

APA Newsletter - March

UPCOMING EVENTS

- **Free Self-Hypnosis Workshop**
March 21
- **Advanced Working with the Law**
March 28
- **BTT Training (Free* Tele-Class)**
March 25
- **Past Life & Regression Therapy**
April 3-5
- **NGH Meeting**
April 7
- **Hypnotherapy Certification Course #101**
April 17-19

WHAT'S NEW?

The APA Newsletter... Almost has moved on-line. And here's why. As we are constantly looking for interesting things that will help you in your practice, we've stumbled upon really good information that are in formats that cannot be printed – audio or video. So, what we've decided to do, is to have the newsletter online every month and have it printed let's say every other month or once per quarter. What do you think? Let us know at www.APANewsletter.com/MyVoice

Also... Every time we mail out our newsletter we get many "bounced" letters returned. We REALLY appreciate you taking a couple of minutes to confirm your address at www.APANewsletter.com – We will use this **confirmed list** for our future mailings. It's OK to do it again if you are not sure if you did it before...

How to Strive & Live in Any Economy... learn advanced working with Universal Laws. Has it ever occurred to you that your mind may be your biggest enemy... And now it is even more important for you to identify and draw a distinct line between the two types of human thought IF... you desire the Law to work for you. As a certified hypnotist (or hypnotists to be) you know better than anyone that EVERYONE is governed by the Laws, all 11 of them – whether they know them or not. Find out what is working against you and how you can **rewire** your brain and **tune** your desires to the **right** frequency. Presented by Rev. Patty Pipia, (who is also Certified Hypnotists); March 28, 9:30 AM till 5 PM. Call 847-760-5000 to enroll.

Free BTT Training... The Business Transformation Therapy tele-class will take place at **7:30 PM on March 25th**. Just in case you were not able to attend the first class on March 5th... You can join us on the call for free. A recording of each call will be available for purchase only. As you can see, it DOES pay to allocate some time for **your growth** 😊.

During the first BTT training we were setting up a foundation to assure that you build a healthy business. The workshop lasted 3 hours and everyone who attended found this class to be very valuable and helpful. What was covered? Here is a short summary:

- Unleashing your roadblocks that hold you back
- Business 101
- A "poor dad cycle" many hypnotists running - day after day - without even realizing that and as a result – the number of clients drops as the frustration growth...
- A-B-C's of breaking free from that cycle

Now, if you didn't make it last time, does it mean that you can't join us for the next training? - Absolutely not. You may find yourself asking a "why" type of question more often, but you definitely will benefit from it. Now, it's not too late to join; however it might be later.

As I mentioned before, our next training will take place on **March 25th** at **7:30 PM CST**. Dial-in details can be obtained at www.BusinessTransformationTherapy.com

Before you may think about skipping the next class, think about this... **Only a healthy business is able to provide you with an opportunity to help people. And "knowing" is the first step to healing.**

New definition... The intensive Hypnotherapy Certification class we just had was simply incredible (*thank you, guys!*) Here is a new definition that was born during this class: **GWC**, which means **Goof With Confidence** ☺ – that's when you **learn the best**.

CONVERSATION CORNER

Rapport building "goofs"...

You know better than anyone how important it is to our client success, for us to build trust with them. And rapport plays a huge role in this process.

I don't know about you, but I have a couple of good friends that on the one hand know what I'm doing, on the other hand, they look for help somewhere else. And at the same time, I KNOW I can help them...

At first, I couldn't understand why – why don't they trust me? But then, thanks to a new course I'm going through right now, I had an "AHA" moment. It was not about **them** not trusting **me**. It was about **me** making one of the **most common mistakes** in building rapport.

Wonder what this mistake was? - Building the rapport's depth and ignoring its width. Listen to a short audio snippet to find out if you make the same mistake... And if you do... In about **3 minutes** you'll know how to "un-goof" – I did (with confidence of course).



After listening to this, the first thing I changed in the "let's get together" times, is that I started telling my friends stories – pretty much the same stories I tell you in class and... They really LOVED listening to them. In fact, now... they ask me to tell them more. This is a **very good sign**. That is what's called a "hypnotic rapport hook".

Because this is a **Conversation Corner**... ☺ share your story. Was it just me, or have you also found that even though your friends love you dearly, they simply don't see YOU as a resource for their solution? Do they seek help elsewhere in terms of achieving their goals or improving their health? Just drop your note at:

www.APANewsletter.com/MyVoice
(Thank you for making me feel better ☺)

To YOUR SUCCESS!

Hypno-LearnArama

Our success is not only about our work, it is also about us making excuses to **have fun**. Art came up with an incredible idea (it looks like he's missed teaching a little). "Let's have a Hypno-LearnArama", he said, where we can **re-connect** with other hypnotists and **have some fun while learning** some things that are outside of "hypnotherapy techniques". (Has it ever occurred to you that they may be interesting too? 😊)

The day is set: **May 30th, 9 AM – 4 PM**. One thing **you are going to love** about this hypno-reunion is its **tuition**: 😊 + 😊 + 😊. If your heart desires... you may also bring some cookies.

Here is what is in store for you (so far)... Learn from Art - the creator of the Neuro-Subliminal Communication program - how to read **pre-cognitive** body language. And as you do, you might want to think about how it will **affect all** your relationships in a better way or how much it will **help you** to work with your clients more effectively.

Then, **allow yourself** to manifest abundance and success for yourself, as you experience the Manifesting Abundance and Success hypnosis session, led by Art Leidecker. You will also learn how Art used this exact technique to manifest his success.

To make your experience even better... at some point, you will discover how a two thousand year old method can make your suggestions or affirmations more powerful and effective - for you or your clients. You will also discover why sometimes affirmations simply don't work or deliver opposite to your desired results. Presented in a pure REnglish by me 😊...

To make this time even more exciting... Art will take you through the process of Brain Balancing as you learn how to manage your brain. And as a result, you will find your creativity, peace, harmony, and serenity. You will be amazed at the quick transformation that will take place.

And to top it all up... you will receive free audio CD(s), so you can take this experience home with you. **May 30th, 9 AM - 4 PM**. Each training segment is planned to be about 1.5 hours long. **And yes**, you can bring your friends and/or family with you. Call 847-760-5000.

What's the catch? – A "tougher" early registration rule. The Hypno-LearnArama is free **only** with prior registration. At the door, a \$50 tuition will apply.

Before we move to the next section, there is one more "To Your Success" thing I would like to mention (or ask to be precise). **Would it be a value for you** to get answers to your most pressing questions / concerns (about best ways of getting more clients or cost-effective ways to promote your practice) from our mentors / teachers and friends-marketers? Just go to www.APANewsletter.com/MyVoice and let us hear you.

WHAT – WHEN – WHERE – WHY - HOW

Hypnosis Shown To Reduce Symptoms of Dementia

Forensic psychologist, Dr Simon Duff at the University of Liverpool has found that hypnosis can slow down the impacts of dementia and improve the quality of life for those living with the condition. What was found is that people living with dementia who had received hypnosis therapy showed an improvement in concentration, memory and socialization

compared to the other two treatment groups. Relaxation, motivation and daily living activities also improved with the use of hypnosis.

Dr Duff said: "Over a nine month period of weekly sessions, it became clear that the participants attending the discussion group remained the same throughout. The group who received 'treatment as usual' showed a small decline over the assessment period, yet those having regular hypnosis sessions showed real improvement across all of the areas that we looked at." ~ *Source: ScienceDaily.com*

Hypnosis and Hair Loss...

Dr. Willemsen's team at Free University in Brussels explored hypnosis as a treatment for 21 individuals with extensive hair loss due to **alopecia areata** on 30% or more of their scalp that had lasted for at least three months. These patients, all of whom previously failed to respond to treatment with steroids, were followed for anywhere from six months to six years.

In most cases, the study participants received hypnosis along with some other medical treatment. During the hypnotherapy sessions, which took place once every three weeks, study participants were given various suggestions, such as to imagine the healing effects of the sun's warmth on their scalp.

As per Dr. Willemsen's report, after treatment with a minimum of three to four sessions of hypnotherapy, 12 patients experienced hair growth on at least **75%** of their scalp, and nine of these 12 experienced **total** hair growth.

None of the patients reported any negative side effects due to the hypnotherapy.

~ *Source: News.NineMCN.com*

"UKRAINIAN GRANDMA SECRETS"

Feeling-Looking Your Best Naturally...

Fresh breath "secret"... Instead of spending money on your chemical mouthwash, just squeeze a lemon into a glass of warm water. Hold the liquid in your mouth for about 60 seconds, then spit it out. It tastes much better and costs much less.

Restful night tea... Pour 1 cup of boiling water over 1 teaspoon each of dried passion flower and chamomile. Cover and leave for 10 minutes, then strain it and drink it before bedtime.

Headache-is-gone tea (also good for stress relief)... Pour boiling water over 1 teaspoon each of dried chamomile and... catnip (now you know one of the reasons why they love chewing this thing 😊). Cover and leave for 10 minutes. After that strain, sweeten (if needed), and drink.

When your underarms are feeling... well... not so fresh, put two teaspoons of hydrogen peroxide in a cup of water and wash your pits. It really works.

Sting remedy... Open activated charcoal capsule, add a few drop of water to make a paste, and then apply it on the sting or bite. Leave for 30 minutes to allow it to draw out toxins, and then wash off.