

Welcome to Hypnotherapy.com.au enews Number 61

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Hi, I'm Lyndall Briggs of Kingsgrove Hypnosis & Counselling Centre. As a therapist, my goal is to support you to stop going around "Life's Vicious Circle" and get back on to the path to your "Palace of Possibilities" where you will become more optimistic, relaxed, motivated and confident; freeing you to achieve your personal & career potential. We start by uncovering the obstacles to your success, letting go of the burdens of the past such as bad habits, relationship issues, pain, fear, depression or stress. I am a professional psychotherapist and have been in practice for many years. As well as providing a safe, confidential caring environment, I assist people to create changes that they want to make in their lives on a one on one basis. Therapy can help people in their lives, help heal them, change the way they feel and bring about emotional repair and healing. Please feel free to give me a call and we can discuss if my services will be of advantage to you. You only get one chance at life. Make the most of it!!!

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No trees were destroyed in the sending of this message. However, a large number of electrons were significantly inconvenienced.

1. Inspirational Quotes

"It's precisely the disappointing stories, which have no proper ending and therefore no proper meaning, that sound true to life." ~ Max Frisch

"Hope is the companion of power, and the mother of success; for who so hopes has within him the gift of miracles." ~ Samuel Smiles

"The very least you can do in your life is to figure out what you hope for. And the most you can do is live inside that hope. Not admire it from a distance but live right in it, under its roof." ~ Barbara Kingsolver

"Work is not always required ... there is such a thing as sacred idleness, the cultivation of which is now fearfully neglected." ~ George MacDonald
When was the last time you did absolutely nothing?

"Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time." ~ Sir J. Lubbock



I had a very hectic day today
Seems nothing I did went my way.
I fretted and stewed and worried,
Rushed here and there, always hurried.

Then I recalled what my granny would say,
"This too, my dear, will pass away."
Finally evening came and I was alone
With a little time to call my own.

I breathed a sigh into the air,
For now it seemed I hadn't a care.
But in my memory, I heard granny say,
"This too, my dear, will pass away."

So, I snuggled in for a good nights rest
Vowing tomorrow just to do my best
For when troubles come they never stay
And good times seem to hurry away.
Granny was right when she would say,
"This too, my dear, will pass away."

Enjoy the good times while they're here
And face the bad times without fear
For nothing on earth lasts forever
Each moment of life we must savor.
Live life and love while you may,
For this too, my dear, will pass away.

© Lora Cox

They have a great anti whaling game too.... the whales fight back!

The following is some statistics about the world today:

Earth today

• If you don't like the domain name or find it hard to spell use worldometers.info

• The data is somehow correct for 2003 ~2004 years

• Requires JavaScript enabled

• Site loves fast computers

• Site uses your computer's clock, so if you are curious how much we will have HIV infected in 2050 then just change your system time to 2050.

Please note that it will just calculate values based on current statistic because I'm not Nostradamus and I can't see the future :)

• Most of the stats is pretty accurate, but there are some inaccurate ones. I'm working on it

Population

5,840,000,000

current Earth population

4.44/sec.

births this year

4.44/sec.

births today

1.67/sec.

deaths this year

1.67/sec.

deaths today

Government & Economics

108/hr.

\$USD millions spent on education

60,000/hr.

\$USD million spent on Military

189

countries in U.N.

4,104/hr.

cars produced in this year

12,456/hr.

bicycles produced in this year

9,612/hr.

computers sold in this year

Education

108/hr.

books published in this year

60,000/hr.

newspapers printed in this year

1,450,800/hr.

movie visitors in this year

4,466,800/hr.

hours spent in internet

Environment

1296/hr.

hectars of lost forest this year

720/hr.	hectars of lost forest, due to the soil erosion this year
2.7 mil/hr.	erosion of the topsoil (metric tons) this year
2.5 mil/hr.	emission of carbonic gas (co2) (metric tons) this year
1692/hr.	acres of desert, generated because of inept management in this year
66,600/hr.	miles Earth has travelled in space within our Solar System
6,575,000	Earth's weight in billion tons
4,500,642,531	age of Earth
360,000/hr.	lighting strikes this year
14,800/hr.	tons of human biological waste (a.k.a. poo) total
10,440/hr.	tons of caught fish in this year

Food

0.08/sec.	tons of produced food this year
1,372,666/sec.	millions of calories, consumed this year
47855/sec.	millions of grams of protein consumed in this year
180,000,000	underweight kids right now
273,750,000	hungry people right now
\$1078/sec.	dollars, spent on diet in the USA this year

Energy

377.9/sec.	produced energy this year ¹
358.3/sec.	consumed energy this year ²
138.2/sec.	consumed oil this year ³
114.6/sec.	consumed coal this year ⁴
86,899/sec.	amount of solar energy which has acted on the Earth this year ⁵

All values are measured in metric tons, a coal equivalent. On these norms, the world will make and will consume energy this year (in metric tons of coal equivalents):

- 1) manufacture of energy: 11.9 billion
- 2) consumption of energy: 11.2 billion
- 3) consumption of oil: 4.3 billion
- 4) consumption of coal: 4.3 billion
- 5) a solar energy getting on a surface of the Earth: 2 700 billion

5. Metaphor ~ FOUR WIVES.....

Once upon a time there was a rich King who had four wives. He loved the 4th wife the most and adorned her with rich robes and treated her to the finest of delicacies. He gave her nothing but the best. He also loved the 3rd wife very much and was always showing her off to neighbouring kingdoms. However, he feared that one day she would leave him for another. He also loved his 2nd wife. She was his confident and was always kind, considerate and patient with him. Whenever the King faced a problem, he could confide in her, and she would help him get through the difficult times.

The King's 1st wife was a very loyal partner and had made great contributions in maintaining his wealth and kingdom. However, he did not love the first wife. Although she loved him deeply, he hardly took notice of her!

One day, the King fell ill and he knew his time was short. He thought of his luxurious life and wondered, "I now have four wives with me, but when I die, I'll be all alone."

Thus, he asked the 4th wife, "I have loved you the most, endowed you with the finest clothing and showered great care over you. Now that I'm dying, will you follow me and keep me company?" "No way!" replied the 4th wife and she walked away without another word. Her answer cut like a sharp knife right into his heart.

The sad King then asked the 3rd wife, "I have loved you all my life. Now that I'm dying, will you follow me and keep me company?" "No!" replied the 3rd wife. "Life is too good! When you die, I'm going to remarry!" His heart sank and turned cold.

He then asked the 2nd wife, "I have always turned to you for help and you've always been there for me. When I die, will you follow me and keep me company?" "I'm sorry, I can't help you out this time!" replied the 2nd wife. "At the very most, I can only walk with you to your grave." Her answer struck him like a bolt of lightning, and the King was devastated.

Then a voice called out: "I'll go with you. I'll follow you no matter where you go." The King looked up, and there was his first wife. She was very skinny as she suffered from malnutrition and neglect. Greatly grieved, the King said, "I should have taken much better care of you when I had the chance!"

In truth, we all have the 4 wives in our lives:

Our 4th wife is our body. No matter how much time and effort we lavish in making it look good, it will leave us when we die.

Our 3rd wife is our possessions, status and wealth. When we die, it will all go to others.

Our 2nd wife is our family and friends. No matter how much they have been there for us, the furthest they can stay by us is up to the grave.

And our 1st wife is our Soul. Often neglected in pursuit of wealth, power and pleasures of the world. However, our Soul is the only thing that will follow us wherever we go. Cultivate, strengthen and cherish it now, for it is the only part of us that will follow us to the throne of God and continue with us throughout Eternity.

Thought for the day: Remember, when the world pushes you to your knees, you're in the perfect position to pray. Thanks Lyn Macintosh

6. Jokes

A woman arrived at the Gates of Heaven. While she was waiting for Saint Peter to greet her, she peeked through the gates. She saw a beautiful banquet table. Sitting all around were her parents and all the other people she had loved and who had died before her. They saw her and began calling greetings to her "Hello - How are you! We've been waiting for you! Good to see you."

When Saint Peter came by, the woman said to him, "This is such a wonderful place! How do I get in?" "You have to spell a word," Saint Peter told her. "Which word?" the woman asked. "Love." The woman correctly spelled "Love" and Saint Peter welcomed her into Heaven.

About a year later, Saint Peter came to the woman and asked her to watch the Gates of Heaven for him that day. While the woman was guarding the Gates of Heaven, her husband arrived. "I'm surprised to see you," the woman said. "How have you been?"

"Oh, I've been doing pretty well since you died," her husband told her. "I married the beautiful young nurse who took care of you while you were ill. And then I won the multi-state lottery. I sold the little house you and I lived in and bought a huge mansion. And my wife and I travelled all around the world. We were on vacation in Cancun and I went water skiing today. I fell and hit my head, and here I am. What a bummer! How do I get in?"

"You have to spell a word," the woman told him. "Which word?" her husband asked.

"Czechoslovakia."

Moral of the story: Never make a woman angry... There will be Hell to pay later!

Here are some signs and notices written in English, more or less, that were discovered in hotels throughout the world.

In a Tokyo Hotel: Is forbidden to steal hotel towels please. If you are not a person to do such a thing is please not to read notice.

In a Bucharest hotel lobby: The lift is being fixed for the next day. During that time we regret that you will be unbearable.

In a Belgrade hotel elevator: To move the cabin, push button for wishing floor. If the cabin should enter more persons, each one should press a number of wishing floor. Driving is then going alphabetically by national order.

In a Paris hotel elevator: Please leave your values at the front desk.

In a hotel in Athens: Visitors are expected to complain at the office between the hours of 9 and 11 A.M. daily.

In a Yugoslavian hotel: The flattening of underwear with pleasure is the job of the chambermaid.

In a Japanese hotel: You are invited to take advantage of the chambermaid.

In an Austrian hotel catering to skiers: Not to perambulate the corridors during the hours of repose in the boots of ascension.

On the menu of a Swiss restaurant: Our wines leave you nothing to hope for.

On the menu of a Polish hotel: Salad a firm's own make; limpid red beet soup with cheesy dumplings in the form of a finger; roasted duck let loose; beef rashers beaten up in the country people's fashion.

Outside a Hong Kong tailor shop: Ladies may have a fit upstairs.

In a Bangkok dry cleaners: Drop your trousers here for best results.

Outside a Paris dress shop: Dresses for street walking.

In a Rhodes tailor shop: Order your summers suit. Because is big rush we will execute customers in strict rotation.

From the Soviet Weekly: There will be a Moscow Exhibition of Arts by 150,000 Soviet Republic painters and sculptors. These were executed over the past two years.

A sign posted in Germany's Black Forest: It is strictly forbidden on our black forest camping site that people of different sex, for instance, men and women, live together in one tent unless they are married with each other for that purpose.

In a Zurich hotel: Because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose.

In an advertisement by a Hong Kong dentist: Teeth extracted by the latest Methodists.

In a Rome laundry: Ladies, leave your clothes here and spend the afternoon having a good time.

In a Czechoslovakian tourist agency: Take one of our horse-driven city tours - we guarantee no miscarriages.

In a Swiss mountain inn: Special today - no ice cream.

In a Bangkok temple: It is forbidden to enter a woman even a foreigner if dressed as a man.

In a Tokyo bar: Special cocktails for the ladies with nuts.

In a Copenhagen airline ticket office: We take your bags and send them in all directions.

On the door of a Moscow hotel room: If this is your first visit to the USSR, you are welcome to it.

In a Norwegian cocktail lounge: Ladies are requested not to have children in the bar.

In a Budapest zoo: Please do not feed the animals. If you have any suitable food, give it to the guard on duty.

In the office of a Roman doctor: Specialist in women and other diseases.

In an Acapulco hotel: The manager has personally passed all the water served here.

In a Tokyo shop: Our nylons cost more than common, but you'll find they are best in the long run.

From a Japanese information booklet about using a hotel air conditioner: Cools and Heats: If you want just condition of warm in your room, please control yourself.

From a brochure of a car rental firm in Tokyo: When passenger of foot heave in sight, tootle the horn. Trumpet him melodiously at first, but if he still obstacles your passage then tootle him with vigour.

Phone God

An American decided to write a book about famous churches around the world. So he bought a plane ticket and took a trip to Orlando, thinking that he would start by working his way across the USA from South to North.

On his first day he was inside a church taking photographs when he noticed a golden telephone mounted on the wall with a sign that read "\$10,000 per call". The American, being intrigued, asked a priest who was strolling by what the telephone was used for. The priest replied that it was a direct line to heaven and that for \$10,000 you could talk to God. The American thanked the priest and went along his way.

Next stop was in Atlanta. There, at a very large cathedral, he saw the same golden telephone with the same sign under it. He wondered if this was the same kind of telephone he saw in Orlando and he asked a nearby nun what its purpose was. She told him that it was a direct line to heaven and that for \$10,000 he could talk to God. "O.K., thank you," said the American.

He then travelled to Indianapolis, Washington DC, Philadelphia, Boston and New York. In every church he saw the same golden telephone with the same "\$10,000 per call" sign under it. The American, upon leaving Vermont decided to travel to AUSTRALIA to see if Australians had the same phone.

He arrived in Australia, and again, in the first church he entered, there was the same golden telephone, but this time the sign under it read "40 cents per call." The American was surprised so he asked the priest about the sign. "Father, I've travelled all over America and I've seen this same golden telephone in many churches. I'm told that it is a direct line to Heaven, but in the US the price was \$10,000 per call.

Why is it so cheap here?" The priest smiled and answered,

"You're in Australia now, son - it's a local call".

7. Motivational Boundaries - By don Miguel Ruiz

There are two kinds of boundaries we use when dealing with people, the boundaries we use when we don't have awareness, and the boundaries we use when we do have awareness. Usually we create boundaries in places where we can be hurt. We have emotional wounds in our minds, and if someone touches our wounds we have emotional pain. To feel safe in our interactions with people, we put boundaries around every emotional wound. These boundaries create a box that restricts us. When we heal the

emotional mind, we no longer have those wounds, and the boundaries disappear. When they disappear, we create a new set of boundaries, this time with awareness.

The second set of boundaries we create is because of other people's wounds, so we don't allow other people to give us their emotional poison.

When we are young, we play with other children to have fun, not to insult them or to give them our poison. As adults, we also want to have relationships that we enjoy. We don't want poison like anger, jealousy, or envy. We don't want each other's garbage. When get together, it's because we want to share our love and our joy.

When we are no longer wounded, and we are in a relationship, we can put up boundaries to restrict another's poison. We call that respect.

We don't want to have relationships that are disrespectful to us. For example, if I am in a relationship with someone and that person tries to control me, I can tell them, "Okay this is the limit. Don't cross this limit. You can be with me or not, but if you stay with me don't try to control me. Give me my space, and I will give you your space. I deal with my garbage, you deal with your garbage. If you are cranky, I will give you space. You can be cranky, it's okay, there's nothing personal. I respect you, and I want respect also. If you don't respect me, I will not stay with you and it doesn't mean that I don't love you, no... I love you. But if I'm not being respected, I will leave and you can be with someone who is the way you want them to be."

We can create acceptable boundaries with people whose emotional poison we do not want to eat. When we respect ourselves, we will not allow disrespect from anybody else. This is not selfishness, it's self love. The controlling aspect is selfishness, wanting a partner to stay with us even if we are in hell. If we go into relationships because, "Oh I need you so much," it's selfishness, not self love.

We need to understand that self love is completely different from selfishness. Self love come from integrity. We recognize our integrity through our feelings. The feelings we have are real. If we don't feel good it's because something is not right. If we feel anger, we know that something is not right. If we feel envy or jealousy, something is not right. Jealousy is not bad, anger is not bad either. These emotions are telling us when something is not right.

Repressing emotions is not the answer...to change the cause of the emotions is the answer. If we feel anger or jealousy, we have to take one step back to see what is causing those emotions. If we change the cause, the affect also will change.

A love relationship should be based in respect. And that's why we put boundaries on our relationships. The boundary is not, "Don't touch me because I can get hurt." The

Jen Barnes has now come on board to help me develop the site; it is so much fun working with her. We are looking at putting some amazing products up for sale as well as creating a site with reams of easy to access information.

Our little girl, Omm, has finally arrived from Thailand. She has been here three weeks and is already going to mainstream school. It is lovely to have a child in the house again; you get to see things in a different light. I even have to think about school holidays! I have been right out of touch with that thinking.

I really hope you are all OK with this amazing weather we have been having. Last week we had a black out for nearly 24 hours, now there's an adventure for you. It is remarkable that you forget how much you rely of electricity. No phones, no light, NO COMPUTER, no TV, no music, lucky we had a pack of cards to keep us entertained in the candle light. And lucky we have gas for cooking and heating, but I was very worried our tropical fish would get cold. It also gives you a taste of what so many people live like every day and makes you humble and grateful and not take things for granted.

I have been made a fellow of the ACA (Australian Counselling Association) and am now on their board as the Hypnotherapy Liaison Person, this is a real honour for me. I am off to Brisbane in a couple of weeks to a meeting of all of the heads of the hypnotherapy associations as we are creating a peak body to be able to lobby government and health funds to recognise Hypnotherapists.

Well my intention was to make this shorter by half – didn't quite make it but it is 10 pages shorter than the last one, it will get there.

That's all for now so, I send you warm fuzzie feelings and good wishes.

Thankyou all for being part of my life,

Regards,

Lyndall

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Without Adam and his team's unstinting help and professional support this newsletter would not be, he also looks after our website www.hypnotherapy.net.au , www.asch.com.au - Thankyou.

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Please be aware that nobody else has access to this mailing list.

Thank you for reading my newsletter - I hope you enjoy reading this as much as I enjoy putting it together for you. May you attain all your goals and reach your dreams with a well balanced, fulfilling life! I wish you good health, happiness and success in all you strive to achieve! Let's start an epidemic of achievers and cheerful people!!

Request

I would like to make this a good fun read, so if any of you have any suggestions/contributions please, please let me know. Credit will be given to any contributors. Please FORWARD this on to everyone you can think of and feel free to copy whatever you want.

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ANSWER

The five letter word is CLOWN.

After seeing #2, we know that the letters D, E, R, B, and Y are not in the word. So the three common letters in #1 are W, O, and L.

The common letter in #3 has to be O because we know W, O, and L are in the word. So O is the third letter. We already know that B, R, and D aren't in the word, and now we know that A also isn't.

The two common letters in #4 are C and L because we already know that E, A, and R are not in the word. C and L are in the right place, so the first three letters in the word are C, L, and O. The common letter in #5 has to be N because we already know that Y, E, A, and R are not in the word. N is in the right place, making it the last letter of the word.

We have C L O _ N, and we can fill in the fourth letter. We know from the top that W is in the word, so we just insert it as the fourth letter to spell CLOWN.