

# ENLIGHTENMENT



Willard Hypnosis Center

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**Did you know?** What is the pre-talk? What are the client's expectations? And what is my job as your guide into hypnosis?

As a hypnotherapist/hypnotist, I have a responsibility to inform the client of possible outcomes and ways a person may respond to hypnosis. One of the first things that happens when meeting with a new client is that we sit and talk, I ask some questions, and then listen. Most of the time, we will have a "get to know each other" chat to see if each of us is comfortable with the other. I then do what is called a pre-talk. I will explain what hypnosis is and is not. Any and all misconceptions the client may have about hypnosis are addressed and myths are dispelled. A lot of this is what you have been reading in these newsletters.

Naturally, with the different needs of individual clients, other and more specific and relative information will be explained to them. For example: If a person comes to me and wants to stop smoking, I must first determine his/her true desire to stop and access his/her chances for success. If he or she has even a small desire to continue smoking, but feel they should stop, I must tell them that success is unlikely. If they insist that they are ready to stop and they want to proceed, I must then tell them that there are several outcomes possible. The first being that when done, they will feel as if they never smoked before and will never have a desire again. The second would be that they will have occasional passing thoughts about it, but remember that they are non-

smokers. The third will be the person who has thoughts about smoking, will consider smoking and have some struggles with it, but in the end, remain smoke-free. The last group are those who come and say they are ready, but feel that they must remain in total control. They feel that in reality no one else can control them. Most of the time, after the hypnosis, they will test to see if it was successful. In doing this they are testing to fail. They refused to move in a positive direction in working to remain smoke-free.

In smoking cessation, the subject is still and always will be in control. And if they want to stop smoking, hypnosis will give them tools to fight cravings that they may have. But the client must want to stop to use the tools.

So, if I do not prepare the client by telling him or her all these things, their expectations may be false. False expectations will cause an emotional response of anxiety, resulting in possible and probable failure.

**Books We Liked.** Our imagination stirs up many wonderful emotions and experiences in our minds. Naturally reading can do this to us as we experience the joys of the printed word. As we read, we allow ourselves to live in the pages of authors who place one word after another, creating proses that build into wonderful tales that trigger our emotions and entertain us for hours. They free our imagination with images for our mind's eye. They take us on a ride of tears and laughs, suspense and mystery, and with the curiosity of

a child or the cynicism of a sceptic.

Have you ever cried while reading a book? Or laughed out loud? Or become scared? One of the wonderful things about hypnosis is that we use this effect to help make change. What the mind believes, the body reacts to as real. Even though you know the fiction you may be reading is just a story, your mind will cause you to react as if it was actually happening. But that is another topic for another newsletter. But that is why reading is so enjoyable. You experience what you read. And that is why I enjoy reading. I may not get a chance to read as many novels and stories as I may like, but I do have my favorite authors. This month I would like to introduce to you to Janet Evanovich.

The heroine of her novels, Stephanie Plum, is a female bounty hunter in Trenton, NJ. In her need to make some money, Ms. Plum twists the arm of her cousin Vinny, a bail bondsman. As “fugitive recovery agent” she hunts down an assortment of characters who did not show up in court at their appointed time. They’ve jumped bail. She is surrounded by more characters that include family and friends that may be like yours but probably are not. There are too many to list here, but each becomes memorable with every new book.

The stories are funny as well as fun to read. Your imagination rides along with Stephanie in each and every adventure. But don’t ride too close. She doesn’t have much luck with cars. You will have to read to find out why for yourself. And as you do, you will want to continue reading more and more of her. Having actually done bounty hunting myself (before it was popular on TV and in the movies), I find that even though I have better luck with cars, Evanovich is right on the mark with her characters.

The first book in the series is called ONE FOR THE MONEY and is worth every

dime spent on it. Ms. Evanovich has created a character the keeps coming back for over 12 books now and may make it to the silver screen. If you enjoy life, I believe you will enjoy these books.

**Bettering ourselves.** You may have noticed that I have been talking about emotions a little more than normal this month. Although I do not normally consider myself a touchy/feely kind of guy, I do have emotions, just like everyone else. I like to think I have some control over the way I react to my emotions and don’t let my emotions control me. Rather, by many times reframing situations and events, I decide how I am going to feel about things. Sure there are times you just let your emotions run either because you want them to or you need them to.

But, more to the point of this segment of the newsletter, feeling good about ourselves. More times then I can count, as a private detective, I have received calls from people who wanted things done in retaliation. When asked why, they usually have a delayed response, but eventually say they want to feel better. And usually, very concisely, I tell them this will not make it happen.

Like most people, I do feel a little down at times and at other times very up. But over all, I usually have a very good outlook on my life and the blessings I have. Sometimes, though, when I am busy and not feeling very positive, I consider for a moment that I should give up some of the non-work related things that I am doing. Several times a month I visit local hospitals for our church and do some driving for others to their medical visits. Both of these areas have the potential of taking up a good part of my day. And it always seems these things need done when I have the least amount of time to spare. I then have thoughts about whether I should really cut back on doing these things. I do my fair share of this

stuff. But.....

Then I come to my senses. There is joy in helping and serving others. I usually get more out of these things than the people I help. I see how fortunate I am to have a whole, and for the most part, healthy working body. Like I said I am blessed. In serving and giving of my time, people are helped and cared for. In turn, these people do the same for others. Your self worth is enhanced exponentially according to your deeds.

It seems the people who called me with all of their problems are not involved with doing for others. It is all about them. Again, they just want to feel good and they can't, because they don't realize (and it is no secret) that to help yourself feel good, you need to do something positive for someone else.

This month I will do hospital visits three times for our church. Patti and her mother will visit shut-ins at a local convalescent care home. Together, we visit some others who need the touch of caring human hands. And yes, it does make us feel good.

BTW, if you have any large print books, we have a friend who would enjoy them if you would be willing to share them with her.

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**To be a better you.** If you have read the previous article, I think you have an idea that doing something good for others helps you feel good too. If you are not thinking of others, why would others think of you? Small things mean a lot to others and will begin to change you. It will not happen overnight, but it will happen. But it has to start with you. Do for others and accept the blessing it brings you.

There are other emotions you can use to help you enjoy life as well. You have a right to do things for you. One great feeling you can have is anticipation. I know I am dating myself when I talk about cereal boxtops and mailing

them off for premiums. This was before they put proof of purchase on the boxes and had the bar codes. You had to cut off the top of that particular brand of cereal and save up one, two or more of them, and send them in (naturally plus S&H) for a special prize. What a wonderful feeling, waiting for the mailman to come. You could hardly wait for your prize. Day after day you would hurry home from school to see if it came. On Saturday, in between the morning cartoons, you would look for the mail. And finally it would arrive. A special ring, the Lone Ranger pedometer, the special license plate for your bike or..... or..... it didn't really matter what it was. It was coming for you.

On the back of comic books you could send for jokes, magic tricks, or plans on making a death ray. OK, maybe not a death ray, but Popular Science had something close to it. You ordered and waited and waited and it was great. When it came you ripped it open and examined everything about it. You showed it to all your friends and maybe scared a few of them with it. But the best part is always the great anticipation. In other ways, it's the journey that is almost always better than the destination. It feels great and you can still experience it today.

When was the last time you ordered something by mail with a check or money order? A time when you didn't use a credit card, or rush delivery, and it was something fun, just for you. Then you waited for it to come. The wait was agonizing, but at the same time wonderful. Anticipation is great. Do it for yourself and mail order something. Do it for yourself every other month or so. It doesn't have to be expensive, but let it be something you want. Even if you could just go to a local store and get it, use mail order anyway. Enjoy the wait. Enjoy the anticipation. Might I suggest you order books you might not be able

to get locally, or an art print of a favorite artist, or maybe just a small desk size print and frame. Or, maybe order a top quality pen to actually write a letter with, instead of emailing or text messaging. It will be enjoyed.

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**Quote we liked.** This month's quote is well known, but unfortunately not well done. Myself included, we have all fallen short of its true intentions. "Do unto others as you would have them do unto you." The Golden Rule. In theory, it is a wonderful quote. In practice, very hard, but a worthy goal. A person might always say, "but what if this" and we wonder how would we or should we respond. It is not easy. But let us hope to always truly do our best to abide by this rule.

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**What's going to happen?** Earlier I spoke about expectations. In some sessions, depending on the reason for the visit, there may be an abreaction, i.e., a strong emotional response, while under hypnosis. Sometimes during the hypnotherapy session, there will be the surfacing of past memories that will cause the client to have deep and dramatic emotional reactions. This release of these emotions is usually at the same time releasing the conflict within the client. This release in many cases also resolving the problem, or part of it.

An abreaction can be a natural part of an individual's hypnotherapy and should not be considered negative or bad in any way. Men and women should not fear it, as the true release of emotions is at times necessary for forgiveness of oneself and/or others. It is part of the restoration of the whole person through hypnosis. If it happens to you, embrace the change and the beginning of change that you want and need. At the same time, your hypnotherapist will help you maintain control of your session and assure you that at all times you are safe and that there is nothing to be afraid of during this event. You will be guided through the process as far as necessary. Also,

if necessary, you will be brought out of the event to examine and evaluate what is happening.

Past events, situations, and family dynamics of a person's life can cause memories and emotions to be suppressed and forgotten. If they are the causes of the client's problems, it may be necessary to recall these things so they can be examined as an adult and resolved as only adults can. The hypnotist/hypnotherapist helps the client help themselves to open their mind for this internal examination to make change happen. And the abreaction may be the way it will make it happen.

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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*