

ENLIGHTENMENT



Willard Hypnosis Center

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What this is? What you have in your hands is a newsletter to give you some information about hypnotism and how it can help people make positive changes in their lives. We hope to inform and enlighten you a little every once in a while. It is a work in progress that will change and get a little better each time we publish it. In advance, thank you for taking the time to read it. RJW

Did you know? Often I will talk to someone about hypnosis and one of the first things they say is that they do not want to give up control. First, this is usually not true. People give up control in many aspects of their lives daily. They give control to the TV, "I have to watch who wins on Idol". They let other people tell them what to do all the time without any authority or reason. But for some reason, they believe that hypnosis will turn them into zombies and that they will be at the mercy of the hypnotist. Nothing could be further from the truth. The client always has control, but, while under hypnosis, the client and the hypnotist are working together for a common goal, to create change.

One of the examples I usually give people is that if while under hypnosis I told them to rob a bank, they would do one of two things, either rob a bank or get up and walk away. In the first instance this would only happen if that person normally robs banks and this would be a good time. The client is always in control. The client accepts suggestions for the change they want to make on a conscious level that they cannot make on a subconscious level. That is why they came for hypnosis. Hypnosis talks not only to the conscious mind, but the

subconscious mind, to create the change that the client is sorely seeking. They will not accept suggestions that are not in their best interests or that go against their personal beliefs. Again, the client is always in control.

Did you happen to see us? We were part of an article in the July 7 issue of the Central Penn Business Journal. It discussed medical insurance and hypnotherapy services. If you can get a copy, check it out on pages 3 and 13.

Books we like. Once in a while we are going to tell you about books that we have come across and really enjoyed or thought had great life-changing information. Sometimes they will be classics or they may be just off the press. They may be motivational, self improvement, or inspirational.

A timeless book that we recommend that everyone should read is Dale Carnegie's *"HOW TO WIN FRIENDS AND INFLUENCE PEOPLE."* This book has been around longer than most of us have been alive. But the message is still relevant today. Although the writing itself may be dated, the principles still apply. It is a must read for anyone who wants to be a better person in their personal and professional lives.

To be a better you. We hope to give you an idea each month that will help you in your quest to become a better you, mentally, physically, and spiritually. And, at the same time help you advance yourself, again in your personal and professional life..

People complain about so many things all the time, they no longer can remember how to

be happy. Most of the time these complaints are really the results of oneself not taking proper actions that they should have at a certain time. They say they should have, could have or would have done something but... First, the past is the past. The only thoughts you should have about negative things in the past are, "how can I learn from this?" Nothing you can do will change the past. If you are playing the same events over and over in your mind and becoming more depressed, stop the tape! That is, when you find yourself just dwelling on the negative past, just say, "Stop!" You can say it to yourself or out loud. If you say it out loud long enough and in public, people will look at you a little strange, but your subconscious mind will get the message. You will soon learn to end this negative reinforcement of bad feelings. By stopping the tape that you are playing in your mind, you will soon start to think about more positive things happening in your life. Positive emotions will soon prevail. As most people know positive emotions and feelings are healthier for you mentally and physically, so go out there and learn to stop the tape on negative thoughts.

Special Limited Time Offer. If you smoke one pack of cigarettes a day at the price of \$3.95 per pack, you are burning up over \$1,400 per year. If you and your spouse each smoke a pack a day, that is over \$2,800 spent per year on cigarettes. Imagine what it would cost if you smoked more than that. Just imagine what you could do with that money; take a trip, buy a better car, get designer clothes, or even a bigger house. And all of this before we even talk about what smoking does to your health. Smoking costs you your ability to be active, to do things you always wanted to do, to be free from always having to "take it outside". Smoking not only costs you your health and your money, it controls you in almost every aspect of your life. Are you ready to stop? If so, call us and we will tell you of our program to help you become the non-

smoker. The sooner you call, the sooner you make the changes.

Now for the Special Offer: For a limited time we are offering the single session Smoking Cessation Program for 1/3 off. Normally it is \$299.00, but for a limited time, it is only \$199.00. This program is for the smoker who is finally ready to stop smoking. You must be 100% committed to becoming a non-smoker. It cannot be, "well, I should" or "my wife/doctor/kids want(s) me to stop". It must be a total commitment. If you are really, really, really ready to stop smoking, call now (717-872-7561).

Quote we liked. This is one of our favorites. "You become what you think about", said by Earl Nightingale. What did you think about today?

Do you know where we are located? We are located in the center of historic Conestoga, PA. As homey as it may sound, we are just two doors down from the firehouse and the local police station. If you go past the red church and the cemetery, you've gone too far. Just turn around at the Y in the road and come back. But please note, our hours are by appointment only. We do this to give each and every client the personal attention he/she needs in each situation.

Why hypnosis? Throughout history, hypnosis has been used in many forms. Many times, not fully understood, but still effective. Is it right for you? Call us and we will be glad to discuss the possibilities with you. Remember, nothing happens until you pick up the phone and call us.

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