

APRIL 2007 - AN UNFURLING

This is the first 'Latest News' that I have done on my new website. My old website looked okay and was effective enough, but it was in need of a revamp. I was extremely fortunate to meet Estelle and have the benefit of her professional skills. I say this in all sincerity ...

Thank you, Estelle

I believe that practising hypnotherapy is like learning how to drive a car. When you have passed your test or exams, then you start to really learn. I have been practicing hypnotherapy for just over ten years and I think that it took me nearly six years to hone my skills.

Add to that the fact that I have also been through the rough and tumble of life myself. So, when I am initially talking to my clients, I am not the great know all, but someone who has probably had similar experiences - or who has been in close contact with someone who has.

I first heard the saying, "you can't put an old head on young shoulders", when I was young. Of course, I considered it a pompous statement of the older generation. Since then I have heard it many times. But it is only now that I realize the truth in it. These days I use it to remind me that what I need to do is listen ... and use my experience to understand the problems of my clients, so that I don't prejudge the situation.

I value the experience that I gained in my time as a hypnotherapist. All the different and varied people that I have had the good fortune to help has enriched my life.

Each and every one that has come into my therapy room is different. Every smoker that has visited me has different problems ... different issues with which I need to help them. However, what I do with them all is the same - I help them down the track that they want to go.

I wouldn't have the audacity to tell them how to run their lives, but I can help them go down that track with confidence. And I do it by teaching them their ABCs!

Create the right **A**TTITUDE from within.

BALANCE your life, remembering the law of the universe – what goes around comes around!

Take **C**ONTROL of your life by listening to your inner feelings, your intuition and gut instincts. By doing so, you will achieve your desired goals faster than you thought possible.

The most important of these three is BALANCE. I'll talk more about that in my next newsletter.

Till then,

Roland James

