



NACH and the Greater NGH Chapter

National Association of Certified Hypno-Counselors

1358 Burnet Ave. Suite 1, Union, NJ



NEWSLETTER

**NEXT
MEETING
Wednesday
Feb. 15,
2012**

WORLD HYPNOTISM DAY

It's just around the corner! January 4, is World Hypnotism Day and it is worthwhile to start planning for it today. World Hypnotism Day is just for us, and it is truly international! Why not log onto the website, www.worldhypnotismday.com, and start using the valuable resources there right now? There are hundreds of ideas and suggestions there for marketing, as well as royalty-free music. Hypnotists all over the world use World Hypnotism Day in their marketing, as well as in e-mail signatures. Have you thought about using that day to promote your practice, in your town. Think of World Hypnotism Day as the Super Bowl of hypnotherapy, with you selling the tickets and hiring the half-time act!

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UPCOMING Spring 2012 MEETING DATES

February 15, 2012, April 18, June 20

No meetings January, March, May, July, August & December

Use this as a positive reminder of our upcoming meeting dates!

NGH SOLID GOLD WEEKEND FEBRUARY 25 & 26, 2012

ANAHEIM, CALIFORNIA CALL 603 429 9438 12 AWARD WINNING PRESENTERS:

Dr. Dwight Damon • Cal Banyan • Ron Eslinger Edith Fiore • Elronn Ferguson • C.Scot
Giles • Burt Goldman Celeste Hackett Meredith Lucher Patricia MacIssac
Donald Mottin John Weir

Visualization as a Step to Quit Smoking by 101Quit Smoking

Your mind is a powerful "device." This device can be used for positive or negative purposes. You win or lose in life based on the way you "run" your mind. Much of running your mind involves visualizing--visualizing what has already happened in your life, as well as what may happen, good or bad.

Visualization is very similar to what our teachers and parents may have called "day dreaming." Children excel at day dreaming and playing "make believe." As we grow older, we tend to suppress our daydreams because of pressures to conform to society's practical approach. Day dreaming or visualization allows us to create bright, fun, fantastic futures for ourselves. Unfortunately, visualization for adults becomes scenarios of unfounded fears, drudgery, regretful memories or just plain darkness.

You never lose your ability to visualize. Instead, you change your visualization to "practical" and logical thoughts. And often, adults do have vivid visualizations but of the negative doom and gloom, "the worst thing that can happen" variety. How often have you let your mind race with pictures of disaster and destruction? You see yourself lashed to a whipping post, being beaten by an IRS auditor, or you see your doctor telling you the pain in your head is a malignant brain tumor. Your mind can just as easily show you a refund check from the IRS or a "clean bill of health" from the routine physical. The problem and the opportunity with visualization is that your mind doesn't know truth from fiction when it evaluates the visions in your mind. Your mind simply accepts the visualization as reality. An example of this is the effect a scary movie may have on you. When the movie *Jaws* came out in 1975 many people were so frightened by it that they would go nowhere near a beach or lake. Some people were even afraid to take a bath or shower. The mental images of this monster shark took over the mind's rational ability to think and allowed people to imagine sharks coming out of the showerhead. For these people the experience was so real that they changed their actions in the physical world. In your mind you can create many different scenarios for yourself. You can visualize good or bad events. Your mind tends to act on these visualizations. Whatever you imagine, your mind will accept as real.

In time your mind will work to "fulfill" your thoughts, creating them in reality. Think negative thoughts, create negative results. Think positive thoughts, create positive results. Much has been written on visualization, and you should seek some more in-depth information on visualization techniques. Here are some quick tips for using visualization to help you quit smoking:

Visualization often begins with affirmations--positive statements you make to yourself. State your affirmations positively and as if you already have what you are affirming. If possible, state your affirmations aloud, five to ten times. Some examples of positive affirmations include: "I enjoy breathing easily and deeply," "I am free from any desire to smoke," "My hands and teeth are clean and smoke free," "I enjoy being around non-smokers," and "I am relaxed and calm." Write down some goals for yourself, relating to smoking. For example, "I will quit smoking by the last day of March," or "My body no longer desires nicotine." To create deep visualizations that can profoundly affect you, relaxation is very important. To relax you should sit in a comfortable chair and close your eyes. Begin breathing long, deep breaths. Count down from ten to one, breathing once per number. In between breaths repeat statements like "I'm getting very relaxed," and "going deeper." Once you reach the count of "one" (and the bottom of the steps), let your mind wander for a minute or two. Then begin focusing on the affirmations and goals you have created for yourself. Don't be concerned if you don't immediately see anything. You may only see cloudy or fleeting images. That's okay. With practice your visualizations will become more vivid. Focus on controlling the images, however faint they may be. If you have set a goal to quit smoking by the end of March, see yourself throwing all your cigarettes and ashtrays away on March 31. Try visualizing a package of cigarettes, then make it "explode." Visualize your lungs as very clean and healthy. Visualize socializing with non-smokers. Visualize yourself effortlessly running a marathon. Visualize your friends and loved ones honoring you at a quit-smoking banquet.

Decide Right Now to Believe That You CAN Quit Smoking

If you don't, you will have a much harder time trying to quit. The best action you can take right now to start the quitting process is to fix in your mind the belief that you have the ability to quit smoking. You might say that you can't change your belief, but you can.

Believing you can quit is so important because your belief will guide everything you do in your attempt to quit. The way you think, the research you do, the steps you take, the people you talk to, the help you seek--all these will be influenced by the belief in your ability to give up cigarettes.

If you don't truly believe you can quit, you'll probably find yourself saying, "What's one little cigarette? I've got a headache. I just can't quit like other people." If you believe you can quit, instead you'll be saying "My head is hurting from withdrawal, but I can make it through this. I know the headache and other withdrawal symptoms will go away in a few days. My life is more important than a stupid cigarette."

Believing shapes everything you do. So does not believing. If you believe something strongly enough your mind will give you the correct thoughts to help your body take you in the direction of your belief. Can you imagine what life would be like if Thomas Edison hadn't believed that he could invent the incandescent light bulb? If Edison had begun his search for the solution without really believing he could create a light bulb that worked, he would have quit long before finding the answer. Edison tested more than 10,000 combinations of materials before finding the right one to create a light bulb! You must believe that you can quit smoking, even if it takes 10,000 attempts.

Continued on Page 7

January 2012 Horoscope with Judy Lewis

STARGAZINE

JANUARY 2012

Aries ^-The Moon in Aries as we enter the New Year bodes well for growth and progression in all that you desire. Go forth with confidence as your hopes and wishes will be fulfilled.

Taurus ♂- Jupiter in Taurus in the 12th house, governing the subconscious mind, will find you glowing with optimism and possessing a great life force. The ability to attract luck and work with those abundant opportunities that are now offered will make the best New Year ever.

Gemini ` - Gemini on the ascendant as we enter the New Year will find your personality at a high. People will be drawn to you and your influence is strong. Use this magnetism to align with partners on the work front to insure success in your goals.

Cancer a- Parties and the warm glow of family events are the highlight of January. A new focus on life and love guides your every decision. You are a winner and the stars assist with your success.

Leo b- Leo has made many strides in 2011 and the Lion is ready for the upcoming challenges of the New Year. Aim high as all your dreams can be accomplished. Happy New Year!!!

Virgo c-Mars in Virgo as we enter the New Year indicates a great amount of energy to focus on goals. Look at all you have accomplished in 2011 and go forth with confidence towards a Happy New Year.

Libra d- Saturn has made you stronger and wiser and will leave you better than it found you. You will enter the New Year with love, luck, and prosperity. These are yours for the taking. The stars are working in your favor.

Scorpio e The astral advice suggests that you leave any negativity of 2011 behind as you enter 2012. You have always worked to be the best at what you do. The energies of the New Year are more positive than last years and you will accomplish much.

Sagittarius f The astral advice suggests that you get away on a mini vacation if possible. This will add to the happiness factor of the New Year. Great opportunities will be yours by mid-month.

Capricorn g- The New Year will bring many work adjustments but they will favor the steady Capricorn native. Get ready for progress and growth on the work front.

Aquarius h Venus will attract an unusual relationship to the Aquarius native in the New Year. This may be for love or for business but it will be a positive a fun relationship.

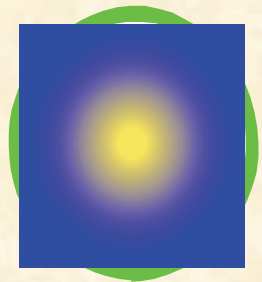
Pisces i-Psychic and sometimes sad the New Year brings self-confidence and awareness. You will achieve the success that you desire. No longer will you feel the need to give up your goals for others. You are a winner. [star](http://stargazingonline.com)

gazine1@aol.com stargazingonline.com

J Banta Lewis Stargazing 709 Broadway

At 32nd Street, Bayonne Since 1996

Astrology is a long-established method of exploring ourselves, our [relationships](#) and our place within the world. It works by taking a look at the significant environmental influences operating in a particular place at a given time - as expressed through the [horoscope](#) in the symbolic relationships of the heavenly bodies. Astrology, the science of the stars, can give us insight into all manner of situations, from the personal to the political and from the most intimate to the most mundane.



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Benefits of Quitting Smoking to be found all over the internet

BENEFITS

- **Within 5 minutes:** Passive smoke exposure risks for non-smokers decreases. Oxygen available to the heart increases.
- **Within 20 minutes:** Pulse Rate and Blood Pressure return to normal. Temperature of hands and feet returns to normal.
- **Within 8 hours:** Blood platelets are less prone to block arteries. Carbon Monoxide in blood decreases to normal.
- **Within 24 hours:** Risk of heart attack decreases. Athletic performance increases.
- **Within 48 hours:** Senses of taste/smell improve; smokers breath/odor disappears.
- **Within 2 weeks:** Walking/Exercise becomes easier. Lung function improves and body metabolism returns to normal.
- **Within 3 months:** Coughing, shortness of breath, fatigue decreases, risk of stroke decreases, bad lipids in blood return to normal and risk of gum disease decreases.
- **Within 9 months:**

Risk of fetal death and complications in pregnancy is at the same level as a non smoker.

Within 1 year: Excess risk of heart attack is 1/2 that of a smoker. Ability of lungs to fight infection increases, risk of peptic ulcers equals that of non-smokers.

Since 1/2 of all smokers will die prematurely (in middle age) of tobacco-included diseases, your decision to stop smoking is central to your health and the health of your family. We are committed to helping you quit. With the New Year upon us, this is the time to stop smoking once and for all. What more can be said about the perils of continuing to smoke and the benefits of stopping.

AFFIRMATIONS RE-EDUCATE THE UNCONSCIOUS MIND

Following positive affirmations will help you to reflect on all that is good about you. It is a great way to nurture yourself and perhaps begin to become more familiar with the good within yourself.

Your outside world is simply reflecting your inside world. And you probably wouldn't be dealing with anxiety right not if things were going absolutely wonderful in your life, right? Happiness, not only creates happy emotional feelings, your emotional feelings, good or bad are experienced as physical sensations in your body. You rarely ever see really happy people in pain all the time, or scared or nervous. They are simply content within themselves and they tend to create a happy environment all around them that reflects their inner feelings. So, it goes without saying that our unconscious negative thoughts about ourselves can trigger stress. A negative self-image leads to thoughts of worry and danger, which can lead to panic.. There is a touch of negative and positive qualities, beliefs, and feelings in each and every one of us. Familiarity is a BIG key to change. When we see darkness in the world, we only recognize it because we are familiar with our own darkness. When we see light, the same holds concept holds true. The more you focus on the darkness outside of yourself, the more you will feel darkness inside. But the more you pay attention to the light and beauty the more you will attract or recognize or become familiar with that being your more common experience.

Tony submitted these:

- I am a non-smoker
- Freedom from smoking is a great benefit to my health.
- My sense of smell is returning.
- My sense of taste is returning.
- My good health is most important.
- I live a healthy lifestyle.
- I am a permanent non-smoker.
- It is easy for me to be a non-smoker.
- All desire to smoke cigarettes has left me forever.
- I desire to remain smoke-free.
- Smoking is repulsive to me.
- I am proud of myself for being a non-smoker.
- I feel good about my smoking cessation.
- All needs to smoke have left me forever.
- I love myself as a non-smoker.
- I am completely at ease with myself as a non-smoker.
- I am happy being a non-smoker.
- I see myself as a permanent non-smoker
- I am welcomed everywhere I go as a non-smoker.
- I am finally free. I am free. I am free.
- It feels so good to be free.

How the Power of Intention Alters Matter Dr William A Tiller

As described in Celeste Adams's interview: Dr. William A. Tiller's studies and experiments have proven that human consciousness "changes space." And he explains how this works in a way that's easy for us to follow and understand. But further — and of importance to the subject matter of our current issue — he demonstrates not only that Zero Point Energy is, for all practical purposes, absolutely limitless, but that in it lies our future potential.

Proving Scientifically that Mind Affects Matter Dr. Tiller's experiments to demonstrate the effect of mind over matter began by imprinting electrical devices with a specific intention. The imprinting was done by four experienced meditators, people who Tiller says were "highly inner-self-managed people." Then this device — imprinted with the intent — was wrapped in aluminum and sent by overnight shipping to a laboratory 2000 miles away, where it was placed beside the "target experiment" and turned on. So, for example, the electrical device might be imprinted with the idea of raising or lowering the pH of water. And if the device was turned on in the vicinity of a jar of water, the expectation was that the pH of the water would be raised or lowered, depending upon the original intent. In the case of that particular experiment, they were looking for at least a full pH unit of difference, something large enough that the results could not be attributed to faulty measurement (it's possible to measure 1/100th or even 1/1000th of a degree of change in pH, so one full unit is a lot). So the first result was that they were in fact able to achieve an unambiguous change in the water's pH state simply through its being in the vicinity of an electrical device that had been imprinted with that intent. And they were able to raise pH (or lower it, depending upon the intent) in this way by as much as 1-1/2 full units, a very large amount.

The Effect of Repeated Experiments It was when the same experiment was repeated over and over, however, that the really significant effects began to show. For Tiller has found and proved that when intent is repeated in the same space, eventually it becomes permanent. And when *that* happens, the laws of physics in that space no longer operate as they did before! (For a homely but meaningful analogy, can you remember when it was "impossible" for man to run a four-minute mile?) When they kept running the same experiment over and over again, Tiller says, the laboratory began to become "conditioned," so that the same result would happen more strongly or more quickly. And eventually, it would happen even after the device was no longer in the room. "In one of the spaces that we have used," Tiller says, "the alteration in the space of the room has remained stable for well over a year, and it's still going strong." (Today, if you can't run a four-minute mile they won't let you on the track team.) In physical terms, what does this mean? What has actually happened to the "space" of the laboratory room? Tiller explains, "The experimental data we gather seems to indicate that it raises what is called the 'physics gauge symmetry' of the room." For example, in one experiment they would put a disk-like DC magnet under the jar of water for three days with the north pole up, and measure the pH. Then they would do the same with the south pole up. They wanted to know whether there would be a difference in pH change in the water depending upon which pole was up. "In a 'normal space,' which is called a $U\{1\}$ -Gauge space," Tiller says, ". . . the magnetic force is proportional to the gradient of the square of the magnetic field. This simply means that if you do that experiment in a "normal space," there will be no difference, no matter which way the magnet is turned.

In this "conditioned space," though, we have been able to get differences of 1-1/2 pH units depending upon which way the magnet was turned. Very big effects.

What this basically means is that the law of physics which says that the magnetic force is proportional to the gradient of the square of the magnetic field *has been changed in this space!* Tiller says: The only way that can happen is if you've raised the gauge symmetry from the $U\{1\}$ Gauge to something approximating what is called the $SU\{2\}$ Gauge. With $SU\{2\}$ -Gauge symmetry, you have electric monopole and magnetic monopole substances functioning, not magnetic dipoles as you have in a $U\{1\}$ space. So somehow, by our procedures, we have created mixed-gauge symmetry. We've produced some elements of $SU\{2\}$ -Gauge symmetry, because that's the only way you can get a polarity effect. That says that we are producing domains of order in the vacuum!

How the Power of Intention Alters Matter Dr. William A Tiller P6

The Vacuum Contains Non-Physical "Stuff" But isn't the vacuum a — well, a vacuum? Like, nothing? No, Tiller points out, actually a vacuum contains dense energy potential. But in $U\{1\}$ -Gauge symmetry, that potential is chaotic and amorphous. It has no basic effect on the physical universe. But with $SU\{2\}$ -Gauge symmetry, he says, there is an ordered alteration, a change that takes place. $SU\{2\}$ -Gauge symmetry actually changes the state of the particles that make up physical reality. And since Tiller has shown that the order thus created in the vacuum is based upon human intent, this shows that we can actually harness the power of the vacuum through our consciousness.

How Much Power Are We Talking About Assuming that we can use experiments like this to learn how to tap the energy of the vacuum, how much potential is there within this "vacuum stuff"? Again, the answer to this begins with the understanding that the vacuum is not empty or void. It's empty only of *physical matter*. However, the vacuum contains "energy density." This is actually the central concept of "free energy." As Tiller says: Quantum mechanics and relativity theory are the two prime theoretical constructs of modern physics, and for quantum mechanics and relativity theory to be internally self-consistent, their calculations require that the vacuum must contain an energy density 10^{94} grams per cubic centimeter. How much energy is that? To find out, Tiller says, you simply use Einstein's equation: $E=MC^2$. Here's how this comes out in practical terms. You could take the volume of, say, a single hydrogen atom (which is incredibly small, an infinitesimally small fraction of a cubic centimeter), and multiply that by the average mass density of the cosmos, a number which is known to astronomers. And what you find out, Tiller says, is that within the amount of vacuum contained in this hydrogen atom there is, according to this calculation, "almost a trillion times as much energy as in all of the stars and all of the planets out to a radius of 20 billion light years!" If human consciousness can interact with that even a little bit, it can change things in matter. Because the ground state energies of all particles have that energy level due to their interaction with this stuff of the vacuum. So if you can shift that stuff of the vacuum, change its degree of order or coherence even a little bit, you can change the ground state energies of particles, atoms, molecules, and chemical equations. In conclusion, despite our attachment to it and our feeling of its solidity and persistence, what we think of as the physical universe is an almost incomprehensibly miniscule part of the immensity of All That Is. Our future, Dr. Tiller is telling us, lies in harnessing the energies that lie hidden in the spaces between the particles, atoms, molecules, planets, stars, and galaxies of the physical universe. "Matter as we know it," Tiller concludes poetically, "is hardly a fragrance of a whisper."

**WISHING YOU AND YOUR FAMILIES A HAPPY, HEALTHY
AND PEACEFUL HOLIDAY SEASON**

MAY 2012 BE A GREAT YEAR FOR ALL

HAPPY NEW YEAR

HEART ATTACKS AND DRINKING WARM WATER

Every person, including hypnotists should be aware of issues like these for personal health and for the health of person near and dear to them, and the ones they touch. This is a very good article. Not only about the warm water after your meal, but about Heart Attacks. The Chinese and Japanese drink hot tea with their meals, not cold water, maybe it is time we adopt their drinking habit while eating.

For those who like to drink cold water, this article is applicable to you. It feels nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal. French fries and Burgers are the biggest enemy of heart health. A coke after that gives more power to this demon. Avoid them for your Heart's Health

Common Symptoms Of Heart Attack

A serious note about heart attacks - You should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive.

A cardiologist says if everyone who reads this message sends it to 10 people, you can be sure that we'll save at least one life. Read this & send to a friend. It could save a life... So, please be a true friend and send this article to all your friends you care about.

BELIEVE YOU CAN QUIT SMOKING

CONTINUED FROM PAGE 2

Fixing in your mind a belief that you can quit smoking may sound impossible if you now believe that you don't have the ability. Here are some tips to help you change your beliefs: Realize that your old belief was founded on old ideas and circumstances and that your new belief is based on new information and your newfound desire to quit smoking now. On 3X5 cards, write out several positive statements about your ability to quit. Read your cards three times a day: morning, noon and bedtime. Some statements to use: "I believe that I have the ability to quit smoking," "I am a non-smoker," "I no longer need cigarettes in my life," "I happily quit smoking," "It's easy to quit smoking," "I am a powerful, self-directed person," "I control my own life." Make up some of your own statements. Make them positive, as if you have already completed the task.

Post a sign on your bathroom mirror with one of the above statements on it. Repeat the above statements to yourself, whenever you have a free moment. Use visualization techniques to visualize yourself mastering your smoking habit and winning the fight. Ask your family and friends to encourage you with positive statements about your ability to quit smoking



Submodalities: The “Magic” of NLP with Joe Peoples at Nov 16th NACH Meeting

Joe Peoples, member of NGH & NACH, and its official photographer, and licensed Master Practitioner of Neuro-linguistic Programming, shared insights about Submodalities, gained from training with Richard Bandler, co-founder of NLP.

TONY, PAM AND DR. JOHN GATTO

P9

November, 2011 NACH Dinner Meeting Award



Pam Tortorello receiving the 1st NACH Member of the Year Award. She has always demonstrated her loyalty, eagerness for the NACH to move forward, and her complete support for many, many years. Although she travels a long distance she attends every meeting when humanly possible. Thank you Pam from the bottom of our hearts. Keep up the great work!

SPRING 2012 ACADEMY CERTIFICATION COURSE

Approved by the National Guild of Hypnotists, the largest hypnosis organization in the world. Become certified by the Academy of Professional Hypnosis.

TO; All Persons Interested in Hypnosis Certification.....call Dr. John Gatto at.....
908) 964-4467

Or Email Dr. Gatto at: info@hypnoacademy.com Or go to www.hypnoacademy.com

[to print your registration form.](#)

The Academy of Professional Hypnosis, the first school of Hypnosis to be licensed by the State of New Jersey, Est. (1991)

Schedule:

This Academy is the first school of hypnosis to be approved by the New Jersey Department of Education as a post-secondary vocational school. (Est. 1991) You will be able to practice on a part time basis as many do, or on a full time basis, at your discretion. We have found that many students learn hypnosis not only for career purposes, but for personal growth. All of the many demonstrations and student one-on-one practice sessions are directed towards resolution of real issues and problems, so that you are ready to practice upon graduation. A Diploma is awarded upon the completion of 100 hours of in-class study which is comprised of 3 courses, Basic, Advanced and Advanced Clinical. The title designation on the Diploma is "Certified Hypno-Counselor". Hypnosis is extremely exciting, both the study and practice of it. Feel free to contact us to discuss this, and make arrangements to register for the SPRING session where excitement awaits you. Call Dr. John Gatto at 908 964 4467 to ask about **FREE FINANCING**

SPRING 2012

Basic Hypnosis..... February 4/5 & 11/12

Advanced Hypnosis..... February 25/26 & March 3/4

Advanced Clinical Hypnosis Certification..... March 10/11 & 17/18

EACH COURSE IS2 WEEK-ENDS Financing Arrangements must be made by January 16th

NEW INCOME

THE PRESENT STATE OF OUR ECONOMY DICTATES ACTION TO CREATE NEW INCOME OR SUPPLEMENT YOUR PRESENT INCOME. FALLING BEHIND ON OBLIGATIONS CAN HAPPEN VERY QUICKLY. TAKE STEPS NOW TO ENHANCE YOUR FUTURE EARNING CAPABILITIES. OUR ACADEMY OFFERS THIS POTENTIAL TO PERSONS INTERESTED IN HYPNOSIS CERTIFICATION AND TO THOSE WHO HAVE STUDIED AT OTHER INSTITUTIONS WHO DESIRE TO LEARN DIVERSIFIED PERSPECTIVES AND PARTICIPATE IN EXTENSIVE TEACHER-SUPERVISED, STUDENT-TO-STUDENT, HANDS-ON TRAINING INVOLVING ONLY REAL-LIFE ISSUES. ENTER A RESPECTED PROFESSION, WHILE ALSO GAINING SELF-CONFIDENCE, SELF-ESTEEM AND THE EXCITING TECHNIQUES TO USE IMMEDIATELY FOR CLIENTS, FAMILY AND YOURSELF .

While providing informal information through the writings in this Newsletter, the views expressed and written do not necessarily represent the thoughts, views and opinions of the National Association of Certified Hypno-Counselors, (NACH), NGH nor of its editors or officers. All information is printed with permission or comes from a free informational website. All persons will be credited if available for any rewritten information.

Feel free to copy this schedule of classes and send it to your local newspaper under "around town" to help us spread the word.

CEU Credit Hours

2011 MEETING DATE

Wednesday: February 15, 2012

Networking: 6:00–7:00 p.m.

Dinner: 7:15 p.m.

Presentation: 8:00 p.m.

Meeting Place:

Galloping Hill Inn, Union, NJ

(908) 686-2683



NACH and NGH

Working Together

Our meetings are always on the 3rd. Wednesday of the month.

Members receive CEU credits for attending meetings.

DIRECTIONS: To 325 Chestnut Street, Union, NJ 07083

PARKWAY: Take exit 138 (Galloping Hill Road). Travel 1/4 mile on Galloping hill Road toward Union. Restaurant is at the far left corner of the intersection.

ROUTE 22: Take the Union exit on Morris Avenue (Kean University). Proceed toward Elizabeth on Morris Avenue for 1/4 mile. Turn right on Salem Road and go to the end.

STATEN ISLAND OR LONG ISLAND: Take the bridges to Route 1, Elizabeth. Go to Elizabeth Center. Take Morris Avenue heading towards Union for approx. 2 miles, turn left on Salem Road and go to the end.

*Happy New Year
Happy Holidays to All*

Board Members

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CALL: (908) 964-4467

Please send your check in on time.
Arriving unannounced may cause a
problem with seating. Thank You!