

TranceTime News : The Relationship Dilemma

In this issue:

1. Convention Highlights
2. The Relationship Dilemma
3. NEW! Hypnotherapy Certification Training
4. Summer special: Past Life CD
5. Summer class schedule

1. Convention Highlights: NGH

Annual convention, August 12-14, 2005 in Marlborough, MA. I am presenting at 1 pm on Friday: Tapping the Teen market; 9 am on Saturday: Teaching for Fun and Profit (workshop); 2 pm on Saturday: Build a Holistic Practice. For convention details contact Jean at nghfloridaoffice@aol.com or call 407-678-8956.

2. The Relationship Dilemma

Every where I turn lately I find that the topic being discussed is relationships. My daughter, my clients, my friends all have relationship challenges. And I'm right in there with them. It can be all consuming, can't it? Aren't we all looking for the "perfect" relationship? The one person who "gets" who we are and what we're about. The one person who can be supportive, kind and loving under any and all circumstances, a best friend. Is that unrealistic? Maybe. Or perhaps we already have the "one person" who does meet our criteria. And that person is available 24/7. What would happen is we became our own best friend and developed a healthy relationship with ourselves first?

Let me back up for a moment. I have been divorced now for ten years. I honestly thought that I would find my perfect partner long before this. I searched diligently for him, going out dancing, to church to all sorts of activities that I enjoyed. I knew better than to stay at home and expect him to show up on my doorstep. But here I am, still single.

Early after my divorce I wanted my astrologer to predict exactly when and how this relationship would appear. However, she said that first I needed to be a best friend to myself. Well, phooey. Isn't there some other way? Not only that, I had to develop boundaries, let go of my need to control and release the past traumas that were affecting my relationships so that I could stop attracting men whose wounds matched mine. I wanted it to be easier than this. But it was worth all the work I put into it. At this point, although I would still love to have a relationship, I also love being "with" myself and I enjoy every part of my life. Having a relationship is one part of what I want in my life but it isn't my whole life.

I'm going to pass along the advice that I was given all those years ago. Start spending time "with" yourself instead of "by" yourself. Go for a walk "with" yourself. Watch a movie "with" yourself. Have a nice dinner "with" yourself. That small change in outlook can make a world of difference.

3. FREE Introduction to the upcoming Hypnotherapy Certification

Wednesday, July 20, 2005, 7:00 - 8:30 pm, in Midtown

Call to reserve your space!

California Professional Hypnosis Institute, a state licensed school, classes begin October 22-23, 2005 .

You can qualify to become a Certified Hypnotherapist! You'll be hypnotizing others within your first day of training! This course is designed to easily and naturally put you on the fast track to success today.

Classes will be held in 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.

This course is being expanded to 300 hours. For more information go to:
www.calphi.net Bookmark this site and check back often for updates.

4. Summer Special!

If you can't attend the past life workshop on July 21, you can still have a past life experience in the comfort of your own home. The Past Life Regression process and exercise is now available on CD. Reg. Price: \$24.95. Sale Price through July 24, 2005: \$21.95. Sale not available on the website. Call to order: 916-373-1932 or mail a check (incl \$2.50 S&H and tax for sales in California) to 2110 K Street, Ste. 19A, Sacramento, CA 95816.

5. Summer Class Schedule

Past Life Regression Workshop

Have we lived before? Are memories of "past lives" fact or fantasy? Either way they teach us something about ourselves. Journey into your imagination and expand your personal insight and self-understanding.

An experiential workshop to recall and explore a significant past life in a safe, supportive atmosphere.

When: Thursday, July 21, 2005

Time: 7:00 pm - 9:00 pm

Where: West Sacramento

Cost: \$35

To Register: Call with credit card information: 916.373.1932

or mail a check to: 2110 K Street, Ste. 19A, Sacramento, CA 95816

Class size is limited. Pre registration required. Need more information? Call 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 Mondays, July 18 -25, 2005

Where: UC Davis

Cost: \$42 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

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, fears and stress.

Student comments:

"Thank you Katherine, I thoroughly enjoyed your [EFT] class. You did a brilliant job of organizing and presenting your material in an easy to understand format that allowed me to experience the benefits of EFT in less than an hour. I will incorporate this powerful technology into my practice and personal life with deep appreciation for your profound contribution to my life skills. Many thanks and Kudos to you."

Namaste, Jesse Dean, CHT

"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

"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

Day One:

When: Sat., Sept. 10, 2005

Time: 10:00 am - 5:00 pm

Where: West Sacramento

Cost: \$125.00

Register by Sept. 1, 2005 and save \$20!

Registration deadline: Sept. 5, 2005

Day two:

When: Sat., Oct. 8, 2005

Time: 10:00 am - 5:00 pm

Where: West Sacramento

Cost: \$125.00

Register by Sept. 28, 2005 and save \$20!

Registration deadline: October 3, 2005

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

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

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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Certified Clinical Hypnotherapist, Hypnotherapy Instructor,

Reiki Master, EFT -CC

2110 K Street, Ste. 19A, Sacramento, CA 95816

(916) 373.1932

Email: TranceTime@charter.net Web site: www.TranceTime.com