

ENLIGHTENMENT



Willard Hypnosis Center

August 2006

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Vol. 1, No. 2

Did you know? A while back I was looking at advertising with a particular publication and the salesperson said he would have to get back to me to see if I would be allowed to do so. The magazine was published by a man whose primary advertisers and readers were Christians. I was a little surprised that he thought that he had to get approval and asked why. In reality, I had an idea as to what he was going to say. And I was correct. They, the salesperson and the owner, were not sure if hypnosis went against their faith. Normally I would spend just a few moments to try to educate people on how hypnosis is neither good or evil by itself. As it stands alone, hypnotism is not identified as Christian nor is it anti-Christian.

Some things to know about those who practice hypnosis are the following: The Roman Catholic Church recognized hypnotism in 1956 as an acceptable treatment. Within my own church, United Methodist, there is an ordained minister who is a hypnotist. In fact, within most denominations you will find hypnotists in the pulpit as well as in the congregation.

There are still many clergy who do not understand what hypnotism is. Again, recently I met a minister who asked me how I deal with the “giving up control” issue in hypnosis. As in last month’s newsletter, I explained that there is no giving up of control by the subject, rather a cooperative effort by both to reach a common goal for change. I then put to him as I

do most who question the religious aspect of hypnosis, “What about you or your minister who try to hypnotize your congregation each week?” Usually this will get the person’s attention. Do they not want to be great speakers in that they hope to have the congregation’s undivided attention? Don’t they want to be known as mesmerizing speakers? Are they not trying to influence and make changes in people’s lives when they speak? All of which are thought of when we talk about hypnosis. In fact, to mesmerize comes from Franz Mesmer, one of the first to systematically use hypnosis. He called it mesmerism and later, James Braid changed it to hypnotism (hypnos, Greek for sleep).

Hypnosis is safe and in itself non-religious. It has been used for eons in and out of religion. And just because one religion may use it, does not mean it is exclusive to that religion. To put it another way: you can use a car to help others by delivering food, medical help and other humanitarian aid, or the car can be used to be a getaway vehicle in robbing a bank, dealing drugs, or driving drunk. The car and driving the car is not good or bad, but how it is used is the key. Hypnosis can be misused as medical drugs can be misused. The uninformed, untrained and those with malice can hurt people with hypnosis. But in turn, the trained and learned hypnotherapist can help people make positive changes and help with countless problems, issues, and fears.

Books we like. Love him or hate him, Anthony (Tony) Robbins has been seen on TV infomercials since the infomercial revolution and cable TV explosion of the mid 80's. A motivational speaker and self-help guru, he has helped people better themselves in all aspects of their lives. His first best seller, "UNLIMITED POWER", came out in 1986. It was an immediate bestseller.

In this book, Tony Robbins tell of early ups and downs in his life, his successes and self-imposed failures. It was when he came upon something called Neuro Linguistic Programming (NLP), that he turned his life around. Briefly, NLP is a method of self-talk, self-motivation and taking action to make positive changes in a person's life.

Now NLP has its roots in hypnosis. In the fifties and sixties, Milton Erickson, a pioneer in contemporary thoughts, developed a conversational style of hypnosis (this is very simplistic). Two men who studied Erickson, John Grinder and Richard Bandler expanded and developed the teaching of Erickson, and created the studies of NLP. Robbins then discovered the teaching of Grinder and Bandler and developed a program that is easily read and understood.

Tony Robbins went on to write other empowering books and developed audio programs to help people become what they might only dream about. So, if you want some insights into self-improvement with some self-talk/self-hypnosis, invest some time and a few dollars in this book. It will be a sound investment.

Bettering ourselves. This month we will be spending a few days in the Boston area for the annual National Guild of Hypnotists convention. For three solid days we will be attending seminars and talking and

exchanging ideas with other hypnotists/hypnotherapists. Also, this year Roger Willard will be an instructor for two seminars. He will be giving instructions on motivation for the reluctant hypnotist and on self-promotion of a hypnotherapy business. Patti Willard will be attending seminars in auxiliary programs related to hypnotherapy. Both Roger & Patti will earn 24 CEU hours each for the hypnotist/hypnotherapist.

To be a better you. A while back I got to know a man who worked for a major employer in the area. He had been with them for a number of years and was doing well. He was a blue collar worker and from what I understood, did his job as he should. Now for years, it was common knowledge that this major employer was having difficulties. Each year the company laid off numerous employees. And each year, this man would heave a sigh of relief that he still had his job.

Each year as this company would lay off workers, there would be stories in the newspapers about what these people were going to do. Those who were younger could get training and find other work. But those who were middle age asked, "What are we to do once we are out of work?" They would say, "no one will hire us and train us for a job because of how old we are." And they were too young to retire. What were they to do? What was the government going to do for them? What was a new company going to do for them?

Now back to the man I know. For at least 10 years, he has known he would eventually lose his job. He has been fortunate that it is later rather than sooner. In those ten years, he has been on bowling leagues in the winter, and baseball teams in the spring and summer. I don't know what he did with his recreational time in the fall, but I do know

what he did not do. He did not invest in himself to learn a vocation. This man and his family will probably be the first to complain and act as if they are in shock when his job is gone. They believe they have no control of their lives and that they are at the mercy of others.

In ten years, going to school part-time a person can earn an advanced college degree in almost any field he or she chooses. A person can learn and earn, not one but several new vocations, crafts and skills. An individual could go from no education to being a college educator in their spare time in ten years. And even if the person was not ambitious, at least one new trade could be learned that was liked and is in demand.

So, where is your job taking you? Somewhere, nowhere, or it doesn't matter to you. Like it or not, the reality is that job security and job loyalty for the most part are a thing of the past. There can be exceptions, but you can't count on one of them. Take a good look at your job. Examine where you are going and where you may end up. Will your job be there tomorrow, next week or next year? Where do you want to be? It's all up to **you**.

Quote we liked. This quote has been attributed to so many people, we have no idea who originally said it. Following along with some of the other things in this month's newsletter, this month's quote is "Luck is when preparedness meets opportunity." Now the luck we are talking about is not when you head off to Atlantic City to play the slots. The odds are always against you there. In the end, they will always take more than they give. How else can they build those casinos? The luck we are talking about here is in life when things just seem to go your way. Things fall into place. If you go through life looking for bad things to happen to you, they probably

will. But if you look for good things to happen and ready yourself for those opportunities, likewise they will probably happen. Prepare your life to do great and wonderful things and watch for the doors to open for you.

Why hypnosis? Simply, for most people it works. If you truly desire change, you can. All it takes is the ability to just listen and follow the suggestions given by the hypnotist/hypnotherapist. He/she will guide you into a state of hypnosis and help change the inner programming of your mind to match your conscious goals and expectations. Too often your subconscious mind has false, erroneous, self-limiting or self-defeating beliefs that are not only holding you back, but fighting you in making change. Somewhere in your life you were programmed and influenced by outside sources. Those demeaning words and comments by parents, friends, authority figures and others can and will destroy self-esteem. The programming of television, radio and other media that have an agenda can also affect your inner beliefs, causing self-defeating actions.

These external influences cause you to do things you know are not good for you. Sometimes we can explain it as youth and inexperience, but as we get older, we still do the same "dumb" things over and over. Even though we know better, we still do it. For some, through self-examination and deep internal dialog, they make the changes in their lives. For these people, it is a form of self-hypnosis. For others, they lack the knowledge and insight on how to do this. For these people, the hypnotist/hypnotherapist is essential. The client is guided into a state of hypnosis to help make the necessary changes in his/her subconscious mind.

Do you find yourself in this group, needing a little help in making the changes you

know you need to make but just can not do alone? If you said yes, then call us to find out more on how hypnosis can help you. Our hours are by appointment only so as to give each and every client the personal attention he or she requires in their situation. Call 717-872-7561 now to begin the process.

What's going to happen? Your first session may last up to an hour and a half. There are forms to be filled out and a lot of intake and discovery into what are your needs. Each follow-up session can last about fifty minutes. Naturally there can be exceptions and these exceptions would be handled accordingly. In the first session, hypnosis will be explained in detail. Any and all questions about it will be answered. The number of sessions is dependent on each person's individual needs. Some may only need one session, while others will require multiple sessions.

It's Your Business. Is your business team not teaming well? Are you and your employees starting to get on each other's nerves (or has it been going on for a while)? Do problems seem to happen more often and be bigger than ever before? Is STRESS getting the better of you? For you and your employees, a group program in *Stress Management* is the answer. At the Willard Hypnosis Center, professional trainers and a hypnotist/hypnotherapist offer several different training programs for businesses of all sizes. Stress management is probably one of the most necessary programs in business today. A double punch approach to the problem, we combine proven traditional training and the hard hitting power of hypnotism to knock out stress and manage it in you and your employees' lives.

As smart business people, you know that stress costs your business money. You know it costs you and your employees your good health. You know that helping everyone to manage stress effectively will help change all of this. To find out more, call 717-872-7561 **today**. By calling today, you will make a difference in yourself, your employees and your business. Make it happen now!

Info About Us. We are proud members of:

The Lancaster Chamber of Commerce

The Southern Lancaster County Chamber of Commerce

The National Guild of Hypnotists

The American Board of Hypnotherapy

We accept most major credit cards.



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p.s. If you have any questions you would like us to answer or any subject you would like to discuss, call or email us and we will do what we can. Thank you.

Roger & Patti