

ENLIGHTENMENT



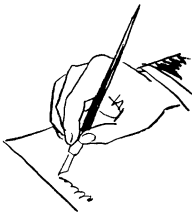
Willard Hypnosis Center

February 2007

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Vol. 2, No. 2

Observation of Life. First, I will suggest that you may want to share this issue with any teenager(s) in your family or that you know otherwise. I suggest this in hope that it will help them in contemplating their futures a little differently than they already have.



Recently I spoke with some friends of mine. I still call them friends even though they both were in prison for several years. (Naturally in no way do I condone what they did to put themselves there.) What most might find interesting is that both were law enforcement types originally. That is, one was a police officer at one time, and the other was doing security work and trying to get into private investigations. Since I am also a licensed private detective, I know a number of law enforcement officers and those in related fields. Therefore, knowing these two could be expected.

To be a police officer or to work in the security industry is not too difficult if you show some intelligence and common sense, keep your record clean and are willing to go where the work is. Naturally, to become a police officer is somewhat harder than becoming a security guard and requires substantially more training once hired. A person becoming a security officer is only required to prove he or she is a US citizen (in most cases) and have a clean record. It doesn't mean that the individual

has never done anything wrong, but rather, that person has never been caught at doing anything wrong and convicted of it.

But the fact that a person has a clean criminal record is important to this profession. I am lumping together, law enforcement, private security and private investigations into one group as professionals akin to each other. Neither of my friends now can ever hold a job in this profession because they have a criminal record. Due to the severity of their crimes, these records can never be expunged or removed. They will never be able to hold a number of other jobs because of this also. It will be with them for the rest of their lives. One now works for a large company locally and the other is having difficulty finding work. Each have their own circumstances which define who they are and how they will progress with the rest of their lives. The police officer was older when he got himself into trouble and adapted and survived his term in jail and is now productive and making his own way. The second, the one who is having difficulty in finding work, was much younger when convicted and was in no way prepared for life in general. But both now must deal with their self-inflicted lot in life.

But their criminal record is just one record that one can earn in one's life. Some records are almost meaningless outside of the realm in which they are established. Some are more far reaching. And the record maintained on a person can reflect positively or negatively,

or even some of both. A very positive record that is kept on a young person in a scouting type of organization may have some but little effect on his or her career later in life. It would probably be more influential on his or her self-esteem. But a neutral or negative record would be little if ever influential on his future career.

And how often have you heard from your school teachers that something you did was going to go on your permanent record. Have you ever seen a permanent record? When does it start and when does it end? Does that record follow you through college? And do they pass it on to your employer and each employer that follows? Who is the keeper of that permanent record? OK, yes there is a school record that has some effect on you in school and maybe some on your choice of colleges later on, but in reality, there is a more powerful “permanent record” that will stay with you. It is the record that society as a whole keeps on you. It is the record in peoples’ memories.

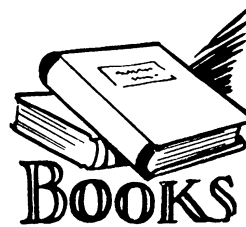
The record in peoples’ memories can overlap with official records, but it is this personal memory record that will probably have a more profound and long-lasting effect on people. What people remember about you from personal experiences and what is known about you in general by the public is long-lasting. Most of the time, it is life-long. What actions you take today will probably be remembered longer than you expect. The good you do, the bad you do, and even the ordinary things you do, may someday be remembered about you in the light they were first seen.

Unfortunately, not everyone will remember things as they actually were. Most of the time they will be exaggerated to some degree or another. If you did something good, the tales of your goodness may be exaggerated to some degree. In turn, if you did something wrong, it may grow into something worse than

what really happened. Hopefully though, it will be a true overall resemblance of who and what you are.

The point is, your character will be judged by your past history, your past permanent record from peoples’ memories. And once that judgement is made and that record is established, it is very hard to change or amend it. As imperfect and fallible humans beings, we all make mistakes and do things at times we are not proud of. If you have dreams and aspirations that require a “clean” record, think ahead on how you will help write that record.

Books We Liked. As I was writing this



newsletter, I received an e-newsletter for professional speakers. I was saddened to learn that a woman I met a few years back had died on Valentine’s Day,

2007. I had made a point to attend a speaker’s association meeting in southern Virginia to meet her. I was fortunate to sit next to her and her nephew at the luncheon and to talk one-on-one with her. I do not have enough space here to proclaim all of the accolades she deserves. In short, a remarkable woman, to be respected, admired and to be loved by all in and out of the speaking profession.

I am sure most of you have probably never heard of Dottie Walters. Her book, ***SPEAK AND GROW RICH***, is a must read for anyone who wants to be a paid speaker. It doesn’t matter if you want to make just a little money speaking or move into the big leagues full-time, Dottie explains step-by-step what must be done. This book is professional speaking 101. Whether you want to be a paid seminar leader, an after dinner speaker, or convention speaker, you learn about the things you have to do to get there.

I had several copies of this book and have lent them out to others. One was even signed by Dottie for me. I have shared this book and many others with people who I feel may best benefit from them. A book shared is a book being put to good use.

Dottie was an entrepreneur and mother. With her daughter Lilly, she operated a speakers bureau. Eventually, Dottie stepped aside and Lilly now operates the business. Lilly herself has written a number of excellent books that will also be of great value and interest to speakers and should be investigated.

So, if you think you are William Jennings Bryan, go online, to the library or to your favorite bookstore and get this book to answer the calling of soap box and microphone.

Quotes we liked. *“The smallest good deed is greater than the grandest intention.”* by Jacques-Joseph Duguet.

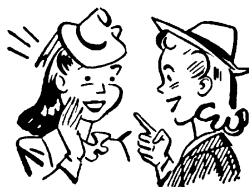


I hear so many people say that they had good intentions of doing something but just never got around to doing it. They were going to visit someone who just needed someone to talk to, but never did. Or that they were going to take the time to help out at that special charity event, but just forgot about it over the holidays (it doesn't matter what holidays) because they were so busy. And somehow they think that by saying to themselves that they had "good intentions" makes everything alright and that it was almost as good as doing it. It's not even close. Only by doing it does it matter. Only by doing it is there some good done. Only by doing what they intended to do, is there service to mankind.

Similarly there is another quote I like that is really a misquote, *“The road to hell is paved with good intentions”* that conveys the

same point. Even though it is a misquote, I like it better this way. I sincerely believe it should be a fundamental core belief and value. Do something to make a positive change in your world and stop talking (to yourself and others) about your good intentions.

What to expect. You have probably never been to a hypnotist/hypnotherapist before and probably have no idea what to expect when you first walk in the door. First, to use a winter analogy, we are like snowflakes; no two are ever the same. Some may look close but will always have some differences. In saying that, I will tell you what you might expect on your first visit to the Willard Hypnosis Center.



After the pleasantries of introductions, you will be informed that for everyone's best interests and protection, everything is being recorded; video and audio. You will be guided to your seat and at some point asked to fill out some paperwork. Each hypnotherapy business has its own procedure for this. Sometimes I ask clients to do it right away and sometimes later on but before the actual hypnosis begins. The paperwork will consist of a client's bill of rights, a copy of the professional hypnotherapist's code of ethics, a statement of scope of practice and informed consent. Also, clients are given notice of our policy expected payment and results. This last part states that the results obtained through hypnosis are entirely up to you, the client. Since there is no way I or anyone else can make you accept suggestions and truly determine how well you will respond to hypnosis, we cannot and do not guarantee any results. We promise to do our best for you and we expect you to do your best to work with us. Because of this, the client is responsible for all fees for services rendered and that no refunds will be given for failure to

obtain desired results. This may sound like a cop out but there is no way a hypnotist can guarantee results. Do you know of any doctor that would give you an absolute guarantee that they can heal you? No, and it would be unethical for any doctor to do so. Also, I don't know of any doctors that give refunds, do you? But in saying that, we, like most good hypnotists/hypnotherapists, will do our very best to help you with your individual situation with hypnosis. Even though there are no guarantees, this hypnotherapist has a standing offer that if on the first visit and after the first 15 minutes of talking, the client decides he/she does not want to proceed and hypnosis is not for him/her at this time, he/she they may leave without charge.

Continuing with the first session, next we would sit and talk. We would discuss your particular needs or problem. I usually ask just a few questions and let the client do most of the talking. In doing this, I have a better understanding of what the client expects so I can better explain what hypnosis is and what it is not. I will explain and clear up any misconceptions about hypnosis so as to make the client comfortable with the process. We explain that there is nothing to fear about hypnosis and in fact, it is a natural process that happens to everyone many times everyday. I will answer the best I can any and all questions about hypnosis the client may have (given enough time allowed).

I will then make an evaluation of the best means to approach the problem or the individual situation and explain it to him or her. It is at this time we must be in agreement that this is the best way to approach the needs of the client. If the client maintains any fears or mistrust about hypnosis, the success of the session is limited.

Next, we will begin the hypnosis first by a verbal agreement that they are ready and

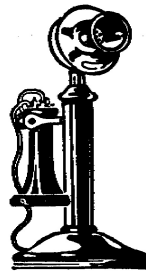
willing to be guided by me into hypnosis. There will be an induction and then the hypnotherapy. Since everyone's situations and problems are different, the inductions and hypnotherapy will be individualized for the client. Then, at the end, the client is emerged from the hypnosis and given a few minutes to adjust from the experience. I like to then spend just a minute or two discussing the experience.

Finally, for those needing multiple sessions, future sessions are discussed and scheduled and professional fees are paid.

Why hypnosis. To help you:

Stop Smoking	Build Confidence
Sleep Better	Remove Bad Habits
Lose Weight	Remove Fears
Manage Stress	Be a Better Speaker
Improve Study and Test Skills	
Deal With Personal Issues	

And More.



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