

ENLIGHTENMENT



Willard Hypnosis Center

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Did you know? Forty years ago I was still in high school. The memories I have of then are still clear and vivid as if it was only yesterday. True, I may not remember the combination to my locker or even which locker I had, but the good and not so good times are still fresh in my mind. At that time, I was not very, shall we say, academic. Things have changed quite a bit since then.

I made it through high school as an average student. After discovering the need for an education and acquiring a desire for more education, I graduated from college with the equivalent of two majors and one minor. It seemed I did have the ability and intelligence to do this, despite being encouraged otherwise. I learned that I was like most other people in that once I found reasons and wanted to get educated, I could do it. The only thing holding me back was myself. Sometimes I was lazy and did not want to do the necessary work. Other times I was just a typical young man who want to do what other young people were doing, having fun rather than work at my education. Sometimes I just wanted to sleep, either at home in bed while class was going on or in class with the classic “head tilted and hand over the eyes so the instructor doesn’t see them closed” maneuver.

But I could earn an education and did. With help from those who loved me and some determination on my own, I earned my degrees. But the one thing that was never a real problem for me was taking tests. I did well on tests if I studied and did very poorly if I did

not. I had no test anxiety about taking the test itself. My only fears while in high school were of what my parents were going to do to me when they saw my grades.

For many, this is not the case. The idea of taking a test puts some people into sheer panic. They see the test paper and their mind goes completely blank. Fear overcomes them and they lose all perspective of time and reality. It seems the longer they dwell on a question, the harder it becomes. Things that they know they have read and studied just cannot be remembered. Even leading up to the day of the test, anxiety takes over their lives. They may have real symptoms of being sick. And on the day of the test, they will feel lightheaded and dizzy. Some people may even succumb to tears at some time or another. The fear is real and the body will react accordingly.

For most, they get through school one way or another and still experience test anxiety as they get older. They may choose careers that do not require them to take a test to be hired or promoted once hired. They will limit the opportunities which would better themselves. If they do take these careers, they try to cope and suffer through the testing process. Some will do better than others, but almost all will have stunted their potential. They will have reduced their options in life. And they will have probably reduced what they could have earned as well as future potential earnings.

Why does this happen? For each person, there are individual reasons. The reasons are not good or bad, justified or not, but there is

this fear because of them. There is help for these people, though. With hypnosis they can be guided to take tests proficiently and without the unnecessary anxiety, sweating and blanked out memory. Through hypnotic instruction, they can learn techniques to take control of their fears and face this problem effectively head on. Not only can they develop the skills to take tests without fear, but to look forward to them with anticipation of proof of their knowledge and intelligence. OK, they probably will not be jumping for joy about taking a test. And maybe it's just natural for students to have a dislike for school and tests, but they will have a different outlook about them.

For other students, who are more like myself, the ability to focus, concentrate and study can also benefit from hypnosis. It provides them with tools that help them to develop better study habits and skills. Imagine having the means within you to maintain and focus your thoughts so that you can retain, comprehend, and recall at will the subject in front of you. Imagine giving this skill to your school age children.

Again, by using learned self-hypnotic techniques, students or almost anyone can develop better study habits and skills essential to everyone's life. Hypnosis is safe, effective and drug-free in helping to make positive changes in your children and yourself. Unknown to yourself, you may have already accidentally used some similar techniques in your life to help you do things you have wanted to do. Remember back in time to an achievement in your life and how you did it in your mind first. It is probable that you will not consciously remember now how you motivated yourself and established a mindset to do it, but you did it. Success like this can be achieved again. With the guidance of a hypnotist/hypnotherapist, you and your children can take better and more guided control in using your

minds to make positive changes in your lives. Change your life through learning today.

Books We Liked. Following along on the theme of education and back to school, I want to share with you some reading about history that is very different than most history books you may have read. I can remember in school reading and sometimes learning history with all its dates and who, where and why. At times it was information overload. But there were other times when history was a fascinating story of amazing events and adventures, with plots and subplots, like a great novel.

Reading history for pleasure does require you have interest in it. But what is hard for most is to get interested in it. And if you don't do some reading or study of it, you don't get the interest. A paradox. So, this month's book to help get your attention and spark that interest in a very unique way, is a cartoon format group of books. The books are titled *The Cartoon History of the Universe* by Larry Gonick. At this time the series is up to 3 average phonebook size books. They are broken into 6 or 7 volumes in each book starting with the beginning of the universe up to the renaissance. He then continues with *The Cartoon History of the Modern World, Part I* and *Cartoon History of the United States*. Gonick has also written a number of other cartoon books on science.

These books are entertaining and fun, but are not written for young children. They deal with complex events and require some thought to absorb them completely. In reading these books, you will learn in an interesting illustrated way, fascinating things that you never knew. What I enjoyed about these books is that they will cause you to want to learn more on historical events and times. You will find yourself looking for and reading other books, more in depth and detailed on your

personal interests.

Now you may be wondering why I am telling you of a series of history books. First, I think most people will enjoy them. Second, anytime you read and study, your brain is doing some wonderful things. It is making better connections. This means that the more you actually use your brain to learn, study, and solve problems, the better it becomes in doing it. It is like exercising the brain. But rather than building muscles, you are making better connections in the brain. The more connections, the better.

Bettering ourselves. Last month we told you that we would be heading off to the Boston area for the National Guild of Hypnotists' convention. Before the convention, we took a few days to do some sightseeing in Connecticut, Rhode Island and Cape Cod. We took in museums, historical places, fun places and great scenery. We saw lighthouses, rocky coastlines, famous mansions, and blue skies. At one place we watched glass being blown and shaped into wonderful designs. We had a great time. Then we arrived at the convention.

By newspaper counts this year's convention had between 1,400 and 1,700 attendees from around the world. In addition to the regular convention, there were numerous pre- and post-convention classes. It was truly an outstanding event. This year both Patti and I attended seminars and workshops on the use of hypnosis in sleep-related problems, stress management, addiction, smoking cessation, improving self-esteem, relief from headaches and migraines and more. Additionally, we got to meet with other hypnotists/hypnotherapists, as well as other people with related skills and practices. The sharing of information and techniques was free-flowing, making a totally enlightening experience.

I had the opportunity again this year to be a

seminar instructor. Last year I had given one and had opportunity this year to give two on business and motivational issues for the hypnotist. Both were very well attended and received. As an instructor, I also received new information on the needs of other hypnotists, and in turn, learned a little something new from them. Again, the sharing of ideas, concepts and even the traditional information was free-flowing for everyone.

We look forward to next year's convention and expanding and creating new seminars we want to give. Teaching others is one of the joys of this profession. The give and take of knowledge is essential for all of us to learn. What are you passing on to others as instructors in life?

Quote we liked. I had to go online to find the first person to use this month's quote. It is often quoted in regards to past events used to justify an opinion on how they will effect future events. George Santayna is credited with writing "*Those who cannot remember the past are condemned to repeat it.*" in *The Life of Reason*, Volume 1, 1905. Since then it has been preached and paraphrased by politicians on every side of the fence. From a historical perspective, it does provide us with means to look at current events and those to come. As humanity, we can learn from our past. Obviously, this learning will propagate numerous different political thoughts on how governments and societies should be governed.

But let's look at this from a personal point of view. Are you learning from your past or are you ignoring it? Have you been making the same mistake in life over and over again? Have you tried to make changes (lose weight, stop smoking) and failed multiple times? Do you see yourself on a path of self-destruction? All of these are probably caused by ignoring your past or the past of others who have made the same mistakes in their lives.

Do you continue to do the same thing over and over and then expect different results? A friend of mine reminded me of a saying that is the humorous definition of insanity. So, unless there is some outside force, unknown to you, why would anything change in your life if you don't? You will continue to overeat, smoke, lose sleep, perform poorly, be overstressed, and in general, keep your same old problems. This means, you must take action to make changes in your life. You must see in your past or that of others where things have gone wrong and take a different path. You must commit to change in your life to make it better or, as in history, you will repeat it. Your potential is almost unlimited, use it.

What's going to happen?

Have you ever wondered what it feels like to be hypnotized? Have you wondered if you would be "out of it" or unconscious? Well, whether you know it or not, you have already experienced hypnosis. It is what you feel when you are engrossed in a good book, watching a movie intently, or just daydreaming. What you felt then was probably no different than you feel now. Hypnosis for most people is just the sense of concentrated thinking.

In a hypnotherapy session, the first time you are hypnotized, you may only feel like you just had your eyes closed. Eventually, you may have a feeling of relaxation like you never had before. You will be able to hear noises around you and see if and when your eyes are open. Some people will have other experiences as they continue into hypnosis, but whatever you experience will be normal and natural for you and this is OK. But, remember, as always, you are in control.

It's Your Business. Occasionally as we send out this newsletter, we hope to share some extras. These extras will not really from us, but rather, from some of our friends who have businesses in the area. The extras may be

in the form of coupons, special offers, or something else so they may introduce themselves to you. So, keep watch for them as this newsletter comes to you each month.

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

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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. Also, if you would prefer to receive this newsletter as an email, let us know and we will make it happen. If you have a business that thinks this newsletter would be valuable to your customers and would like to have some extras to share, we would be glad to drop some off with a counter display. As always, thank you.

Roger & Patti