

## TranceTime News : Just Be

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### 1. Baha'i Prayer for Peace

Be generous in prosperity,  
and thankful in adversity.  
Be fair in judgement,  
and guarded in thy speech.  
Be a lamp unto those who walk in darkness  
and a home to the stranger.  
Be eyes to the blind,  
and a guiding light unto the feet of the erring.  
Be a breath of life to the body of humankind,  
and dew to the soil of the human heart,  
and a fruit upon the tree of humility.

### 2. Just Be

You've tried everything – from working less to taking vitamins and quitting coffee – to cope with stress overload, and you still feel drained. But have you tried just doing nothing? In medical parlance, it's called constructive rest.

According to the National Ag Safety Database, "Medical research estimates as much as 90 percent of illness and disease is stress-related." Joe Robinson, founder of the Work to Live Campaign, reports that taking an annual vacation reduces the risk of heart attack by 30 percent for men and 50 percent for women. Stress can build pretty quickly in the year between those annual vacations. What, you can't take a vacation every few months? Then develop the skills for daily relaxation and put both mind and body at ease. And what better way to experience deep relaxation than by practicing self hypnosis or yoga nidra.

Although Yoga Nidra is mentioned in old *tantric* texts, it was rediscovered about 20 years ago in eastern India by Swami Satyananda Saraswati. He translates *Yoga Nidra* as psychic sleep and describes it as a systematic method of inducing complete physical, mental and emotional relaxation, while maintaining awareness at the deeper levels.

Indeed, the practice is so relaxing that it becomes almost impossible to remain awake.

But you come out feeling more rested than you do after a good night's sleep, and injected with large doses of energy to tackle the day's tasks. The Swami says that prolonged suspension between wakefulness and sleep in *Yoga Nidra* may have untold benefits. See *class information and CD special below*

### **3. Introduction to the upcoming Hypnotherapy Certification**

**Free Introduction!**

Date: Wed., Oct. 26, 2005

Location: Midtown

Time: 7:00 - 8:30 pm

California Professional Hypnosis Institute, a state licensed school, classes begin January 21-22, 2006.

Learn how you can qualify to become a Certified Hypnotherapist! You'll be hypnotizing others within your first weekend 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.

### **4. Special! Makes a great gift!**

**Deep Relaxation with Yoga Nidra CD**

On sale through 10/31/05 for \$15.00. (Reg. \$19.95 – Tax & shipping extra) Sale price not available on the web. Call to order: 916-373-1932.

### **5. Class Schedule**

#### **Stress Reduction with Yoga Nidra**

**In West Sacramento**

In Yoga Nidra you are asked to move your awareness through different parts of the body. Bringing awareness to each part relaxes them, and clears nerve pathways to the brain. This creates an state of profound relaxation – mind, body and emotions. This is an experiential class, please dress comfortably. Class size is limited to six. Register early!

When: Thursday, Nov. 3, 2005

Where: W. Sacramento

Cost: \$25.00

Time: 7:00 to 8:30 pm

To Register: Call 916.373.1932

Deadline to register: Friday, Oct. 28

MasterCard and Visa accepted

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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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