

ENLIGHTENMENT

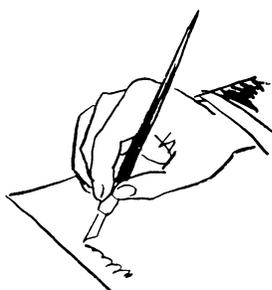


Willard Hypnosis Center

June 2007

Roger & Patricia Willard©2007

Vol. 2, No. 6



Observations of

Life. It's June and time for many to take some time off from their labors and enjoy some extended vacations with a little R&R. We too will be taking some time off

like many of you. We will do some traveling and mixing a little business with pleasure in the coming summer months. In August we will attend an annual convention for hypnotists. It is a fun learning environment where we get to mingle with other hypnotists/hypnotherapists and those with related businesses. We will build new friendships and business relationships with others from across the country and around the world.

But after the convention we plan on doing some traveling, visiting and seeing sites that we have not seen before. It's called sightseeing. We enjoy going to and seeing new places, meeting new people, finding new places to dine, taking pictures to share, and becoming more aware of the world around us. One of the more no cost and favorite things we enjoy doing while we travel is watching people.

As we are enjoying our travels, many times we will stop for some ice cream or dine at a sidewalk café or just take a moment to sit and rest on a bench and watch people. We observe others as they pass. It is great

entertainment and at the same time, enlightening. Many times we see parents with small children and comment on the discipline or many times the lack of discipline that is used. We see how husbands and wives act toward each other and then to others around them. We watch people interacting with other people.

It can be very entertaining to see how people dress, act, and react to their surroundings and the situations they are in. But aside from the entertainment from this pastime, we are learning about the people we observe. We see and learn about who people really are by their actions. We learn not by their works, but how they really respond when in the situations they are in. We learn sometimes what a person's true character is. A while back I learned a person's true character by what that person did when no one was looking (or when he/she thinks no one is looking). Sometimes in watching people you see a little of yourself in the actions of others and do a little self re-evaluation of your actions. It can be not only entertaining but a self-improving process.

On vacation, trips and other times we stop and take a moment to watch humanity go by; we see the world and examine it. I will do a little "profiling" by trying to imagine what the occupations of people passing by are or what they may be doing at that moment. Having a law enforcement and legal

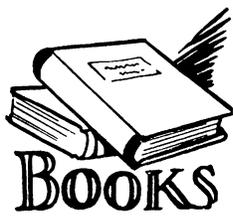
background, I believe most of the times I can spot those who carry a badge, whether currently or in the past. A little clue here on spotting some male officers is a man on vacation in casual clothes, but wearing polished black shoes with thicker than normal soles, and sporting a recent haircut. He can be tall or short, but usually has a very determined walk and is not afraid to look you in the eyes. Now there are a lot of other indicators for men and women in law enforcement, but these are just a few obvious clues.

You can tell a lot about a person by other clues if you just look and think a little. How do they dress? How do they take care of what they wear? What is their walk like? Like above, these things can give you some clues. Also, how do they react to their surroundings? One time we were at a theater show and there was a large group of teenagers there also. We soon learned that this group of teenagers was with a high school marching band there to enjoy the show. Being the detective, I looked around and just by his stance I concluded I had picked out the band director. During the intermission, I had the opportunity to meet and confirm my assessment of this individual.

Other times I will do this mental exercise and sometimes I am right and on some occasions (although rare), I am wrong. But it is a great way to exercise the grey cells. But what most people do not realize is that most of the time we are doing this subconsciously all the time anyway. We see people and our subconscious mind is examining the data and drawing conclusions. People are also putting out “signals” by the way they talk, their demeanor, hand motions and other body language indicators. We are then making decisions about people and the way we deal with people and not really knowing why. Did you ever meet someone new and when it is all over say to yourself, “Something about him just

isn't right” or “I can't put my finger on it, but there is something I don't like about her”? Your subconscious mind has taken in data and given you judgments. They may be valid or not. Sometimes they are based on good data that you have in your subconscious, and at other times they are based on prejudices you may have buried in there. Sometimes it is called intuition. But if you do not have a good base of experiences, education, upbringing, and/or moral values, your intuitions will be faulty. Not only will this be frustrating, but confusing. Sometimes your logic and intuitions will be in conflict.

We all have preconceived conscious and subconscious beliefs. Some of these will be based on false information and prejudices. Sometimes we just learned something wrong. But these beliefs and ideas are there. If you are willing to accept that these false beliefs are there and can recognize them when they surface, you can begin the process of changing them. Many times, just by recognizing them over and over and self-correcting them, you will make the subconscious change. Sometimes it takes some more mental work to do it. But it can be done. And once done, that intellectual intuition will become more accurate. Your evaluations of individuals will become more acute. You will become better at aligning yourself with those more like you and those you want to be like. You will become more of the person you want to be. You will make better business decisions and personal decisions about people. You will be on a better road to success. It may seem strange that a simple pastime of observing people and playing a game of trying to figure them out can have such a profound effect on your life. But, like almost anything, if you just think about things as they are happening, you learn.



Books We Liked.

There are some books that I feel are essential to one's life and to make a person's life more whole, productive and meaningful. I believe that one's book of faith is essential and should be read, reviewed and discussed. Another book essential for a productive life is one that many people overlook too often and is probably in your home somewhere. For some people, it may not have been opened since the time someone was in high school or college. I'll bet if you listen really hard, you can hear a little sigh of relief from it to again see the light of day. Seriously though, this is probably one of the most published yet under used books in almost everyone's home. And if you don't have one in your home, my condolences. This book gives you 20/20 comprehension of words you read and hear. What is this wonderful book? It's the dictionary. By using this long forgotten and probably misplaced book, words and phrases that were obscure or you were not sure about are now crystal clear.

I used to just let words I thought I knew pass when I heard or read them because of the context in which they were used. I thought I knew what the overall thought or intent was. But I was not really sure. Sometimes I may have been lucky and got the right gist of it. But at other times I got it completely wrong. That has changed for me. Even though I always had a dictionary and used it on some occasions, I use it much more frequently now.

For me, the dictionary is not just for checking the spelling of words, even though I need it badly for that, but it also makes my world more understandable, and at the same time, what I say and write clearer. Having the right word is important for what I do. In writing reports for others, I have to be

complete, concise and understandable. In my other writings, whether for a book, newsletter, article or some other communication, I must get the precise word for what I want to say. The obvious result of doing otherwise would be costly, financially, professionally and personally. The dictionary is a tool and a friend for any and all who communicate. I really don't know too many people who do not want to do that. It is an essential part of life.

I keep a dictionary next to my computer and one close by most of the time when I read. In fact, one Christmas not too long ago when asked by a family member what small gift I wanted in our family gift exchange, I requested a new desktop dictionary. The one I had was getting old and a bit worn from use. I asked and I received.



Quotes we liked.

"Many people would sooner die than think. In fact they do." by Bertrand Russell, British philosopher. For the most

part, almost every situation, problem, or opportunity in life affords people time to think. Not all, but most. But unfortunately, too many people do not take advantage of that time to do even just the tiniest amount of thinking. Too often, and I, personally and professionally, have seen too many examples of people who refuse to take just a moment to think ahead or even think just a little of the consequences of their actions. Or they refuse to think and recognize opportunities that are staring them in the eye. They either let an inappropriate response control their actions or wear blinders while driving 100 mph toward a brick wall, while someone is still telling them, "Hey stupid, STOP!" OK, even I made some dumb mistakes. We are all human, but some people never learn, literally. They hit the wall and it's all over. Dead over.

We all think differently and require different amounts of effort to do it. But like any muscle in the body, the more you use it, the stronger your thinking skills and abilities become. So, if you haven't exercised your brain lately, do a couple mental chin ups. And have some fun doing it.



What to expect.

Every once in a while I hear stories about what people say about hypnosis and hypnotists. I know that there are a lot of things most

people in general don't know about hypnosis. But sometimes people say things about hypnosis and hypnotists that are purely prejudicial. And it does get under my skin a little when it is someone who is educated, maybe in a positions of authority or should know better, or a combination of any or all of these reasons. For whatever reason, they perpetuate the myth. A while back I heard of a judge in another county who told other people he knew of an incident where someone got stuck in hypnosis and then had to be taken to the hospital to be revived. Why does this bother me? Because it cannot happen. Never in history has anyone "got stuck" in hypnosis and not emerged out of this natural state. Such is the stuff of urban legends.

The fear most people have is that they would be guided into hypnosis and the hypnotist would either leave and never come back, or worst yet die, and then what would happen to the subject? Too many believe that only that hypnotist can bring them out. This is false. The hypnotist is just the subject's guide but the subject is the real person in control. The subject can emerge at any time he or she wants. The subject would have one of two things happen. He or she would slip into natural sleep and take a short nap and truly wake up, probably feeling very refreshed. Or, after not hearing the hypnotist's voice after a few moments, knowing he or she should, emerge from hypnosis all by him or herself.

The myth of not emerging from hypnosis is from those subjects who by their own choice, don't want to come up and out of hypnosis. For many, this is one of the most pleasant, relaxing and

wonderful experiences they have ever experienced that they want to stay for awhile and will ignore suggestions to emerge out of hypnosis. They are enjoying the hypnotic state so much, they are choosing not to awaken. They have complete control and make the decision to stay there. But the hypnotist has a responsibility to the client and others to bring the subject out in a reasonable time. Therefore, the trained and experienced hypnotist/hypnotherapist has many techniques at his or her disposal to awaken the reluctant subject from hypnosis with positive suggestions.

Nobody gets stuck in hypnosis. Everybody wakes up, usually finding it to be one of the most enjoyable experiences they ever had. And for most people, 15 minutes of hypnosis will refresh you like you just took a three to four hour nap.

One final thing about the words "sleep" and "awaken". Many purists in the field of hypnosis don't like to use those terms because hypnosis is not sleep like you have when you go to bed at night. But since they have been used for so long and most people understand their content when explained, many other hypnotists, like myself, still use them at times. There are just times when they work better than any other words. So if I say sleep and mean go into hypnotic trance, you know what I mean. Or if I say either emerge or awaken, you get the picture. Don't get hung up on the words, but rather in achieving the success and desired results to make your change.

This is a publication of the
WILLARD HYPNOSIS CENTER
3304 MAIN STREET
CONESTOGA, PA 17516
717-872-7561
TOLL-FREE 877-872-7561
WWW.WILLARDHYPNOSIS.COM
ROGER@WILLARDHYPNOSIS.COM

p.s., If you would prefer to receive this newsletter as an email, let us know and we will make it happen. We enjoy sharing our thoughts and insights with you. So, please feel free to share this newsletter with others who you feel may enjoy it also.

Roger & Patti