



*Take Control Of Your Life With Hypnosis:*

*Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

Hi Everyone! Here is the 27th issue of the Hypno-Healthgram. You can access previous issues by going to the Newsletters page of my website: [www.hypno-health.net](http://www.hypno-health.net)

January 2013

### **RESOLUTION REVOLUTION**

Making New Year's Resolutions is not new. In fact, the practice originated thousands of years ago. Around 2000 BC, the Babylonians celebrated the New Year beginning with the first new moon after the first day of spring. Their resolution involved returning all the farming equipment they had borrowed during the previous year. In 46 BC, Julius Caesar created the Julian calendar, which established January first as the start of the New Year. Janus, the mythical god of beginnings, became the symbol for resolutions, because he had two faces that could look back to the past and ahead to the future. [1]

The definition of a resolution is: "a decision you make on the first day of the year about things you intend to do or stop during that year." [2] But how well will January resolutions take hold? Author/researcher, Steve Shapiro, states: "According to our study, only 8% of Americans say they always achieve their New Year's resolutions. The way it seems to work now, setting a New Year's Resolution is a recipe for defeat." This dismal statistic was gleaned from a random telephone survey conducted by Shapiro, author of *Goal-Free Living*, with the assistance of Opinion Research Corp. of Princeton N.J. [3] That's not a very reassuring or motivating success rate!

It seems very probable, when reflecting on the abysmal success rate of New Year's Resolutions, that most people resolve to do or stop doing something during the year using only their conscious minds. That part of our mind is in charge when we are awake and makes up only 10% of our total mind power. It also is the willpower part of our mind, which is like a roller coaster, alternately strong and weak, strong and weak. It is challenging to keep willpower strong enough, long enough, to eliminate unwanted attitudes, behaviors and habits and replace them with positive ones.

Hypnosis is the "revolutionary" additive that can make successful outcomes for resolutions more likely. When people utilize hypnosis to make a change, they benefit from the 90% of the mind that is the subconscious, which contains a record of each person's entire life. Through hypnosis,

a person can delve into that storehouse of knowledge to locate the reasons for unwanted issues. By disconnecting the continued impact of those reasons, it is possible for a person to replace the unwanted issues with positive, healthful actions that become their new reality through repetition. Changes made through hypnosis can be both effective and permanent (see *Health Tips* below).

Studies clearly indicate the potential benefits of hypnosis for weight loss, which is representative of how it can help with countless issues. A meta-analysis conducted by the University of Connecticut with the results published in the *Journal of Consulting and Clinical Psychology* (1996) found “people using hypnosis were able to lose, on average, almost 2.5 times as much weight as those not using hypnosis.” Further, the study found “the correlation analysis indicated that the benefits of hypnosis increased substantially over time.” Based on the outcomes of this and similar studies, “a task force of the American Psychological Association validated hypnosis as an adjunct procedure for the treatment of obesity.” [4]

[1] <http://www.ezinearticles.com/?the-origins-of-new-year's-resolutions>

[2] <http://www.macmillandictionary.com/>

[3] <http://www.prweb.com/releases/2005/12/prweb319962.htm>

[4 ] Kirsch, I. (1996). Hypnotic Enhancement of Cognitive-Behavior Weight Loss Treatments: Another Meta-Reanalysis. *Journal of Consulting and Clinical Psychology*. 64(3): 517-519.

### **HEALTH TIPS**

**Grin and heal it.** A recent *Women’s World Magazine* article stated that negative emotions can block one’s life force (chi) and that Chinese Tao masters believe a sincere, inner smile can boost healing energy by transmitting positive energy to internal organs, glands and the nervous system.

You can do this exercise by yourself, or maybe more easily with a friend. And the more you do it, the better it works (especially if you do it in self-hypnosis).

- ✚ Close your eyes. Feel your eyelids touch.
- ✚ Focus on your mouth. Notice where your two lips touch lightly.
- ✚ Recall someone or something that brings a genuine smile to your lips. Let this memory turn up the corners of your mouth, lift your cheek muscles and the corners of your eyes.
- ✚ Radiate that smile up into your eyes, first the left, then the right.
- ✚ Radiate the energy up into your left ear, then into the right ear.
- ✚ Smile into your brain.
- ✚ Smile into your tongue. Feel it filling your mouth.
- ✚ Send the smile down into your voice box.
- ✚ Smile into your heart and feel your heart smiling back at you.
- ✚ Smile into your left lung, then your right lung.

- ✚ Smile into your organs, bones, muscle and nervous system and feel them smiling back at you.
- ✚ Smile warm healing energy to a spot that wants a little extra help.
- ✚ Finish by smiling back into both eyes.

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Is there something in your life you need to change, want to change and are ready to change? If so, now's the time! Take this one positive step for yourself, a family member, or friend, and use the Gift Certificate below to support the decision to make a healthy life change.

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## Gift Certificate

Print this certificate and bring it with you to receive

**\$25**

off the cost of an appointment with

**Hugh Sadlier, M.Ed., BCCH**  
Board Certified Consulting Hypnotist

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Happy Health!

*Hugh*

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**Remember:** *Hypnosis can be done in the office, by phone and via Skype. You can access previous newsletters at [www.hypno-health.net](http://www.hypno-health.net)*