thoughts.

Weight Loss Exercise Two: You Can Be What You Want to Be Now that you have your list of potentials... run your own visualization stories so that you can see yourself in a new light. For example, if your list of potential includes "I eat just the

The ability to convert ideas to things is the secret to outward success

Henry Ward Beecher

It is not enough to take steps which may some day lead to a goal, each step must be a goal and a step like-wise

Johann Wolfgang von Goethe

right portions", visualize yourself with a moderate portion on your plate, and feeling completely satisfied at the conclusion of your meal. Read through your list of potentials every day taking a few moments of personal quiet time to reflect strongly on your visualizations. Try starting your day first thing in the morning and finishing as the last thing at night with visualizing yourself being the person on your list, and doing the things you want to do.

CONTINUED PAGE 4

Exercise and Stress

Taking frequent effective exercise is one of the best physical stress-reduction techniques available. Exercise not only improves your health and reduces stress caused by unfitnes, it also relaxes tense muscles and helps you to sleep.

Exercise has a number of other positive benefits you may not be aware of:

- It improves blood flow to your brain, bringing additional sugars and oxygen that may be needed when you are thinking intensely.
- When you think hard, the neurons of your brain function more intensely. As they do this, they can build up toxic waste products that can cause foggy thinking (you may have experienced the feeling that your brain has "turned to cotton wool"). By exercising, you speed the flow of blood through your brain, moving these waste products faster.

- Exercise can cause release of chemicals called endorphins into your blood stream. These give you a feeling of happiness and positively affect your overall sense of well-being.

There is also good evidence that physically fit people have less extreme physiological responses when under pressure than those who are not. This means that fit people are more able to handle the long-term effects of stress, without suffering ill health or burnout.

January 2010 Horoscope with Judy Lewis

January 2010

Aries ^ - 12th house astral energy may find you cleaning away any psychological cobwebs from 2009. This is a perfect opportunity coinciding with a natural tendency to shed unnecessary feelings that may have been weighing on your spirit. Allow yourself permission to feel and release emotional discomfort and greet the New Year refreshed and positive. Be assured that 2010 will be happier

Taurus □ - Taurus rising in your solar chart will give you the incentive to make changes to your physical body. The way others see and sense your being will begin to transform in a most magical way. When this metamorphous is complete you will perceive yourself as a successful; and beautiful being. This change occurs in your subconscious and then radiates to the physical world, Happy New Year and new beginnings!!!

Gemini ` - Astral energy to the 2nd house of your solar chart as we enter 2010 will find you formulating a new financial plan. Getting out of debt, saving, and building a financial future, will be in the stars for you. And the best part is that these changes come easily, without any effort and with a strong determination that has seldom been achieved by the mutable Gemini. Happy New Year!

Cancer a- As you enter the New Year certain family issues are highlighted, especially, those that involve siblings. Be forewarned, the Moon in your sign will increase your emotional nature and should be checked. There will be a tendency to create more drama than is necessary. So stay focused and calm to weather this astral storm. Please note that by the end of January you will be stabilized and looking forward to a prosperous New Year.

Leo b- One New Year's resolution that will increase your happiness would be to steer clear from negative people Your Leo energy can be brought to tears if each day must be a battle for happiness, Mars in the 4th house as we enter the month suggests that you will be tempted to lose your cool. Go to the deepest part of your soul and avoid reacting to anyone who might make it their mission to annoy. Happy New Year!.

Virgo c - As we enter the New Year, issues of children and affairs of the heart are prominent due to 5th house energy. Quiet and stability will

return by the middle of January and the trials of the past year should all but be forgotten. Go forth with the confidence that 2010 will be much improved over 2009. Happy New Year!!

Libra The theme of 2010 for the Libra native is, "I won't back down." A lifetime of balance and concessions has brought you to the point where you can say no and actually mean it. Although you may somehow derive pleasure by being assertive, your ruler, Venus, will not allow you to become abrasive. You have learned that each individual is responsible for their own happiness. So as for you, a decision has been made to enjoy your New Year.

Scorpio- Astral energy to the 6th house of your solar chart as we enter the New Year suggests that a proactive response should be taken with health and work issues. Doctor's routine checkups are called for and on the work front an interview with a career counselor may bring great results. Just promise yourself, that in 2010 you will work on the creation of a happy and healthy Scorpio. Happy New Year

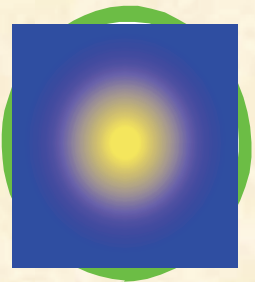
Sagittarius f -Luck with partnerships as we enter the New Year bode well for all relationships. The feeling that you are loved has returned and you can be seen smiling. Relationships prove satisfying. If you are unattached Cupid's arrow may strike your heart with true love.

Capricorn g -Tremendous changes are in store for many Capricorn natives in 2010 due to the transiting Pluto. Issues of death and taxes that have been put aside or brushed under the rug resurface and must be dealt with. The good news is that with character and purpose these issues will not only make you stronger but also more successful in 2010.

Aquarius h - If you are holding some resentment about a career situation please leave any misgivings in 2009. Jupiter in the 10th house as we enter the New Year is an encouraging sign that improvements are forthcoming. So relax and enjoy, Happy New Year.!

Pisces i -Many Pisces natives have been stuck in an emotional rut in 2009. Behaving and responding to the same old issues have left you living in a dream world. In the New Year don't react in the same unsuccessful way that you did in the past. Get a New Game plan, change your way of looking at things and with Jupiter transiting your Sun in early March you can reach the heights that you desire. Happy New Year

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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Weight Loss Starts in the Head

Kim Beardsmore continued

Exercise Three: Keep a Journal of Your Daily Successes. Keep a record of all the positive changes in thoughts you have about yourself. We all have triumphs and failures. You must record and remind yourself of the positive changes because our human nature will replay the negatives - sometimes blowing them out of proportion. It's important to nurture and celebrate the small steps you make every day. Exercise Four: Go Easy On Yourself - You Are Beautiful Work In Progress. Don't listen to the criticism...not your own nor that of others! Remember you are the designer of your self-esteem, do not hand this over to other people. You are way too important to give this away. Protect your role as creator of your own self-image and do not, take on board negative criticisms. We all make mistakes, and mistakes can be used to help us learn. Do not criticize yourself for being human and making a mistake. The only last mistake in the one from which we never learn to grow. Exercise Five: Forget About The Past. The only moment you can live is the current one. You can't live in the future and you most certainly shouldn't live in the past...the challenge is to take charge of our thinking so that we think in the same time zone in which we live! For example we may be tempted to think about yesterday's failures..."If only I hadn't eaten second helpings", If only I didn't reach

for the chocolate cookies". If we concentrate on the mistakes of yesterday this will our brains to replay our failures and reinforce them to us. Yesterday is over, today is where you live....make sure that today you do NOT replay yesterday's failures and make your resolve to change TODAY. Exercise Six: Resolve to Change Today. Just as you shouldn't live in the past, you can't live in the future. You can only live or change today. The oldest cliché in the world is perhaps one of the greatest truisms of all..."tomorrow NEVER comes!" There is no better time than now. So, no matter what excuses you may have to wait to take those healthy steps you know you should take, none of them are valid. Do it now, do it today. Resolve to make a difference in your own life before you go to sleep tonight. Exercise Seven: Write a Plan For your Life. This is your success plan. If you have not already done so it is time for you to create direction and purpose in your plans for yourself. Review your list of potentials and record next to each potential when you want to achieve this by. Exercise Eight: Carry Affirmation Cards About Yourself This is one of the fastest tools for your success. You are what you think. Strengthen your self-image every day by reviewing your thoughts. One of the easiest ways to do this is to carry affirmation cards in your wallet and review regularly. Affirmation cards are short bursts of words in business card that prompt and

remind your self-image of your intentions. An example might be: I can achieve anything that I put my mind to. I will be satisfied with single helpings. Try it, you have absolutely nothing to lose and everything to gain! Exercise Nine: Change Your Eating Habits. Now that you have set the groundwork in place, you are now ready to change your physical habits. You are ready to add a balanced nutritious diet, healthy eating habits, regular exercise and relaxation. By using these nine exercises daily to change your thinking habits, you will be strengthening your self-esteem and unlocking your internal power to make a change in your life. Before you can change lifelong eating habits, you must first change life long thinking habits. We are what we think. We can't be something other than what we believe we can be! So, do yourself a favor, liberate your self-image and then, see how much more effective your healthy living plan becomes!

Kim Beardsmore, B.Sc, MBA is a successful weight loss consultant. To see what you can do today to take control of your weight, visit her website at <http://leanmachine.org/?refid=selfesteem-12867>

Quick Stress Relief

You can use self-hypnosis for quick relaxation in stressful situations. You can use deep breathing to relax and release your muscles. You can fix your mind on the "dan tien," the center of the body in traditional Chinese medicine, which is about three finger widths below the navel. Or, you can program yourself to relax on cue. Do a standard self-hypnosis session, using induction, relaxation, and deepening. When you reach a state of deep relaxation, say to yourself: I reach this state of calm relaxation whenever I want by saying the word "relax." Then go ahead with a gentle trance termination. Do this a few times on consecutive days. You will find this technique invaluable in dealing with everyday stresses. Any time you feel yourself under a lot of stress or pressure, stop for a moment, take a deep breath, focus your mind on the dan tien, and say to yourself "relax." You will be able to recapture the feeling of relaxation without going through the hypnosis procedure. This is a form of post-hypnotic suggestion.

Weight Loss Script Author Unknown

depression

Weight Loss Script

And now, in this very special state of hypnotic tranquility, know this, you have made the decision to be the person you know you can be. You have made the decision already...to pay attention to your body. To allow your body to reach its perfect and ideal size and shape, naturally and easily. You allow this process to take place at its own pace. Knowing that the experience of reaching your goal is not so important as the consistency with which you adhere to your choice and decision. Every day renewing your positive reasons for achieving your goal. Realizing that the more constant you are in your program, the more successful you are.

Just begin to imagine in your mind, a time when you have your ideal body size. It may be that you must go back to your teen years or before, or you may want to get a picture in your mind of someone you admire and respect that has their ideal body size and shape. You may want to look in your mirror of success, created in your mind, and see there a picture of yourself in your mind at your ideal size and shape. When you can clearly see yourself in your mind at your ideal size and shape, just put your thumb and first finger of either hand together, as an anchor, to remind you of your goal. To reinforce your decision to reach that ideal size and shape and to maintain it for the rest of your life.

Whenever you are tempted to stray from your choice or deci-

sion, by eating the wrong things at the wrong time or eating too much or drinking too much, you will simply bring together your thumb and first finger of either hand and your new self-image, your ideal size and shape will come clearly to mind. And, your feelings of success are so strong at that point that you change your mind. You choose to keep to your plan for success. Your anchor is your assurance that your goal is much more important than any temptation. You are moving toward your successful goal. Reaching your ideal size and shape, quickly and easily and enjoying this new adventure. Moving toward your ideal new self-image with ease and comfort. And each time you use your anchor and see your wonderful new self-image, you become stronger and more determined to reach your goal.

And exercise becomes easy. You feel so good, so full of energy when you let the muscles and nerves of your body work out, stretch and become strong and flexible. You love to walk or perform your favorite exercise and every day you see results. Every day you get stronger and feel more energetic, younger and healthier. Yes, you are extremely proud of your decision, of your new self image. Of your goal to have your ideal body size and shape. Easily. Comfortably. And every suggestion is now accepted on every level of your body and mind. And so it is!

Selling Success to Your Subconscious

By: Roy Hunter

Have you every tried to change an undesired habit or attain an important goal only to find subconscious resistance preventing you from success? Weight reduction programs and smoking cessation programs alone represent a multi-billion dollar industry in the USA. Diets work on the body, but not on the mind. Many smokers' new years resolutions literally go up in smoke! College students often procrastinate term papers until the last minute, and/or cram for the final exam the night before taking it. Professional sales people all over the land often find themselves failing to do the activities that are necessary to meet sales objectives. Numerous books describe ways of achieving goals: effective weight control programs, effective sales techniques, study habits, etc., yet people who read these books and /or attend classes and seminars still fail...*why?* Answering this important question will enable your ability to sell motivation to the inner mind. The missing ingredient is *subconscious cooperation*, because the "inner child" in all of us is tuned into WII-FM. Those are the call letters for "What's

In It For Me?"

Why Will Power often Fails

Any professional sales person will tell you that people buy a product or service because of the *benefits* that product or service will provide. Conversely, if we fail to recognize the benefits, most of us will not want to pay the price...and if the salesperson gets pushy, I am very quick to walk away. Most customers will do likewise if someone tries to force them to buy. How does this relate to the subconscious? The answer is a simple metaphor: the conscious mind (decision maker) is the salesperson, and the subconscious is the customer – and this customer will normally resist a hard-sell from the conscious mind! In fact, many clients seeing me over the years have made dozens of attempts to reach the same goal through "will power" and other programs that have cost money, only to find the inner child rebels once again at the hard sell of the conscious mind. Failure to reach a goal at a conscious level doesn't always mean that we are weak. Rather, it may indicate a very powerful subconscious.

Once that power is re-directed, the difference can be life-changing! CONTINUED on PAGE 6

Selling Success To Your Subconscious Roy Hunter Continued

How can we accomplish using this power? We must persuade the subconscious to cooperate, otherwise we might run into resistance from the inner mind. We must use selling skills to persuade the inner child to pay the price of change in order to enjoy the benefits. Most people attempting to achieve a goal simply try to cram the price into the subconscious and then wonder why they run into resistance. Price for a dieter is *changing eating habits*, which the inner child is unwilling to do. Price for a smoker is *ignoring smoking urges*, often caused by various triggers of habit (putting key in ignition, drinking a beverage, etc.). While we may know consciously what the benefits of a goal might be, unless those benefits are communicated to the inner child, the result is: NO SALE.

The Language of the Subconscious

Before any sales person can sell a product or service, he/she must speak the same language as the customer. The conscious mind is the seat of *logic* while the subconscious is reached by imagination and emotion. Whenever imagination and will power are in conflict, imagination will usually win. If I say, "Don't think of a dog," what did you *imagine*? Most people will immediately imagine seeing a dog, petting one, or hearing one bark. Yet the conscious instructions were to NOT think of one! The dieter who uses self-talk to avoid the cake or pie will normally fantasize the taste of it...and often indulge. Can you relate to this? Now let's apply the above to someone working on weight reduction. The subconscious resists giving up dessert, but will be comfortable (and happier) imagining the benefits of trying on an ideal size of clothes. So, in a sense, the conscious mind must sell success to the subconscious by using the language of the subconscious, which is *imagination*.

Using the Energy of the Subconscious

Before proceeding any further, let's overview another very important concept that I've used successfully with clients over the years. While imagination is the language of the subconscious, *emotion* is the *motivating power of the mind!* Emotion can either propel us to success, or hinder us from accomplishing even simple tasks...and the most powerful positive emotion is *love*.

Once you fall in love with the benefits of your goal, this action causes the effect of greater motivation to pay whatever price is necessary to achieve the desired goal. So the key to overcoming subconscious resistance lies in persuading the subconscious to buy the benefits of change. Before accomplishing this important step, you must identify your specific benefits.

Applying Imagination and Emotion

Here's what to do: take out a sheet of paper and list the main benefits you will enjoy upon fulfillment of your desired goal. (Note: Your subconscious responds better when you choose your own benefits rather than simply accepting someone else's benefits.) Get your imagination involved with the benefits of achieving your goal by fantasizing them during self-hypnosis. You should also fantasize ways of enjoying each benefit with as many of your five senses as possible. I call this process "Selling Success to Your Subconscious" (the title of this article). In a meditative state, imagine your benefits as vividly as possible, and fantasize how you feel *emotionally* about enjoying your benefits. In other words, imagine the attitude of gratitude! By doing all of the above, you can marry two powerful methods of subconscious programming, self-hypnosis and emotion. Now you are ready to sell success to your subconscious. If you need assistance, then choose a competent hypnotist to help you. Although I wrote a book about the use of self-hypnosis, it's like a muscle. I can lift a chair by myself, but I need help to move a couch. If your goal feels like a couch in your subconscious, seek professional help. Roy Hunter, M.S., FAPHP, practices hypnotherapy near Seattle, in the Pacific Northwest region of the USA. He also works part time for the Franciscan Hospice

There has never been a better time for you to become involved in the NACH. The vibrant activity indicates increased interest by the membership, along with an entirely stimulating environment in which to learn and grow- an isn't that why you joined in the first place? This is the perfect opportunity to renew your interest in our organization

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



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

Happy New Year

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