



Life-Enhancing Hypnosis:

Empowering people to achieve optimal mental, physical and emotional well-being.

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Hypnosis Works

Working in helping professions can be an end unto itself. The effort and expertise one extends to others, helping them improve, expand, gain control, or heal, produce satisfying feelings. It feels good to help someone! But the awareness of how and to what extent that happens varies from profession to profession. Results range from instant to eventual and maybe never. Thank yous and little gifts become reinforcing ways of giving us feedback and stroking our psyches. Who doesn't like to get positive feedback? In fact, Mae West summed it up with her quote: "Too much of a good thing is wonderful"!

While thinking about this month's topic, I happened upon a folder bulging with "thank you" notes, cards and letters spontaneously sent by clients. I certainly read each one as it arrived, but they were buried in a tucked-away folder in a little-used drawer. Browsing through them boosted my feelings and reminded me that **Hypnosis Works!** They follow –

"Thanks Hugh"

"Thanks - . I feel much calmer and more 'at ease', with no allergies – just pure air and light!"

"I seem to be doing quite well. I feel like a lot of baggage has been dispelled, thanks to your wonderful, intuitive care. I don't have anything niggling. I appreciate your care".

"Guess who actually made it to London, enjoyed the flight and (!) looked out the windows!"

"Your work with me has been permanent and lasting in my everyday life. I want to thank you from the bottom of my heart. I know I'm still on the journey, but it's been revolutionary because of your caring, intuitive and sensitive heart."

"Last week was an amazing experience for our son. I truly believe you reached him, or you helped him reach himself. It has been a long road but he sees the light and is optimistic and I am very grateful to you. You gave up your time, you were flexible and generous. Your practice demonstrates your humanity and your caring. A window has been opened and new light/life is

shining in. New hope is on the horizon. Your support and guidance is much appreciated. He has stated on two occasions how good he feels from your treatments. I thank you very much.”

“Thank you for helping me find my path! Somehow this card is a good fit for now. It is looking pretty good!”

“I just wanted to let you know that I am still alcohol-free and have no desire to drink. I want to thank you so much for helping me overcome this problem. I wish more people recognized the benefits of hypnotherapy.”

“I had failed my RN boards two times. But with your help, I was so relaxed and confident that I PASSED! And I just got a full-time job as a nurse at!”

“Thank you for the great session!”

“All is well with me and I keep doing my self-hypnosis almost every day as part of my morning routine. Here is a brief testimonial that might be useful to you. Throughout my life I have had many lengthy bouts of severe anxiety and depression, the most recent one lasting two years. Along with medication and counseling, my Hypno-Health work with Hugh was instrumental in my recovery. Hugh helped me cope with pain of past episodes of depression and taught me the tool of self-hypnosis, which has become an important tool for maintaining my wellness. For me, it is a powerful form of meditation that helps me remain focused on health and wellness.”

“Thanks again for your help professionally and as a friend with our son. We know it has enabled him to have a great season with his high school baseball team. He is so upbeat now and it is a pleasure to watch him, knowing what he has worked through.”

“With my first child, I was in labor for 30 hours. With your help, the second lasted only 3 hours. It was very fast, easy, comfortable and enjoyable!! Thank you for all your help.”

“This card says it all, yet not nearly expresses what the depths of my heart want to say. I am so very grateful to you for your care, kindness and generosity. You will always be one of my most beautiful memories! P.S. I danced for the first time last week!!”

“Hi from Hawaii. Had a great flight and am having a great time!”

“I didn’t want to miss this opportunity to thank you for all your support and your generosity. I am so very grateful to people like you who have stood behind me as I forge through this ride. Thank you for not giving up on me, or allowing me to give up on myself!”

“I just wanted to write you a thank you note to let you know some of the results of your session with my son. As you saw, he immediately hugged and kissed me when he came out of the office. Several days later I heard him whistling and laughing. One morning his first words were to comment on a woodpecker outside his bedroom window. I fixed him one of his favorite meals and after eating he asked: ‘Do you know how much I love you?’ He still has sudden bursts of anger, but the incidents are less frequent and less intense. He made an inquiry and will take a test

for a local job opportunity. Next week, when his former girlfriend will be in town, he has plans to be gone. I hope you use this letter to help others be believers.”

“After two sessions with you, I began to experience magical results. I noticed I had stepped a whole level above the ruts that had been a part of my life. Life has since become fun and effortless. I’m now creative and fulfilled. I have also lost 9 pounds! THANK YOU!!”

“Hey Hugh, I passed! (National Teacher Exam) Thanks for your help....”

“Yes, I think I need your help again?! Still smoke free (thanks to you) and comfortable in my plant based diet. I have recently stopped my LAST addiction to sugar in response to my latest health problem...detached and torn retina in my left eye. They made me have laser surgery and I am filled with fear and uneasiness with this whole thing. Everyone tells me there is nothing I can do to help myself in this situation and that I’m just getting old. Is this true? (Not the getting OLD part) HA!...but that I can’t do anything to help myself? What say you, oh Wise one?”

“I wanted to thank you fervently for your caring and generosity in providing me with your helpful hypnotherapy sessions out of the goodness of your heart. I wanted to confirm to you that my level of pain has decreased probably to a 4, unless I have a conflict with my siblings. I had one the other day where my brother verbally attacked me unexpectedly and for the first time I set a limit and removed myself from the situation. It set off some of my symptoms yet I came out of it much sooner than I usually would have, so something is working for the good. My life is much improved. Again, a thank you does not seem sufficient to express what I feel. I have been listening to your wonderful CD every day.”

“Thank you so very much. It has been a good change in my life.”

(phone message) “I just saw my surgeon and we just looked at my aortic aneurysm. And it had shrunk – Hugh. I had to tell you. It’s gone from 4.5 to 4.1. The comment was: ‘My god, it’s gotten smaller.’ And we know why. I want you to know Hugh you’re a miracle worker and you’re good for me.”

“It is literally true that we probably wouldn’t have retired without that subconscious voice saying ‘June 20th. This would not have happened without your guidance. Thank you so much.”

“Thank you so much for your hypnotherapy presentation at the retreat. Many of the women who attended specifically said they enjoyed the session with you, especially the experience of hypnotic relaxation, and we know it helped bolster the amazing courage of those who did the High Ropes activities later on.”

“Hugh, I want to say a special thank you to you for helping me with my nail biting problem. I haven’t bitten my nails since you helped me. So thank you.”

“I continue to cope comfortably with the occasional spider in my life and have no desire to have Diet Pepsi. You are so clearly excellent at what you do. Thank you yet again for helping me make changes in my life.”

“Thank you for the guidance, understanding and tools you have shown me the past few months. I appreciate your time and dedication.”

“Thank you so so much for taking the time to do the interview. You helped me learn a lot more facts on hypnosis and you really inspired me. I want to be a hypnotist just like you. Thank you.”

“Thank you so much for sending the CD. It has already helped me. It seems you spoke of everything that has impacted my patterns in such a freeing way! My sleep is now restorative. I had a little slide back after I talked to you but the CD seems to have remedied that. I’m grateful for the help you have given me, for the insights into my behavior, for the understanding that the insomnia was a gift to bring me to this, and for your gentleness and compassion.”

“Every day I’m amazed at the work you’ve done and helped me do in my life. You are gifted and talented and insightful. And I am grateful.”

“A belated acknowledgement and thank you for the reinforcement CD, which I have used many times – and expect to continue using. All is well and I continue to be BETTER. I think the therapy was very (surprisingly!) useful. So thank you, again, for all that.”

(phone sessions) “You were an enormous success, because what we did together led me to this personalized reinforcement technique, and I find myself doing it several times a day, sometimes for just a few minutes, sometimes longer. I was so appreciative with how accessible you were, and with your patience and time to explain various things to me. So thank you. You are a wonderful person who truly exemplifies what a health practitioner should be. Every time we spoke, I knew that you were totally focused on me and my needs.”

“You are the best investment I’ve ever made in my health.”

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Board Certified Consulting Hypnotist



Hugh

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