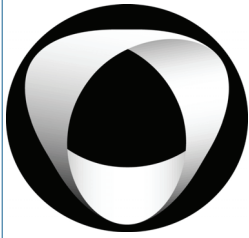


HypnoLink 2007 Newsletter



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

National Association Of Certified Hypnotherapists

1358 Burnet Ave. Suite 1

Union, New Jersey 07083

THE CENTER OF CREATION IMAGERY

Introduction - Please read this before experiencing the imagery.

Be Mindful of Your Intention

You are about to experience the Center of Creation Imagery. This imagery brings your mind and your physical body into their most powerful states of creation. For about 4 - 6 hours after you experience this imagery your body and mind will remain in a creative state. It is very important that you exercise mindfulness in your thoughts and words during the next 4 - 6 hours. Any thought or intention focused on or spoken is very likely to come about. We suggest that you use the next 4 - 6 hours focusing your attention upon what you want, like, or intend to create. The creative state also tends to accelerate learning during those hours so take advantage of the opportunity to absorb, listen, and accept.

The power of this imagery comes from the method it uses to enlist the physical body in cooperation with the mind to manifest intention. The mind will produce an intention; the body will speak the intention while in an energized, relaxed state, every cell aware and active; then the body and mind together will release the intention into the universe to set the universe in motion to fulfill your intention. Your thoughts, words, and deeds for the next 4 - 6 hours will fill in the details for the universe to supply. *Be mindful, you will get what you think and speak!*

How the Imagery Works

The Center of Creation Imagery is based on the

premise that as you become aware of the different parts of the body in a systematic way, your body will align itself with the pituitary and pineal glands in the center of your brain. The pineal gland is thought by some to be the connection with higher source and light. It is the only structure in the brain that contains a crystal (like in radio sets). The pituitary gland orchestrates the physical world of the body. These two glands function and connect on the physical, emotional, and mental levels.

The pineal gland lies slightly behind and above the ears in the center of the brain. The pituitary gland lies slightly forward of and below the ears in the center of the brain. Between the pineal and pituitary glands is a sea of special spinal fluid surrounded by the thalamus and hypothalamus glands. The thalamus and hypothalamus glands deal with memory, identity, and relationship.

As we take a trip through the body, the neurons in the central sulcus (an area of the brain's cortex that stretches from one ear to the other across the top of the brain in two halves, right and left) will fire in a systematic way toward the center of the brain. Bringing the focus of attention to the inner sea in this manner brings together the most powerfully creative physical systems in the brain with the mind's conscious intention. It's the magic combination that brings about near-instant manifestation.

Continued page 2

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Inside this issue:

Center of Creation	1
Center of Creation, cont.	2
AD/HD Part 6	3
Mind/Body/Health Page	4
Mind/Body/Health Page, cont	5
Center of Creation, cont./Huna	6
Fall Session Workshop Dates	7
Self Hypnosis Script Info	8

Some Tips on Making the Most of This Imagery

- At the appropriate time, flash on end results - imagine how you want things to be: see, hear, feel your intention in an instant. Create an image of what you want (end results) before you start the imagery so it is ready when called for.
- Prepare yourself for the imagery by sitting with your spine straight and your limbs uncrossed or touching any other body part. You may also elect to lie on your back on the floor, body straight, knees slightly elevated, limbs uncrossed or touching any other body part.
- As the body parts are named, focus quick attention to them and move the part slightly (like tensing and relaxing). This will give added focus and attention and enhance the effect.
- Experience the imagery with a light-sound device like Theta Technologies' Voyager XL.

The imagery is only a few minutes long, yet its effect can last a life time.

The Homunculus Center of Creation Imagery

Bring about a feeling of inner relaxation in the whole body... concentrate on the body and become aware of the impor-

tance of complete stillness. **pause.** Develop your awareness of the body from the top of the head to the tips of the toes and say in your mind "My mind is still, still, still and my body is relaxed, relaxed, relaxed. **pause.** Complete stillness and complete awareness of the whole body... say again in your mind, "My mind is still, still, still and my body is relaxed, relaxed, relaxed." **pause.** Continue your awareness of the whole body... the whole body... the whole body. **long pause.**

State your intent to yourself at this point. The intent will be very simple... a few words only. State this intention three times with awareness, feeling and emphasis. **long pause.**

Now we begin rotation of consciousness, rotation of awareness by taking a trip through the different parts of the body. Repeat the part in your mind and simultaneously become aware of that part of the body. Keep yourself alert yet avoid concentrating too intensely. Become aware of the right hand. **pause.**

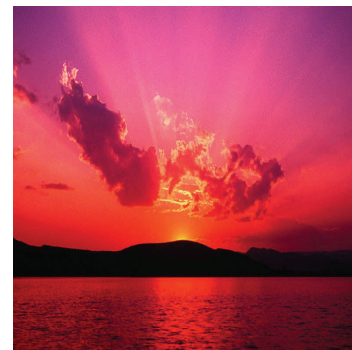
Right thumb, index finger, middle finger, ring finger, little finger, palm of the right hand, back of the hand, the right wrist, the lower arm, the elbow, the upper arm, the shoulder, the armpit, become aware of the right waist, the

right hip, the right thigh, the kneecap, the calf, the ankle, the heel, the sole of the right foot, become aware of the top of the foot, the big toe, second toe, third toe, fourth toe, fifth toe... Become aware of the left hand thumb, index finger, middle finger, ring finger, little finger, palm of the left hand, back of the hand, the wrist, the lower arm, the left elbow, the upper arm, the shoulder, the armpit, become aware of the left waist, the left hip, the left thigh, the kneecap, the calf, the ankle, the heel, the sole of the left foot, become aware of the top of the foot, the big toe, second toe, third toe, fourth toe, fifth toe... Now to the back. Become aware of the right shoulder blade, the left shoulder blade... the right buttock, the left buttock... the spine... the whole back together...

Now go to the top of the head. The top of the head; the forehead, both sides of the head, the right eyebrow, the left eyebrow, the space between the eyebrows, the right eyelid, the left eyelid, the right eye, the left eye, the right ear, the left ear, the right cheek, the left cheek, the chin, the throat, the right side of the chest, the left side of the chest, the middle of the chest, the navel, the abdomen... The whole of the right leg... the whole of the left leg... both legs together... **pause.** The whole of the right arm... the whole of the left arm... both arms together... **pause.** **Continued page 6**

As with any script we sometimes agree or not with the style or wording. But, there is always something we can take away with us when we read different views and pick and chose what we think we would like to add to our own scripts. It's about being open minded and not afraid to take a risk to do something new. Remember our clients are our best feed back.

Roxanne



Adapted with great gratitude and honor from [Yoga Nidra](#), by Swami Satyananda Saraswati of the Bihar School of Yoga, Munger, India. Yoga Nidra is a trade mark of the Satyananda Yoga/Bihar tradition.

AD/HD Understanding the True Meaning of Living With It.....Part 6 of 10 Series

By Roxanne Cortese

Parenthood: The "Consistent and Creative" Stage of Life!

No parents are fully prepared for parenthood, and AD/HD parents aren't an exception. Frequently they find their children are impacted by AD/HD as well. As you can imagine, the parenthood stage of life can be both wonderful and chaotic. To decrease the chaos, many proven systems and strategies are available for both parents and children. Most of these systems require structure, a much-needed element for both the AD/HD parent and child. The problem is many parents have difficulty setting up and maintaining the very systems to help them and their children. Often the creativity experienced by many with AD/HD can be helpful, but sometimes it's not so helpful. In fact, creativity may interfere with one of the main ingredients to successful implementation of parent/child systems—consistency. Systems come and go as the parent finds new systems that may seem better in some way. In reality, this usually causes more difficulty than sticking with a system of average effectiveness. Is there any way to use creativity during this stage of life to your advantage and still maintain consistency?

Here are some ideas to get you moving toward "consistency

and creativity" with your parenting.

1. Start very early with children in developing responsible healthy habits. Children as young as three or four years old are capable of learning the simple responsibilities of getting themselves dressed, brushing teeth, combing hair, putting toys away, etc.

- **Be Creative:** When developing a system, use pictures or other visuals to identify what the child is to do each morning/evening.
- **Be Consistent:** Stick with the same set of responsibilities until the child has developed an actual habit (at least six weeks).
- **Be Consistent:** Offer immediate rewards for their success.

Be Creative: Offer stickers on a chart or maybe have a treasure box with small items they can pick rewards from like a hair ribbon, or a penny or whatever works.

2. Be supportive, yet firm with continued learning/responsibilities.

- **Be Consistent:** As your child grows, increase their level of responsibility by reviewing their progress every three months.

Be Creative: Find new ways of rewarding as the child grows by moving to a mixture of immediate and delayed rewards, then transition them to only delayed rewards.

3. Be willing to allow your child to fail. This can be a very difficult challenge for parents, and especially so for AD/HD parents who may have experienced varying degrees of failure in their lives:

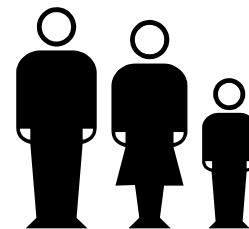
Be Consistent: Let the child learn, and don't rush in to "fix it" for them. It is better they learn now, with your support, than later when it may have significant impact on their young adulthood.

Be Creative: Find ways to support your child while fostering independence during these difficult learning times.

4. Recognize that you, just like your child, will not "do it perfectly" during this stage of life. That's OK. Be willing to ask for help when you need it. Find a parenting support group, get counseling or hire an AD/HD coach:

- **Be Consistent:** Keep practicing and learning... it will pay off in the end.

Be Creative: Find ways to support yourself when things are difficult and know that your experience will continue to unfold in many good ways.



BE CREATIVE
BE CONSISTENT

Do you remember the day you entered those double-swinging doors filled with so many different feelings—happiness, apprehension, joy, confusion, etc?

It was the day your sweet "bundle of joy" entered your life. This was the beginning of something big:

Parenthood!

Parenthood can be a very rewarding stage of life. Consistency and creativity with structured systems will lessen the chaos of the AD/HD household and offer your child the opportunity to establish essential life skills and habits as they mature into healthy and responsible adults. It is important to implement the process as early as possible, and yet it is never too late to implement effective systems for your child's growth and development.

ESSENTIAL OILS, HERBS AND THEIR BENEFITS



*Essential Oils/Herbs
Stimulate the Senses
and Help to Strengthen
the Immune System*

HEALTH PAGE

*FOR
MIND
BODY
AND
SOUL*

SOURCES:

Susan Moores, RD, spokeswoman, American Dietetic Association; nutrition consultant. Dawn Jackson Blatner, RD, spokesperson, American Dietetic Association.

Oil Profile - Ravensara

This oil's phenomenal rise to fame can be attributed to its many therapeutic benefits and its gentleness. In fact, it is so gentle that it is safe to use around children, elderly adults and pregnant mums.

Ravensara is a multi-action oil that is similar to lavender and, like lavender, it can be more effective when blended with other essential oils.

First and foremost, Ravensara is a great immuno-stimulant. It is an excellent oil to diffuse around your home, particularly when your little darlings come home from school after spending their day being exposed to goodness knows what. The air in your home will create a safety net around them.

If your children are already showing signs of a cold or the flu a few drops in a bath before they go to bed will often help to keep it at bay.

Ravensara is also a muscle relaxant and analgesic. Blended with Roman chamomile and lavender it makes an excellent remedy for a fretful child with flu symptoms.

Ravensara used in baths, massage and diffused into the air has been known to stop the flu in one day.

Health Tip: 6 BEST SUMMER FOODS FOR WEIGHT MANAGEMENT

Best Summer Weight Loss Food No. 1: Chilled Soups: Moores loves all kind of produce but says cold soups are among her favorite low-calorie dishes. Chilled soups like gazpacho or cucumber-dill that contain lots of chunky vegetables are a great way to start a meal. "Research shows that a low-calorie, broth-based soup at the beginning of the meal will fill you so you eat less at the meal," says Moores, a St. Paul-based nutrition consultant.

Best Summer Weight Loss Food No. 2: Watermelon ; Who doesn't love diving into a crisp, juicy slice of watermelon when it's hot outside? "Half of the watermelon comes from water. ...It's a wonderful way to satisfy thirst and a yen for something sweet," says Moores.

Best Summer Weight Loss Food No. 3: Grilled Veggies: For registered dietitian Dawn Jackson, a plate of grilled vegetables is a summertime must-have. She recommends keeping a plate of grilled onions, bell peppers, zucchini, carrots, eggplant, asparagus, and garlic in your fridge. You can use them to make dishes like:

Grilled vegetable and goat cheese salads

Grilled vegetable pitas

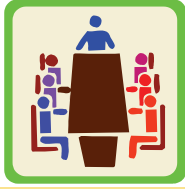
Grilled vegetable, ricotta, and fresh herb pasta and frittatas

adding meats or fish to your salad, she says, "think of them as an accessory to the greens, vegetables, and grains."

Continued page 5



Education ..A Constant
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Future dates to
be posted here

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

Continued from page 4

Best Summer Weight Loss Food No. 4: Salads:

Salads make for quick, healthy meals -- with no recipes required. "Just give the produce a quick rinse; slice, dice, toss fruits, vegetables, low-fat cheese, a handful of toasted nuts with some salad greens and a light raspberry or ginger vinaigrette, along with a whole-grain roll, and you have a meal in minutes," says Moores. Or try bean or whole-grain salads, such as wheat-berry and tabouli.

Moore suggests flavoring your salads with herbs from the garden so you can go light on the dressing. And when adding meats or fish to your salad, she says, "think of them as an accessory to the greens, vegetables, and grains."

Lighten up your diet this summer with these refreshing foods and drinks.

Best Summer Weight Loss Food No. 5: Low- and No-Calorie Beverages

Ayurveda, ancient medical/holistic system from the vedic civilization of India, teaches that health is maintained by the balancing of three subtle energies known as Doshas - individually they are Vatha, Pitta and Kapha.

This system teaches maintenance and protection of the whole person (mind, body and soul). Ayurvedic

Smoothies, sweetened specialty coffee drinks, sweetened teas and sodas -- they all go down so easily, especially when it's hot outside. But the calories add up just as easily.

"Beverages can be the Achilles heel during summertime because we need to drink lots of liquids to stay cool, but liquids quench thirst and don't usually impact our hunger," says Jackson.

Jackson recommends these refreshing drinks and treats to enjoy this summer without blowing your diet:

Root Beer or Orange Dream Float. 1/2 cup vanilla frozen yogurt in 12 ounces of diet root beer or orange soda (100 calories)

Tart Lemon Pom Spritzer.

12 ounces of lemon sparkling water mixed with the juice of 1 lemon and 1/4 cup pomegranate juice, served over ice (35 calories)

Large Ice Skim Latte from Starbucks™ (130 calories)

White Wine Spritzer.

5 ounces white wine mixed with 3 ounces lemon/lime seltzer water (120 calories)

Best Summer Weight Loss Food No. 6: Fruit-Based Desserts

"Cravings don't take a summer vacation and your hot-weather sweet tooth can wreak havoc on your weight loss efforts," says Jackson. "Ditch high-calorie desserts and opt for these naturally sweet treats that can tame the most ferocious sweet tooth."

She suggests:

Grilled banana sundaes made with low-fat ice cream

Grilled pineapple with rum and pecans

Grilled white peaches with blackberries and honey

Frozen, dark, sweet cherries

A chocolate-covered frozen banana (such as Diana's Banana™, with 130 calories)

Frozen grapes

Three Doshas in Ayurveda Medicine

medicine is based on an individual's characteristics and body frame rather than oriented toward treating disease or sickness. Each of us are made up of a combination of the three types of doshas. The three doshas are comprised of these five universal elements:

Space, Air, Earth, Fire

and Water.

Vatha is a combination of air and space.

Pitta is mostly fire with some water.

Kapha is mostly water with some earth.

Just a refresher in case you forgot

The whole of the back, buttocks, spine, shoulder blades... the whole of the front, abdomen, chest... the whole of the back and front together... the whole of the head... the whole body together... the whole body together... *pause.*

Now that your body is completely relaxed and you are aware of every part, imagine that you are standing in the very center of your own brain. You are only a quarter of an inch tall and you can stand easily within the small cavity that is formed by your pineal gland above and your pituitary gland below. It is safe and warm and comfortable. You notice a wonderful and strange thing: this place is full of light, memories, visions of understanding, intuitions, flashes of inspiration, feelings of connectedness and relationship with all life. Notice how these images pass by you like beautifully colored birds, flowing pictures, and primary shapes. Allow the understandings to come to you naturally and easily. Notice how your body feels with each image you encounter. Just make note of it and let it pass by.

In this wonderful space there is quiet, serenity, peace. It is also a magical space. Above is the pineal, the key to your spiritual connection with higher consciousness. Below you is the pituitary, the key to the physical dimension of self. In this space between the two is the magic of pure creativity. A number of different things will be named now. Develop a vision of them on all levels... feeling, awareness, emotion, imagination, as best you can... *pause.* Just allow any image to come to you. *pause.*

Burning candle... burning candle... burning candle... endless desert... endless desert... endless desert... Egyptian pyramid... Egyptian pyramid... Egyptian pyramid... torrential rain... torrential rain... torrential rain... snow capped mountains... snow capped mountains... temple at

temple at sunrise... temple at sunrise... temple at sunrise... solitary coffin beside a grave... solitary coffin beside a grave... solitary coffin beside a grave... birds flying across a sunset... birds flying across a sunset... birds flying across a sunset... red clouds drifting... red clouds drifting... red clouds drifting... a cross above a church... a cross above a church... a cross above a church... stars at night... stars at night... stars at night... full moon... full moon... full moon... smiling Buddha... smiling Buddha... smiling Buddha... wind from the sea... wind from the sea... wind from the sea... waves breaking on a deserted beach... waves breaking on a deserted beach... waves breaking on a deserted beach... the restless sea... eternal restless sea... eternal restless sea... *long pause.*

Any thought or intention imagined in this magical space is sure to come into physical manifestation. Now is the time to repeat your intent... repeat the same intent that you made earlier, repeat the intent three times with full awareness and feeling. *pause.*

Now flash on your intention. Speak it again to yourself. Flash on how life looks when your intention is realized. Imagine your life in this new way. Feel your intention filling your entire being. Flash on how successful you feel. Flash on it... Allow this image to become one unlimited thought. *pause.*

Now, take the thought out of your head and place it in your cupped physical hands in front of you. With your unlimited thought held in front of you in your two hands, quickly blow into your hands and release your intent into the universe as though you were casting seeds out into the air. This begins the physical process of creation. Return now to your quiet, still, space again and allow the satisfaction of pure creation to sweep over you like clear sparkling

water. Imagine that light is flowing through you like the water: coming into your head from the pineal and flowing out your feet to the pituitary. Know that your creation is perfect. Know that it is deserving and acknowledged by universal mind, infinite power, God. Let this knowing fill your entire being... your entire being... *pause.*

It is time now to return to the physical dimension of time and space from which we came. Allow your mind to begin to notice the physical space that you occupy. Feel that which touches your own body in present time. Sense that you have returned to the room and open your eyes here and now.

Adapted with great gratitude and honor from [Yoga Nidra](#), by Swami Satyananda Saraswati of the Bihar School of Yoga, Munger, India. Yoga Nidra is a trade mark of the Satyananda Yoga/Bihar tradition.

Teachings of the Ancient Hawaiian People

Huna, in Hawaiian, means "secret." Huna, in its purest form is ancient knowledge enabling a person to connect to his or her highest wisdom within. Understanding and utilizing the fundamentals or "seven principles" of Huna is intended to bring about healing and harmony through the power of the mind. This healing art and earth science is spiritual in nature, experiencing its concepts gives us the opportunity to integrate mind, body and spirit. One might acknowledge Huna teachings as one of nature's tools helpful in development of inner knowing and enhancing innate psychic abilities.

Seven Principles of Huna

IKE -The world is what you think it is
KALA -There are no limits, everything is possible
MAKIA -Energy flows where attention goes
MANAWA -Now is the moment of power
ALOHA -To love is to be happy with
MANA -All power comes from within
PONO -Effectiveness is the measure of truth

HYPNOSIS HEALS... FALL Session, 2007 (Classes begin on September 15th , 2007)

To: All Persons Interested in Hypnosis Certification

From: The Academy of Professional Hypnosis (908) 964-4467..... go to www.hypnoacademy.com / to print registration form

Schedule: **Basic :** (September 15-16, and 22-23, 2007) **Advanced:** (October 6-7 and 13-14, 2007)

Advanced Clinical : (October 27-28 and November 3-4, 2007)

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (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 HypnoCounselor". 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.

HYPNOSIS HEALS

Surgery....Hypnosis given during surgical radiology not only diminished patients' pain and anxiety, but also shortens surgical time and reduces complications from the procedure. *Lancet, 2000*

Cancer....Many cancer patients suffer nausea and vomiting not only after chemotherapy, but before treatment. In a study of 16 subjects who normally experienced these symptoms, hypnosis alleviated pre-chemotherapy sickness in all of them. *Oncology, 2000*

Immunity....Hypnosis seems to significantly raise the activity of B-cells and T-cells, both key to immune response, in highly hypnotizable subjects. *American Journal of Clinical Hypnosis, 1995*

Smoking....Of almost 3,000 smokers who participated in one group hypnotherapy session, sponsored by the American Lung Association, to kick the habit, 22% reported not smoking for a month afterward. *The International Journal of Clinical and Experimental Hypnosis, 2000*

Attention Deficit Disorder (AD/HD)Research shows that hypnosis is as effective as Ritalin in treating ADD in children.

Presented at the American Psychological Association Meeting 1999

Pain....In 169 patients, self-hypnosis was largely successful in alleviating chronic tensions headaches.

International Journal of Clinical Experimental Hypnosis, 2000

Studies....A growing number of studies show that hypnotherapy can treat headaches, ease the pain of childbirth, aid in quitting smoking, improve concentration and study habit, relieve minor phobias, and serve as anesthesia, all without drugs or side effects.

Psychology Today, January/February 2001



Talk to any member at the meetings to hear more about this convention

BRIDGE TO EXCELLENCE...

National Guild of Hypnotists Convention

August 10, 11, 12th

Learn to adapt and contribute to the ever-changing hypnotism profession.

Evolve with the latest technologies for the management of your hypnotism practice.

Acquire a wide range of expertise through 119 workshops and 164 seminars - Your educational resource base.

Reap the benefits of how-to workshops, case studies, business and marketing seminars, and research updates.

Network to gain new insights, techniques and practical applications in hypnotism.

DIRECTIONS

PARKWAY: get off at exit 138 (Gallop Hill Road). Travel 1/4 mile on Gallop 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.

TOPIC: Have A Suggestion? Presenter: Who Do You Suggest?

Hypnosis scripts are a good way to help to reprogram your sub-conscious mind. Scripts can reduce stress, improve your confidence and manage weight, stop smoking etc. which allows you to explore places in your sub conscious that other wise would be un-reachable.

The natives called this a spiritual journey. To reach this inner place, the natives would go to great lengths. The Natives would go out alone, not eat and even go as far as inflicting bodily harm upon themselves to reach this inner place.

The Christians use prayer to reach a deep place within their subconscious. Letting God be a catalyst to their inner self.

The Buddhists reached this place by calming themselves, and meditating for long periods of time.

In modern times, hypnosis has found more effective ways to reach this place without religion or self injury. Sit yourself down in a comfortable chair with a warm coffee and a

blanket on a cold day or an ice tea beside a fan on a warm one, or just lie in bed. Relax, take a deep breath and let your troubles slip in the abyss.

Let your imagination run wild. See the words as they enter your mind. As you read your own self hypnosis script, let yourself become entranced by it. Let the script tell your sub conscious a story, a story about how things can be done. Slowly you will feel the chances creeping into you, becoming part of you.

Anyone have a script they would like to share with our members? Send it our way, and get recognition for your work.



2007 Meeting Dates

February, 21st.....March, 21st.....April, 18th
May, 16th.....June, 20th.....September.....19th

October, 17th.....November, 21st

No meetings

July & August

December and January

Mark Your Appointment Book



Next 2007 Meeting

Wednesday: Sept. 19th 2007

Networking: 7:00 PM

Dinner: 7:30 PM

Meeting Place: Gallop Hill Inn

Union, NJ