



The Centre for Empowerment, Transformation and Growth

The Aquility Newsletter www.aquility.ca info@aquility.ca Tel.905-274-2436
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Is your subconscious mind programming stopping you from achieving Awareness?

By Fabiola Miguel CH, MNLP p.
Certified Hypnotherapist

Do you ever sabotage yourself with negative thoughts? Is that little voice in your head stopping you from achieving your goals? Does that little voice tell you that you are not good enough, that you can't lose weight, that you are not smart enough, capable enough, etc? Is that little voice reminding you constantly of the pain of the past? Or is it always making you worry about the future?

If you have done meditation, visualization or Hypnosis, you probably know how good it feels to stop that little voice in the head but how hard it can be sometimes. Many people start with good intentions only to go back to their old habits and thinking patterns.

So, why is it so hard to be aware of the present moment and stop the negative thoughts? One of the reasons is that habits, behaviours, beliefs, thinking patterns and emotions come from the subconscious mind and happen automatically according to the past conditioning. Our thoughts create our emotional state and sometimes these thoughts happen so fast that it is almost impossible for the Conscious mind to be aware of them. A lot of people are not aware of their own subconscious thoughts and keep having the same thoughts and experiencing the same feelings and emotions: stress, anxiety, anger, guilt, loneliness, low self-esteem, depression, etc. over and over. Does this sound like you?

If you have tried many times to make a change, get rid of a specific habit or overcome specific feelings and emotions without much success, it is probably time to become aware of your own subconscious mind programming and change whatever negative thoughts, feelings and emotions are stopping you from enjoying life and achieving your goals. Hypnotherapy is a good way to get access to the subconscious mind, get to the cause of the problem, neutralize negative thoughts and feelings, develop healthier habits and behaviours. By getting rid of the "burden of the past" it is easier to be more aware and more present in the moment. Meditation and Breathing exercises will also help you increase your awareness and stop the mental noise (aka: the little voice in the head).

Fabiola is a Certified Advanced Hypnotherapist and Neurolinguistic Programming Master practitioner. She enjoys helping people reprogram their minds to get rid of unwanted behaviours, develop healthier habits and achieve their goals. Her website is www.newlifehypnotherapy.com



OUR MISSION

In a supportive, non-judgmental and safe atmosphere, we, at the Aquility Centre, are committed to help and encourage people to open new doors and discover their own inner wisdom that will instill a new confidence and passion for life.

Some of the Hypnotherapy Services offered at Aquility:

Stop Smoking, Lose Weight, Stress Release, Stop nail Biting, Overcome fears or Phobias, Increase Motivation and Confidence, Hypnosis audios and mp3s available for sale.

Corporate Workshops

Relaxation, Stop Smoking and Weight Loss workshops can be available at your place of employment.

Please contact Fabiola to request more information
Tel. 905-277-1113

To Receive our Newsletter by email send a message to:
newsletter@aquility.ca

In Our Opinion

By Patricia Butler
And Billy Wilson

I attended a meeting a couple of weeks ago and made an unexpected and amazing discovery - My colleagues believe that I am an optimist! - Wow! This is so different from how I have seen myself for most of my life. I have always believed that I am a "realist"; however, I am much happier believing that I am an optimist. This new belief kept me feeling warm and fuzzy for quite a few days. It didn't even upset me to find out that scientific research has proven that pessimists live in the real world while optimists are just happier. Is it really true that "most people would rather be right than happy? Would that mean that it's better to be miserable as long as you can prove that it is not your fault?"

Are optimists' really irresponsible bubbly airheads that don't take all the risks into consideration when making decisions? Are pessimists really "crabby know it alls" who call it like it is? Do realists really exist or are optimists and pessimists just a swinging pendulum?

If I had listened to my naysayers at a time when I was making some life altering decisions would I not be where they are now? For example one has been let go from one job after another for the past 10 years until he has finally given up and remained unemployed. Others continue to struggle to find real happiness. To them life is nothing but hard work.

I believe in living - in making choices that work for me whether or not others approve or understand. Challenges will always happen but they also bring opportunity with them - opportunity to learn, to grow, to meet new people and to experience new ways of being.

Optimism isn't about denying reality. Optimists can recognise the challenges but persevere in order to learn what lies beyond. Whereas pessimists believe that something will end in failure and therefore do not pursue that path, optimists recognize that if you don't try, you will definitely fail. If you do try, you have a 50/50 chance of succeeding. Even if you don't achieve the success you had hoped, you have probably still gained much that is valuable.

In our opinion both pessimists and optimists are equally rooted in reality. Pessimists are rooted in the reality of their experience and optimists are rooted in both the reality of their experience and the reality of hope. In our opinion we are meant to enjoy our lives. Enjoyment comes from growth and new experiences - not stagnation. Therefore, in our opinion, optimism is a gift to be treasured as we venture forward on our journey of life.

Patricia received her degree from Sociology from York university and then completed an internship at The Hotel Dieu Hospital in Kingston. She has worked with a variety of issues over the years but has developed a special interest in helping people develop high self-esteem and work towards achieving their dreams.

*'Shoot for the moon.
Even if you miss, you'll land
among the stars.'*

By Les Brown

Our services at Aquility include:

Counselling and
Psychotherapy for individuals,
couples and families,
Hypnotherapy and Neuro-
linguistic Programming,
Psycho-educational groups for
women, Meditation groups,
Professional Speakers for
community events and
Workshop facilitation

At Aquility we offer:

Free Initial Consultation

Day, Evening and
Weekend appointments

Same week service in most
cases

Excellent Location in the
heart of beautiful Port
Credit

Professional, Confidential
and culturally sensitive
service

LGBT +

Fear Not

Probably the biggest obstacle we face, that keeps us from being “in the moment”, is **Fear**. Fear can be very powerful in our lives and is the most often what’s underneath all of the “reasons” people give for not doing something that they’d like to do in their lives.

Many people have a lot of fear....whether this fear is about something real (like illness) or something imagined (like failure); it is the one obstacle that can keep you in the past or the future, instead of the present.

To overcome it, you do not want to go around it or pretend it is not there. You must acknowledge it – know where that fear is (in you body), what its function is (usually to protect you), and then how to honour it, especially if that fear is there to warn you. You do want to *face the fear and learn its message*, and then let it go so that it doesn’t stop you from going where you need to go in your life.

Fear very often has a history, it has roots. Perhaps the fear is there to remind you of other times in the past when you have been hurt or disappointed. This is an important function, and when you explore your fear, you can really examine its meaning – is your fear trying to protect you from making a mistake? This is often the function of fear, except that fear *spreads* – it not only protects you from repeating the same mistakes, it also protects you from *similar* things, and does not acknowledge your growth, maturity and greater capacity for coping. So, see fear as a message to you, but not a conclusion to your journey. You can acknowledge the fear, learn its meaning *and* move forward in new directions.

Yes, fear can be your friend – as long as you use your awareness of this feeling residing in you as a signal to action. Fear is productive when it propels you to do something. So, if you fear illness, you will attend to regular medical check-ups, examine your lifestyle, make healthy changes to your diet, exercise and sleep regimes, and feed your spiritual self with positive, inspiring thought, time to reflect and peaceful contemplation.

Fear is not helpful to you if it keeps you engaged in the past (what *already* happened) or in the future (what *might* happen), as this prevents you from acting in the present.

Take a few minutes for silent meditation when you become aware of yourself feeling fear. Your task is to prevent yourself from becoming “attached” to your fear. Notice that it is there, acknowledge where you feel it in your body, and breathe into that area, telling yourself that *you are not your fear*. Tell yourself that *your fear is OK and that you are not going to allow it to get in your way*. Watch it move over you and away.

After all, what is the worst thing that can happen? Most of the time, you can deal with the “worst” - it’s the fear that gets you.

Lynda Stockwell is a Registered Clinical Social worker (M.S.W., R.S.W), who has been providing individual, couple and group therapy since 1990. She is a proud founding member of Aquility: The Centre for Empowerment, Transformation and Growth in Port Credit, and an active member of the Port Credit community.

FEELING GOOD: A WOMAN’S GROWTH GROUP

Would you like to feel better about YOU?

Do you have difficulty expressing your feelings, especially anger and hurt?

Do you question yourself and your own perceptions?

Do you have difficulty making important decisions?

Do you tend to take on too much and then feel exhausted and unappreciated?

Would you like to have more fulfilling relationships?

Would you like to be better at standing up for yourself and asking for what you need?

If so, then this is the program for you.

In a small group of women who are experiencing similar feelings, you will learn skills and strategies to help you to make critical changes in your life. This program will move you forward in your life and help you to live more authentically.

The cost is \$300.00 for the ten two hour sessions. Payment plans can be arranged. Fees cover the sessions, refreshments and handouts for each session.

Starting date for the next group is **Saturday April 26th. Pre-registration is required.**

Please contact:
Lynda Stockwell
Tel. **905-274-2436**

Mindfulness and Stress

By Almuth Weigeldt, MA, psychotherapist

Do you feel fatigued even though you have slept? It must be stress. Are you moody? Perhaps it is your stress at work or at home. Do you get angry at the congestion of rush hour on your commute home? This is stress. Do you worry about your own and your family's health and well being? That, too, is stress.

It is so common to talk about stress and to accept that it has all these effects on us, that we rarely consider that it could be different. It is true that the demands of life in big cities and in our current economy have increased.

Perhaps in answer to that notion, new buzzword has appeared on the health and wellness scene: MINDFULNESS. In order to understand it's meaning, do a brief experiment:

Sitting on a chair or couch with your back straight but not tense, close your eyes and direct your awareness to your breathing. Just notice your breathing happening as it does, do not control it, just be aware of it. If you can, become aware of the breath entering your nose, travelling down through your windpipe and chest into your abdomen, your abdomen expanding as you breath in and contracting as you breath out and your breath being exhaled again through your nose. You may notice your mind's chatter, making judgements that this is boring or stupid or embarrassing, drifting to things you have to do, as our minds tend to do. Try to just notice these thoughts, let them go and bring your attention back to your breathing. Do this for maybe 3-5 minutes and then allow yourself to reflect on that experience.

Mindfulness is the practice of paying attention to the moment, living the moment, by non-doing, creating stillness. Contrary to popular beliefs, mindfulness meditation is not about emptying your mind, but rather being fully present in your body with your thoughts, feelings, sensations, and awareness. This concept originates from Buddhist teachings, though it does not have to be used in any religious context. A Buddhist monk, Thich Nhat Hanh, has been credited with bringing this practice to the West. Jon Kabat-Zinn, a visionary scholar at the University of Massachusetts created a program called Mindfulness Based Stress Reduction, which teaches mindfulness meditation in various forms (Kabat-Zinn, Jon. Full Catastrophe Living. Delta, NY, 1990). This program has been credited with helping people deal better with medical conditions and illnesses, reduce distress and enhance quality of life.

The Greek philosopher Epiktetos once remarked: "Not the matters themselves disturb people, but their beliefs about these matters".. Roughly translated by William Shakespeare into: "there is nothing either good or bad but thinking makes it so." (William Shakespeare. Hamlet). By paying attention to the moment and living with more present awareness we can curtail the human tendency to try to correct the past or pre-empt the future, we can question our judgements of how things are supposed to be and come into more acceptance of that which we cannot change. Increasing awareness, being still at least internally, can greatly reduce stress and its effects.

There is no right way to be mindful, but it may take practice. You may want to try on your own for now. At first it may strike you how often we are not mindful. Have you ever found yourself going home automatically, not really noticing the route you took or what you saw along the way? Have you ever eaten something, only to be surprised to see the last crumb gone before you even really notice the taste of it? What would happen if you intentionally slowed down and noticed the taste and texture of every bite, pausing between bites? What would happen if you went outside just to take a moment to breathe and feel the spring air (which will come, I promise) on your face? Can you catch a moment of the full joy of being alive?

It could be addictive!

Almuth Weigeldt has a graduate degree in Psychology from Germany, considered equivalent to a Master's degree from U.of T. Over the past 20 years she has trained and gained valuable practice experience in psychotherapy for individuals, couples, families and groups and has developed expertise in a number of areas, including eating disorders and interpersonal trauma (violence and abuse).



