

TranceTime News : Organizing for Exercise

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1. I've arrived at this outermost edge of my life by my own actions. Where I am is thoroughly unacceptable. Therefore, I must stop doing what I've been doing.

Alice Koller, *An Unknown Woman*, 1982

2. Organizing for Exercise

Many of us make new years resolutions having to do with getting healthy and exercising so I thought that Diane's story would be an appropriate beginning to the new year.

This is Diane's third session directed at releasing weight. Diane reports that she hasn't been organized so she isn't exercising. She feels that once she is organized she will have time for exercise which will help her to release some extra weight.

Diane thinks that there might be a part of her that's better at organizing than what she has been lately, a part that is committed to exercise. We invited the part in who knows how to establish a routine and accomplish goals. This part, "Dig," helps Diane by making sure that she knows everything that has to be done. And put off things that don't have to be done. She doesn't keep Diane organized but she reminds her. Unfortunately, Diane doesn't respond to Dig's reminders by taking action.

Dig says, "You have to do it if you want it. And you want it, so you have to do it." But Diane's response is that it's too much work. I remind Diane that Dig is there actually to give you some support and ask her what she's willing to commit to? What changes is Diane willing to make now?

Diane commits to exercising at least three times a week. She wants to show the girls [*her two teenage daughters*] that it's a part of being healthy. However, Dig is not convinced because in the past she "starts and then she makes excuses of being too busy and then she doesn't do it."

Upon further questioning I find that Dig is outside of Diane. We agree that it would be more powerful if she were integrated and worked from within Diane. So Diane and Dig integrate. Following the integration, Diane "feels powerful." Now Diane reports that Dig will be exercising three days a week.

Diane sees herself setting a time for exercise and doing it. I ask Diane to notice what's

happening to her body and your energy after days and weeks and months of exercise . Sounding surprised, Diane says, "I look like Dig and she looks good." She feels younger and more energetic.

After searching for parts that may sabotage change we talk about Diane wanting to make healthier choices in the foods you consume. Dig is there to support Diane's eating habits as well. She shows Diane a different way of eating that they can both agree on so that she's making healthier choices and having the foods she still likes occasionally in moderation. Dig lays out a program would keep Diane on this plan of healthier lifestyle, so that she becomes that younger, more energetic version.

Diane is able, now, to imagine herself focusing on family activities rather than food. She feels proud of herself. Looking at her life from a point six months into the future Diane says that she has "stayed very committed. It's a part of me now." She feels and looks younger with more energy.

As for being organized, Diane has learned "that you get more done without stressing over it." At the end of the session she feels good but also silly. As she says, "...because while I'm thinking... while I'm seeing everything I think, this is silly. But I see her. And as we're going through the process, I can see everything happening, but the whole time I'm saying, why am I seeing this? But still it makes sense. Because as I'm going through this, I see the person, D-I-G are my initials, DIG. And I see me the way I want to be. So when I say Dig can take charge, it's this strong me, that I'm allowing to come inside of me. And it felt good to have that come inside of me.

Summary: Fortunately, Diane was able to cooperate and flow with the feeling that she was making it all up. Even when I warn people ahead of time that it might feel that way, I often get that response at the end. A few weeks later Diane e-mailed to say that although she didn't feel any different after this session she had lost five pounds. She commented, "So DIG must be working."

Excerpt from *Hypnosis in Action*, c 2004, Katherine Zimmerman

3. Professional Hypnotherapy Certification

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

HYPNOTHERAPY TRAINING provides personal and professional growth!

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
- 2 year course audit
- Small group study
- Client referrals upon graduation
- Internship opportunities
- Student membership IMDHA
- Specialized training courses available
- 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.

4. Save 15% on the Emotional Freedom Techniques Manual \$169 (Reg. \$199)

Sale price not available on the web. Sale price valid through January 31, 2006. Call to order: 916.373.1932. Accepting MasterCard & Visa. Click here for additional materials: <http://www.trancetime.com/manuals.html>

“This tool is phenomenal! The results were so instantaneous that it definitely will work well in my practice. Thank you so much!” Sharon Tom, CHT

“This was the best workshop I attended at this conference.”

LaVerne McWilliams, CHT

“I was thrilled and felt excited about the new tools and gifts I learned in this class. I can't wait to begin the process with my clients and family.” Jann Hoffman, CHT

About the EFT Manual:

“The EFT materials... were great. The professional presentation of your work is very much appreciated.” Don Brandt, CHT

Click here for Gary Craig's training materials: <http://www.trancetime.com/eft.html>
The link to follow is on the line below: Looking for other useful materials on EFT? Check out Gary's web site at...

5. Class Schedule

Self Hypnosis Training

Date: Mon., Jan. 30 & Feb. 6, 2006

Time: 6:00 pm to 8:30 pm

Location: 2110 K St., Ste. 18

Cost: \$75.00 (Register by 1/23/06 and save \$10)

Space at this event is limited. Call today for dates and to reserve your space! 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.

Self Hypnosis for Teens

Monday, March 6 & 13, 2006

\$55

Midtown

6 pm to 8 pm

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 on developing 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 to 5
Cost: \$250.00 (Save \$50 if registered by March 8, 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.

Date: Sat/Sun. Mar. 25 & 26, 2006 **Time:** 9:00 to 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 to 6:00 pm

Upcoming classes:

Quantum Touch®, Instructor: Maureen “Martie” Johnson, Spiritual Intuitive, Hypnotherapist, Quantum Touch® Instructor. Call for details: 530.644.6424

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

Call for details!

Events

Click on the link below for tickets to the Justin James Stage hypnosis show, Marilynson K, Sacramento, January 19, 2006, 8:30 pm

Rated R

<http://www.marilynsonk.com/events.htm>

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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