

Too Much To Do, Too Little Time...



By Racheal Zara Neish

Have you ever felt like there's not enough time in the day?

I never did. That is, until a few months ago. But, before then, I always had enough time to do whatever I wanted to do, whenever I wanted to do it. For years, I worked a low stress, eight-hour workday... usually followed by happy hours, boob tube and bed. My weekends consisted of watching more boob tube, movies, and nursing my hangovers from the night before.

My life is completely different now. Had an "Ah-Ha" moment and found my purpose. Today, I'm running my own nutrition counseling business and there is always work to do. It's a totally new, and somewhat scary, feeling for me.

With the experience of crafting my first business and myself in the process, I picked up a few tips and tricks that can benefit anyone who chooses to take on new life endeavors.

Racheal Neish is a holistic health counselor specializing in weight loss amongst the modern working woman and nightlife crowd. Losing over 115 pounds without drugs or surgery, she has learned first hand the power of food and lifestyle adjustments. Her passion is to inspire others to get back in the kitchen and create a simple and fun approach to nourish our bodies. To learn more about Racheal's journey, visit: www.rachealneish.com.

Smart Phones.

I was reluctant to spend money on a mobile phone upgrade. Couldn't I just get by with what I had? Was this really necessary to have for my business? Save yourself the months of deliberation and buy one! You'll save loads of time by checking your emails or doing web research on the go. (Note that there will be an initial learning curve and you'll have to devote time to getting to know your device.) One of these days I'll actually figure out how to sync mine with my computer, but having the world at my fingertips is a good enough start for me.

Just Say No!

You can't do it all. You'll need to decline offers to stay afloat, whether it's business or personal. This was a tough one for me. I burned myself out trying to plan and do it all, which leads me to my next tip.

Make room for "Me Time".

Leave at least one day open on your weekly calendar. Having too much scheduled can cause you to loathe what you love. I opened up my appointment book once and saw that I had booked my entire month, leaving room for zero personal time. I knew that I needed to actively make room for "me time", or I'd eventually combust. We all need some space during the week to allow for spontaneity and breathing.

Consult a Professional.

I'm a firm believer in counseling. It helped me lose 115 pounds and now I counsel others to live healthier, happier lives. I see first-hand the power it holds. It's worth the bucks to be able to talk with someone who has an unbiased opinion and who can help you get unstuck and move forward.

Cut the Cable.

Yes, it's lovely to wind down with some TV at the end of your workday, but how much time are you really spending? How many of those hours could be spent doing something more productive? I've learned that it's very easy for me to get sucked into garbage reality television, so I say, stop watching other people live their lives and go live your own!

Are You **PUSHING** People Away? **Self-Hypnosis** Session

By Bryan D. Toder, Certified Hypnotist

Are you the type of person who pushes people away and regrets it? Do you find the idea of getting "too close" too much for you? Are you sabotaging a good relationship?

In Hypnosis and NLP (Neuro-Linguistic Programming) we say that every behavior has a positive intention— even destructive ones like taking narcotics. There's something that one gets from the destructive behavior – the positive intention.

So, why would one push away a good prospect for a relationship? Assuming that you are attracted to the other person and they are your "type", why begin with sabotage? Perhaps it's a fear of rejection. If you reject them first, they can't reject you! Or, you've been hurt in the past so you are punishing the next person who comes along. Since everybody will hurt you "sooner or later," well, why not get it over with and reject him or her now? Or, maybe your friends don't like him, so you send him away.

It's all about potential.

Whatever the reason, you are losing out on the potential that something might work out. Look, I know that most initial contacts don't pan out. Chances are, you'll meet someone and nothing comes of it. He doesn't call, you don't like his dog or whatever the reason. Things happen. But, why reject someone before it even happens? What's the point of even going out? Just stay home and save some time and money. Silly, right? So, how can we fix this?

Let's do a simple Hypnosis exercise to get you in the right frame of mind to meet someone: (Time: 3 minutes)

- Before you go out, get comfortable and remember a time when you met someone nice. When was this? How did it feel? Notice where in your body you feel these feelings. (Is it in your belly, chest or shoulders?)
- Make sure you have that feeling and make it stronger. Really feel it.
- Next, we are going to create an "anchor" to recreate that feeling again when you need it.
- Holding onto that strong feeling, squeeze or pinch your finger and hold it for five seconds.
- Now, think of something completely different. What was the last movie you saw? What color is your front door? This breaks the "state" you were in so we can repeat the process.
- Repeat Steps one through five, two more times.
- Test it. Squeeze or pinch your finger the same way you did earlier. Get that feeling? (If not, you probably didn't have the feeling in the first place to create that anchor, so repeat this entire exercise again, but really feel those feelings!)

Now, when you meet someone nice, fire off that anchor by pinching your finger. You'll get that feeling again and, perhaps, you'll give that poor guy a chance to meet you and, maybe, you'll start something new for a change! At least give this a try – don't push it away.

Bryan Toder is a professional Certified Hypnotist and owner and director of Plymouth Hypnosis Center in Lafayette Hill, PA where his clients lose weight, quit smoking and manage stress. Bryan also specializes in relationship strategies. You can find him at 610-397-1515 or PlymouthHypnosis.com



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