

TranceTime News : Music of the Mind

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1. May the divine love in me meet the divine love in you for a better understanding.

Author unknown

2. Music of the Mind

This client came with an interesting request. “Lauren” hears music playing in her head all the time. The music changes and a specific song can be triggered by sounds, a thought, words, locations, smell, anything that triggers a memory. Now, some of you may be thinking that you, too, have songs running through your mind. In this case, however, Lauren explained that she gets the full song – she hears a full orchestra, and she hears every note beginning to end. She thinks that the audio portion of her brain doesn’t shut off. This started at age 10. Although it play all the time, it has been worse the past 5 years, since her daughter was born.

It is important to resolve this because it makes Lauren edgy, it’s distracting, and she has to use outside music to drown out the internal orchestra. It is hard for Lauren to relax, it affects her sleep, making her more tired. If Lauren goes shopping with her daughter, and mom, their talking combined with the background noise level, sends her into sensory overload.

Lauren’s father was an alcoholic, and her mom blind. There was a great deal of emotional tension and fighting between her parents. Lauren’s dad gave love inconsistently – she was smothered or ignored. Music became an emotional comfort and companionship early in life.

Following the induction I invited in a part/s who know about the music. Here’s who came in: 3 yr old Laurie, who reports that mom and dad always had music playing. 6 yr old Laurie reports that she doesn’t like her dad and undermines him by putting tacks on the floor by his bed. 10 yr old Laurie says now the music is more about me and who I am. It’s music I like, and the age when she had her first tape of her own music.

At first she doesn’t particularly want to interact with these parts because they remind her of her unhappy childhood. So when I asked if she could rescue these parts, she said no. Then I asked each part what she wanted from grown up Laurie. They all wanted to join her. They felt left behind. Once they asked, she agreed. I asked if staying young is beneficial or if they want to grow up and Laurie says that they have already grown up. I ask if they are inside or outside Laurie. They’re on the outside and it feels good for them

to be there. They are all holding hands and Laurie says that it's like having 3 sisters. She invites them into her sanctuary. They agree that she no longer needs the music. Remember, the music provided comfort. So she imagines a deep well in the ground, filled with water. The music flows into the water. She could lower a bucket into the well whenever she wants it back. The ceramic pitcher next to the well is now empty.

Lauren was quite surprised at the content of this session. She told me that when she finished therapy she closed a door on her past and left these parts behind. Now they want to be with her. She had spent a great deal of energy over the years keeping her childhood locked away. She was amazed and delighted at how good she felt after reclaiming these parts. She also reported a dramatic reduction in the music that used to play in her head following this final session.

3. Introduction to the upcoming Hypnotherapy Certification

Looking for tools to clear out the blocks in your life?

HYPNOTHERAPY TRAINING provides personal and professional growth!

Free Introduction!

Date: Call for dates!

Location: Midtown

Time: 7:00 - 8:30 pm

Cost: Free

Space is limited. Please call to register: 916-373-1932.

California Professional Hypnosis Institute, a state licensed school, classes begin January 14-15, 2006. We offer in-depth, quality training for personal and professional development.

Here's what you will receive with your enrollment and course completion:

- Manuals for each course
- Internship opportunities
- 2 year course audit
- Student membership IMDHA
- Small group study
- Specialized training courses available
- Client referrals upon graduation
- Supervised hands-on training

Classes will be held in Midtown Sacramento. With 200 hours of training you earn the title of Certified Hypnotherapist. At the 300 hour level you qualify as a Certified Clinical Hypnotherapist. Begin a satisfying new career or add skills to your current career.

From Mary A. Caldwell, CHT, a former student:

Dear Katherine,

"Your style is unique in that you have a way of "becoming one" with the students you teach. You integrate yourself so well that one feels they are listening and responding to a good friend who knows and understands their problems. You begin helping them overcome obstacles, and reach beyond themselves as soon as you start talking. Your unshakable self confidence envelops the student creating the necessary atmosphere in which to grow and learn... *Continue reading Mary's comments here:*

<http://www.trancetime.com/HolisticHypnotherapy/index.htm>

Upcoming classes:

Quantum Touch, Instructor: Maureen "Martie" Johnson, Spiritual Intuitive, Hypnotherapist, Quantum Touch Instructor

Developing Intuition, Instructor: Maureen "Martie" Johnson

Beginning Astrology, Instructor: Martha Armstrong, Professional Astrologer

Call for dates! 916-373-1932

4. Save over 30% on The Business of Hypnotherapy (reg. \$29) On Sale for \$20
Establishing and Maintaining a Successful Practice, Third Edition

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Give yourself the winning edge. Being successful as a business person can make the difference between hypnotherapy as a hobby and having a practice that supports you financially. Finally, a book addressing the business aspects of establishing and maintaining a successful hypnotherapy practice!

"I am half way through The Business of Hypnotherapy and it is filled with wonderful ideas! ... I finished the book and it is wonderful! I can't wait to start implementing your ideas. Thanks for sharing your expertise so freely. It is appreciated."
Sharyn McWilliams, CHT

Sale price not available on the web. Sale price valid through January 15, 2006. While supplies last. Call to order: 916-373-1932. Accepting MasterCard & Visa. Click here for additional books: <http://www.trancetime.com/books.html>

5. Class Schedule

Professionals, need CEUs? Save these dates!

Regression

Learn how to uncover the Initial Sensitizing Event to quickly and permanently eradicate/eliminate unwanted behavior. This course includes lecture, demonstration and hands-on practice.

Date: Sat/Sun. Mar. 25-26, 2006

Time: 9:00 - 6:00 pm

The Emotional Freedom Techniques/Be Set Free Fast

Imagine techniques so simple and so effective that you can finally help you and your clients remove negative emotional issues and blocks that have interfered with achieving goals. The Emotional Freedom Techniques (EFT) are quick and powerful.

Date: Sat/Sun. Apr. 8-9, 2006

Time: 9:00 - 6:00 pm

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.

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