

TranceTime News : Intuition

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1. "In the heart of every [human being] lies hid the flower of the intuition."
Alice Bailey, The Rays and the Initiations

2. Intuition. We all have it but do we all use it as extensively as we could? Do we use it consistently, in every area of our lives or just sporadically? I will admit to being intuitive but I don't always trust my intuitive insights. And I know that when I do trust my intuitive knowing, my life unfolds more smoothly. I have fewer blocks on my path. Everything is just easier because I'm in the flow. But, darn it, I'm not there as often as I know I could be.

We admire people who are naturally intuitive, don't we? We say that they have a gift. And we wish we had their gift. But their gift, while perhaps appearing more strongly in childhood, has taken time and effort to develop. It hasn't just unfolded on its own. Like any other skill, it has taken practice and time to learn.

I was a stay at home mom when my children were small. During that time my intuition was highly developed. I knew who was on the phone when it rang... unless it was a sales call and then I didn't even want to answer it because I was used to "knowing." I could sense when friends were going to call to cancel our plans. I had an occasional precognitive dream. It was all wonderful and I just accepted it.

Then I went back to work full time. It's really hard to be fully open and intuitive in a work setting. At least, it was where I worked. I didn't notice it happening, but looking back I can see that I began to shut down my intuition. Glimpses of things still slipped through... I passed a co-worker in the hall one day and "knew" that she was pregnant. But much of what I had taken for granted was now in hiding.

After I left that job for good, my intuition began to show up again here and there. It took its time but I'm enjoying using my intuition again. I still want to trust it more, however. If you're interested in developing your intuition join me for a class with Spiritual Intuitive Maureen "Martie" Johnson on March 18-19. *Details below.*

3. Professional Hypnotherapy Certification

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

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

5. Hypnotherapy Scripts, Volume III is now in print!

Includes short meditations, general and personalized scripts and word-for-word speeches. \$29.00 Order online: www.trancetime.com/books/html
Available with a License to Record Option.

Topics include

- Enhanced Learning
- Heal the Physical Body
- Blood Pressure Phobia
- Invite Spiritual Support
- Cut Cords
- Retrieve Energy
- Set Intention
- Fear of Driving and more

“With her third book of scripts, Katherine Zimmerman has done it again. Each script provides an invaluable matrix for the hypnotherapist to tailor to the individual client. With a wide range of specific and universal topics, this is a valuable resource and a tool to be used in daily practice. Highly recommended!”

Gil Boyne, Exec. Director-American Council of Hypnotist Examiners

“... again Katherine has shown her creative and professional knowledge throughout the book. Buy *Hypnotherapy Scripts, Volume III*, read it, enjoy it and improve your life as a side effect.”

Paul G. Durbin, Ph.D Army Chaplain (Brigadier General, Ret.),
hospital chaplain (Ret.) and hospital clinical hypnotherapist

“A beautifully compiled book. Written with great clarity, Katherine has drawn from her extensive experience to produce an excellent book rich with material to enhance the skills of any hypnotherapist whether new or experienced.”

Sallie Albertina, CCHT, Palm Springs, CA

5. Class Schedule

Pre-registration required; cancellation policy below

Beginning Astrology

Are you fascinated by astrology? Would you like to learn more? Astrology is a tool that leads to greater self-understanding. As we understand ourselves more fully we expand that understanding to those around us. We can apply this understanding to our own lives and to the lives of our loved ones and our clients, creating a deeper rapport. This is an excellent tool for those in a people-helping profession: hypnotherapists, counselors, nurses, etc.

Learn from astrologers who have been studying and applying their knowledge professionally for over 30 years: Martha Armstrong and Marilyn Witter. Katherine Zimmerman will help you to apply these tools with your hypnotherapy clients.

Your full birth information will be needed when you register! DOB, place and exact time.

Date: 8 Tuesdays, Mar. 14 thru May 2, 2006

Time: 6:30 - 8:30 pm

Location: 2110 K St., Ste. 18, Sacramento

Cost: \$140

To Register: Call with credit card info or mail a check to Katherine Zimmerman, 2110 K Street, Ste. 18, Sacramento, CA 95816

Self Hypnosis Training

Date: Thursdays, April 13-20, 2006

Time: 6:30 pm to 9:00 pm

Location: 2110 K St., Ste. 18

Cost: \$85.00 (\$75 if registered by 4.3.06)

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.

Developing Intuition

Would you like to learn to listen to all of YOU? What is that little voice you keep hearing and where does it come from? Would you like to learn how to take action and use your intuition constructively?

This class guides you to another level of uncovering your authentic self. Join us for an interactive, fun and informative class and develop your intuition in a supportive environment.

“When I follow my intuition I live in the flow and life goes smoothly.”

Katherine Zimmerman, CHT

I teach this course because, “Following my intuition has benefitted my whole life because I realize now that I have a personal connection with God.” Maureen “Martie” Johnson, Spiritual Intuitive

Dates: March 18 & 19, 2006

Time: Sat & Sun, 10 am to 5 pm

Cost: \$250.00 (Save \$50 if registered by March 11, 2006)

Location: 2110 K Street, Ste. 18, Sacramento

To register: Call Martie Johnson, 530.644.6424

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. Manual included. 20 CEUs for hypnotherapists

Date: Sat & Sun. Apr. 8 & 9, 2006

Time: 9:00 am to 6:00 pm

Cost: \$375.00

Location: 2110 K Street, Ste. 18, Sacramento

Questions? Call the Instructor: Katherine Zimmerman: 916-373-1932

To register: Call Janet Macy, CalPHI Director: 949.460.0780

In-depth training in Subpersonalities

As much as we'd like to believe that we are a "whole" person, we are made up of many subpersonalities or "parts." These parts develop at various stages in our life when we need a different coping mechanism. We learn to adapt to difficult situations in our lives by allowing a "part" to take over that particular area of life. This approach is the cornerstone of my practice. Join us for an in-depth look at helping clients heal through subpersonality work. Manual included. 20 CEUs for hypnotherapists

Date: Sat & Sun. Apr. 22 & 23, 2006 **Time:** 9:00 am - 6:00 pm

Cost: \$375.00

Location: 2110 K Street, Ste. 18, Sacramento

Questions? Call the Instructor: Katherine Zimmerman: 916-373-1932

To register: Call Janet Macy, CalPHI Director: 949.460.0780

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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.

Upcoming classes:

Quantum Touch®, May 13 & 14, 2006. \$295.00 Instructor: Maureen "Martie" Johnson, Spiritual Intuitive, Hypnotherapist, Quantum Touch® Instructor. Call for details: 530.644.6424

Beginning Astrology, Instructors: Martha Armstrong, Professional Astrologer; 530.787.3781

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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