

Welcome to Hypnotherapy.com.au enews Number 63



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 ~ Life At The Pool
3. Puzzle
4. Wild Trivia
5. Metaphor ~ The Wise Woman's Stone
6. Jokes
7. Motivational ~ The Whale
8. Personal

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

the year you want to hear. When the music starts, you can move the cursor in the playback down and see all the songs associated with that year.

If you love music.....this site is for you. Pick the year and enjoy all the hits. You can let it play through the entire list of that year or highlighting a particular song will play it instantaneously.

<http://www.tropicalglen.com> |

Simple Solution, Complicated Problem

1. "I'm sorry."
2. "I love you."
3. "Forgive me."
4. "You were right."
5. "Maybe mama was right."
6. "I'll just let it go."
7. "It's not really that important."
8. "It's just ego, I'm acting like a baby."
9. "Let me just calm down."
10. "Let me look at it from their point of view."

These are ten things that may help us see a simple solution to what has been looking like an overly complicated problem.

One Liners

One liners are the stuff of effective communicators and though we are seldom aware of it, each of us can use them to our advantage. The "art of delivery" is not just for a skilled politician who is running for reelection but can be mastered, over time, by just about anyone. A good one liner doesn't click immediately but leaves its mark, silently accomplishing what the deliverer has in mind- results.

Sometimes these results are nothing more than memory. I want you to remember my car dealer and so I develop a tag line that accomplishes my aim. Other times, I want to build relationship with you and I use one liners to get to know you and follow up with you. My one liners are over the phone, in print material and in casual conversation. They are effective because they are used breathlessly.

The key of course is to figure out which one liner works best and when to use it.

What follow are some excellent one liners that, if delivered well, will make interactions memorable and help you get ahead.

* "Susan, Susan Thompson." The repetition of your first name twice is very effective. This subtle repetition of one key name (and it might be your last name that you want folks to remember) plants it firmly in the mind of the person you are shaking hands with or speaking to on the phone.

* "I've heard some great things about you." We all like to be famous, even if it's fleeting or with a small group of people. Letting someone know that they're liked by others is an important way of getting them to like you. They become instantly curious as if to say, "Can I have a list of those great things?"

* "I'm looking forward to that." Following up a conversation is very important and one of the easiest one liners involves leading your audience towards a goal. If it's a follow up lunch a week later, I'm looking forward to that. If it's a negotiation before the end of the fiscal year, I'm looking forward to that. If it's a family gathering at the beach, I'm looking forward to that. This simple one liner lets others know that you value relationships over routine acts.

* "Leave your name and phone, speaking slowly enough for me to write it down." I've used this one in phone messages for years and while it sounds corny, it works. Most people think they're driving in a Nascar event when they leave a voice message so you need to slow them down. This one liner does just that.

* "I'm not sure about that but I think we can do this." The that-this dynamic is effective not only because it acknowledges the other's perspective but it gives them something concrete and doable. For example, I run into parents who want to negotiate a deal for a son or daughter who is in some sort of difficulty. Rather than giving in to an unreasonable demand for complete amnesty for their child, I offer them something that is both attainable and concrete. I'm comfortable with it and they usually warm to the idea. Just because something isn't a person's first option doesn't mean it's a bad one.

* "I think we have something in common." Nothing forms bonds better than something held in common. Food, geography, people, cars- whatever it takes to find a connection. Don't go overboard with your follow up but let the other person know that you have something in common and it's ok to briefly touch on it.

* "Let's strike while the iron is hot!" Rather than a lukewarm offer to get together "at some point", strike while the iron is hot and put it on the calendar today. Few things speak of productivity better than someone who can turn a wish into a workable situation.

* "Let me see if I understand where you're coming from." You may find yourself in the middle of a conversation, a debate or even a fight- slow things down with this great one liner. It works every time because it tells the other person that you care enough to report back what you've just heard.

George Bernard Shaw once said that "The problem with communication ... is the illusion that it has been accomplished." To be effective at home and at work, the use

of one liners can get results, form deeper bonds and enable you to communicate on a higher level.

Life is like a box of chocolates (Forest)

Frustration is the flip side of passion.

I look like Kiss but without the make up! (Robbie)

Listen is an anagram of silent

Mike St. Pierre blogs daily about productivity and work-life balance at www.thedailysaint.com

How To Get More Gas For Your Money

I've been in petroleum pipeline business for about 31 years, currently working for the Kinder-Morgan Pipeline here in San Jose, CA. We deliver about 4 million gallons in a 24-hour period from the pipe line; one day it's diesel, the next day it's jet fuel and gasoline. We have 34 storage tanks here with a total capacity of 16,800,000 gallons. Here are some tricks to help you get your money's worth:

1. Fill up your car or truck in the morning when the temperature is still cool. Remember that all service stations have their storage tanks buried below ground; and the colder the ground, the denser the gasoline. When it gets warmer gasoline expands, so if you're filling up in the afternoon or in the evening, what should be a gallon is not exactly a gallon. In the petroleum business, the specific gravity and temperature of the fuel (gasoline, diesel, jet fuel, ethanol and other petroleum products) are significant. Every truckload that we load is temperature-compensated so that the indicated gallonage is actually the amount pumped. A one-degree rise in temperature is a big deal for businesses, but service stations don't have temperature compensation at their pumps.
2. If a tanker truck is filling the station's tank at the time you want to buy gas, do not fill up; most likely dirt and sludge in the tank is being stirred up when gas is being delivered, and you might be transferring that dirt from the bottom of their tank into your car's tank.
3. Fill up when your gas tank is half-full (or half-empty), because the more gas you have in your tank the less air there is and gasoline evaporates rapidly, especially when it's warm. (Gasoline storage tanks have an internal floating 'roof' membrane to act as a barrier between the gas and the atmosphere, thereby minimizing evaporation.)

I don't remember if I sent this one out.....
I don't think I did...or did you send it to me??

Funny, I don't remember being absent minded...God grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

Now that I'm "older" (but refuse to grow up), here's what I've discovered:

1. I started out with nothing, and I still have most of it.
 2. My wild oats have turned into prunes and All Bran.
 3. I finally got my head together; now my body is falling apart.
 4. Funny, I don't remember being absent minded...
 5. Funny, I don't remember being absent minded...
 6. All reports are in; life is now officially unfair.
 7. If all is not lost, where is it?
 8. It is easier to get older than it is to get wiser.
 9. Funny, I don't remember being absent minded...
 10. Some days you're the dog; some days you're the hydrant.
 11. I wish the buck stopped here; I sure could use a few...
 12. Kids in the back seat cause accidents.
 13. Accidents in the back seat cause kids.
 14. Funny, I don't remember being absent minded...
 15. It's hard to make a come back when you haven't been anywhere.
 16. The only time the world beats a path to your door is when you're in the bathroom.
 17. If God wanted me to touch my toes, he would have put them on my knees.
 18. When I'm finally holding all the cards, why does everyone decide to play chess?
 19. Funny, I don't remember being absent minded...
 20. It's not hard to meet expenses... they're everywhere.
 21. The only difference between a rut and a grave is the depth.
 22. These days, I spend a lot of time thinking about the hereafter... I go somewhere to get something and then wonder what I'm here after.
 23. I AM UNABLE TO REMEMBER IF I HAVE MAILED THIS TO YOU OR NOT!
 24. Funny, I don't remember being absent minded...
- Now, I think you're supposed to send this to 5 or 6, maybe 8, maybe 10, oh, heck, just send it to a bunch of your friends if you can remember who they are. Then something is supposed to happen...I think. Maybe you get your memory back or something! I think...

Scenario: Mark and Johnny get into a fistfight after school.

1976 - Crowd gathers. Johnny wins. Johnny and Mark shake hands and end up best friends. Nobody goes to jail, nobody arrested, nobody expelled.

2006 - Police called, SWAT team arrives, arrests Johnny and Mark. Charge them with assault, both expelled even though Mark started it.

Scenario: Jeffrey won't be still in class, disrupts other students.

1976 - Jeffrey sent to office and given a good paddling by the Principal. Returns to class, sits still and does not disrupt class again.

2006 - Jeffrey given huge doses of Ritalin. Becomes a zombie. Tested for ADD. School gets extra money from state because Jeffrey has a disability.

Scenario: Billy breaks a window in his neighbour's car and his Dad gives him a whipping with his belt.

1976 - Billy is more careful next time, grows up normal, goes to college, and becomes a successful businessman.

2006 - Billy's Dad is arrested for child abuse. Billy removed to foster care and joins a gang. State psychologist tells Billy's sister that she remembers being abused herself and their Dad goes to prison. Billy's mom has affair with psychologist.

Scenario: Mark gets a headache and takes some aspirin to school.

1976 - Mark shares aspirin with Principal out on the smoking dock.

2006 - Police called, Mark expelled from school for drug violations. Car searched for drugs and weapons.

Scenario: Pedro fails high school English.

1976 - Pedro goes to summer school, passes English, goes to college.

2006 - Pedro's cause is taken up by state. Newspaper articles appear nationally explaining that teaching English as a requirement for graduation is racist. ACLU files class action lawsuit against state school system and Pedro's English teacher. English banned from core curriculum. Pedro given diploma anyway but ends up mowing lawns for a living because he cannot speak English.

Scenario: Johnny takes apart leftover firecrackers from 4th of July, puts them in a model airplane paint bottle, blows up a red ant bed.

1976 - Ants die.

2006 - BATF, Homeland Security, FBI called. Johnny charged with domestic terrorism, FBI investigates parents, siblings removed from home, computers confiscated, Johnny's Dad goes on a terror watch list and is never allowed to fly again.

Scenario: Johnny falls while running during recess and scrapes his knee. He is found crying by his teacher, Mary. Mary hugs him to comfort him.

1976 - In a short time, Johnny feels better and goes on playing.

2006 - Mary is accused of being a sexual predator and loses her job. She faces 3 years in State Prison. Johnny undergoes 5 years of therapy.

WORLD'S EASIEST QUIZ Thanks Trudy Wilson

This is for all my "bright" friends. Good luck and be honest.

(Passing requires 4 correct answers)

Please answer all questions before scrolling down for the answers.

- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get catgut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What colour is a purple finch?
- 9) Where are Chinese Gooseberries from?
- 10) What is the colour of the black box in a commercial airplane?

All done?

Remember, you need 4 correct answers to pass. Check your answers below.

ANSWERS TO THE QUIZ

(Passing requires 4 correct answers)

- 1) How long did the Hundred Years War last? 116 years
- 2) Which country makes Panama hats? Ecuador
- 3) >From which animal do we get cat gut? Sheep and Horses
- 4) In which month do Russians celebrate the October Revolution? November
- 5) What is a camel's hair brush made of? Squirrel fur
- 6) The Canary Islands in the Pacific are named after what animal? Dogs
- 7) What was King George VI's first name? Albert
- 8) What colour is a purple finch? Crimson
- 9) Where are Chinese gooseberries from? New Zealand
- 10) What is the colour of the black box in a commercial airplane? Orange, of course.

What do you mean, you failed? Me, too.

7. Motivational THE WHALE ~ Author Unknown

If you read the front page story of the SF Chronicle, you would have read about a female humpback whale who had become entangled in a spider web of crab traps and lines.

She was weighted down by hundreds of pounds of traps that caused her to struggle to stay afloat. She also had hundreds of yards of line rope wrapped around her body, her tail, her torso, and a line tugging in her mouth.

down with little success and as soon as they let go and breathe easy the numbers on the screen just slowly decrease.

I have just finished doing another NLP course with Trudy Wilson and really loved it, learnt a lot and laughed a lot. Last week I gave a presentation to another hypnotherapy association on how I work with clients to stop smoking. It can be a bit daunting to present to your peers but I must say the response was very positive.

We have been have a bit of trouble with what we thought were rats but have since discovered are possums, they have decided to spend a bit of time in our roof. It looks like we will have to get WIRES out to trap and remove them to a more suitable environment.

I am sad to say that a dear friend, Carmel Green, (my business partner's Mum) passed away on Saturday morning after a long struggle with illness.

In Memory of Carmel

God saw you getting tired
And a cure was not to be.
So he put his arms around you
And whispered, come to me.

With tearful eyes, we watched you
And saw you pass away.
Although we loved you dearly
We could not make you stay.

A golden heart stopped beating.
Hardworking, loving hands at rest.
God broke our hearts to prove to us
He only takes the best.

Her passing reminded me of an exercise I have done with clients and for myself and that is to take 10 minutes of uninterrupted writing, unleash your pen or keyboard to find out what you would do if you knew you were to die next week. Often, people identify actions that could immediately enhance their lives but that they haven't got around to doing. Circle the actions you commit to carrying out this week.

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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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 hands will overlap 10 times.

The times are between 1 and 2; 2 and 3; 3 and 4; 4 and 5; 5 and 6; 6 and 7; 7 and 8; 8 and 9; 9 and 10; 10 and 11.

It does not happen between 11 and 12, since the hands overlap at exactly 12 o'clock. And since the question says not to count noon or midnight, the answer is 10 times.