

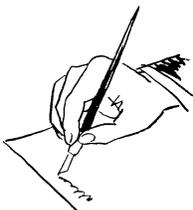
ENLIGHTENMENT

 Willard Hypnosis Center

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Observation of Life. I

really like to laugh. I enjoy good jokes and humor. I am not adept at telling a good joke, but I know I can be funny at times, even if it makes my family moan a

little. Of course most families do that when the father tries to be funny. But I do believe I can be funny. I have proven it many times to myself and those whose faces I help put a smile on.

I enjoy a great belly laugh. My taste in humor is like most everything else I like, it is very diverse. In reading, I can enjoy a good joke book, the situations, humor of writers such as Janet Evanovich to the wry humor of Mark Twain and Will Rogers. In the movies, the Marx Brothers are at the top of my list, along with very badly dubbed kung fu movies. On TV, I enjoy a lot of the Brit-com (comedy shows from Great Britain), such as “Benny Hill”, “Last of The Summer Wine” and “Allo, Allo” to “The Muppets” (which was made in England, but very American). I enjoy the old Sci-Fi movies and TV shows that you can now get on DVDs and marvel at what was considered great special effects and dialogs, and chuckle at how primitive it seems now.

Laughing is wonderful and I am amazed at the number of people who can not or do not try to see humor in life. Yes, there are serious things in this world, but you can not live in that mindset all of your life. But overall, you can be

happy and find joy in doing almost anything. Yes, there are exceptions, but the point here is that for most of your life happiness is a choice. We can choose whether or not we are going to be happy. What it boils down to for most is, do you give yourself permission to be happy?

Most of the time I do look for reasons to laugh and smile. Some people see the glass as half empty, other half full. I see it as a dribble glass I got from the Johnson Smith joke catalogs and the juice is running down someone’s chin. OK, I really would not do that to someone, but I would think it. I find that everyday things can make you sincerely laugh if you just open your eyes to them. But this does not mean that I find pleasure in the true misery of others.

Some people can only smile when something bad happens to someone. Sometimes it is just to say, “I knew that was going to happen and I told you so”. Others are happy to see someone have problems in life because of hatred, greed or envy. Others have such poor self-worth that they try to find pleasure in putting others down, believing it will elevate themselves a little, but it does not. This is not joy or happiness. This is sad.

Being a private detective as well as a hypnotherapist/hypnotist, I have received and probably will continue to receive calls from people who “open up” when they tell me their situation and problem. Many times they will tell me, for whatever reason, “I just want to be happy”. Although it is not my job as an

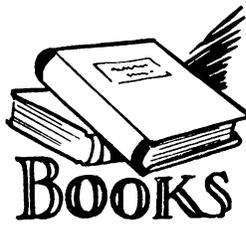
investigator, I take a moment to shock a little reality into them. I tell them to go take drugs. This usually gets their attention. Now I really do not want anyone to take recreational drugs to make them happy, but the point is, a lot of people are happy and expect someone or something else to make them happy. I usually take just a minute to tell them that they should consider some counseling for this, hoping they will realize happiness starts from within. Also, that they must stop saying, "I want to be happy" but rather, "It is OK for me to be happy" and start looking for all the good things from within, making it a self-fulfilling prophecy to be happy. You either are or you are not. It is not something you can get from outside yourself. Others can give you reasons to open yourself up to happiness, but it is still up to you.

Look at the life of Mother Theresa. Here was a wonderful servant of God who surrounded herself willingly with some of the worst misery in the world (no exaggeration) yet she found joy. She was a far better person than me or ever will be. I admire her courage to do what she did, but also, how she could laugh with those who needed her most. If you look around you, I know you can find those whose lives' circumstances look far worst than yours, yet they are joyful, smiling and many times laughing at their own problems. They made a choice to be happy despite whatever life throws at them. Naturally, they, as we all do, have their moments of doubts and questions as why life has been as it is, but then they move on and enjoy what they have.

But getting back to laughter. It is a "given" that laughter is good medicine. Even medical studies show people heal faster with laugh therapy. And personally, I believe a good belly laugh can be one of the best personal therapies possible. There is something internally cleansing about it. A good laugh that

makes your sides hurt and brings you to the point of tears, can make you feel good the rest of the day. Some say, and I don't disagree, that you need a good cry sometimes. I say you need a good laugh most of the time. When a person laughs or smiles, they even look better. Whereas, a frown is very unattractive. People like to look at happy people. They like to be around happy people. Happy people make other people feel good. And happy people give off a positive energy. Have you ever noticed how unhappy people can take energy away from you? If you are not careful you can feel drained in just a few minutes of hanging around someone who is constantly complaining or unhappy about something or another. Soon you feel unhappy and may even start complaining also. Then no one feels good. And the rest of your day you feel miserable and don't know why.

Make a plan to let yourself be happy. You may first want to give yourself permission to be happy. You may have to remind yourself it is OK to be happy. How? Maybe put a picture of loved ones close to where you spend most of your time. I cannot be unhappy when I see a photo of my children or grandchildren (Of course I do have extraordinarily great children and grandchildren). Next, do one or more of the following; read a good comedic novel, a joke book, a book of comic strips (I really suggest Calvin and Hobbs if you can remember your childhood), a classic funny movie (Night At The Opera with the Marx Brothers is great), or plan a night at a comedy club. Then let yourself laugh out loud. Enjoy it and savor the feeling. Share it with others and you will grow in laughter and happiness. Remember, happiness is not the destiny, but rather it is the way in which you choose to travel on that path to wherever it is you are going.



Books We Liked.

Last month I told you about a book called **SPEAK AND GROW RICH**. It is a very good book for those who are considering a career in public speaking. The title is a “take-off” of a more popular book, **THINK AND GROW RICH**, by Napoleon Hill. This book is one of the original books on personal and professional self-help. Napoleon Hill rubbed elbows with some of the greatest self-made individuals of the early 20th century in studying what makes a person successful.

The book itself is dated in some ways and the reader will find that even though examples and other points may not be up to date, the principles are still the same. It may not be easy reading for some who are not ready to be preached to a little. Hill believes profoundly in his writings and believes 100% that if the reader does what he says and applies the principles he expounds, success is guaranteed. Because of this, some may find it hard to accept.

Again, reaching back to last month, I started this newsletter in suggesting that you may want to share my **OBSERVATION ON LIFE**, the first article in the newsletter with some younger people. I will suggest something along the same lines here. Give a copy of this book to a young person who may be in their last year of high school and up. Give it to a college student, a person entering the real working world at the point they must start thinking beyond the next party or date they may have. Give it to a person who has ambition but lacks a plan to succeed. Give a copy to yourself and share the principle within it to others.

Many of the self-help books of today are written by people who take 99% of what Napoleon Hill says and rewords the concept

into their writings. Most of these writers usually try to make it sound original and never credit Hill for his years of research and study. This is not to say newer books should not be read, they should, but it is good to see the original works to get a better understanding of the concepts. By reading new self-help books that add to and provide new techniques and tools for self improvement and success, you increase your abilities to become the best and most successful person you can be.

So, why not buy a few copies of **THINK AND GROW RICH** and read or re-read it for yourself. Then go out and share some copies with some young minds. You will help make them more self-sufficient and better at whatever they choose to do in life.

Quotes we liked. *“The man who goes farthest is generally the one who is willing to do and dare. The sure-thing boat never gets far from shore.”* by Dale Carnegie, motivational author.



Taking risk is part of life. And it is natural to reduce and eliminate as much risk as possible. But sometimes, nothing happens unless you take a chance. Whether in relationships, vocation or going on a trip, if you don’t leave your comfort zone, you will not get anywhere. Nor will you probably achieve anything, nor will you have any kind of life. This is not to say that there are not times you play it safe, but rather, there are times you must be bold, despite fears and apprehensions. To grow, to do, and to become a new and better person, there will be risk. Persistence is another virtue that is necessary, but even in persistence, there is risk. That is, to continue when others will not. To continue when others tell you that it will never work or you will never get to your destination. Taking calculated risk and moving beyond what you

are used to will widen your world, your opportunities and expand all parts of your life. Even just a little bravery will take you places others only dream about.

Can you imagine the world today without exploration into the unknown? Almost all of the modernization that we benefit from is the result of those adventurous enough to “boldly go where no man has gone before”. Even the spin-offs of space exploration have given us countless new medical and scientific marvels benefiting mankind today.

By just one man’s dreams and works of going beyond the conventional wisdom of the day, the world changes. And it is the bold explorers who see beyond our current range of vision and take leaps into the unknown, for they are the ones who will discover new and wonderful things to make life better for all of us.

Did you know this about hypnosis?



She said, “I can’t be hypnotized”. I hear that from so many people. But in reality, just by saying that, that person has been hypnotized into believing that. This usually happens when someone (the amateur hypnotist) tries to hypnotize some (you maybe) and nothing seems to happen. While this is going on, you are saying to yourself that you don’t feel different. You can still hear things going on around you. You even may have scratched your nose when it itched so you are thinking to yourself that you must not be hypnotized. Then you open your eyes (if they were closed) and say to yourself and anyone else there, you must not have been hypnotized. Then you or someone else, maybe even the amateur hypnotist, erroneously says, you must not be hypnotizable.

Everyone has been hypnotized. If you have ever been entranced in a book to the wee hours, you have been hypnotized. If you ever missed an exit on the highway because you were daydreaming or thinking of something else, you have been hypnotized. These are just some of the ways we let ourselves be hypnotized. Anyone with normal intelligence can be hypnotized. So when someone says to me, “I can’t be hypnotized”, I think to myself that they will be a great subject for hypnosis, but they just don’t know it yet. This person just has to be deprogrammed of a false belief and start over again. And like many problems people have today, such as smoking, weight issues and fears, that is all they need to help them. And that’s what hypnosis does, it helps individuals deprogram themselves to become better people that they want to be. What can we do for you today?



**For more information
on hypnosis and how
it can help you, call us
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Roger + Patti