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Powerful-Mind

You CAN Stop Smoking with Hypnosis!

Do you ever find yourself saying, "I can't stop smoking." If so, you may be making that statement your reality.

Every time a belief is repeated, it is reinforced and strengthened. It does not matter if this belief is positive or negative, because your subconscious mind simply accepts this information as true.

The best thing that anyone can do for themselves (whether a smoker or not) is to observe and control (or eliminate) any negative self-talk. Once you begin to change your inner dialogue, you change your reality!

If you truly desire to stop smoking, and can imagine yourself as a non-smoker, then hypnosis will most likely be effective for you.

When you stop smoking with hypnosis, you will not be relying

upon your will power. At least half of the smoking behavior is habit driven, and the key is to break your habit easily and effectively. You cannot do it with will power alone.

With hypnosis, a change occurs in the origin of your smoking behavior... deep within your subconscious mind. The best part of all is that since you have chosen to become healthier (as opposed to being forced to

stop smoking because someone else thinks you should), and regardless of how long you have smoked, withdrawal symptoms and weight gain can be reduced, if not eliminated!

The result is nothing less than life-changing, with many accompanying long-lasting benefits as you enjoy a healthier and happier life!

When You are Inspired...

"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your mind transcends limitations, Your consciousness expands in every direction, And you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, And you discover yourself to be a greater person by far Than you ever dreamed yourself to be." - Patanjali

Principles of Suggestion

Understanding the following six "laws" is key to creating your ideal life. They are surprisingly simple, and yet, can make or break your happiness.

1. **The Law of Concentrated Attention:** Whatever you concentrate on tends to happen. (In his book "The Power of Intention," Wayne Dyer says that in order to be

successful, you must "think from the end," or act as if your goal has already been achieved).

2. **The Law of Reversed Effect:** The harder you try the harder it is. (So just relax and let go).

3. **The Law of Dominant Effect:** Stronger emotions tend to push out weaker emotions.

4. **The Rule of Negative Effect:** Negative emotions are stronger in the short-term than positive

emotions.

5. **The Law of Imagination:** When will and imagination conflict, imagination always wins. (Focus your imagination on your end result to achieve your goals).

6. **The Law of Positive Suggestion:** Positively framed suggestions are accepted more readily.



Hypnosis Happenings

(upcoming workshops)

Women's Empowerment

Especially around the holidays, women are feeling more stressed than ever before. Give yourself the opportunity on Dec. 6 to slow down and relax, if only for a moment. Seats are limited. Free.

Wake Up America!

Hypnotists across the country will unite on January 8 to help you Wake Up to the power of hypnosis. Join Krysti at this free event! Hypnosis sessions will include "Weight Loss" and "End Procrastination." So don't delay... register today to claim your tickets at www.hypnotizeamerica.com !

Stop Smoking

It is possible... you CAN Do It! Identify your triggers and conditioned responses to smoking. Learn why smoking is NOT addicting the way you think it is. Take back your health, your freedom, and your life... without cravings or weight gain. Call Edison College at 239-489-9235 to register. Seats are limited. Three week series begins January 18.

Weight Loss

Discover and release your unconscious need to be overweight... tweak your internal body settings to easily shed your weight... learn how satisfying it is to live a healthier and happier life. Five week series begins January 19, and will help strengthen your commitment. Call Edison College at 239-489-9235 to secure your place.

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Special Point of Interest:

- Mark your calendars - **January 4** is the first annual World Hypnotism Day! Event details coming soon!