

APA Newsletter – October

UPCOMING EVENTS

- **Mid America Hypnosis Conference**
Oct 24-26
- **Hypnotherapy Certification Course #101***
Oct 23-24; Nov 17-19
- **Hypnotherapy Certification Course #102***
Oct 25-26; Nov 20-21
**) – Read details below*
- **Free* “Creating Your Audio CDs in 20 Min or Less”** Oct 26
- **Audio Recording on Steroids***
Workshop, Oct 26
- **Hypnotherapy Certification Intensive***
Course #101-103, **Nov. 17-23**

HAVE YOU HEARD?

***) Hypnotherapy Certification...** This will be the last time in 2008 you will have a chance to obtain your certification in hypnotherapy. Why is it important for you to know?

Here is why... First, this is your opportunity to increase your credentials almost “overnight”. Think about it... In January of 2009 you will be able to say that you were certified in 2008, which means that it has been a year since you’ve got your certification.

Second, most likely tuition will go up next year... As you consider benefits of becoming a practitioner, you may consider enrolling into the certification program this year. Even if... you are not able to finish your certification this year, you will have time until June of 2009 to do so using this year’s tuition.

To enroll, call **847-760-5000** or do it on-line at www.APAClasses.com/hypnotherapy

***) Creating Your Audio CDs in 20 Minutes or Less...** As you may already know, the Audio CD Mastering class was a huge success. However, it could take another year or even more before we decide to have this class in the school again. Knowing how to create your own professional quality audio CDs at home could make the difference between you having a growing practice or barely making it.

Of course I won’t be able to give you as much I was able to during our 2.5-day class. However, you will be able to break the ice and make your first CD right after the conference.

That’s right, by the end of this presentation, which will take place at the Mid America conference, on Sunday, October 26th at 9 AM, you will see for yourself how easy it is to record and edit your own audio and then burn it to a CD.

***) Audio Recording on Steroids...** or taking your recording skills to the next level. This 2.5-hour workshop will take place on Sunday, October 26th at 3 PM. Here we will have a little more time. And as a result, you will learn additional ways of audio editing, mixing it with music, and applying simple audio effects.

You will also see how easy it is to put your audio on-line, which will allow your customers to get a little taste of it and make their buying process easier.

You will also learn how to start Podcasting - making your marketing more cost-effective. Not sure what Podcasting is? – Each audio on our site, www.APAToday.com is a Podcast that gets listed in the iTunes web directory at the moment I click the Publish button.

At this workshop I will cover new material assuming you already know how to record. So, if you are new to the “technology” field, you may consider taking both of them. How? Read the very next segment... 😊

Mid America Hypnosis Conference... will take place on October 24-26. You can get details about their schedule on-line, at www.mid-americaconference.com or call them at 847-451-9303 to do all your enrollments.

And last, but not least, 1-on-1 consultations... - I received a number of calls **after** the dead line for application submission with pretty much the same question: when it will be available next time.

Here is the answer... During this month I will contact those applicants who already have submitted their request, but haven't had the 1-on-1 yet. (**Note:** this applies to **full graduates only**.) After that you will have a chance to submit your application. I will let you know via email. If you are not on our email list (or not sure if you are) and I think **you will benefit** from this consultation, go to www.APAToday.com/1on1 and submit your request...

To YOUR SUCCESS!



Healing Sound Bites Collection

This is a collection royalty-free background music designed to support special client's needs. Now you can put over **25 years** of neuro-acoustic research as well as Rife's almost **100-year** old discovery to work for you.

Each session in this collection was designed using the cutting edge of mind technology, implementing both - old and new - techniques to help you to affect the mind of your clients, much like an engineer would program a computer. As a result, **you** can help your clients even **more effectively**.

Despite the similarity, each session is unique in an important way, targeting specific brainwave patterns that can improve conditions like migraines, chronic pain, fibromyalgia, PMS, or adult ADD, and more.

Here are some of the titles from this collection:

Happy Bones & Joints – this track contains frequencies that accelerate the healing of bone injuries and muscle inflammation;

Strong Immune System - the set of frequencies in this session has consistently proven very effective at increasing the rate of healing, as well as increasing levels of T-Cells, critical to the immune system's functioning

Hypertension Reduction - This session is meant to soothe the Amygdala and Hypothalamus, which are involved in vasoconstriction, fear and the fight-or-flight response.

By calming these structures, blood pressure should decrease, muscles should relax, sweating should decrease and your extremities (hands and feet) should warm up.

Chemical Dependency - sessions specifically designed to work with smoking and drug / alcohol addictions by helping to relieve your client's cravings as well as reducing their dependence on the drugs making their transition to an addiction-free life as gentle and easy as possible... More at www.APAREcommends.com

This collection will be officially launched at **Mid America** conference. However, as our student you can **start benefiting** from it before anyone else, but... (There is always "but" ...) If you are quick enough to be among the **first 20**, you will be able to obtain your CDs at a **38%** discount. (At the conference discount will only be 15%). Go to www.APAREcommends.com and use the coupon number **HSB-20** (it is caSe senSitiVe).

CONVERSATION CORNER

A Seth Book: Suggestions and Health

"Suggestions are usually statements directed toward a particular action or hypothesis. To a large extent, suggestions are tied into the conscious thought processes, following the dictates of reason. For example: 'If thus and thus be so, then thus and thus must follow.' There is no magic connected with suggestions – but repeated often enough, and believed in fervently, such suggestions do indeed take on a deeply habitual nature...

Thoughts and beliefs do indeed bring about physical alterations. They can even – and often do – change genetic messages. There are diseases that people believe are inherited, carried from one generation to another by faulty genetic communication ...

People are not simply swung willy-nilly by one negative suggestion or another, however. Each person has an entire body of beliefs and suggestions – and these are quite literally reflected in the physical body itself.

All practical healing deals with the insertion of positive suggestions and the removal of negative ones... Each smallest atom or cell contains its own impetus toward growth and value fulfillment... They are literally implanted with positive suggestions, biologically nurtured... negative are unnatural, leading away from life's primary goals. Negative suggestions could be compared to static sound on an otherwise clear program...

Worry, fear, and doubts are **detrimental** to good health, and these are very often caused by the officially held beliefs of society... Such beliefs discourage feelings of curiosity, joy, or wonder. They inhibit playful activity... they cause a physical situation in which the body is placed in a state of defensive aggression.

Play is a very important – indeed, **vital** – attribute in the development of **growth** and **fulfillment**. When people become ill, worried or fearful, one of the first symptoms of trouble is a lack of pleasure, a gradual discontinuance of playful action, and an over-concentration upon personal problems... Comments such as 'You look tired' and other such remarks often simply reinforce the individual's earlier sense of dejection...

On the other hand, it is an excellent practice to comment upon another individual's obvious zest or energy or good spirit. In such a way, you reward positive behavior, and may indeed begin a chain of positive activity, instead of continuing a chain of negative reactions."

WHAT – WHEN – WHERE – WHY - HOW

“Hypnosis Can Help In Reducing Hot Flashes In Breast Cancer Survivors” (Source: Top News)

A recent study has shown that hypnosis can help in reducing hot flashes among breast cancer survivors. Hot flashes are a significant problem for many breast cancer survivors. This study was done by Dr. Gary Elkins of Baylor University in Waco, Texas, and his team.

Dr. Gary Elkins said that many women must take estrogen-blocking drugs like tamoxifen for years after breast cancer treatment, but "hot flashes can be so severe that some women make a decision to not continue those medications." The importance of this study lies in the fact that it has showed a successful therapy for hot flashes among breast cancer survivors because the current best treatment for hot flashes, estrogen therapy can't be used successfully for most of these women.

In this study, researchers randomly divided 60 breast cancer survivors into two groups- hypnosis group and control group. Researchers analyzed the data collected from 51 women who completed the study. Out of 51 study subjects, 26 study subjects received hypnotic relaxation therapy and 25 study subjects who did not receive treatment.

The study subjects were given 50 minutes' hypnosis sessions. During these sessions patient were helped to reach a deeply relaxed state. Then they were given suggestions for mental imagery to help them relax and feel cool like imagining a walk on a cool mountain path. These women were also given instructions about the ways to practice hypnosis on their own.

Analysis of data showed that the women in the hypnosis group had a 68 percent decrease in hot flashes along with significant decrease in anxiety, depression and insomnia. It means that women in the hypnosis group had 4.39 fewer hot flashes a day as compared to the control group.

Dr. Gary Elkins said: "This study validates that this type of treatment is effective in decreasing hot flashes."

“UKRAINIAN GRANDMA SECRETS”

Did you know? – A little, but helpful tricks...

Stains... When in doubt, you may consider using non-gel toothpaste to remove most stains – even grape juice!

Ink stains on a carpet? – Make a paste of cream of tartar and lemon juice, and dab at the stain. Let it sit for about 5 minutes or so, and clean with a damp cloth.

Tired feet? – Fill a pan with warm water and mix in 3 tablespoons of yellow mustard, and start soaking. Really! It helps!

The cold weather is coming... And here is the second easiest way to **prevent** your car windows **from frosting** over on a cold morning. (Well, the first one is to keep your car in a warm garage... 😊) So, what can you do? – In the evening, rub the windows with a sponge damped with 2 tablespoons of salt in 2 cups of water. Your windows will be frost-free in the morning.

If you ever **burned your dinner**... welcome to the club. To get rid of the smoky scent, simply boil a cup of vinegar in two cups of water for about 15 minutes... Smell's gone.