

# Welcome to Hypnotherapy.com.au enews Number 65

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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 ~ The Road Less Traveled
3. Puzzle
4. Wild Trivia
5. Metaphor ~
6. Jokes
7. Motivational ~ Can We Gain Listening Wisdom from an Owl?
8. Personal

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





Ans. = man overboard Okay, let's see if you've got the hang of it.

stand  
2. -----  
i

Ans. = I understand

3. /r/e/a/d/i/n/g/

Ans. = reading between the lines

4. r  
o  
road  
a  
d

Ans. = cross road

5. cycle  
cycle  
cycle

Ans. = tricycle Not easy to figure out ha!

0  
6. -----  
M.D.  
Ph.D.

Ans. = two degrees below zero C'mon give it a little thought !!

knee  
7. -----  
light

Ans. = neon light (knee - on - light)

ground  
8. -----  
feet feet feet feet feet feet

Ans. = six feet underground

9. he's X himself

Ans. = he's by himself

10. ecnalg

Ans. = backward glance

11. death ... life

11.

Ans. = life after death

12. **THINK**

Ans. = think big !!

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## 4. Wild Trivia

Have a splinter? Don't use the sewing needle! Just cut a small piece of fresh onion and place it on the padded part of a bandage, wrap it around the splintered skin and leave it overnight. By morning, the onion will have drawn the splinter to the surface, making it easy to remove with a pair of tweezers.

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**Don't Chew Gum** ~ By Dr. Ben Kim  
Excerpted from "Experience Your Best Health"

Here are some points to consider before you pop another stick of chewing gum in your mouth: Chewing gum causes unnecessary wear and tear of the cartilage that acts as a shock absorber in your jaw joints. Once damaged, this area can create pain and discomfort for a lifetime.

You use eight different facial muscles to chew. Unnecessary chewing can create chronic tightness in two of these muscles, located close to your temples. This can put pressure on the nerves that supply this area of your head, contributing to chronic, intermittent headaches.

You have six salivary glands located throughout your mouth that are stimulated to produce and release saliva whenever you chew. Producing a steady stream of saliva for chewing gum is a waste of energy and resources that could otherwise be used for essential metabolic activities.

Most chewing gum is sweetened with aspartame. Short and long term use of aspartame has been closely linked with cancer, diabetes, neurological disorders, and birth defects.

If your gum isn't sweetened with aspartame, it is probably sweetened with sugar. Sugar is most likely the single greatest dietary cause of chronic health problems like cancer, heart disease, diabetes, and emotional disorders.

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### **Meditation Tips ~ Self hypnosis promises the most as a meditation tool!**

Meditation is considered as one of the best way to reduce stress, lower your blood pressure and increase longevity, while there are several ways to use meditation as a relaxation method, self-hypnosis gives you the additional benefit of at least a temporary behaviour modification tool, contrary to what you might imagine self-hypnosis is a very simple procedure that you can learn very quickly and only requires a few days of practice to master, this is what you do in a few easy steps:

Select a comfortable position like seating, lying down, etc, away from all distractions for at least 10 minutes.

Close your eyes and concentrate on relaxing your entire body from one end to the other.

Start at your feet, feel your toes and feet relaxing, keep repeating rhythmically to yourself the word Relax - Relax as a mantra as you feel a warm tingling sensation in each muscle in your body, whatever happens just relax, anything you do is a plus, we are not looking for perfection, each time you do this it gets better and easier. Feel your feet totally relaxed keep your thoughts in relaxing the part of the body you're working on experience the calming down effect of letting down of all tension.

Travel up to your legs concentrating in your principal muscles, your ankles, your calves, your knees, your thigh, hamstrings, torso, abdominals, your chest, back, hands, arms, head and face. Feel the pleasure as each part of your body is freed of tension undergo the transformation from tightness to looseness.

When you reach your chest pay particular attention toward your breathing, make sure to do a deep breathing, inhaling and exhaling to a totally relaxing pace let go of all tensions feel the tightness disappearing from your back and shoulders, come into



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

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## 6. Jokes

THE YEAR'S BEST [actual] HEADLINES:

Something Went Wrong in Jet Crash, Expert Says [No, really?]

Police Begin Campaign to Run Down Jaywalkers [Now that's taking things a bit far!]  
Miners Refuse to Work after Death [No-good-for-nothing' lazy so-and-so!]  
Juvenile Court to Try Shooting Defendant [See if that works any better than a fair trial!]  
War Dims Hope for Peace [I can see where it might have that effect!]  
If Strike Isn't Settled Quickly, It May Last Awhile [You think?]  
Cold Wave Linked to Temperatures [Who would have thought!]  
Enfield (London) Couple Slain; Police Suspect Homicide [They may be on to something!]  
Red Tape Holds Up New Bridges [You mean there's something stronger than duct tape?]  
Man Struck By Lightning: Faces Battery Charge [he probably IS the battery charge!]  
New Study of Obesity Looks for Larger Test Group [Weren't they fat enough?!]  
Astronaut Takes Blame for Gas in Spacecraft [That's what he gets for eating those beans!]  
Kids Make Nutritious Snacks [Taste like chicken?]  
Local High School Dropouts Cut in Half [Chainsaw Massacre all over again!]  
Hospitals are Sued by 7 Foot Doctors [Boy, are they tall!]  
And the winner is....  
Typhoon Rips Through Cemetery; Hundreds Dead

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## **7. Motivational**

*Can We Gain Listening Wisdom from an Owl?- By Dan Ohler*

"There was an old owl who sat in an oak.  
The more he watched; the less he spoke.  
The less he spoke; the more he heard.  
Why can't we be like that wise old bird?"

That's an interesting hoot that deserves some pondering. One of the biggest causes of stressed or broken relationships is ineffective communication. Both people speak, but nobody sits quietly, watches, and listens.

"He (or she) just doesn't listen to me!"

In our business, we hear this frequently about husbands, wives, children, bosses, clients, and colleagues. This seems to be particularly true when there are disagreements or conflict. In "The Couples' Comfort Book," author Jennifer Loudon says, "When in conflict, people listen for a maximum of 14 seconds."

What occurs then?

When the listening stops, here are some things that begin: interrupting, yelling, ignoring, escaping, cowering, probing, and preaching.

Is it possible this "lack of listening" is the reason for the disagreement, misunderstanding, and conflict?

I think so, and I believe this "lack of listening" phenomenon occurs far more regularly in our relationships than most of us would care to admit, whether there is conflict or not. As I strive to become more consciously aware of my thinking, speaking, and behavioural habits, I see it in myself. How do I know this?

\* My mother-in-law recently stayed with us for a week. Immediately after several different conversations, I realized I couldn't recall exactly what she just said. My mind was wandering elsewhere. Hmmm!

\* A client was explaining something to me about his business, and I assumed I knew what he thought and felt. In reality, I found later that I had no flippin' idea. A mind-reader I am not.

\* I interrupted my son, Jamie, before he was finished speaking. I was going to fix it for him, or defer to my own autobiographical story.

\* Carol was explaining something to me, and I became aware that I already had a rebuttal formed to prove that I was right and she was wrong, and yet I hadn't listened effectively, or asked for clarification to totally understand her perspective.

Am I afflicted with an extremely bad case of psychological defection (please humor me!), or do similar things occur for you?

I believe comparable situations are why many conversations seem to go round and around, tempers flare, feelings get hurt, and directions get misconstrued -- neither person has actually listened to understand.

Maybe this is "normal" in society. However, when I look at statistics on marital breakdown, family violence, employee retention and satisfaction, workplace stress,

and mediation battles, it helps me to recognize that I don't want to be "normal." I'd rather be different -- stand out on a positive, effective limb, like the owl.

Here are my easy "observant-owl" strategies, and I challenge you to apply these too. Naturally, it's your choice, just as it is mine.

\* **Attention** - focus on the other person. Set aside all other thoughts and actions. Avoid distractions: other people or conversations, nearby activities, phone calls, e-mails, TV, music.

\* **Connection** - pace, or match to build greater rapport and trust. Make eye contact, notice facial expressions, eye movement, breathing rate, other body language, and then match these. I'm not meaning you should imitate him/her. Sit in a similar way (not exactly the same), match their breathing rate, smile when they smile, etc. When you are subtle with this, they feel comfortable speaking with you because you are "just like them."

\* **Listen** - to understand the words and the associated feelings. Ask for clarification on anything you don't totally understand. It is not important that you agree; it is vitally important to understand.

\* **Wait** - allow silence. When the other person ends his/her statement, wait and count -- one wise old owl, two wise old owls, three wise old owls... The silence is golden and indicates to the other person that you care about him/her, and want to ensure they have completed what they wanted to say.

\* **Think** - in this silence-time, ponder on your understanding of the conversation, and formulate your thoughts proactively, rather than reactively.

\* **Reply respectfully** - either with clarifying questions or with your own wise thoughts. Use inclusive, engaging statements such as, "Yes, and I feel...", "I respect your opinion and I see that...", "I hear what you are saying and..." Avoid "No," "But," "You're wrong," "That's stupid," or any other statement that sets up invisible walls of defense or separation.

\* **Verbalize** your complete thought and repeat the cycle. When I give the other person this "psychological air-time" (it is a gift), and really listen to understand, they will usually return the gift to me. They may not be consciously aware of the process. They will feel valued and respected. It's a win/win conversation.

I believe that every person has exceptional knowledge and wisdom, and most people are happy to share their expertise with others, when someone will listen. I continue



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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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