

Welcome to Hypnotherapy.com.au enews Number 62

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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!!!

Contents

1. Inspirational Quotes
2. Joe Mazzella ~ Our Perfect Design
3. Puzzle
4. Wild Trivia
5. Metaphor ~
6. Jokes
7. Motivational ~ The River of Money
8. Personal

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

Something for the cold season! Stops coughing, works 100% of the time?

Although the scientists at the Canada Research Council (who discovered it) aren't sure why. To stop nighttime coughing in a child (or adult as we found out personally), put Vicks Vaporub generously on the bottom of the feet at bedtime, then cover with socks.

Even persistent, heavy, deep coughing will stop in about 5 minutes and stay stopped for many, many hours of relief. Works 100% of the time and is more effective in children than even very strong prescription cough medicines. In addition it is extremely soothing and comforting and they will sleep soundly.

I heard the head of the Canada Research Council describe these findings on the part of their scientists when they were investigating the effectiveness and usage of prescription cough medicines in children as compared to alternative therapies like acupuncture.

Just happened to tune in A.M. Radio and picked up this guy talking about why cough medicines in kids often do more harm than good due to the chemical makeup of these strong drugs so, I listened. It was a surprising finding and found to be more effective than prescribed medicines for children at bedtime, in addition to have a soothing and calming effect on sick children who then went on to sleep soundly.

An adult friend tried it on herself when she had a very deep constant and persistent cough a few weeks ago and it worked 100%! She said that it felt like a warm blanket had enveloped her, coughing stopped in a few minutes and believe me, this was a deep, (incredibly annoying!) every few seconds uncontrollable cough, and she slept cough-free for hours every night that she used it. So, if you have grandchildren, pass it on. If you end up sick, try it yourself and you will be absolutely amazed by the effect. What do you have to lose?

Find out which ArchAngel was assigned to the day your were born!!

<http://www.angelhaven.com/aod/>

Keep cats off counters

If Felix insists on jumping on your kitchen counter, you can discourage him even when you are not around. Just stick a few strips of 2-sided tape on your counters. Cats don't like the feel of the sticky tape on their paws, and after a few experiences with it, they will find your countertops a much less attractive place to hang out.

Nine Steps to Better Sleep

In 1965, a 17 year-old college student tried to set a world record for staying awake. During his quest he experienced the following symptoms: visual and auditory hallucinations, increased heart rate, low blood pressure, and psychosis. After 264 hours and 12 minutes (just over 11 days), he collapsed due to profound weakness. Thankfully, he made a full recovery after sleeping 14 hours and 40 minutes.

While this is an extreme example of the consequences of not sleeping, many in today's society are suffering from health challenges that are partly due to chronic sleep deprivation. Sleep is essential for optimal health. The amount and quality of sleep we get each night will influence the way we feel and our performance during daytime hours.

High-level functioning of the nervous system requires that we receive enough quality sleep. Inadequate rest results in reduced ability to remember, concentrate, plan, make decisions, and carry out math calculations. Too little sleep also results in drowsiness and reduced physical performance, which may result in a higher rate of injuries, including motor-vehicle accidents.

When we sleep deeply, we allow for efficient cell growth and repair. The release of growth hormones takes place during deep sleep. Sleeping deeply at night helps us to engage at our best, emotionally and socially, with others during the day.

Too often, people who have difficulty falling asleep and sleeping deeply turn to medication. Experience has shown that many sleep disturbances can be solved through natural means. The following are 9 steps you can take to ensure a good night's sleep.

1. Reserve your bedroom for sleep.

Your bedroom should be reserved for sleep and lovemaking. Homework, office work, and other stressful and stimulating activities should be kept outside of the bedroom, as should televisions, radios, stereos, and other entertainment equipment. This will condition your body to relax and anticipate sleep once you walk into the bedroom. You want to keep any stress and unnecessary stimulation as far away from the bedroom as possible.

2. Be consistent with sleep and wake times.

Go to sleep at the same time each night, and get out of bed at the same time each morning. This will condition your body to fall into a routine of sleep and wakefulness. It is best not to disrupt this routine, such as by sleeping in on weekends.

3. Avoid nicotine, caffeine, sugar, and alcohol close to bedtime.

Nicotine, caffeine, sugar, and alcohol often cause insomnia. Nicotine, caffeine, and sugar are stimulants that cause you to sleep lightly and to wake up before you need to because of withdrawal. Common sources of caffeine are coffee, soft drinks, non-herbal teas, and some over-the-counter and prescription medications. Alcohol prevents deep sleep and interferes with REM-stage sleep, the stage of sleep that stimulates the learning centres of the brain. Adopting an unprocessed and whole food diet will help you avoid these stimulants.

4. Sleep in complete darkness.

Melatonin is a hormone that initiates our desire to sleep and affects the depth of sleep we achieve. Melatonin regulates our sleep-wake cycles and is produced by a gland in the brain. The amount of light we are exposed to at any given moment is what tells this gland whether or not to produce melatonin. Darkness stimulates melatonin production while light inhibits it. Thus, the darker it is when you sleep, the better your melatonin production, and the better the quality of your sleep. Even dim light from a night-light or hall light can disrupt sleep cycles and prevent you from getting deep sleep.

5. Exercise regularly.

Exercise at least 30 minutes a day. Being active promotes a greater need for deep sleep and decreases stress. Do not exercise close to your bedtime, however, as exercise is stimulating and can create difficulties in falling asleep. It is best not to exercise vigorously within 3 hours of your bedtime.

6. Make sure you have a comfortable mattress.

This sounds simple, but there are countless numbers of people out there who are sleeping on a mattress that is too hard, too soft, or not supportive enough and are wondering why they can't fall asleep. Invest in a mattress that you feel comfortable sleeping on.

7. Claim your bed space.

Don't share your bed with a companion who takes up your space or who moves around so much that you have difficulty falling or staying asleep. This includes your partner, children, and animal companions. Children after a certain age and animals should have their own designated places for sleep. If you share a bed with your partner and/or children and find it crowded, consider investing in a bigger bed, push two beds together, or try sleeping with separate blankets. You may also want to consider sleeping in a separate bed.

8. Get up if you can't sleep.

If you have not fallen asleep after 15 minutes, get up and do something else in another room. Thinking about your inability to sleep will contribute to the inability to

- # Since my last report, this employee has reached rock-bottom and has started to dig.
- # I would not allow this employee to breed.
- # This employee is really not so much of a has-been, but more of a definite won't be.
- # Works well when under constant supervision and cornered like a rat in a trap.
- # When she opens her mouth, it seems that it is only to change feet.
- # This young lady has delusions of adequacy.
- # He sets low personal standards and then consistently fails to achieve them.
- # This employee is depriving a village somewhere of an idiot.
- # This employee should go far, and the sooner he starts, the better.
- # Got a full 6-pack, but lacks the plastic thingy to hold it all together.
- # A gross ignoramus - 144 times worse than an ordinary ignoramus.
- # He doesn't have ulcers, but he's a carrier.
- # I would like to go hunting with him sometime.
- # He's been working with glue too much.
- # He would argue with a signpost.
- # He brings a lot of joy whenever he leaves the room.
- # When his IQ reaches 50, he should sell.
- # If you see two people talking and one looks bored, he's the other one.
- # A photographic memory but with the lens cover glued on.
- # A prime candidate for natural de-selection.
- # Donated his brain to science before he was done using it.
- # Gates are down, the lights are flashing, but the train isn't coming.
- # He's got two brains cells, one is lost and the other is out looking for it.
- # If he were any more stupid, he'd have to be watered twice a week.
- # If you give him a penny for his thoughts, you'd get change.
- # If you stand close enough to him, you can hear the ocean.
- # It's hard to believe he beat out 1,000,000 other sperm.
- # One neuron short of a synapse.
- # Some drink from the fountain of knowledge; he only gargled.
- # Takes him 2 hours to watch '60-minutes'.
- # The wheel is turning, but the hamster is dead.
- # Got into the gene pool when the Lifeguard wasn't looking.

The English Language

The English language
is so darn confusing
the words that we use

are sometimes amusing

Two, to and too
their, there and they're
which and witch
I pull out my hair

Son and sun
both can be bright
when jotting down lines
is it right or write

Who thought up these words
someone's to blame
mom and dad, have a spelling
in reverse, still the same

No and know,
often misused
knight and night
oh my, I'm confused

Of course there are words
like blew and blue
morning and mourning
shoe and shoo

Words drive me crazy
even though I've been taught
vowels and spellings
not, knot, naught

Dock and Doc
bear and bare
you gotta be kidding
I really don't care

These crazy words just
keep getting worse
tuff and tough
I think it's a curse

Hare on my head
a hair in the barn
where, ware and wear
bring on a big frown

Something in my I
eye don't understand

ewe or you
I'm going insane

Deer and dear
have their own place
when used correctly
puts a smile on my face

Vowels are needed
in most daily words
this English language
is for the birds

[Rose Marie Streeter](#) © 2006

THE ITALIAN TOMATO GARDEN

An Old Italian man lived alone in the country He wanted to dig his tomato garden, but it was very hard work as the ground was hard. His only son, Vincent, who used to help him, was in prison. The old man wrote a letter to his son and described his predicament:

Dear Vincent,
I am feeling pretty badly because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me.
Love, Dad

A few days later he received a letter from his son:

Dear Dad,
Don't dig up that garden. That's where I buried the bodies.
Love, Vinnie

At 4 a.m. the next morning, FBI agents and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son:

Dear Dad,
Go ahead and plant the tomatoes now. That's the best I could do under the circumstances.
Love you, Vinnie

7. Motivational

The River of Money

Gary Craig

Money is neither good nor evil. Our perception of it is simply a belief that has taken up residence in our minds. Money is a form of energy that can finance everything from heavenly pursuits to holocausts. If we equate money with greed we will stifle its flow in our direction. If we equate it with free flowing abundance, it will find its way to us much more easily.

Money is abundant. It is all around us. Imagine, for a moment, the amount of money that flows into and out of your hands in a year's time. Most of it you didn't keep, did you? You only used it to buy food, clothing, etc. and pay your rent or mortgage. Your money was turned into goods and services for your use but continued to circulate from your hands to the hands of others. Even the money you put in the bank was loaned out to others for other purposes.

Now imagine the amount of money that flows into and out of the hands of everyone in your family and in your neighborhood and in your workplace. That's a lot of money, isn't it? It just keeps flowing, something like a stream. Now imagine all the money that flows into and out of the hands of your grocery store and the bank you do business with. Include your automobile company, power company and telephone company.

Now we are talking about a River of Money that is flowing everywhere. Sit back and observe this someday. You can scarcely make a move anywhere where money isn't flowing from one set of hands to another. And no one really keeps it. They just use it and put it in places that have their name on it. Bank accounts are like that. So are real estate, stocks, mutual funds and the like.

Now imagine all the money that goes into and out of the hands of your state or local government. More additions to the River. What about all the money that goes into and out of the hands of the U.S. Federal Government? Include Japan, Canada, Australia, the Middle East and all the European countries. Huge amounts of money. Now include the rest of the world. Trillions of dollars per minute change hands all over the globe and a plethora of goods and services are created in the process. The River of Money, like spiritual abundance, is unlimited. There is no way to measure how big it really is.

You and I are standing beside the River of Money watching it flow right on by. It is so wide that we cannot see the other side. It is so deep that no one can find the bottom. And it is ours to use, right along with everyone else.

Some of us approach the River of Money with scarcity thinking. We come with a teaspoon to take barely enough for our perceived needs. We somehow think that the more we "take" the more we are into greed and the less there is for others. We don't realize that the more we use the more we create. The more we use, the more we generate abundance for others through the things we buy. The more we use, the more freedom we have to extend love into the world.

Some people come to the River of Money with a teacup. That's better than a teaspoon. Others come with a 5-gallon container. I come to it with a swimming pool. Ross Perot

Of that 93%, around 55% is communicated through body language, such as our posture, gestures, facial expressions and even the way we dress. 38% is communicated through the speed, volume, pauses, and tone of our voice. I guess this helps explain how we communicate with others who don't speak our language and why so many people are having such a bad time when they use text messaging and emails to communicate emotional messages.

I am just about to buy a Psychometric Research GSR Meter ~ The GSR Meter is a professional biofeedback monitor designed for hypnotherapy and psychotherapy. It measures the Galvanic Skin Response, giving the therapist near-instant feedback of the client's general state of relaxation and immediate emotional reactions. I have had one before but it emitted a sound to tell you of the levels which I found a bit distracting – this has a digital screen so I will be able to determine the level of trance at a glance. Recently I also bought a little recorder that means I can record all or part of any session and put it onto CD for my clients to take home as a permanent record of their session.

I have just come back from a long walk with the family and dogs – what a great way to spend a Sunday afternoon. We certainly live in a beautiful city and for the middle of winter the weather is rather mild.

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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www.websitemanagers.com.au

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****

1st = Annie (Frankie's girlfriend)

2nd = Gloria (Frankie's mother)

3rd = Rich (Frankie's fraternity brother)

4th = Len (Frankie's uncle)

5th = Cheryl (Frankie's sister)

ANNIE (FRANKIE'S GIRLFRIEND)

From the first statement, we see that Frankie's girlfriend is neither Cheryl nor Gloria. So it has to be Annie

GLORIA (FRANKIE'S MOTHER)

We know now that Annie is not Frankie's mother. From the second statement, we see that Cheryl is not either. So it has to be Gloria.

RICH (FRANKIE'S FRATERNITY BROTHER)

From the second statement, we see that Len is not Frankie's fraternity brother. So it has to be Rich.

LEN (FRANKIE'S UNCLE)

We know now that Rich can't be Frankie's uncle. So it has to be Len.

CHERYL (FRANKIE'S SISTER)

We know now that neither Annie nor Gloria is Frankie's sister. So it has to be Cheryl.

From the first, fourth, and fifth statements, we see that Annie arrived before everyone else. From the second statement, we see that Gloria arrived second. And from the sixth statement, we see that Rich was the third to arrive, Len arrived after Rich, and Cheryl arrived last.