



Midwest NLP Monthly Muse

November 2005

Volume 21

See local events, NLP training and Hypnosis training at the end of this ezine!

Write all comments to:
jim@trulyhumancoaching.com

" Act as if what you do makes a difference. It does."

~William James

IN THIS EDITION!

Intro: Welcome To Issue #21- what is this newsletter about?

Tools: Changing Habits

***** Check out any of the past articles listed below!*****

Articles:

- Oct. 05 *Nourishing Yourself with Regular Habits
- Aug. 05 *An Ideal Relationship: What do you want?
- May 05 *Can't, Should & Other Modal Operators of Necessity & Possibility
- May 05 *Normal? Socialization, Domestication & Consensual Hypnosis
- Feb. 05 *Limiting Beliefs and Gremlins: An NLP Methodology
- Mar. 05 *Five Effective Ways to Deal with Gremlins
- Mar. 05 *The Four Horsemen of the Apocalypse: Lethal Patterns that can ruin relationships

More: Upcoming Local Events

Welcome to Issue #21

Many or all of you received a request to 'opt in' to receive this newsletter, You many not have recognized it from "Truly Human Coaching" but yes, it was from me. AKA Jim Accetta, AKA Midwest NLP, Inc. If you want to continue to receive this newsletter, please visit my website at www.trulyhumancoaching.com scroll ½ way down on the home page and on the left hand side of the page it asks for your name and email address. Go ahead and sign up!

For those who question this, I offer several articles I have written in past newsletters in this issue. At the end of the newsletter are listings for current events in this area. Check them out! Great leaning, great fun and more!

Also, as a way to introduce coaching and to assist you with a particular issue or challenge you may be having, I offer a no obligation complimentary coaching session. That's right...FREE!! For you, for your friends, for a family member, for you and your partner, you name it! I love coaching AND helping people live the kind of life they truly want. If you have not yet experienced the great results that come through a coaching relationship, then PLEASE, give it a try! Write me at jim@trulyhumancoaching.com or call at

“The unfortunate thing about this world is that good habits are so much easier to give up than bad ones.” - Somerset Maugham

“Never suffer an exception to occur till the new habit is securely rooted in your life. Each lapse is like the letting fall of a ball of string which one is carefully

847-256-2396 to arrange a session!

New for this issue: Recently several clients remarked something to the effect of: “wow, this seems so obvious, why can’t I just do it on my own?”. Why indeed! Over the years we have developed deeply embedded behavior patterns, not just outward behaviors but patterns of thinking and feeling which may include: criticizing, overeating, procrastination, self doubt, laziness, overworking, disorganization or a myriad of other such behaviors. Once developed, these behaviors or ‘habits’ become in large part ‘who we are’. I offer a seemingly simple tool to begin to change these habits below.

Jim Accetta 😊

Changing Habits:

While reading some information in my Franklin Covey planner I ran across this great quote and exercise. Enjoy the quote and really practice the tool...notice what changes in your life!

Quote: *“The unfortunate thing about this world is that good habits are so much easier to give up than bad ones.”* - Somerset Maugham

Tool: Draw two columns. List habits you are proud of in one, and habits you are not so proud of in the other. Choose one of the ‘not so proud of’ habits to work on this month. Clearly define what you will do differently and when you will do it. Check your progress each week and adjust your commitment. Keep at it until you change your behavior.

Articles:

From October 2005:

How do you nourish yourself? Regular Habits

How do you nourish yourself? What are the daily or regular habits you do as part of a practice to insure you are taking care of yourself? Is it diet? Exercise? Prayer? Meditation? Reading? Journaling? Time with friends? A walk? TV time?

Regularly, I talk with people who are SO BUSY with life, they forget about living... SO BUSY making sure that their ‘tasks’ get done, that they meet the demands of their work, their boss, their family, the many SHOULDs running around in their heads that they forget a very important thing: we need to take care of ourselves!

winding up; a single slip undoes more than a great many turns will wind up again.”
-William James

“The Value of life does not lie in the number of years but in the use you make of them...whether you have lived enough depends on your will, not on the number of your years.”
-Michel de Montaigne

Are you taking care of yourself?

This very important question crops up regularly with each person I talk with... people are so, so busy with daily life that they forget to take care of themselves! How are our regular habits developed?

Well, first of all, we need to explore our values... what is truly important to us. Stephen Covey has named the very important activities that have to do with what is most important to us as ‘The Big Rocks’... These big rocks are often consistent over time, however can change. For me currently they are (in order):

1. Becoming and remaining centered, peaceful and grounded. This includes daily meditation, exercise, really good diet and rest.
2. My most important relationships, with my partner and children.
3. Business: Growing and Developing my business

What are your ‘big rocks’?

What are the things that are most important to you? Then from that place, what regular habits do you want to develop? What daily & weekly tasks and activities do you want to schedule in to insure you are doing what is most important to you? THEN... AFTER and only after you have done those things that honor your values, do you honor and attend the ‘other’ often urgent but much less important things that too often consume your time.

What are regular habits?

(taken directly from my discovery package ☺)

Regular Habits

Small, constructive actions done on a regular (daily, weekly, etc.) basis can quickly bring about effective change and create forward momentum. These regular habits form the foundation upon which major changes take place. Look at your Wheel of Life, your Primary Focus areas and your Commitments to get ideas for habits that would support you in boldly moving forward. What action(s), if taken on a regular basis, would make a difference for you in one of your areas on the wheel? Here are four examples: 1. Meditate 15 minutes every morning, 2. Return all voicemail and email messages by Friday at 4:40 p.m., 3. Exercise 4 times a week and 4. Practice the guitar one hour every evening.

Are you doing what is important to you?

Please call me for a free consult or complimentary coaching session at 847-256-2396 or write jim@trulyhumancoaching.com if you’d like to begin to sort out your values and begin develop regular habits that will make a difference in your life.

From August 2005

"Live all you can; it's a mistake not to. It doesn't so much matter what you do in particular, so long as you have your life. If you haven't had that, what have you had?" - Henry James

"Ecstasy is a feeling that comes only when the heart is tuned to that pitch of love which melts it, which makes it tender, which gives it gentleness, which makes it humble."

-Hazrat Inayat Khan, The Sufi Message

An "Ideal" Relationship: What Do You Want?

Love, intimacy, connection. Those very deep, 'states' that stir so many of us, that for some, are just an edge, a flickering, something that you think about, appreciate, as if almost from a distance. For some of us they are states that move us deeply; that create a stirring in our bodies; that flood you with feelings that bring you to smiles, tears, sadness and joy. I have talked about many forms of fulfillment in relationships and suggest this: **really go "all out"!** Letting yourself experience fully is really part of this fulfillment I speak of. I have said that **living in fulfillment is not for the meek**, not for the fearful. If you are one of the many who has let their gremlins take over and "run the show" then you are likely in a space of indecision or in a space of fear, or in a space of stagnation. Is this where you want to be?

Are you living in a box, limited by beliefs that keeps you there?

Or are you living in fulfillment, aligned with your values, making decisions, taking action and putting yourself 'out there' to experience all that this life, all that this world has to offer? Are you moving in the direction of experiencing life fully, with wanton desire and joy? Facing the many fears, gremlins and limiting beliefs that interfere along the way?

Are you experiencing life fully alive?

Too often in our lives, some of us have settled. I too have had many times when I have settled for less than what I truly want, how about you? You may have settled for a certain kind of life, a particular job, boss, friend, spouse, house, car, etc... We have settled for what we consider "good reasons".

What are you settling for in your relationships?

Now some questions about relationships:

- What do you want in your relationship?
- What is your ideal relationship? Can you currently have that with this partner? If not, what do you want here and now?
- What are you willing to give up? (in other words, what are you willing to "settle" for?)
- Are you getting what you want in your relationships?
- What are you giving what you want?
- Are you satisfied, truly, deeply satisfied?

By answering these and other such questions, we begin to be intentional about what we want, who we want to be and who we want our partners to be in this very important relationship.

What about altruistic love, that unconditional love we may romanticize about,

“Respect...is appreciation of the seperateness of the other person, of the ways in which he or she is unique”

-Annie Gottlieb

*Work like you don't need money,
Love like you've never been hurt,
And dance like no one's watching.*
-Author Unknown

and some (or many?) experience. The love that we may seek that is most akin to the type of love felt in our infancy, or spiritually, or is it ‘true love’? Is it possible in an intimate partnership/marriage to love the other unconditionally, the kind of love without expectation?

What about unconditional love?

As soon as I/We get in the mix of things, the unconditional love becomes affected in some way by what we want or expect ‘in relationship’. Is it possible to take ourselves out of the picture and think only of the other? What if both people have this attitude and are ‘all giving’? What is the balance? How can we truly love another and get ourselves out of the way? Is it even ‘human’ and doable to be this kind of being? Is it too altruistic? All people feel the need to be taken care of sometimes. What happens in the relationship when both people feel **and express** this need at the same time?

One answer was articulated well in an article entitled “Jealousy and the Abyss” by William Pennell Rock from the Journal of Humanistic Psychology (Vol.23, No.2, Spring 1983, 70-84)

“Love cannot be channeled to one object. If you have one love object and channel all your love there, you will be experiencing attachment....If you really love, then you’ll experience an overflowing, you will experience a love for all....When you deal with your own relationship with existence...Then you will free yourself to love more” Earlier in the article he states: *“If you really love, then you’ll experience an overflowing, you will experience love for all.”*

This month I pose these questions to all of you, please let me know your thoughts. Take a moment and write to jim@trulyhumancoaching.com about any one or two questions above.

Two articles from May 2005

Can’t, Should & other Modal Operators of Necessity & Possibility

You can’t! You should! You have to! Whether it is from those people in our lives who think they know what is best, or from the annoying gremlins or voices inside our own heads OR it’s us talking to others... Can’t we? Should we really? Do we really have to? For years I was labeled with having an authority problem, because I did not believe I really had to do things according to such dictates (some people would still say I do!). In the learning’s of NLP, we have learned many language patterns... in the Structure of Magic; Richard Bandler identifies at least 13, two of which are modal operators of possibility and necessity.

These are limitations of our thinking and subsequently of our language!

Think about these sentences:

We must be the
change we seek in
the world.

- Gandhi

"The time has
come when those
who choose to stay
on the earth plane
must agree to
having it all. Those
who don't are simply
holding back
those who are
willing to have it all"

- You can't go out with your friends on Friday night
- It must be finished by Friday.
- I can't improve my situation.
- I have to make this career move now.

SO, WHO SAYS SO?

A few other responses could be:

- What prevents you from going out Friday night?
- What would happen if it didn't get done by Friday?
- What stops you from improving your situation?
- What would happen if you don't.

These are referred to "Modal Operators of Necessity or Possibility". They have inherent in their structure the belief that certain things are not possible or that certain things are necessary.

AS IF WE DON'T HAVE THE CONSCIOUS CHOICES WE DO HAVE!

In the NLP practitioner training we spend days (at least 3) on language patterns alone! Playing with language, learning language patterns, recognizing the patterns limiting patterns in our own thinking, becoming aware of the how others limit their experience, hypnotic language patterns, patterns of influence AND how to effectively respond, deal with and change the limiting patterns as well as how to effectively use them in our own relationships and communication situations.

Which of these do you identify with? Which of these would you like to challenge more in your life?

Normal?

Socialization, Domestication and Consensus Hypnosis

From the very moment we are born, throughout our childhood, moving through our teen and young adult years, up until this very moment, we being socialized... The process of **socialization** is defined as the learning process that occurs shortly after birth. (see http://anthro.palomar.edu/social/soc_1.htm for further information) Certainly, we it is important for us to live in the world... BUT: How much of what we learn helps us to live effectively? How much of what is taught to us limits our unique humanness in the guise of fitting in the social structure?

In "The Guide for the Four Absolutes", Don Miguel Ruiz refers to our **domestication**; stating: "We are so attached to our images, to our

"In learning to sail you do not change the current of the water nor do you have any effect on the wind, but you learn to hoist your sail and turn it this way and that to utilize the greater forces which surround you. By understanding them, you become one with them, and in doing so are able to find your own direction."

-June Singer

Never do anything against conscience even if the state demands it.

~Albert Einstein

beliefs...<and>...even if those beliefs create a life of drama and emotional pain, we resist the change." What have we really learned in our childhood, from our parents, in our schools? How does it serve us? How does it limit us? How does it help to create drama, limiting beliefs, stifle us? How does it lead to our fulfillment, our ability to live from our true humanness? To reach our true human potential?

Charles Tart, PhD and author of "Altered States of Consciousness" refers to our these same processes as "**Consensus Hypnosis**". To quote an article by Charles: "*Consensus trance induction Ñ the process of learning the "normal waking" state of mind -- is involuntary, and occurs under conditions that give it far more power than ordinary hypnotists are ever allowed. When infants are first subjected to the processes that induce consensus trance, they are all vulnerable and dependent upon their consensus hypnotists, for their parents are the ones who initiate them into the rules of their culture, according to the instructions that had been impressed upon them by their own parents, teachers, and peers.*" (see http://www.cantrip.org/charles_tart.html for the full article). This is similar to the point of view of the book "Blink" that I have left in this issue from last issue. How much of what we do is "free will"? How much is a result of the consensual hypnotic inductions that we have come to believe?

Don Miguel Riuz speaks to the great importance for us to break out of such barriers in order to reach what is truly human in all of us! The process of unlearning he refers to this as becoming a "Mastery of Transformation"; engaging in the process of unlearning what we have already learned. I refer to it as becoming truly human—learning what is truly important to us, getting in touch with our deepest values, learning to see the kind of future and goals that mean the most to us... programming ourselves with pleasant supportive voices instead of the limiting critical voices of the past (also known as gremlins ☺).

Feb 05

Limiting Beliefs & Gremlins: An NLP Methodology

Limiting Beliefs: A NLP way to deal with those Gremlins

Gremlins, in coaching terms are those nasty irritating voices that remind so many of us what we can or can't do, how we failed, or how we are going to fail, how people may not like us, etc... "The Gremlin" is really a concept developed by Richard Carson that embodies *a group of thought processes and feelings that maintain the status quo in peoples lives* (sound familiar yet?). In coaching, we have many ways to deal with these gremlins: identification of the gremlin, identifying our options, choosing a direction, etc... The next time you hear a gremlin, use this method and the write me to let me know how it works:

- Identify the voice...what it is saying and answer the following questions:

Love doesn't make
the world go
'round. Love is
what makes the
ride worthwhile.

-F. P. Jones

*"Meaning makes a
great many things
endurable, perhaps
everything."*

-Carl Jung

*The reluctance
to put away
childish things
may be a
requirement of
genius.*

~Rebecca
Pepper Sinkler

- Is it your voice or someone else's?
- Where is the location of the voice? (left side, right side, in the middle, etc...)
- What is the tone and tempo of the voice?
- Now that you have identified these things, you can begin to change each and as you do notice how it begins to shift the feelings you have in relation to the voice:
 - Start with location: shift it by moving the voice outside your head then 4 inches away... then 6 inches away... then 12 inches away...
 - Once you have the voice some distance, move it from one side to the other, notice any shifts
 - Change the voice! You can change it to a Mickey Mouse or Donald duck voice, to a cowardly lion voice, or one of my favorites a seductive, sensual sexy voice....
 - In each case change the tone and tempo, using the same words it was using.

Now that you have changed the location, the voice, the tone and tempo... take a short break, shake it off and now, try to listen to the voice again and notice how you now feel differently, or now that you have changed some things inside yourself, how the voice that used to effect you one way now, as much as you try in vain, how things have shifted!

Remember; let me know how you enjoyed this! Write at jim@trulyhumancoaching.com

March 05

5 Effective Ways to Deal with “Gremlins”

You might recall from last month and in previous issues the notion of “the gremlin” in which I offered an NLP approach to dealing with this pesky critter.

Gremlins, in coaching terms are those nasty irritating voices that remind so many of us what we can or can't do, how we failed, or how we are going to fail, how people may not like us, etc... “The Gremlin” is really a concept developed by Richard Carson that embodies *a group of thought processes and feelings that maintain the status quo in peoples lives* (sound familiar yet?).

Do you want more than the status quo?

This month I offer 5 more effective ways to deal with this irritation:

1. Simply acknowledge or name the Gremlin.

By acknowledging or naming the gremlin, we reduce or eliminate its power.

Every child is an artist. The problem is how to remain an artist once he grows up.

~Pablo Picasso

The great man is he who does not lose his child's-heart.

~Mencius, Book IV

Now we know it is something that is trying to hold us back, keep us in place, and keep us living the status quo.

2. Ignore the Gremlin, do not interact with it.

Ignoring the Gremlin presupposes that we acknowledge it and make a conscious decision to ignore it. For those of you who are regular readers, you may recognize this as part off my living on purpose theme.

3. Give the Gremlin a job to do or a place to go, and then direct the gremlin.

This too presupposes we are acknowledging the Gremlin, and perhaps even acknowledging that it likely has a positive intention. By giving it a job to do or a place to go, we eliminate it from irritating or affecting us in the moment. We may send it to Hawaii for a vacation, or have it find several ways for us to achieve a useful outcome for which the Gremlin is trying to “protect us” by keeping us from acting.

4. Talk to the Gremlin and move it out of the way.

Again, acknowledging the Gremlin and simply asking or directing it to move out of the way! This is just a bit different than ignoring it.

5. Give the Gremlin a name and a life of its own!

By naming the gremlin and giving it an identity or life of its own, this further separates it from “us” and makes it easier to identify it when it shows up, now or in the future.

Write jim@trulyhumancoaching.com and let me know how this has worked for you!

Another from March 05

The Four Horsemen of the Apocalypse: Lethal Patterns that can ruin relationships

Certain types of interactions are detrimental to any relationship: partnerships, parents & children, friends, associates, fellow employees and of course couples. Relationship expert John Gottman has aptly named 4 of these interactions “**The Four Horseman of the Apocalypse**” due to the lethal nature they have on relationships. These include and often follow in order: Criticism, Contempt, Defensiveness & Stonewalling. I will provide a brief description of each here, and as I do, ask you: How often do these show up in your interactions with others? How often do you want them to?

Criticism: Although many of us may have a ‘complaint’ about someone,

*When you're
green you're
growing, and
when you're ripe
you start to rot.
~Ray Kroc*

*So, like a
forgotten fire, a
childhood can
always flare up
again within us.
~Gaston
Bachelard*

criticism will be more global, will have with it negative words about the other person, often referencing “who they are”, their character or personality. While a complaint focuses on a specific behavior, criticism includes blame and character assassination.

Contempt: This horseman shows up in the form of sarcasm, cynicism, name calling, eye rolling, sneering, mockery and hostile humor. Contempt is poisonous to the relationship as it often conveys disgust (ouch!). Often coming from a place of hurt, anger, isolation, etc... the main purpose of contempt seems to be to demean or hurt the other person and is often fueled by long-simmering negative thoughts about the other person.

Defensiveness: This horseman will show up in many venues, and often as a response when approached from a place of criticism or contempt. Although this may seem “understandable”, defensiveness often has the message of blame, in effect saying “The problem isn’t me, it’s you”. Instead of resolving a conflict or issue, defensiveness often escalates the conflict, which makes it so lethal.

Stonewalling: This horseman will show up often as a result of some one or combination of the above horsemen showing up, eventually one partner simply “tunes out”. This “tuning out” is what is referred to as stonewalling. By shutting down or tuning out the other, one partner may be “avoiding” a conflict, but they are also avoiding the other person and the relationship! Stonewalling usually shows up later in the relationship as it takes time for the “negativity” from the other horsemen to reach a level of “tuning out”.

How much of this is going on in your life?

Knowing, awareness and understanding are some of the first steps in creating change in your life. If you are seeing these patterns in one or more of your relationships, and are not sure what to do about them, contact me for a complimentary consultation or relationship coaching session at jim@trulyhumancoaching.com. Be sure to watch next month for some hints for positive, constructive ways to deal with the horseman! Until then, may I suggest, come from a place of giving and love.

☺

Upcoming Local Events

8:18

**Open Hypnosis Forum: Hosted by Larry Garrett
of Garrett Wellness Center**

"Ecstasy is a feeling that comes only when the heart is tuned to that pitch of love which melts it, which makes it tender, which gives it gentleness, which makes it humble." -Hazrat Inayat Khan, The Sufi Message

*When I grow up I want to be a little boy.
~Joseph Heller,
Something Happened,
1974*

Sunday, November 6th: 1-3pm

3020 N. Kimball Ave. Chicago

If you've not been to Larry's, and enjoy good people and the topic of hypnosis or personal growth, then this is the place to be! Larry has been hosting this group for MANY years. The group includes: fellow hypnotists, trainers, coaches, business owners, current and former clients, neighborhood folks and friends and associates with purely an interest in learning more about hypnosis as well as some their just to socialize with kind people. For more information, write Larry at Mesmer1@aol.com

**Chicago Coaching Federation Event:
How It's Done, 101: "How to succeed as a coach, today"**

****Ken Zaretsky, MCC ***

Monday, November 14th: 4-7pm

American Academy of Orthopedic Surgeons
6300 River Road, Rosemont, IL

There is a Zen to developing a successful coaching practice. This is how it's done.

During the course of this session you will learn everything you need to know to have a successful coaching practice now. "How it's Done 101" is the title of Ken Zaretsky's upcoming book.

1. Introduction
2. What your coaching school won't tell you
3. Going out of business might be the answer
4. The secret revealed
5. Somebody else has your clients
6. Get Paid What You're Worth
7. What your therapist won't tell you
8. You can't keep it unless you give it away
9. Who is a liar, who is a visionary?
10. Getting it out of your way
11. Everybody's in Showbiz
12. Come as you are
13. Being There
14. More grim reality
- 15 The End

About Ken Zaretsky, MCC

Ken Zaretsky, MCC is a full time ADHD Coach. He is a pioneer in relationships coaching where one or more people in the relationship have ADD. Zaretsky is a Master Certified Coach credentialed by the International Coach Federation.

Ken's depth and understanding of the coaching profession has lead to interviews on numerous television and radio shows. A sought after

“Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.”

Buddha

‘Treat people as if they were what they ought to be and you help them to become what they are capable of being.’

-Goethe

speaker, he has presented locally and nationally on both Coaching and Attention Deficit Disorder. In addition to his coaching practice Ken is working on a doctorate in professional coaching at International University for Professional Studies. For more information, go to:

<http://www.chicagocoaches.com/DesktopDefault.aspx>

Toastmasters Coaches Elite

7-9pm

Wednesday, October 9th

Wild Oats Market, Ogden Ave. & I 294, Hinsdale

Do you want to:

- Learn or practice your ability to speak in front of groups?
- Become comfortable with developing varied presentations?
- Enjoy networking with other coaches?
- Like to have fun?

If you said yes to any of these, then Toastmasters coaches Elite is for you. We meet on the 2nd Wednesday of every month. Join us once and experience the fun for yourself! Contact jim@trulyhumancoaching.com for more information. Or see www.chicagotoastmasters.org for a Toastmasters group near you!

Windy City Professional Speakers: Toastmasters

7-9pm

Sunday, November 13th

DoubleTree, 1909 Spring Road, Oak Brook, IL

Ready for the next level of improving your ability as a public or professional speaker? Welcome Windy City Professional Speakers Toastmasters. Windy City is THE place in the Chicagoland area for professional speakers to take their skills to the next level.

Go to <http://www.geocities.com/windycitytm/index.html> for more info or contact Stan Piskorski (630) 778-9991, SPiskorski@CORPDYN.com

Coachville Study Group

7-9pm

Tuesday November 15th

Connie's Club House and Tavern in Buffalo Grove

Please join us for our next meeting...it is our **THIRD ANNIVERSARY!!!!** Yes, our Coachville Study Group will be three years old and it is still going strong! So come and be a part of our celebration!

Our October Coachville Study Group meeting was wonderful. [Nels Flatebo](#) and [Pat Cunningham](#) gave a fantastic presentation on [The Five Love Languages](#) and we

*"The difference
between
winning and
losing is
frequently not
quitting."
-Walt Disney*

all learned a great deal. The discussion and interaction of the group was great. A gigantic "thank-you to Nels and Pat. We also talked about Coachville, did our introductions and then proceeded to socialize and network as usual! .

Don't miss our next meeting when Aline Vieira will give a presentation based on the book The Power of Intention by Dr. Wayne Dyer. She will be discussing how connecting to the power of intention may affect both you and your clients. Please come prepared with ideas for sharing. The more we all participate in the discussion, the more we all get out of it. In fact, if you have a chance, please review the book before our meeting.

Please feel free to call or email Sandee with any questions.
sandee@relationshipdiva.com (847) 276-2671

Angel and Spirit Guide Chanting

Wednesday, November 9th, 7-9pm

\$25 (take two workshops for \$40!)

For more info call 847-491-6397 or write louise@voiceborne.com

A simple, powerful technique that opens you wide to receive full abundance into your life !

Dissolves old beliefs of lack and undeserving, that may be keeping you from receiving all possible good blessings.

Deepens your connection to a generous Universe that only wishes to give you all you need.

Open up to the yumminess !!

"Louise's work cut right through the pain and lethargy, transforming them into life-affirming strength and joy."

-- P. Battaglio, Chicago

Space is very limited, pre-registration encouraged. Workshop will be held at a private studio in Evanston. Directions available after registration. For more information, call 847-491-6397 or write

louise@voiceborne.com

Sound Healing for Emotional Cleansing

Wednesday, November 9th, 7-9pm

\$25 (take two workshops for \$40!)

Space is very limited, pre-registration encouraged. Workshop will be held at a private studio in Evanston. Directions available after registration. For more information, call 847-491-6397 or write

louise@voiceborne.com

OTHER UPCOMING MINI-WORKSHOPS:

****Feng Shui Chanting --Song Midwifery for a***



Happy Home
***Singing the Shadow**