

## TranceTime News : Living a Vibrant, Youthful Life

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### 1. Quote

"I am only one  
but still I am one.  
I cannot do everything,  
but still I can do something;  
And because I cannot do everything.  
I will not refuse to do  
the something that I can..." Edward Everett Hale

### 2. Living a Vibrant, Youthful Life

I was interviewed recently for an article in the Sacramento *Prosper Magazine* (May edition). The topic of the article is our quest for a youthful appearance. The American culture focuses on the importance looking young and we see people responding to that cultural message in a variety of ways even going so far as to undergo plastic surgery. The author wanted to include some alternative approaches as well. I'd like to take a look at what we can do internally to maintain a youthful, vibrant look.

On January 21, 1996 the local newspaper ran an article in the Parade Magazine: "What We Can Learn From People Who Live to 100!" by Caryl Stern. Audrey Stubbart was featured on the cover of the magazine. At that time she was 100 years old. However, she looked 70. According to the article Audrey worked a 40 hour week as a proofreader and columnist for a newspaper in Missouri. I saved that article because I loved looking at Audrey's face and reading her story. At 100 she still looked happy and excited about life. I believe that she is in love with life. Perhaps that's one key to maintaining our youth. Be interested and enthusiastic about everyone and everything around you.

That's exactly the way my friend Marje lives. She's 80 now and looks more beautiful all the time. She continues to stretch herself spiritually, she is interested in everyone who's lives she touches and she is still learning.

Bernie Siegal, M.D. says that "... meditation [and a hypnotic trance] slows down the biological clock. It's benefits are multiplied when combined with regular exercise.": For years I have called that the fountain of youth. Who says that we need face lifts and tummy tucks to stay young.

Here are a few keys to maintaining our youth: meditate and exercise with an attitude of gratitude. Be interested in those around you. Keep learning. Work less and laugh and

smile more. I'm still working on the last item. But the day that I read the 1996 article I formed a new opinion about aging. We reach a certain point and just stop looking any older. I'm picking today. <grin>

### **3. Holistic Healer Certification Training and CEUs**

#### **Free introduction with Katherine Zimmerman:**

Saturday, April 23<sup>rd</sup>, 10 am, 2110 K Street, space is limited, please call 373-1932 to reserve your place.

#### **Free introductions with Phillip Mountrose:**

April 5th, 7 pm at Unusual & Unique, Fair Oaks

April 7th, 7 pm at the Fair Oaks Massage Institute, 965-4063. Fair Oaks Blvd., Fair Oaks; Also:

April 8th, 7 pm at East West Bookshop, Fair Oaks Blvd, 920-3837, "Channeled Information on Holistic Healing" \$8

The Holistic Healer course is beginning again in the Spring! The course starts the weekend of April 30 & May 1, 2005. This course will improve your life in ways that you can't even imagine. If you are seeking personal and spiritual growth with the possibility of a new career, this course is for you!

Here's a comment from a recent graduate: *"I never imagined at the beginning of class so many extraordinary experiences would occur! Thank you for helping me begin to break through my outer crust and get closer to my inner self."* Renee Lickey

If you are looking for CEUs, please check the listing on my website for the weekend schedule. Hypnotherapists/bodyworkers may attend one weekend for \$225. Check the outline here: [www.trancetime.com/HolisticHypnotherapy/outline.htm](http://www.trancetime.com/HolisticHypnotherapy/outline.htm) Contact me for details: [info@trancetime.com](mailto:info@trancetime.com) or call 916.373.1932

### **4. Upcoming Hypnotherapy Conference**

The American Council of Hypnotist Examiners Conference is April 7 to 10, 2005, Glendale, CA. I am presenting a one hour seminar: Friday, April 8, 11 am, Heal the Healer and a 3 hour workshop: Saturday, April 9, 2:30 pm, Hypnosis in Action  
Details at: [www.hypnotistexaminers.org/](http://www.hypnotistexaminers.org/) or 818.242.1159

### **5. New Products:**

#### **Self Hypnosis CD: Expanding Light Meditation**

A 15 minute meditation to quiet your mind and replenish your spirit.

\$16.95 Plus \$2.50 S&H and tax (CA only)

Call to order: 916.373.1932

#### **New Music CD: From Deva Premal (The Essence) Dakshina**

Layered voices and luxuriant sounds create the perfect sanctuary for accessing our inner wisdom and honoring the divine truth that resides within each of us.

\$16.95 Plus \$2.50 S&H and tax (CA only)

Call to order: 916.373.1932

## 6. Spring Class Schedule

### Finding Your True Self

Are you tired, overloaded, worried or frustrated? Do you struggle to nurture yourself? Does your life feel out of control? Do you spend much of your time pleasing others? Are you ready to change but don't know where to start? Join us in Finding Your True Self.

This workshop includes guided relaxation, discussion, art, and journaling. In this day long intensive we will focus on opening to change, nurturing yourself, the art of grounding, visit a past life and learn to embrace the future.

### In Sacramento

When: Saturday, May 14, 2005

Where: Sacramento (exact location TBA)

Cost: \$75 includes workbook (\$16.95 value); Art supplies provided

Time: 10:00 am - 5:00 pm

To Register: Mail a check to 2110 K Street, Ste 19A, Sacramento, CA 95816 or call with credit card information: 916.373.1932

### Self Hypnosis Training

Imagine a technique so simple and so effective that you can achieve your goals in spite of past failures. Practice self hypnosis for only 15 minutes a day and change your life. Learn about the power of your subconscious mind and effectiveness of this easy-to-use tool to create permanent change. People use self hypnosis successfully to overcome insomnia, raise their grades, release stress, improve self-esteem, reduce weight and improve athletic performance and much more.

### In Davis

When: 2 Wednesdays, April 13, 20, 2005

Where: UC Davis

**Spring Special!** Cost: \$20 Plus UC Quarterly Registration fee: \$10 UC students, \$15 all others

Material Fee: \$2 for handouts

Time: 7:00 to 9:30 pm

To Register: Call the Experimental College 530.752.2568

### In Sacramento - Save these dates! May 6-8, 2005

Learn how to use Hypnosis to address Irritable Bowel Syndrome and Fibromyalgia from an expert in the field. Melissa Roth, a world renowned medical hypnotherapist, will come to Sacramento, California to present a weekend training May 6-8, 2005. Friday night is a 2 hour workshop on How to Get Medical Referrals. Saturday is the IBS workshop and Sunday, Hypnosis and Fibromyalgia. These techniques work! My clients have experienced a dramatic reduction in symptoms with these protocols. Contact me for details: 916.373.1932 or [info@trancetime.com](mailto:info@trancetime.com)

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### **The Emotional Freedom Techniques/Be Set Free Fast**

15 CEU's available for hypnotherapists and registered nurses (BRN# 05906) Add \$22  
Imagine techniques so simple and so effective that you can finally help your clients and yourself remove negative emotional issues and blocks that have interfered with their goals. The Emotional Freedom Techniques (EFT) and Be Set Free Fast (BSFF) are quick and powerful. Experience the power and effectiveness of these easy to use tools to create immediate and permanent changes. Your emotional health determines the quality of your life; it is the foundation of self confidence and the springboard to achievement. Seize that freedom for yourself and your clients with EFT and BSFF.  
Day 1: Learn the basics in depth; Day 2: Apply EFT to weight, smoking, and stress.

Student comments:

"Since learning EFT with Katherine, I have been using this technique with almost every client that walks through my door. I find EFT to be an invaluable tool, at times the results are like magic. Everybody should know and use EFT, and nobody teaches it better than Katherine." Susan Bishop, RN, CHT

"I have used EFT with my grandchildren around reading and I actually saw the 7 year old reading from the television just last night. 'This stuff works!' Again, thanks for the wonderful class." Lillie Earls, CHT

"I am integrating all that we uncovered, revealed, made available and possible to me [following private EFT sessions]. I've had three big breakthroughs... so that I am now able to do things I haven't before. I am approaching a degree of freedom I've seldom known." HG, Client

When: Sat & Sun., April 16-17, 2005

Time: 9:30 am to 4:30 pm

Where: Sacramento\*

Cost: \$225

To Register: Call with credit card information: 916.373.1932

or mail a check to: 2110 K Street, Ste. 19A, Sacramento, CA 95816 Registration  
deadline: April 10, 2005

Class size is limited. Pre registration required. Need more information? Call  
916.373.1932

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Instructor: Katherine Zimmerman, a certified clinical hypnotherapist, EFT Trainer and Reiki Master in practice since 1989. Katherine is a published author, an instructor for the Holistic Healer (hypnosis, NLP and energy therapy) Certification Program in Sacramento and a former guest lecturer for the UC Davis Medical Center. Please feel free to forward this newsletter in its entirety.

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