

TranceTime News : Simple Pleasures

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<http://www.trancetime.com/HolisticHypnotherapy/index.htm>
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1. My religion is very simple. My religion is kindness.

- The Dalai Lama

2. Simple pleasures

My friend/astrologer, Martha, has been asking me for several years now what I am doing for fun. I respond with, "Fun... fun. Hmm. Is that an English word?" Well, Martha, I have a new hobby. I have discovered plants and I am quickly becoming a plant lover. (Although perhaps a bit over the top. I bought allysum to "keep my border plants company." <grin>) I am no longer the old me who admired plants from a distance. And I am not becoming a the dig-in-the dirt gardener like some of my friends. I have found a happy place in between.

Here's how it unfolded. I bought a brand new home three years ago. And here I am, still working to get the backyard planted and the front yard landscaped more to my liking. To that end I was wandering around a nursery visiting the plants and wondering how they would look in my yard. I had a landscape design with names of plants but needed to see them to know if they met my criteria. I like plants that are fluffy and produce flowers. The nursery didn't carry everything that I wanted but a helpful employee showed me how to look the plants up on Google and then click on "images" to see a picture. Oh my goodness-- this has opened up a whole new world. And this new world brings me joy. Pure and simple. You may begin to see where this story is leading. It leads to the healing properties of experiencing joy. I haven't enJOYed myself this much in a long time. My cats are enjoying it as well. More plants in which to play "jungle kitty."

While there are no double blind studies proving that joy has healing properties, I believe that it does. When I'm feeling joy, there's no room for worry, self-doubt, or negative thoughts. I have more energy and an enhanced appreciation for life. I know that joy promotes health on every level: mental, emotional, physical and spiritual. Why not ask yourself, what brings YOU joy?

3. Introduction to the upcoming Hypnotherapy Certification

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

HYPNOTHERAPY TRAINING provides personal and professional growth!

Free Introduction!

Date: Wed., Dec. 7, 2005

Location: Midtown

Time: 7:00 - 8:30 pm

Cost: Free

Space is limited. Please call to register: 916-373-1932.

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 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.

From Mary A. Caldwell, CHT, a former student:

Dear Katherine,

"Your style is unique in that you have a way of "becoming one" with the students you teach. You integrate yourself so well that one feels they are listening and responding to a good friend who knows and understands their problems. You begin helping them overcome obstacles, and reach beyond themselves as soon as you start talking. Your unshakable self confidence envelops the student creating the necessary atmosphere in which to grow and learn... *Continue reading Mary's comments here:*

<http://www.trancetime.com/HolisticHypnotherapy/index.htm>

4. Save 20% on this CD Special! CDs make great gifts!

Sound and Restful Sleep, Guided Imagery at the Beach; \$15.95 each (Reg. \$19.95 – Tax & shipping extra) Sale price not available on the web. Sale price valid through Nov. 30, 2005. Call to order: 916-373-1932. Accepting MasterCard & Visa. Click here for additional CDs: <http://www.trancetime.com/cds.html>

5. Class Schedule

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 - 6:00 pm

The Emotional Freedom Techniques/Be Set Free Fast

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) are quick and powerful.

Date: Sat/Sun. Apr. 8-9, 2006 **Time:** 9:00 - 6:00 pm

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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