

APA Newsletter - April

UPCOMING EVENTS

- **Hypnotherapy Certification Course #101**
April 17-19
- **BTT Training (Free* Tele-Class)**
April 22
- **NGH Meeting**
May 5
- **Past Life Regression (Free** workshop)**
May 9
- **Hypnotherapy Certification Course #102**
May 16-17
- **Hypno-Learn-A-Rama (Free**, Fun, Exciting)**
May 30

*) Free to attend live **) Prior registration is required. To register, go to FreeWorkshops.APAToday.com

WHAT'S NEW?

APA Newsletter... Thanks to everyone who gave feedback about changing the newsletter format/delivery. And as the majority have spoken... 1) The idea of multi-media format (that delivers information as audio/video in addition to print) was named as a "great idea"; 2) Having all newsletters in one place and available even though "my wife" misplaces a printed copy was actually a relief to many.

So, we have decided to publish our newsletter on-line most of the time. It will save us a lot of time in terms of typing and printing while giving you much more information – thank you.

Free BTT Training... The Business Transformation Therapy tele-class will take place at **7:30 PM on April 22nd** under the following conditions: 1) I have your questions; 2) You do your homework.

The goal of these calls is to help you to move your practice from the point of being almost dead to the point of being happy and healthy. And as with our clients – I can't do it for you. It's your time to make your choices and stick with them, because you know better than anyone, only by reinforcement can we change our (or our business) bad habits.

The good news is, the sooner you start taking care of yourself and start doing the right things, the sooner you begin to live a fulfilled life – the one you've been dreaming about since you've made the decision to become a hypnotherapist.

As I mentioned before, you can obtain recordings of the calls (in case you've missed them or you feel you'll benefit by listening to them more than once).

Key points from the previous calls...

- Business is an independent entity designed to deliver YOU the lifestyle you desire → identify this lifestyle FIRST → Design your business strategy around it →
- Strategy outlines **what** "healthy habits" your business has to have. All "**how to's**" are tactics and without strategy in place they can become very expensive lessons (in terms of money, energy, and the most valuable asset - time).

- **Four areas** for your business's "healthy habits" development are: Allocating (your customers) → Attracting / Getting them → Keeping them → Growing them. (We have talked about the first one. If you weren't on the call, you will benefit greatly from listening to the recording.)
- **There are many ponds to fish.** Allocate the one that has: a) has a lot of **hungry** fish and b) not so many fishermen.
- Your easy-to-swallow-and-follow "To Do" steps are published at www.BusinessTransformationTherapy.com/steps/

April NGH Meeting... Toni Winninger was sharing her knowledge and her experiences. After the meeting, we had a couple of students asking about possibly listening to the recording of her presentation. I am not sure if it is OK to publish the entire meeting, but... You can listen to part of it in the **Conversation Corner** section.

CONVERSATION CORNER

Toni Winninger & "The Masters' 10 Affirmations for 2009"

During her presentation, Toni talked about how she discovered her ability to channel and how her four books came to be.

She also shared with us 10 affirmations for 2009 she has "received" from the "Masters". Here they are:

I intend to:

- Became aware of my true nature
- Love all souls, even those whose choice of lessons does not appeal to me
- Fully accept myself as I am, which is necessary for my chosen path
- Learn to banish fear so I can see the lesson within
- Understand my chosen lessons
- Trust in the Universe, knowing it will send me only what I can endure
- Know I create my own reality and have the power to meet all my needs
- Release my ego to enjoy fully my soul's unconditional love
- Commune daily in love with my soul's companions
- Have faith in myself because I am divine

For more affirmations visit www.MastersOfTheSpiritWorld.com



Click the NGH April link to listen to the Toni's presentation → [NGH April Meeting](#)

Here are the books Toni was talking about:

- Talking With Masters of the Past
- Healing with the Universe, Medication, and Prayer
- The Masters' Reincarnation Handbook: "Journey of the Soul"
- A Conversation about Death

Read what Toni said **before** we clicked the *Record* button on-line: [April 2009](#)

To YOUR SUCCESS!

Ever wonder how to make any of your scripts 3-5-10 times more effective?

There are many things that can “spice” any script you choose to work with.

One of them is to “bridge” paragraphs using so called magic words. One thing you are going to love about including them into your work is how easy it is to incorporate them. In fact, at the moment you start doing it and SEE the results, you will find yourself using them ALL the time, not just in your office.

Curious what those words are?

- As...
- And...
- Because...
- Which means...

Here is how it works. Let’s say, I have chosen to use a script that has the following: “Imagine that you are going on a picnic, going with your favorite people to a special place for a picnic. You have your favorite things to eat and drink. You can see and smell and taste them.”

Now, just add the “magic” words in between... “Now, as you imagine that you are going on a picnic... and you are going with your favorite people to a special place for a picnic. Now, because you have your favorite things to eat and drink... it means that you can see and smell and taste them...”

What’s the difference? You simply take your client through experience (subconscious mind language) instead of telling what to do (conscious mind thing). To make it even more powerful, I would include a couple of double-binds and...

One more thing we have found to be very important to know. Unfortunately, we have very little time to talk about it during our certification training...



Click the *Getting Better at What You Do* link to listen → [Getting Better at What You Do](#)

Check the [April Issue](#) to see where you can learn more about making your words more powerful

WHAT – WHEN – WHERE – WHY - HOW

Evidence about the power of intention

Intention is defined as a directed thought to perform a determined action. Thoughts targeted to an end can affect inanimate objects and practically all living things from unicellular organisms to human beings.

All living organisms emit a constant current of photons as a means to direct instantaneous

nonlocal signals from one part of the body to another and to the outside world.

Biophotons are stored in the intracellular DNA. When the organism is sick, changes in biophotons emissions are produced.

Direct intention manifests itself as an electric and magnetic energy producing an ordered flux of photons. Our intentions seem to operate as highly coherent frequencies capable of changing the molecular structure of matter. For the intention to be effective it is necessary to choose the appropriate time. In fact, living beings are mutually synchronized and to the earth and its constant changes of magnetic energy.

It has been shown that the energy of thought can also alter the environment. Hypnosis, stigmata phenomena and the placebo effect can also be considered as types of intention, as instructions to the brain during a particular state of consciousness. Cases of spontaneous cures or of remote healing of extremely ill patients represent instances of an exceedingly great intention to control diseases menacing our lives.

The intention to heal, as well as the beliefs of the sick person on the efficacy of the healing influences, promote his healing. In conclusion, studies on thought and consciousness are emerging as fundamental aspects and not as mere epiphenomena that are rapidly leading to a profound change in the paradigms of Biology and Medicine.

Source: PubMed.gov

“UKRAINIAN GRANDMA SECRETS”

Feeling-Looking Your Best Naturally...

Toothache-is-gone... Place 1-2 drops of clove essential oil on a cotton ball and dab onto the sore area.

Insect repellent... Here is some more catnip again ☺ Rub fresh catnip leaves over the exposed skin or... use the extract of catnip.

Fever? Mix 1½ teaspoons cream of tartar with ½ teaspoon lemon juice in a pint of water, flavored with honey. Drink a glass a few times a day.

Cold remedy... Finely chop a few garlic cloves, cover with honey and leave for 2-3 hours. Take one teaspoon several times per day.

Tension headache? Massage a few drops of eucalyptus oil into your forehead as you sniff the oil at the same time.

Also... You may choose to mix 2 tablespoons of ground ginger with a little of water and warm gently in a saucepan. Spread the mixture onto a washcloth, and then lie down in a dark and quiet room with the cloth pressed on your forehead.