

TranceTime News : Your Garden of Thoughts

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1. Quote

Every thought we think
Is like a flower in life's garden,
And not the permanent possession of anyone.
Let our thoughts then
Be fragrant and beautiful,
Not rank and ugly,
That the memory we have behind us
Be felt as a blessing on this earth.

--Omar Khayyam

2. Your Garden of Thoughts

My grandmother was a wonderful woman. I'll bet many of you can say the same thing. One of the attributes that I remember most was her ability to always say something kind about others. I'm sure that she could even have found at least one good thing to say about a serial killer, if she thought about it long enough. Now that I'm a grandmother, I wonder how she accomplished it. Perhaps she kept the garden of her thoughts well tended; weeding out those thoughts that were not kind or uplifting. It would take commitment, persistence and dedication to keep that garden filled with fragrant and beautiful thoughts. I'm sure that growing up on a farm helped. She and her sisters took the wagon into town once a month for supplies. She must have had a lot of quiet time between those trips. Perhaps time to reflect on who she was and how she wanted to show up in the world. Life is completely different now than in the early 1900s. But I truly believe that we can find some quiet time to reflect on our inner life and our thoughts. What would that look like in today's world? Perhaps taking 15 minutes a day to meditate or practice self hypnosis. Or maybe a walk in nature-- just breathing in the air and watching the birds. Even sitting in your own backyard with a cool drink and absolutely no agenda. Doesn't that sound appealing?

What would happen to our inner garden if we committed to taking time every day to go inside and just be. Perhaps we would slow down just enough to weed that garden of negative thoughts and plant some new seeds for those fragrant flowers to grow.

3. Upcoming Hypnotherapy Conference

The National Guild of Hypnotists are holding their annual convention in Marlboro, MA.

Aug. 13-15, 2005. I will be giving two free talks: Tapping the Teen Market and Building a Holistic Practice as well as offering a 2 hour workshop: Teaching for Fun and Profit. Details at www.ngh.net

4. Hypnosis in Action

On Sale for \$24.95 thru May 31, 2005 This offer not available on the website. Call to place your order: 916-373-1932

Hypnosis in Action: Verbatim Case Histories Using Parts Therapy, EFT and Other Powerful Modalities

Do you ever get a knot in your stomach wondering what to do with a client?

Do you wonder how someone else would handle a similar situation?

Hypnosis in Action provides you with an opportunity to "listen in" on some powerful therapy sessions. Discover the questions to ask and observe the processes as clients achieve their goals. Read along and witness their powerful shifts as they access their inner wisdom. You will read examples of parts therapy, EFT combined with hypnosis, and regression blended in a unique way to elicit permanent, positive change.

"I wanted to tell you how much I have enjoyed *Hypnosis in Action*. I found your intuitive process with clients and creative blending of methods truly inspiring. I use EFT mostly as a stand-alone process and had forgotten how great it can be tapping on someone while in trance. Thanks for sharing your wonderful ways with the rest of us!"

Lisa Saubolle, CHT

5. Spring Class Schedule

Finding Your True Self

Are you tired, overloaded, worried or frustrated? Do you struggle to nurture yourself? Does your life feel out of control? Do you spend much of your time pleasing others? Are you ready to change but don't know where to start? Join us in Finding Your True Self.

This workshop includes guided relaxation, discussion, art, and journaling. In this day long intensive we will focus on opening to change, nurturing yourself, the art of grounding, visit a past life and learn to embrace the future.

In Sacramento

When: Saturday, May 14, 2005

Where: Sacramento (exact location TBA)

Cost: \$75 includes workbook (\$16.95 value); Art supplies provided

Time: 10:00 am - 5:00 pm

To Register: Mail a check to 2110 K Street, Ste 19A, Sacramento, CA 95816 or call with credit card information: 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 Wednesdays, May 11 - 18, 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

In Sacramento - June 3-5, 2005

Two and a half days to turbo charge your skills and your practice! Earn CEUs for these courses.

Hypnotherapy is rapidly gaining acceptance among the medical establishment, particularly in the areas of chronic illness. In uncertain economic times, people will spend money on health care before they will on personal growth and development. Come learn these two valuable therapies and how to secure the MD referrals that will keep your practice busy full time. Learn from the developer who has built a steady full time practice without advertising!

How to Get MD Referrals

Friday, June 3, 6:00 - 9:00 pm

- Low cost: simply print a brochure and business cards
- Learn all the steps in securing referrals from MDs and other health providers of almost every specialty in a step-by-step cookbook style.
- MD referrals insure a steady stream of interesting clients

Irritable Bowel Syndrome

Saturday, June 4, 9:00 am - 5:00 pm

- IBS strikes 20% of the population, 1 in 3 women have IBS
- This therapy has already become the treatment of choice in Great Britain for IBS
- The AMA recently recommended that physicians utilize hypnotherapy for IBS symptoms
- 86% of clients will become symptom free and remain that way after the sessions end. 94% will experience more than a 50% reduction in symptoms.
- Unlike other programs, the symptoms do not return when the sessions end.

Fibro... What? Fibromyalgia therapy

Sunday, June 5, 9:00 am - 5:00 pm

- 74% of all FMS patients utilize complementary therapies to relieve their symptoms
- Hypnotherapy is the only therapy, complementary or conventional, that has been documented in clinical trials to provide long lasting symptomatic relief.
- Over 90% of clients will get great than a 50% reduction in symptoms. Many will become symptom free.

- Unlike other programs, the symptoms do not return when the sessions end.

Learn these valuable therapies from the developer:

Melissa J. Roth, CHt, PhD (c)

www.tranceworkers.com

Melissa J. Roth is CEO and Founder of Alabama Hypnotherapy Center and Hypnosis Associates. She is a Certified Clinical Hypnotherapist and a PhD candidate through the American Pacific Institute. She is a member of the American Board of Hypnotherapy, the American Council of Hypnotist Examiners and the National Guild of Hypnotists.

Melissa's hypnotherapy programs are available in four formats: individuals, small groups, custom CDs and telephone consultations. In addition, she conducts a wide variety of seminars and corporate workshops at selected locations across the U.S. She is invited to speak at numerous professional conferences each year.

Melissa is known for her information packed workshops. Don't miss this opportunity to expand your client base!

This course is being offered in Sacramento, California
 Space is limited – Call or mail your registration NOW
 to reserve your space in class.
 (916) 373-1932 • E-mail: info@trancetime.com
 2110 K Street, Ste. 19A, Sacramento, CA 95816

Course	Time	Investment
How to Get Medical Referrals Friday, June 3, 2005	6:00 - 9:00 pm	\$ 50.00
Irritable Bowel Syndrome Saturday, June 4, 2005	9:00 - 5:00 pm	\$295.00
Fibromyalgia Sunday, June 5, 2005	9:00 - 5:00 pm	\$295.00
All three courses:		\$500.00

All participants will receive the lectures on CD, an extensive manual with scripts, certification and addition to referral list and first year on web site. Once you have successfully completed the exam, Ms. Roth will refer clients to you. Working with one client pays for the entire weekend!

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: Sacramento*

Cost: \$225 Register by May 28th and save \$25!

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: June 6, 2005

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 Holistic Healer (hypnosis, NLP and energy therapy) Certification Program in Sacramento and a former guest lecturer for the UC Davis Medical Center. Please feel free to forward this newsletter in its entirety.

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