

ENLIGHTENMENT

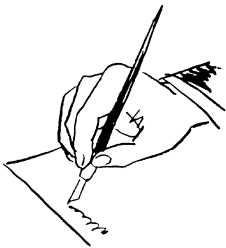
 Willard Hypnosis Center

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Roger & Patricia Willard©2006

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Observation of Life. If you have read these newsletters in the past, you may have noticed little changes here and there. This issue has a few of its own. First, we are changing our opening comment for a more encompassing perspective of life. Naturally we will maintain the general theme of hypnosis in this newsletter, but not let ourselves be limited to just hypnosis. From time to time we will touch on related techniques of hypnosis and other self-improvement methodology. Also, I will share a little retrospection on my life and how I have learned things, so I hope you may learn from them also.



To start this off, I want to let you in on a little secret. Writing is not natural for me. As a youth, I did not care for writing in school. My handwriting was and still is not the best. I did not do very well in English and grammar. In college I did not fare any better. Only once in a great while did I ever get motivated to write something on my own without the prodding of others. But things were changing in my life as I got older and I changed.

This change came in steps. During my years in high school I began to read more on my own. This reading was not just the simple storybooks for the school's library, but rather some more advanced level books for my age. I got into the original James Bond novels by Ian

Fleming. These were considered a little racy for a young teen, but it was not that part that held my interest. I read these for the adventure, the use of language, the new words and the way they all came together to create not only a spy story, but a mentally stimulating experience.

My reading at that time started to include, strangely enough, some studies on simple concepts of law. I also found that books on business that would probably bore most people, fascinated me.

There were times I took a hiatus from this and did what a lot of young people just out of high school did, played and partied. I stopped changing for the better. But eventually I did get back on track. I read and finally studied. By this time I was working my way through college. I had to pay almost 98% of my education, and I had to work at my studies to get the grades I earned, good or bad.

Then something happened. An event made me change. I focused. And most of the time I did focus on completing my college education. There was some wavering, but I truly earned my college degrees. I say degrees because in the end I had the equivalent of two majors and a minor. And strangely enough, the minor was in English.

My change made me what I am today. Personally, I did not want to go to the work and trouble to change, but because of a need to grow and better myself, it became clear, I needed to change. I am still a work in progress.

And as uncomfortable as it may be to do at times, I am still changing. I am still learning. I am still working at being better personally, professionally and spiritually.

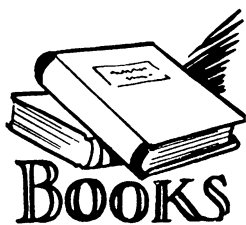
If a person does not change, he stops moving. If he refuses to change, those around him will change and move past him.

And how does this all tie into hypnosis? Hypnosis is a tool to help in creating change to better oneself, to help a person become a better person more everyday. But before all this can happen, you must want to change. Without true desire, it will not happen. My changes first came from desire.

And to further tie in what this is all about, I told you how writing is paradoxical for me. Well, I do now consider myself a writer. I have had two books published on the business of being a private detective. They were published by real publishing companies and sold all across the country. I will be the first to admit that they are not “Shakespeare”, but they are my books that have been published. And as I have heard stated by other published authors, “my not so great published book is still better than your masterpiece not yet written”.

And finally for this part, you may be wondering what it was that made me focus way back when. Well, you could say I was mesmerized. I met Patti and I changed my whole way of thinking. And as they say, “the rest is history”.

Books We Liked. Books show us the universe and all the stars and worlds within. But getting a little more close to home are some books that tell wonderful tales of mystical, strange and downright weird stuff. I have always enjoyed the out of the ordinary things and stories of things that go bump in the night. I am enthralled by tales of things that



claim to be true, but are in the shadows of reality the stuff of urban legends.

About four or five years ago while on vacation in New Jersey, we stopped in a small out of the way bookstore in Millville and spent some time wandering to discover new treasures. I don't remember if we actually bought any books, but we did buy a magazine that I had never seen or heard of anywhere else. It was called, *Weird New Jersey*. I was first drawn in by its cover of a strange memorial structure in a cemetery. I opened it to find pages of articles, photos and tales of some of the strangest experiences one can imagine. I quickly checked its table of contents and decided this was a must buy. I had to read it.

For the rest of the week I learned that Pennsylvania was not alone in countless tales of folklore and urban legends. Mark Scurman and Mark Moran are the publishers/editors who began this labor of love way back in 1990. They collected stories of all the strange places, events, and people of New Jersey and started to publish them as a stapled newsletter, mailing it out yearly to friends. Over the years it has evolved and grown substantially, and it is now published twice a year in May and October as a full-color magazine with photos and illustrations to excite the imaginations of young and old. Be forewarned, though, that at times some of the articles use adult language and may not be appropriate for everyone.

I look forward to the magazine and make sure I get the latest edition if I am in a bookstore in New Jersey. The magazine has become more popular and is usually in most major bookstores along with the little out of the way places like the one where I first discovered it.

But you may be asking now if I am going to be reviewing magazines instead of books. Not really, but the previous comments help to introduce the book better this month.

The books for this month are again a growing set of books. The first was appropriately enough, *Weird New Jersey*. It is a collection of some of the weirdest and strangest tales from the previous editions of the magazine. They have made it more family friendly so that it is a safe read for all ages, but keeps the original weirdness and uniqueness of the publishers.

And they did not stop with New Jersey. With the help of other writers, they bought other editions of weirdness in *Weird Pennsylvania*, *Weird New York* and many other states. Recently they published *Weird New Jersey II* and I look forward to reading that.

So if you are into the weird, strange, wacky, and those things that you are told to be true by someone who knows someone who knows someone who was there, get one of the *Weird* books and have a good night reading with the doors locked. If you really enjoy the books, make sure you check out the magazine. Take a day trip over to NJ or down to the shore and while there pick up a copy. And if you really get hooked, you can usually find back issues for the last few years. Early editions have become collectors. There is somewhat of a cult culture with them. Get a little weird. It's fun.

To be a better you. With a new year approaching, traditions encourage us to make resolutions and plans to better ourselves. The power of pen and paper in doing this is immense. How many times have you said, "I am going to....." (lose weight, stop smoking, exercise more, be a better....) and the next day you put it off saying you will start tomorrow. Eventually all of those tomorrows become another year gone by.

Let me suggest that you first list just one or two things you would like to commit to this year. Put them on paper and be very specific. If you want to lose weight, write how much and by when. Next, develop a plan of

action. In this example you could write; by eating certain kinds of meals, reducing or eliminating kinds of food, or developing a truly practical diet that you can follow. You could also list exercises that you can do and create a calendar of how many days a week you will do certain exercises. Such as doing a four days a week cardio program and three days of doing resistance training. Start with what you can do now and continue with what you want to be able to do in a month, three months, six months and so on. Again, put it all on paper and then finally and most importantly, make reviewing your list part of the thing you do first in the morning. Over time you may have to adapt and make some minor changes in your list, but still let it be directed and made to fit into your long-term plan of action.

Finally, to really make it work, share your list with those who support you in your resolution for change. Let them help by being your personal cheerleaders in your life. Who knows, maybe you could be a cheerleader for them in their change. So, get out the pen and paper, take some serious time and plan your resolution now.

Quotes we liked.

"He who walks with the lame soon learns to limp." (Latin proverb) I saw this quote again recently and stopped what I was doing and reflected on how true it is for so many. It is a quote that for some will make them uneasy. For others, they just will never understand.

I am not going to give too much commentary on it here, because, like many things that we have to learn, it must be self learned. Its metaphoric meaning must be thought out and realized for oneself. Don't get hung up on what some would consider politically incorrect "lame" or what some would say, "its lack of compassion". If you are that far off, you may never get it.

But those of you who are truly self aware, it will be very clear. Share it with those you know who need it. Teach it, live it.

Why hypnosis? Picking up here from the last issue, we were discussing when hypnosis is and is not appropriate. Many people have found relief from chronic pain with the use of hypnosis and self-hypnosis techniques. But here



again, its use must be done only after the situation has been discussed with a physician. The reason for this is, suppose a potential client came in and said that he was suffering from migraine headaches. He said he heard that hypnosis might be able to help him. In reality, hypnosis has been demonstrated to help those who suffer from this disabling ailment. Through proper instruction and guidance, hypnosis can help the client to reduce the severity and even become pain-free. In every case, no. No one can make such a claim. Again, hypnosis is just a tool in which the clients themselves are learning to control and manage the pain. Again, the diagnosis must come from a medical professional. The reason for this is that if a client came in with the claim of migraines but in reality had another reason for the pain, such as a tumor, the use of hypnosis would be inappropriate. Here hypnosis would be inappropriate and even adverse to the well being of the client. It would only mask the pain and possibly prevent proper medical treatment that might be truly helpful. Instead of helping, the use of hypnosis would let the client do harm to themselves. No caring professional hypnotist/hypnotherapist will let this happen.

But again, if a client, with the direction of a physician, comes for pain management, the hypnotist's job is to guide, teach and provide services that will help the client's pain

management. They will guide the client into a state of hypnosis, releasing the self-endowed powers of the mind to control pain appropriately for the specific problem of the client. The reason for this specific instruction is that pain is a signaling device of the body. And, as stated before, if pain is masked it can lead to harm rather than good health and a better quality of life.

We will continue in future issues to give you more ways that hypnosis is used and why. And as always, if you have any questions on what hypnosis can do for you, all you have to do is call.

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Some special words for this special time of year.



We are Christians. We don't hide from it. It is our faith. It doesn't mean that we are perfect or think that we are perfect. We just believe in Jesus Christ as our Savior. We respect those of other faiths and beliefs and at

the same time ask only that others respect our rights to our beliefs. What we are saying is that we wish you a "Merry Christmas" with expressions of exultation, "Joy to the World" and a prayer for "Peace on Earth". This is our blessing that we want to share with you, that each and every one of you will find that same joy we have in our relationship with our Creator.

Roger & Patti