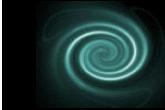


ENLIGHTENMENT

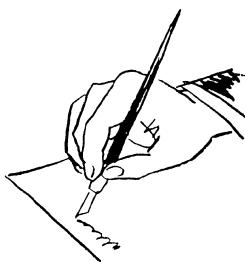


Willard Hypnosis Center

December 2007

Roger & Patricia Willard©2007

Vol. 2, No. 12



Observations of

Life. I know a lot of people who think they are funny. I can be funny at times, but I would never put myself in the category of a good joke teller. My

sense of humor is sometimes subtle and may be more wry than most. But sometimes I do come out with a good line that's good for a belly laugh. I do use a lot of humor when I give talks before different groups and most of the time the people laugh when they are supposed to. And naturally it feels good when you do make others laugh.

When I give talks, I do work from a very rough outline and I am never sure which direction I am going with what I say next until I actually say it. I take my lead from the audience. But there are key points that I do like to get across and with them come some well thought out lines that usually get the laughs. And since my talks are very freestyle, the laugh lines appear to be very spontaneous and entertaining. Not to say that there are not real spontaneous humorous moments, but most of the best laughs have been thought out and refined. The not so great lines that have little or no potential for good laughs are dropped and new ones developed.

Coming up with good laugh lines does take some time. Many times they do start with a spontaneous line that did well while giving a talk. I will make a mental note of it and then

later see if it can be said differently or enhanced in any way to get more laughs. And this does take some work to refine lines and get them right. Then when the appropriate time arises again where they can be used, I try them again and check their response. If the laughs were better, I keep it, if not I either do some more refining or get rid of it.

Many decades ago when I was in my early teens, like many my age then, I used to watch a lot of TV. As time permitted I tried to stay up and watch the comedians on the Tonight Show. It was about the same time Johnny Carson became host. A staple of the show was his opening monologue. After a commercial break, the show continued with guests of all kinds. Carson at that time had crafted his comedic skills and continued to do so in the following years. He became the king of late night television because of this and several other reasons. His guests were usually top of the line. They were either timely, talented, interesting or a combination of all three.

Comedians were usually scheduled three out of five nights a week. He would have on top name comedians who would be performing locally (the show was originally in New York City and later moved to L.A.) or willing to fly in just for the gig. The Tonight Show was a launching ground for many new comedians. If a new comedian would be scheduled to perform his brief three or four minutes routine, he/she would have been instructed to leave the stage immediately when

done. The only one exception to this would be that if Carson enjoyed the performance, he would invite the comedian over to sit on the sofa and talk for a few minutes. In the comedians' world, this was considered top honors and the big break that he or she worked for.

Since comedy was a big part of the show, many times over the years, Carson himself would talk about comedy, writing jokes and their delivery. Together with his guest, they would discuss different points about comedy and a person could get a decent education into the world of comedy, writing and performing it.

Also at this time, even with only three major networks on TV, there were a lot more variety shows. Sunday night you could watch Ed Sullivan and see great performers from around the world. Countless movie stars even had stints of hosting variety shows, again with performers of all kinds. And with all of these shows, naturally, comedians were a big part of them. And between all of the variety shows, the Tonight Show and other late night talk shows, I saw and heard great and the not so great comedians growing up. Most of the time I understood or "got it" when they said their punch lines. I enjoyed all of the different styles of humor and delivery. It was fun and again, a great educational experience.

I really enjoy a good laugh and naturally like I said before, I like giving people a good laugh. On a personal side, it's a great gift to give someone. When you make someone laugh, it changes that person. During the day, too many people are in a static mental state and are just going through the motions of their life and work. Giving them a laugh, changes them mentally and physically. When people laugh, it causes a positive chemical change in the brain and in turn, causes positive physical changes that can help heal the body. People will stand a little taller after laughing. (It's hard to slouch after laughing.) They

breathe better when laughing. And the mind is a little clearer after laughing. It helps us to look at things and either reframe situations or bring them into prospective. Laughter is good for you.

On my bookshelf I have a collection of what I think are great cartoon and comic strips. I really enjoy Calvin and Hobbes by Bill Watterson (he reminds me of my childhood). Scott Adams' Dilbert ironic view of the office cubicle is both funny and somewhat scary. (There really are pointy haired bosses out there). The Far Side by Gary Larson is not only funny, but covertly educates you or makes you want to learn a little something about what he drew. Every day in the daily newspaper are cartoons that range from the mediocre to the eye-tearing laughter. I have my favorites and love it when I find a new one that really makes me laugh. If for some reason I get behind in reading the newspapers, I will skip everything else and go directly to the comics.

In concluding this part I would ask you to take a moment to think back to the last time you enjoyed watching or hearing a good comedian. How hard did you laugh? Did he/she bring tears of laughter to your eyes? Did you laugh so hard your side hurt? Have you ever gone to a comedy club and had a great time? Did you see the Sunday funnies and find one that you really enjoyed and want to share with someone special because you knew it would mean something to both of you? Did you ever just read something and it struck you funny because you looked at it a little different? I enjoy laughing and I enjoy sharing laughter. I believe sharing it is one of the greatest gifts you can share. It costs you nothing and when you do share it, you get so much more back that is invaluable. Discover it for yourself.





Quotes we liked.

I have learned silence from the talkative, tolerance from the intolerant, and kindness from the unkind; yet strange, I am ungrateful to

those teachers. by Kahlil Gibran. If we just open our eyes, ears and our hearts to what others are doing and search inside ourselves, we can learn a lot from the actions of others. If we look into life's mirror and see our faults and at the same time recognize our virtues, we will be better people. I have always believed we can learn from many sources, even the less than perfect actions of others. I hope this quote gives you at least a little something to think about.



What to expect.

In helping people to make change, there is a process of discovery. Most of the time people will come in with a problem,

whether it be smoking, a fear to overcome or something else. To use an example, let's suppose a woman (it can be a man) has a fear of bugs. It may not seem like much to some, but to her, it is a problem. It has gotten so bad that she now plans her day to avoid doing things. Now she never goes into the basement to get anything. If she needs something from there, she waits until someone else is available to get it for her. She also is afraid to put on gloves for the first time in the winter season, fearing an insect may have crawled inside them. She will have someone else try them on first or use a flashlight and inspect them thoroughly before putting them on. And if she hasn't worn them for several days, she goes through it all again.

Now when she comes in and talks to me and explains her fear, she even gets a little

upset thinking about bugs. She then proceeds to tell me why she is afraid of them. She remembers when she was small that her brothers would tease her with any bug they found. One time they even put one on her dinner plate when she was not looking. When she turned around, she was startled and screamed and jumped up from the table, knocking over her plate and breaking it.

Now this may all really have happened in her life, but in reality it is probable that this is not the reason for her fear. True, there may be an emotional connection to those events, but there is probably a hidden or repressed reason for the fear. Under hypnosis the client is taken on a mental journey back to discover those reasons. Many times, much to the client's surprise it is learned that there was something else that happened. This newly discovered event has usually long been forgotten to the conscious mind. What we learn is that the newly discovered event tied itself to the emotion and other events, situations and things.

We learn here that the woman was separated from her mother while shopping when she was about 3 years old. Even though it was just for a few minutes, she became terrified and established a strong emotional attachment to that event. This is the first time in her life she had such an intense emotional reaction to the world, detached from the safety and security of her family. Later on in life as things happen, such as the coming in contact with different insects, she unknowingly made connections to the bugs and the intense emotional reaction in the past. Then throughout her life she kept connecting that same emotional feeling to more bugs and events associated with them.

In a hypnosis session I would then work with the client and resolve the initial event in the past and the connections that were

made to subsequent events that followed. Usually within just a few sessions she would be released from her fear of bugs and insects.

Usually after the resolution of a problem like this I will discuss what happened to her. Most of the time she would express surprise that at, first, she had forgotten the event and now could remember it so vividly. Second, she could see how all of the things that now happened all tied together. I would then have her take a moment to think about insects and different kinds of bugs. I would have her imagine holding one in her hand. She would then be able to do this without any anxiety or reaction of fear, whereas before it would have made her shudder and break out in a sweat. She had successfully, through hypnosis, discovered where and when her problem truly began and then how to break from that experience forever.

Is hypnosis the answer to all of life's problems? No, but it can help many people to experience life to the fullest. By helping people to make change within themselves, hypnosis is a powerful and effective tool. So, even though it is not the answer to everything, for those who have tried everything else, it may be the answer for them.

World Hypnotism Day, January 4, 2008. This year we will be doing a fundraiser for the American Heart Association. Due to limited availability of the meeting room, it will be held on January 2, 2008 at the Lancaster Host Resort and Conference Center. We are again offering our group single session stop smoking program. For more information, please call us at 717-872-7561. A mini-poster has been included with this month's newsletter. Share it with others and/or post it where you work.

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At this year's end, we celebrate a new beginning in the birth of the Christ Child. We are a family of faith. Our prayer to all is that each and every one discovers that joy of faith in their own lives as we do in ours. Our faith does not promise that everything will be perfect in our lives, but rather that we are accepted even though we are not perfect. With the Christmas season things seem to move faster and faster but we take more than just a moment to remember why we celebrate it. We hope you do too. So with praise and joy we wish a very Merry Christmas to all.

Roger & Patti