

# Welcome to Hypnotherapy.com.au enews Number 64

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







For human beings, every part of the body is dependent on water. Our body comprises about 75% water: the brain has 85%, blood is 90%, muscles are 75%, kidney is 82% and bones are 22% water. The functions of our glands and organs will eventually deteriorate if they are not nourished with good, clean water.

The average adult loses about 2.5 litres water daily through perspiration, breathing and elimination. Symptoms of the body's deterioration begins to appear when the body loses 5% of its total water volume. In a healthy adult, this is seen as fatigue and general discomfort, whereas for an infant, it can be dehydrating. In an elderly person, a 5% water loss causes the body chemistry to become abnormal, especially if the percentage of electrolytes is overbalanced with sodium. One can usually see symptoms of aging, such as wrinkles, lethargy and even disorientation. Continuous water loss over time will speed up aging as well as increase risks of diseases.

If your body is not sufficiently hydrated, the cells will draw water from your bloodstream, which will make your heart work harder. At the same time, the kidneys cannot purify blood effectively. When this happens, some of the kidney's workload is passed on to the liver and other organs, which may cause them to be severely stressed. Additionally, you may develop a number of minor health conditions such as constipation, dry and itchy skin, acne, nosebleeds, urinary tract infection, coughs, sneezing, sinus pressure, and headaches.

So, how much water is enough for you? The minimum amount of water you need depends on your body weight. A more accurate calculation, is to drink an ounce of water for every two pounds of body weight.

Here is the calculation for your minimum water need per day

Your weight	82	kg
Requirement	2706	ml

**YOU NEED TO DRINK THIS AMOUNT OF WATER PER DAY**

**2.71** litres



The way to break the cycle is to step forward and take action. Even when the task is enormous, you're much better off moving forward than standing still.

Look at each task not as a burden, but as an opportunity to make a positive difference. Look at each task not with resentment and resignation, but with an eager anticipation for getting it successfully behind you.

In an instant you can go from feeling overwhelmed to being in positive control. Get busy, and get life going your way.

Ralph Marston

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## 6. Jokes

About Mums

<http://www.youtube.com/watch?v=RxT5NwQUtVM>

and another sort of Mum.

Two Middle East mothers are sitting in a cafe chatting over a plate of tabouli and a pint of goat's milk. The older of the mothers pulls her bag out and starts flipping through photos and they start reminiscing.

"This is my oldest son Mohammed. He would be 24 years old now."

"Yes, I remember him as a baby", says the other mother cheerfully.

"He's a martyr now though", mum confides.

"Oh, so sad dear", says the other.

"And this is my second son Kalid. He would be 21."

"Oh, I remember him," says the other happily, "he had such curly hair when he was born".

"He's a martyr too", says mum quietly.

"Oh, gracious me ...." Says the other.

"And this is my third son. My baby. My beautiful Ahmed. He would be 18", she whispers.

"Yes", says the friend enthusiastically, "I remember when he first started school".

"He's a martyr also," says mum, with tears in her eyes.

After a pause and a deep sigh, the second Muslim mother looks wistfully at the photographs and says.....

"They blow up so fast, don't they?"

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MY LIVING WILL ~ Thanks to Janelle [www.onlinecelebrant.com](http://www.onlinecelebrant.com)

Last night, my friend and I were sitting in the living room and I said to her, "I never want to live in a vegetative state, dependent on some machine and fluids

from a bottle. If that ever happens, just pull the plug."

So she got up, unplugged the TV, and threw out my wine.

She's such a bitch...

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## **7. Motivational The 4 Agreements**

### **1. Be Impeccable With Your Word**

Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.

### **2. Don't Take Anything Personally**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

### **3. Don't Make Assumptions**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

### **4. Always Do Your Best**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will

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PLUS

### **The Subtlety of Language**

By Jim Rohn

I have found that sometimes the subtle difference in our attitude, which of course can make a major difference in our future, can be as simple as the language we use. The difference is even how you talk to yourself or others. Consciously making a decision to quit, saying what you don't want and to start saying what you do want. I call that faith. Believing the best, hoping for the best and moving toward the best.

A few examples could be, instead of saying, "What if somebody doesn't respond?" you start saying, "What if they do respond?" Instead of saying, "What if someone says no?" You say, "What if they say yes?" Instead of "What if they start and quit?" say, "What if they start and stay?" or "What if it doesn't work out?" You say, "What if it does work out?" The list goes on and on.



Afrikaans: 'n Geseende Kersfees en 'n voorspoedige Nuwejaar  
 Afrikander: Een Plesierige Kerfees  
 Albanian: Gezuar Krishtlindje  
 Arabic: I'D MIILAD SAID OUA SANA SAIDA  
 Armenian: Shenoraavor Nor Dari yev Pari Gaghand  
 Azeri: Tezze Iliniz Yahsi Olsun  
 Basque: Zoriontsu Eguberri. Zoriontsu Urte Berri On  
 Bengali: Bodo Din Shubh Lamona  
 Bohemian: Vesele Vanoce  
 Breton: Nedeleg laouen na bloavezh mat  
 Bulgarian: Tchestita Koleda; Tchestito Rojdestvo Hristovo  
 Celtic: Nadolig Llawen a Blwyddyn Newydd Dda  
 Chinese: (Mandarin) Kung His Hsin Nien bing Chu Shen Tan  
 Chinese: (Catonese) Gun Tso Sun Tan'Gung Haw Sun  
 Chinese: (Hong Kong) Kung Ho Hsin Hsi. Ching Chi Shen Tan  
 Cornish: Nadelik looan na looan blethen noweth  
 Cree: Mitho Makosi Kesikansi  
 Croatian: Sretan Bozic  
 Czech: Prejeme Vam Vesele Vanoce a stastny Novy Rok  
 Danish: Gladelig Jul  
 Dutch: Vrolijk Kerstfeest en een Gelukkig Nieuwjaar!  
 English: Merry Christmas  
 Esperanto: Gajan Kristnaskon  
 Estonian: Roomsaid Joululu Puhhi  
 Farsi: Cristmas-e-shoma mobarak bashad  
 Finnish: Hyvaa joulua  
 French: Joyeux Noel  
 Frisian: Noflike Krystdagen en in protte Lok en Seine yn it Nije Jier!  
 German: Froehliche Weihnachten  
 Greek: Kala Christouyenna!  
 Hawaiian: Mele Kalikimaka  
 Hebrew: Mo'adim Lesimkha. Chena tova  
 Hindi: Bada Din Mubarak Ho  
 Hungarian: Kellemes Karacsonyi unnepeket  
 Icelandic: Gledileg Jol  
 Indonesian: Selamat Hari Natal  
 Iraqi: Idah Saidan Wa Sanah Jadidah  
 Irish: Nollaig Shona Dhuit  
 Italian: Buone Feste Natalizie  
 Japanese: Shinnen omedeto. Kurisumasu Omedeto  
 Kala: Khristougena kai Eftikhes to Neon Etos  
 Korean: Sung Tan Chuk Ha

Latvian: Priecigus Ziemas Svetkus un Laimigu Jauno Gadu  
Lettish: Priecigus Ziemassvetkus  
Lithuanian: Linksmu Kaledu  
Manx: Nolllick ghennal as blein vie noa  
Maori: Meri Kirihimete  
Marathi: Shub Naya Varsh  
Navajo: Merry Keshmish  
Northern Sotho: Matlhatse le matlhogonolo mo ngwageng o moswa.  
Norwegian: God Jul Og Godt Nytt Aar  
Pennsylvania German: - En frehlicher Grischtdaag un en hallich Nei Yaahr!  
Papiamentu: Bon Pasku i Felis Anja Nobo  
Pig Latin: Errymay ristmaskay nday appyhay ewnay earyay  
Polish: Wesolych Swiat Bozego Narodzenia  
Portuguese: Feliz Natal  
Rapa-Nui: Mata-Ki-Te-Rangi. Te-Pito-O-Te-Henua  
Romanian: Craciun Fericit  
Russian: Pozdrevlyayu s prazdnikom Rozhdestva i s Novim Godom  
Serbian: Hristos se rodi  
Slovakian: Sretan Bozic or Vesele vianoce  
Samoan: La Maunia Le Kilisimasi Ma Le Tausaga Fou  
Scottish: Nollaig Chridheil agus Bliadhna Mhath Ur  
Serbian: Hristos se rodi!  
Sinhalese: Subha nath thalak Vewa. Subha Aluth Awrudhak Vewa  
Slovak: Vesele Vianoce. A stastlivy Novy Rok  
Slovene: Vesele Bozicne. Screcno Novo Leto  
Spanish: Feliz Navidad!  
Swedish: God Jul and (Och) Ett Gott Nytt Ar  
Tagalog: Maligayang Pasko. Masaganang Bagong Taon  
Tamil: Nathar Puthu Varuda Valthukkal  
Thai: Sawadee Pee Mai  
Turkish: Noeliniz Ve Yeni Yiliniz Kutlu Olsun  
Ukrainian: Srozhdestvom Kristovym  
Urdu: Naya Saal Mubarak Ho  
Vietnamese: Chung Mung Giang Sinh  
Waray: Maupay nga Pasko ngan Mainuswagon nga Bag-o nga Tu-ig  
Welsh: Nadolig Llawen  
Zulu: Nginifisela inhlanhla ne mpumelelo e nyakeni

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](http://www.hypnotherapy.net.au) , [www.asch.com.au](http://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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Puzzler ANSWER

If you take the first letter of each word, place it at the end of the word and read the word backward, it will be the same word