

APA Newsletter - July

UPCOMING EVENTS

- **Hypnotherapy Certification Course #101**
Jul 24-26
- **By Your Request One Time Only**
Easy Audio Recording - Aug 1
- **Mid America Conference of Hypnotists**
Oct – Will we pay your attendance?
- **Life Between Lives Hypnotherapy Certification**
Oct 8-12
- **New Site...**
TBD
- **Help Wanted**

WHAT'S NEW & EXCITING?

NGH Meeting in August... Will not take place due to the NGH annual convention. However, if you have some ideas about what you would like to learn or review – feel free to share and we will see what we can do for you.

By the way... was the last NGH meeting good or was it good? – What did YOU like about it? Just go to www.APAToday.com/ask and share your thoughts.

Easy Audio Recording... This class was scheduled by your request and will be offered just this **one time only**. So, if you haven't done much recording or created your CDs yet then... now would be good time for you to take advantage of this opportunity.

I will take you by the hand through this “complicated” process. One thing you are going to love about it, is that by the end of this one day of training you will have your confidence back and know exactly what to do and how to do it.

Tuition for this class is set to \$167. As you call to enroll know, that doing so **before /on July 20** saves you \$30 (bringing tuition down to \$137). When you make your plans for this class, make sure to include in them bringing your laptop and microphone. We have USB microphones available for you to use for the class in case you don't have one.

New Site... That's right... we've decided to have a new site where you can take training and video coaching on-line. If there's something you want us to put there ASAP – let us know. And... keep your eye on your Inbox, so you know when the “birthday party” is scheduled for this new baby. 😊

Mid America conference... Will we pay for your attendance? – It's a good question. And the answer is... It depends... ☺ If you refer three students to take 101-103 training this year - we will.

Life Between Lives Hypnotherapy Certification... is coming to our school (!) and will take place on Oct 8-12. You can read more about it on our site. As you go to APAToday.com – the link to this page will be the first thing you'll see.

Not everyone will be able to take this training. The first two pre-requisites are: must be certified hypnotist and must take formal Past Life Regression (PLR) training. There is **one more...** a very specific number (more than 10) PLR sessions.

That's how **"Help Wanted"** came to be... Come to school to have fun traveling in time while helping others to meet their pre-requisites AND... **build your own confidence**. This is what everyone who participated in a first PLR-Session-Swap noticed.

As for now, we have Fridays blocked for this work. Please call us or let us know at www.APAToday.com/ask a) if you would like to participate as a client, b) when or what time spots you can open for this, and c) if you have friends who would like have a free past life regression session.

This "Past Life Regression Marathon" will take place in July & August.

And last but not least... I have received two packages from my mom with... (it is really funny) "Grandma Secrets" magazines – an entire year subscription - can you believe it? I guess knowing me... you know how much I want to share those secrets with you now. I will do my best translating.

To YOUR SUCCESS!

Working with clients with headache? Here is little task you may choose to give them as their "homework" (what we call tasking).

There are certain foods that push very effectively some people's headache buttons. Ask your client to watch (and document on an index card) their responses to:

- Sugar in excessive quantities
- Chocolate & aged cheese
- Sour foods like yogurt or vinegar
- Milk products (especially if your client is lactose intolerant)
- Lunch meats and other cured foods containing nitrates
- Ice cream and other very cold foods. (Ice cream lovers may avoid a headache by eating slowly)
- MSG – found most commonly in Chinese restaurant food
- Salt

When they come to you with their homework, you may use it in your sessions. Sometimes, it can be a three-session habit-changing segment.

In terms of techniques... The "glove analgesia" is not the only thing that can help with controlling physical discomfort level. You can also alter it by displacing it or converting it to something non-painful. When doing so, keep in mind that disturbing pain may not be well localized; such diffuse discomfort is difficult to manage.

In this case, during your session you may choose to suggest your client to concentrate this discomfort into a smaller area, and then to move it from, say, the head or back, to the hands. Then it can be converted as well as displaced.

A pain moved to the hand, for example, may be converted to a tingling in the fingers.

Or another technique... You can ask your client to identify their discomfort level on a scale from 1 to 10. Then “make a picture” of that discomfort. And then start changing the attributes of this picture one at a time.

For visual clients, for example, you can start changing colors, brightness, shape, make it focused or fuzzy, framed or panoramic, etc.

I don't know if you have noticed, but both these techniques can be used for your client work or for **self-hypnosis**, which is really good because it give you an infinite number of opportunities to play with them BEFORE using them with your clients.

To your success!

CONVERSATION CORNER

Every Word Has Power

One of our students “caught” me having this book next to me and she was curious if this book was any good. I told her that it has some good ideas... to have a look at yourself from different point of view and to use with your clients during pre-talk. Here is one of them.

“The neocortex forms the top layer of the cerebral cortex and is the most recent part of the brain to develop. Neocortical inputs are mainly from the frontal lobe, which modulates initiative, imagination, and social awareness. This higher brain function is where your magic formula for happiness begins as you connect with the higher consciousness.

Use of the higher brain produces consistent success in your everyday life... Rather than use it to rescue yourself when you feel less than happy, it's time to learn to utilize it and live in it by “spring cleaning” your language of antiquated middle-brain polarity thought process... by clearing low-energy words from your thoughts, and switching to high-energy words.

Low-energy words accompany low-energy thoughts and emotions – usually these are unconscious beliefs and models we hold for ourselves and the world that are less than supportive...

Most of us have some degree of low-energy self-talk, such as “I am not good enough”, and this low energy spills over into our communication with others. It also acts like **static interference** internally so that goals and desires **might seem** less easy to achieve...

The combination of learning to switch our internal and external dialog and removing limiting beliefs and negative (low-energy) emotions sends the mind clear and intentional signals that beam rewards directly back to us.

When we do this, we create a direct connection to the quantum power of the universal consciousness that we call God, or the Universal Mind: the pure consciousness beyond our known parameters.”

And... as I was typing this... a question popped-up in my mind... Before I tell you what the

question was, let me explain to you how it came to be.

As I was quoting the book, I found myself traveling back in time when I first connected the dots between the words we speak and the experience we have in our lives. Of course – and you know it better than anyone – as a result, I started feeling the same way as I felt then. You know... this tingling or more like “jumping” sensation within that can be described as “How? How do I do that?”

And then I thought, “Hmmm, YOU reading this now may be experiencing almost the same (if not the same) thing...” So, in case if you were wondering... There are tools or techniques that help you to transition smoothly into taking charge of your life. The enhanced knowledge that you discover as a result, has the capacity to take you to a new frontier of human behavioral technology.

And here is my question: Would it be value for you to learn them? – By the time you read this, I will have a little poll set up online at www.APAToday.com/mindmagic - all you have to do is just choose one: yes or no. *Do it now* (before low-energy worries take over).

“UKRAINIAN GRANDMA SECRETS”

Now, I am in “trouble” – I have no idea where to begin, thanks to Ukrainian grandma...

Let’s talk about something that I love – Universe, planets, and healing energies... in a couple of days in July.

Jul 16: Supportive color is orange, stone – cornelian. Pay attention to what you eat, because your body is more sensitive to the food. Also remember that the following organs will need your support: endocrine system, nose, throat and neck, back of the head, ears, and thyroid. To “feed” your blood, today salt is good (but not for those who has lower blood pressure).

Jul 17: color – green, stones – emerald, jade. Protect your ears – simply leave them alone, even cleansing them is a thing to avoid. This is a good day to meditate and take care of your own inner world. Don’t be surprised to receive “secret” messages...

Jul 18: color – red, stones – ruby, onyx, garnet. Your body will appreciate very much massage, acupuncture, or a spa. Sauna today is your body’s dreams come true. Your internal glands will thank you for adding a little bit of good fats in your food.

Jul 21: color – yellow, stones – zircon, selenite. Today is good day for cleansing your house (with flame, blessed water or by burning sage). There is something else you may not know about this day...

This is the day when people **start harvesting blueberries** (berries and leaves) to be used as a **home remedy** for diarrheas, diabetes, and gout. It is also used for ulcer, cleansing blood, and improving eyesight.

July is also good for cleansing your body, especially kidneys.