



MAKING THE MOST OF YOUR MIND

A recent article reported how 'sleeping on' a problem enabled you to come up with a solution. Those of us who make use of self-hypnosis have known this for some time. And, indeed, know how to use self-hypnosis to make the most of their own minds.

So, how exactly do you 'sleep on' a problem?

1. If you have a problem for which you need a solution, say to yourself: "I would like an answer to this problem".
2. Have a good night's sleep.
3. Answers tend to pop up within 24 hours. It may come to you as early as the middle of the night, or first thing in the morning upon waking up. You may even find the answer comes to you while showering, waiting at traffic lights, washing dishes, or during other routine tasks you undertake throughout the day.



And, the key to making the most of your mind is as simple as that.

You may like to use your diary or journal to keep track of the answers your mind comes up with. You may also like to keep note of when you set your mind the task and how soon an answer comes back to you.

If you would like more help on making the most of your mind, feel free to contact us and find out more about our self-hypnosis programs and tapes.

In the interim, what are you doing to make the most of your mind?

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

Membership: \$49 per calendar year.

As membership grows, so too, do your benefits.

Applications for membership can be made by completing the reply slip on the back page of HQ™. Send it, along with your cheque, to the address shown below.

To ensure an uninterrupted subscription to HQ™ and CQ™, be sure to advise us of any changes to your contact details.

Your opinions are important to us. We invite your comments, feedback, and criticisms and etc. on this and future issues. Enquiries, or requests for further information can also be made to the address below.

GOOD NEWS FROM MEDICARE PLUS

From 1st of July, you can receive a rebate for psychologist services under the new Medicare Plus program. Rebates will apply when you have a referral from your G.P. Psychological treatment for anxiety, depression or psychological issues arising from chronic illnesses (such as cardiac disease, obesity, diabetes, or cancer) will be rebatable under the new program.

So, smokers who are asthmatic or have heart disease will be able to claim a rebate for our stop smoking program. Similarly, those who are overweight or diabetic will be able to claim a rebate for our weight management sessions. Similarly, cancer sufferers or those with chronic migraines will be able to claim a rebate for our pain management sessions.

Feel free to contact us if you would like to find out more.



REPLY SLIP AND REQUESTS FOR INFORMATION

I would like to become a member of Rachel Abramson & Associates and get discounts off standard rates, receive calendar year subscriptions to CQ™ and HQ™, free entry to the **SEMINARS OF THE FUTURE™** and **PROFESSIONAL PRACTICE PROGRAM** Seminars, as well as library borrowing privileges.

NEW I would like to book into the Type Yourself Program on

- Saturday, 1st May, 9.30 - 12.30 p.m. Saturday, 1st May, 2 - 5 pm.

I would like to book into the following **SEMINARS OF THE FUTURE™** and **PROFESSIONAL PRACTICE PROGRAM** seminars.

- 6 Apr: Websites and Marketing in the New Millennium
- 7 Apr: Setting Up Your Practice: What You Need to Know
- 4 May: Entrepreneurial Spirit: Qualities of an Entrepreneur and How to Develop it
- 5 May: Opportunity-Focused Resumes
- 1 Jun: Entrepreneurial Spirit: Identifying Opportunities
- 2 Jun: Handling the Paperwork, Including the GST
- 6 Jul: Entrepreneurial Spirit: Evaluating Opportunities
- 7 Jul: Tapping into the Hidden Job Market — Warm Calling
- 3 Aug: Entrepreneurial Spirit: Developing Your Business Strategy
- 4 Aug: Processes and Procedures that Work
- 1 Sep: Opportunity-Focused Job Interviews
- 7 Sep: Entrepreneurial Spirit: Managing Partners, Other Entrepreneurs, and Venture Capitalists
- 5 Oct: Security Issues: Your Self, Your 'Product', Your I.P., Your Staff
- 6 Oct: Determining Your Price and Fee Setting
- 2 Nov: Growing Your Business as a Saleable Asset, Harvesting Your Business' Worth and Exit Strategies
- 3 Nov: Overcoming Barriers to Success in Your Career
- 1 Dec: 6.30-8.00 pm: Budgets and Cash Flows
- 1 Dec: 8.00-9.30 pm: Marketing Your Practice: Databases for Your Practice
- 7 Dec: Going Global: Issues to Consider

NEW I would like to order a copy of the Self Hypnosis audio tapes for:

- anxiety management sleep
 resolving problems and issues of concern stress management and relaxation

I would like additional information about the:

- CAREER DAYZ™ Program Self Hypnosis audio tape series.
- FIVE STEPS Program (to setting S.M.A.R.T. goals) **SEMINARS OF THE FUTURE™** Series
- Hypnotically Overcoming Pain Program Stop Smoking Program
- Making Self-Hypnosis and Self-Talk Work for You Stress Management Program
- Managing Anxiety Program Type Yourself Program
- PROFESSIONAL PRACTICE PROGRAM** Series Weight Management Program

- FEES:**
- 1) 2004 Calendar Year Membership: \$49 \$ _____
 - 2) Type Yourself Program: Members: \$75. Non-members: \$99 \$ _____
 - 3) Seminars: Non-members: \$22 each (\$55 if paying 'at the door') \$ _____
 - 4) Self Hypnosis audio tapes Members: \$30 each (or \$40 for any two)
or: Non-members: \$33 each (or \$45 for any two)
Plus: \$5.50 audio tape postage and handling fee \$ _____

Note: All fees include 10% GST.

Name: _____
Address: _____ Postcode: _____
Phone: _____ (bh) _____ (ah) Fax: _____
e-mail: _____ web: _____