

TranceTime News : Acceptance

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1. "I stand before you
Knowing we are one
You are the mirror of my soul
I stand before you honoring
the part of you that is whole."
Karen Drucker

2. Case history

I worked with a new client yesterday. "Janna" is a single mom who has been diagnosed with stomach cancer. She began chemotherapy but has lost so much weight (40 pounds to date) that the doctors are waiting to complete her treatment. She has no interest in eating, she's depressed and suffers from severe insomnia. Her mother died of colon cancer just three years ago and she is going through a second divorce.

When she does eat she experiences nausea and severe diarrhea. My first thought was to help relieve the symptoms caused by the chemotherapy. Then I remembered that I offer client centered therapy and asked her what she wanted. Her answer surprised me. She wanted to experience acceptance. She wants to accept her illness, make peace with it, heal herself and get on with life. I asked if she could remember a time in her past when she had been in a place of acceptance. She thought for a moment and then said, yes, after her first divorce, when her daughter was a baby.

During her session I regressed her back to that time of feeling acceptance and asked how she felt. "Powerful," she reported. We anchored in that feeling (symbolized by a solid, soft red circle) and I had her let me know when she had filled her entire body with it. She felt a block when she tried bringing that feeling into her stomach so we symbolized the block as well. The symbol of feeling acceptance consumed the block in her stomach freeing her to fill herself fully with acceptance. She then visited the future in 2, 4 and 6 weeks, each time finding more strength, peace of mind and a deeper sense of acceptance.

She came out of trance feeling wonderful. There is nothing more powerful than listening to your inner guidance.

4. Free E-Book

Finding Your True Self is now available free through 9/30/06. Please visit

www.trancetime.com/ to download your copy.

3. Professional Hypnotherapy Certification

Become a certified hypnotherapist. About 1/3 of the students take hypnotherapy training for personal growth. Whether you want personal or professional growth, this course is for you! Classes start again January 6-7, 2007. Visit the website for an updated catalog:

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

Advertisement of a satellite shall indicate that the satellite is an auxiliary classroom or teaching site

Call to reserve your space at our next FREE introductory meeting: Thursday, Sept. 21, 2006, Monday, October 9, 2006, 7:00-8:30 pm in Midtown. Space is limited. 916.373.1932

Already practicing hypnotherapy? Need CEUs? Check out the weekend training below.

4. Class schedule

The Wizard Within

How Hypnosis Can Improve Your Life

Learn about this powerful tool and how it can improve your life in this experiential, information packed training.

Learn self hypnosis

Learn about the power of your subconscious mind

Learn the fascinating history of hypnosis

Learn how hypnosis works to accelerate physical healing, improve self-esteem, overcome insomnia, release fears and much more!

Experience the profound physical, emotional and mental relaxation of the hypnotic state!

Dates: Sat. & Sun., Oct. 21-22, 2006

Time: 10 am - 5 pm

Cost: \$195 by Oct. 11, 2006; \$250 after

Location: Primrose (conference room), 7707 Rush River Drive, Sacramento, CA 95831

To Register: Call Katherine Zimmerman: 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.

Professionals, need CEUs? Save these dates!

Create Super Success with Melissa Roth's Courses:

Fibro... What? & Irritable Bowel Syndrome

Two days to turbo charge your skills and your practice!

This is the only training that will be offered in 2006.

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. Learn these two valuable therapies that will keep your practice busy full time. Learn from the developer who has built a steady full time practice, without advertising!
20 CEUs for hypnotherapists.

Dates: Sept. 16-17, 2006

Time: 9:00 am - 5:00 pm

Cost: \$500 for both days
\$295 for one day

Location: Sacramento, CA

To register: Call Katherine Zimmerman, CHT: 916-373-1932

Register for both classes 14 days in advance and receive Ms. Roth's book, *How to Get MD Referrals*, free! (A \$35 value)

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!

Cancellations received more than 7 days prior to the start of class: refund of registration less 15%; cancellations less than 7 days prior, no refund but you may apply that amount to another class if taken within 6 months.

6. Upcoming hypnotherapy conferences

IMDHA 20th Annual Convention: Oct. 26-31, 2006, Troy, MI Details:

<http://www.imdha.com/conference.htm>

Looking for an affordable way to promote your practice/business online? Check out www.byregion.net Referral ID: 010106785

Order 250 free business cards thru Vista Print:

<http://www.vistaprint.com/frf?frf=777255403767>

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