

APA Newsletter – November

UPCOMING EVENTS

- **Hypnotherapy Certification Intensive***
Course #101-103, **Nov. 17-23**
- **Free** Past Life Regression Workshop**
Nov. 15
- **HAPPY THANKSGIVING! ☺**

**) – Read details below*

- **NGH Meeting*****
Dec. 2
- **Free** Working With the Law Class**
Dec. 13
- **Neuro-Subliminal Communication**
Feb. 21-22
- **Past Life Regression Certification**
Apr. 3-5

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?**

The answer is rather simple: any professional certification works pretty much the same way as the year of a car purchase with the only one difference: when a car gets older it loses its value, while **the more your certification "ages" the more credibility it adds** to your name.

What does it mean to you? More Credibility = More Trust = More Clients

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

****) Free Workshops...** With Past Life Regression you may be familiar. Your fun will begin at 10 AM and will continue until 1PM. Come by yourself or bring your friends... The trick is that advanced registration is required for a free attendance.

At the door, it will be \$35. The same is true for our second workshop that is coming in December. This free workshop "**Working With the Law**", will unleash the true principles for successful living.

During our hypnotherapy certification training we covered three universal laws. Has it occurred to you that there could be more than that? Actually, there are **11** of them. This class is prepared by Reverend Patti Pipia, who is our graduate and Certified Hypnotherapist. As a minister and spiritual counselor, she has been invited to speak about the laws of the universe in many places and now YOU can benefit from her knowledge as well.

To register for both events, call **847-760-5000** now. When calling, remember to let us know if you are bringing a friend.

*****) NGH Meeting in December (Christmas Party!)...** This is this time of the year, again... when we meet to celebrate the holiday season, meet with friends, and allow ourselves to take some time and enjoy the company. We will start as usual, at 7:30 PM. However, come a little early, so we could set up tables. Your favorite meal (made by you, of course ☺) is welcome and greatly appreciated.

Neuro-Subliminal Communication Class... Is scheduled again – yahoo! Now, many of you regretfully missed the last time we had this class. (Needless to remind you that the last time we had it was more than a year ago.) So, even though the Ns-C class is scheduled to take place in February, please mark your calendar **now** to make sure that you take advantage of the “early bird” tuition and you take it this time. Next time very well could be another year apart. We use NsC all the time when speaking with people. It’s also very helpful with clients.

This class will be presented by Art Leidecker, the founder of our school. To enroll, call **847-760-5000**. “Early bird” tuition is \$295.

And last but not least... a course that SO many of you have requested. **Past Life and Regression Certification** training will take place on April 3-4-5 of the next year and will be presented by Paul Aurand. Registration for this course has already begun. Early bird tuition is \$595. (Payment plan with some restriction is available.) To enroll, call **847-760-5000**.

If you are interested to take your skills to the next level, it’s time for me to let the cat out and tell you that I was talking to Paul about bringing to you the **Life Between Lives (LBL) Hypnotherapy Regression** certification training that is provided through the Michael Newton Institute.

If you didn’t know, Paul Aurand is a lead trainer and President of this institute. And he said that this **6-day** comprehensive training has a couple of **pre-requisites**: 1) Hypnotherapy Certification; 2) Past Life Regression training. So, if your goal is to grow and be able to help your clients to grow as well, I thought that you would like to know what’s in store for you. We are planning to have LBL training later on next year. But... **first things first**: Past Life Regression Certification training.

To YOUR SUCCESS!

Are you learning how to fish or asking for sea-food?

From my 1-on-1 calls I have found a very clear pattern. Most of you I had a conversation with have one thing in common: thinking tactics, not strategy.

Why is it important for you to **know** the difference?

So **you know why** you’ve been running like a squirrel on a treadmill all this time getting the same results over and over again.

By the subtitle of this section you must’ve guessed already that thinking tactics is pretty much asking for fish, while thinking strategy is learning how to fish.

Remember, your practice is like another type of client. This type however, is different in the way that if other clients **you choose**, this one is **just is** – as long as your desire is to have a successful practice. And you have to take care of this client to be successful.

When you took our certification course we gave you strategy. Remember the 5 components of a successful client session? Guess what, all of them pretty much apply to your practice.

When you work with your client, does it really matter how you are going to hypnotize them if you don’t know the goal for your session? Will your client succeed in this case? – Hard to say when neither success nor goals were defined.

S. Covey in his “7 Habits of Successful People” listed “**Begin with the end in mind**” as habit #2. Isn’t it what we start when we assess our clients’ issues?

Go ahead, schedule a first session with your practice. That's right, put it on your calendar (the sooner the better) so you can spend some time on goal and success definitions.

It's OK for me to refer to your practice as a successful practice. But it is not OK for you not to **see clearly** what this successful practice of yours actually is.

How big is it? Is it a one-man operation or a clinic? What type of clients does it help? What is its specialty? How many clients per day, per week are helped? How many charities are supported? What type of life-style does its owner has?

Remember: your practice is a business. And a business is an independent entity that was designed to deliver you a lifestyle that you desire to have. And only when you think strategy **you have a business**, otherwise... the **business has you**.

CONVERSATION CORNER



Book in our store "Healing with Universe, Meditation, and Prayer"

(By Pete Watson Jenkins and Toni Ann Winninger)

I personally found this little book to be very helpful. In fact, this book has become the "missing puzzle" that helped me to succeed with clients that have had very serious medical issues. That's why we've decided to make it available for you as well. Here are some thoughts from the book about different healing therapies.

"Allopathic (conventional) Medicine... treats the symptoms that are a result of these conditions in the *living shell* of the body caused by the mind's intention or pre-arranged lesson plans. Medicine alleviates some of the symptoms, but doctors can't really cure anything without the initiative of the soul in reversing those conditions that caused the ailment in the first place. Allopathic medicine can be effective in shifting or turning on and off the bacterial or viral infections... or repositioning a broken bone. Mostly, however, allopathic medicine masks the symptoms for whatever work the soul needs to do, rather than really effecting a permanent cure...

Psychiatry, counseling and inspirational techniques... are useful providing that they are geared toward allowing the machinations of the ego to integrate with its spiritual aspects (the heart and soul), and not just mind games where only coping skills are given.

If the practitioner deals with the problem in such a way that the intellect can go inside to feel, analyze, and determine if the thoughts generated are destructive, and if they address those issues... then they are excellent. But if the methods are just ways to divert your thinking from one issue to another, they're worthless...

Hypnotherapy... If the client enters hypnosis with an open mind and doesn't fight or try to control what is going on, hypnotherapy is excellent, because it is one of the fastest ways to get the person into themselves, in touch with their souls, their higher self, and to get to the root cause of their disease...

Past-life regression allows people to get into things experienced in prior lives, which they have brought forward into the current life because they didn't complete the lesson... Talking to the soul or to the higher self (the unconscious mind if you will) taps into the authentic person without outside influence. This is where true awareness begins... However there are qualifiers. The hypnotist must also be a therapist who can feel where the soul is in its journey and must allow the client to direct the procedure and not just implant thoughts or coping skills into that person's subconscious..."

WHAT – WHEN – WHERE – WHY - HOW

Life Between Lives Hypnotherapy

Because I mentioned this technique before and it is possible that not everyone knows about it, here are a couple words about LBL to “feed” your curiosity.

You can think of this technique as a journey into the world of spirit. Dr. Michael Newton, the creator of the technique, said “Having a conscious knowledge of their soul life in the spirit world and a history of physical existences on planets gives people a stronger sense of direction and energy for life... We are divine but imperfect beings who exist in two worlds, material and spiritual. It is our destiny to shuttle back and forth between these universes through space and time while we learn to master ourselves and acquire knowledge. We must trust in this process with patience and determination. Our essence is not fully knowable in most physical hosts, but Self is never lost because we always remain connected to both worlds.”

Over the past **40 years** many methods to promote access to higher spiritual states of consciousness have been developed and described. Meditation practices... out-of-body techniques and hypnotic regression are actively researched, written about in popular books, and practiced by many. Why such powerful methods are now becoming widely available is speculative, but it appears at this juncture in the history of humanity there is a need for transcendent spiritual experiences to be made available to more than a disciplined few. These are difficult times from both a social and spiritual perspective.

Life-Between-Lives (Spiritual) Regression is a means to consciously experience our own permanent identity and the realm in which our soul resides, while answering the fundamental questions...“Who Am I?” and “Why Am I Here Now?”. LBL assists individuals in realizing themselves as spiritual beings...not through belief, but through an actual conscious experience of that heritage. As a result of a deepened perception of one's own immortal soul, values - and the priorities, emotions, and actions that spring from them - change.

“UKRAINIAN GRANDMA SECRETS”

Holiday cooking is coming... Here is a couple of a little, but helpful “food” tricks...

A great way to **keep your fruit and veggies fresh...** Just wrap them in a paper towel before storing them in the bottom of your fridge. (Well, a true Ukrainian recipe would be using a newspaper, not paper towel.)

Cake frosting savior... To keep your cake frosting moist, just add a pinch of baking soda to the recipe. It will stop the frosting from cracking.

Your kitchen appliances “trick”... (I know, it is not food, but... it IS cooking related, plus... it can be used with anything that requires an electric outlet.) If an electric plug on an appliance fits too snugly and it is difficult to pull out, rub its prongs with a soft lead pencil and it will start “behaving” much better moving in and out easily.

Cooking a roast... in a Dutch oven? Here is a “Russian” way to avoid using a separate pot for your veggies: just invert the Dutch oven's lid, line it in foil, and roast your veggies on top. It saves cleanup and space too!

Another “appliances” related tip... To remove annoying tough food stains from **cutting boards**, cut a lemon in half; squeeze the juice onto the soiled surface, rub, and let sit for 20 minutes. Rinse with water. It works on both plastic and wooden boards.