

TranceTime News : Laughter

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<http://www.trancetime.com/HolisticHypnotherapy/index.htm>
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1. "Laughter is the Best Medicine"

2. He who laughs, lasts. That sounds good to me. Laughing feels good, doesn't it? I've been laughing more often lately and enjoying life more as a result. So, this month I am offering a list of the benefits of laughter.

Physical health benefits: strengthens immune system, improves cardiovascular health, reduces stress hormones, reduces pain.

Mental health benefits: reduces anger and anxiety, increases joy and aliveness, increases emotional intelligence.

Work-related benefits: improves team building, raises morale and job satisfaction, improves creativity and problem solving.

And, while it's almost impossible to find a joke that will appeal to every reader I offer the following:

After every flight, Qantas pilots fill out a form, called a "gripe sheet," which tells mechanics about problems with the aircraft. The mechanics correct the problems, document their repairs on the form, and then pilots review the gripe sheets before the next flight. Never let it be said that ground crews lack a sense of humor. Here are some actual maintenance complaints submitted by Qantas' pilots (marked with a P) and the solutions recorded (marked with an S) by maintenance engineers. By the way, Qantas is the only major airline that has never had an accident.

P: Target radar hums.

S: Reprogrammed target radar with lyrics.

P: Mouse in cockpit.

S: Cat installed.

And the best one for last

P: Noise coming from under instrument panel. Sounds like a midget pounding on something with a hammer.

S: Took hammer away from midget

3. Professional Hypnotherapy Certification

Become a certified hypnotherapist. About 1/3 of the students take hypnotherapy training for personal growth. Whether you want personal or professional growth, this course is for you! Classes start again Sept. 9-10, 2006. Visit the website for an updated catalog: <http://www.trancetime.com/HolisticHypnotherapy/index.htm>

Advertisement of a satellite shall indicate that the satellite is an auxiliary classroom or teaching site

Call to reserve your space at our next FREE introductory meeting: Aug. 16th, and again on Aug. 28th, 7:00-8:30 pm in Midtown. Space is limited. 916.373.1932

Already practicing hypnotherapy? Need CEUs? Check out the weekend training below.

4. Class schedule

Professionals, need CEUs? Save these dates!

Create Super Success with Melissa Roth's Courses: Fibro... What? & Irritable Bowel Syndrome

Two days to turbo charge your skills and your practice!

This is the only training that will be offered in 2006.

Hypnotherapy is rapidly gaining acceptance among the medical establishment, particularly in the areas of chronic illness. In uncertain economic times, people will spend money on health care before they will on personal growth and development. Learn these two valuable therapies that will keep your practice busy full time. Learn from the developer who has built a steady full time practice, without advertising!

20 CEUs for hypnotherapists.

Dates: Sept. 16-17, 2006
am - 5:00 pm

Time: 9:00

Cost: \$500 for both days
Sacramento, CA

Location:

\$295 for one day

To register: Call Katherine Zimmerman, CHT: 916-373-1932

Register for both classes 14 days in advance and receive Ms. Roth's book, *How to Get MD Referrals*, free! (A \$35 value)

Melissa J. Roth is CEO and Founder of Alabama Hypnotherapy Center and Hypnosis Associates. She is a Certified Clinical Hypnotherapist and a PhD candidate through the American Pacific Institute. She is a member of the American Board of Hypnotherapy, the American Council of Hypnotist Examiners and the National Guild of Hypnotists.

Melissa's hypnotherapy programs are available in four formats: individuals, small groups, custom CDs and telephone consultations. In addition, she conducts a wide variety of seminars and corporate workshops at selected locations across the U.S. She is invited to speak at numerous professional conferences each year.

Melissa is known for her information packed workshops. Don't miss this opportunity to expand your client base!

Cancellations received more than 7 days prior to the start of class: refund of registration less 15%;

cancellations less than 7 days prior, no refund but you may apply that amount to another class if taken within 6 months.

Self Hypnosis Training

Date: Tues., Oct. 3 & 10, 2006 **Time:** 6:30
pm to 9:00 pm
Location: 2110 K St., Ste. 18 **Cost:**
\$119.00 (register by Sept. 22 & pay \$99)

Space at this event is limited. Call today to register! 373.1932

Imagine a technique so simple and so effective that you can achieve your goals. 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. Self hypnosis helps you to overcome insomnia, raise your grades, release stress, improve self-esteem, reduce weight, improve athletic performance and much more. Join us and learn to relax and reprogram your subconscious mind. This is a 5 hour class with two class meetings.

Instructor: Katherine Zimmerman, a certified clinical hypnotherapist, EFT-CC and Reiki Master in practice since 1989. Katherine is a published author, an instructor for the California Professional Hypnosis Institute in Sacramento and a former guest lecturer for the UC Davis Medical Center.

6. Upcoming hypnotherapy conferences

National Guild of Hypnotists, August 11-13, 2006, Marlborough, MA
Create Multiple Streams of Income (2 hour workshop) and Cut the Tie that Binds (1 hour talk) Details: www.ngh.net
Be sure to visit my exhibitor's table (F5) and enter the drawing for a copy of my newest book: Hypnotherapy Scripts, Vol. 3

IMDHA 20th Annual Convention: Oct. 26-31, 2006, Troy, MI Details: <http://www.imdha.com/conference.htm>

Looking for an affordable way to promote your practice/business online? Check out www.byregion.net Referral ID: 010106785

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