

## TranceTime News : Thriving on Change

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### 1. Quote

“The winds of change blow through our life, sometimes gently, sometimes like a tropical storm. Yes, we have resting places--time to adjust to another level of living, time to get our balance, time to enjoy the rewards. We have time to catch our breath.

But change is inevitable, and desirable...”  
--Melody Beattie, The Language of Letting Go

### 2. Thriving on Change

It has been said that no one likes change except a wet baby. I don't agree. Many people thrive on change. It keeps their lives exciting and fresh. It stimulates their intellect and keeps a steady flow of joy coming into their lives. As a child, we moved quite often. In fact, that was our idea of a summer vacation. Around age 9 I objected to one of our moves. My mother explained that I wouldn't be losing any of my current friends. I could still keep in touch with them and make new friends as well! Although my mother probably did not know the word, it was a great reframe. I bought into it totally and it changed my attitude about the move.

My daughter is very sociable and does well with change. My son on the other hand with his moon in Taurus (for my astrologically inclined readers) truly hates change. He moved out on his own at 18 rather than move with me to a city a mere 15 miles away.

Since change is inevitable I wondered what approaches could we use to help ourselves and our clients deal with it more effectively. EFT comes to mind first. Here are some common phrases that come up with change:

Even though I like things just the way they are...

Even though I'm afraid of what will come next...

Even though I don't like meeting new people...

Even though I worry that I won't remember how to get around in this new city...

Even though I'm scared that my co-workers won't like me...

Even though I have this knot in my stomach...

Even though I feel tired just thinking about learning a new job...

(If you don't know EFT I am teaching a workshop June 11-12. Or go on Gary Craig's website and download his free manual: [www.emofree.com](http://www.emofree.com))

Another tool for shifting our response to change is self hypnosis. Start by imagining yourself make these changes and feeling excited, feeling calm and relaxed. Write a positive affirmation (i.e. I love meeting new people or I'm completely comfortable with change) and create a positive mental picture of yourself making these changes and hold that image as you fall asleep at night. If you practice for seven consecutive nights you will notice a "change" in your attitude about change. If, during the day, you continue to hear concerns about change in your self-talk, stop your thoughts and repeat your affirmation. Tap on any negative thoughts or beliefs about change. Have fun creating a new aspect of your Self.

### **3. NEW! Hypnotherapy Certification**

Beginning October 22-23, 2005 I will be teaching hypnotherapy for the California Professional Hypnosis Institute, a state licensed school. 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](http://www.calphi.net) Bookmark this site and check back often for updates.

### **4. Out of Body CD**

Learn to lift out of your physical body and find a different perspective on your life. On Sale through 6/25/05. (Reg. \$19.95) Sale price \$16.95. Sale not available on the website. Call to order: 916-373-1932

### **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

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**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, and stress.

Student comments:

"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

"I have used EFT with my grandchildren around reading and I actually saw the 7 year old reading from the television just last night. 'This stuff works!' Again, thanks for the wonderful class." Lillie Earls, CHT

"I am integrating all that we uncovered, revealed, made available and possible to me [following private EFT sessions]. I've had three big breakthroughs... so that I am now able to do things I haven't before. I am approaching a degree of freedom I've seldom known." HG, Client

When: Sat & Sun., June 11-12, 2005

Time: 10:00 am - 5:00 pm

Where: West Sacramento

Cost: \$225

To Register: Call with credit card information: 916.373.1932  
or mail a check to: 2110 K Street, Ste. 19A, Sacramento, CA 95816  
Registration deadline: only a few spaces left! Call today.  
Class size is limited. Pre registration required. Need more information? Call  
916.373.1932

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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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