



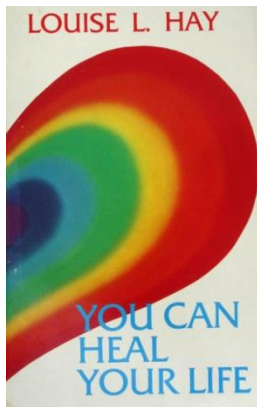
*Take Control Of Your Life With Hypnosis:
Eliminate negative habits; Create healthy changes; Achieve optimal well-being.*

Hi Everyone! This is the 20th issue of Hypno-Healthgram. You can access previous issues on the Newsletter page of my website: www.hypno-health.net

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YOU CAN HEAL YOUR LIFE

You Can Heal Your Life elicits differing responses from people, ranging perhaps from bewilderment to curiosity to “I believe that” to “I’ve done that.” Along with being a powerful and empowering statement, it is the title of a book authored by Louise Hay. This book has sold



over 50 million copies, in 33 different countries and 25 languages, around the world.[1] Its simple philosophy and encouraging message stimulate people to consider how they have the potential to heal themselves. Louise suggests that self-acceptance and self-approval are the keys to positive changes.

In her book, Louise tells her story of having suffered emotional, physical and sexual abuse until she was fifteen years old, when she left home for good. With the help of many people, and a persistent desire to learn all she could about healing herself, she did exactly that. Sharing her knowledge and expertise with clients led to many speaking engagements and eventually to her becoming one of the founders of the self-help movement, writing and publishing many books and lecturing around the world.

Here are some examples of Louise’s beliefs. “Almost all of our programming, both positive and negative, was accepted by us by the time we were three years old.”[2] “When we grow up we tend to: re-create the emotional environment of our home life; re-create in personal relationships our relationships with our parents; and treat ourselves and others the way our parents treated us (scolding and punishing, loving and encouraging). Resentment, criticism, guilt and fear are the most damaging patterns that create dis-ease in the body.[3] “When we really love ourselves everything in our life works.” [4] “Life is really very simple. What we give out we get back. When we create peace, harmony and balance in our mind, we will find it in our lives.” [5]

I discovered *You Can Heal Your Life* in 1991, about the time I started practicing hypnotherapy. Louise Hay’s philosophy resonated with me immediately and helped enormously as I began shifting from the directed, one-size-fits-all hypnotic approach I had been taught to an open-

ended, each-person-is-unique one. I evolved from telling people what to do to asking questions and encouraging and supporting them in doing what they wanted and needed to do themselves.

Imagine combining Louise Hay's positive, healing philosophy with the potential power of hypnosis to effect change. Life-changing changes can be achieved in relatively short periods of time. The following reports from people I've worked with bear this out: a woman reached her ideal weight, found her wardrobe severely depleted, and "absolutely loved it;" a man cured himself of colon cancer and when asked if hypnotherapy really works, replied: "Ask my oncologist;" a woman freed herself from twenty years of sadness and depression and sang the praises of hypnotherapy; a man with PTSD went from being on the verge of suicide to "my life is now a grand adventure;" a woman who had suffered involuntary bowel movements for five years, eliminated all her symptoms and said: "my life is now filled with joy;" a man worked on shrinking an aneurysm in his aorta and delighted in his surgeon's words: "My God – it's gotten smaller;" an initially skeptical woman freed herself from many months of sleepless nights; a man kicked his 25-year smoking habit and said: "I feel free for the first time in 25 years;" a 74-year-old gentleman revamped his golf swing and saw his scores plummet below those of his best previous rounds.

You **CAN** heal your life!

[1] <http://www.louisehay.com/about-louise/>

[2] (2008). Hay, L., *You Can Heal Your Life*, Hay House, Inc., p. 79.

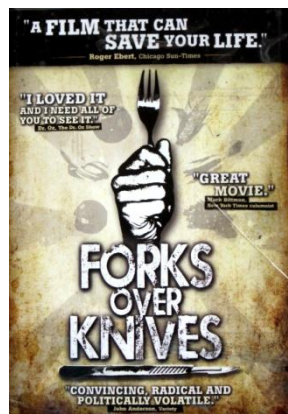
[3] Ibid, p. 16.

[4] Ibid, p. 79.

[5] Ibid, p. 16.

HEALTH TIPS

Forks Over Knives is a powerful American documentary film (DVD), released 5/6/11, that extols the virtues of a plant-based diet (rather than an animal-based one). It offers evidence that the effects of degenerative diseases can be controlled, or even reversed, by avoiding animal-based and processed foods. A Forks Over Knives cookbook is also available.





Happy Health!

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Remember: *Hypnosis can be done in the office, by phone, and via Skype.*