



*Take Control Of Your Life with Hypnosis:
Eliminate negative habits, Create healthy changes, Achieve optimal well-being.*

December 2010

THE SPIRIT OF GIVING

The air waves are filled with music and we find ourselves spontaneously humming or singing songs learned long ago. The spirit of the holidays and of giving sweep us along, evoking reminders of such expressions as: "the joy of giving;" "'tis better to give than to receive;" "do unto others as you would have them do unto you;" "what goes around comes around;" and "smile and the world smiles with you." As we enjoy celebrating the season in whatever ways enrich our lives, let's remember that we can also extend the holiday spirit through the entire year.

The following article, written by columnist Adair Lara, appeared in the San Francisco Chronicle on February 19, 1991.

It's a crisp winter day in San Francisco. A woman in a red Honda, Christmas presents piled in the back, drives up to the Bay Bridge toll booth. "I'm paying for myself and the six cars behind me," she says with a smile, handing over seven commuter tickets. One after another, the next six drivers arrive at the toll booth, dollars in hand, only to be told, "Some lady up ahead already paid your fare. Have a nice day."

The woman in the Honda, it turned out, had read something on an index card taped to a friend's refrigerator: "Practice Random Kindness and Senseless Acts of Beauty." The phrase seemed to leap out at her and she copied it down.

Judy Foreman spotted the same phrase spray-painted on a warehouse wall a hundred miles from her home. When it stayed on her mind for days, she gave up and drove all the way back to copy it down. "I thought it was incredibly beautiful," she said, explaining why she'd taken to writing it at the bottom of her letters. "Like a message from above."

Her husband Frank liked the phrase so much that he put it up on the classroom wall for his seventh graders, one of whom was the daughter of a local columnist. The columnist put it in the paper, admitting that although she liked it, she didn't know where it came from or what it really meant. Two days later, she heard from Anne Herbert. It was in a Sausalito, California, restaurant that Herbert jotted the phrase down on a paper placemat after turning it around in her mind for days.

Now the phrase is spreading on bumper stickers, on walls, at the bottom of letters and business cards. And as it spreads, so does the vision of guerilla goodness. Senseless acts

of beauty spread. A man plants daffodils along the roadway, his shirt billowing in the breeze from passing cars. In Seattle, a man appoints himself a one-man vigilante sanitation service and roams the concrete hills collecting litter in a supermarket cart. In Atlanta, a man scrubs graffiti from a green park bench.

They say you can't smile without cheering yourself up a little - likewise you can't commit a random kindness without feeling as if your own troubles have been lifted, if only because the world has become a slightly better place. And you can't be a recipient without feeling shock, a pleasant jolt. If you were one of those rush-hour drivers who found your bridge fare paid, who knows what you might have been inspired to do for someone else later? Smile at a tired clerk? Or something larger, greater? Like all revolutions, guerilla goodness begins slowly, with a single act. Let it be yours.

It's not the size of the act of random kindness or senseless beauty that's important - it's the act itself that counts. What will you do for your next act? You might consider giving yourself or someone you know a gift of health by printing the following gift certificate.

Gift Certificate

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Hugh Sadlier, M.Ed., BCH
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HEALTH TIPS

➤ *Dr. Martin Seligman, University of Pennsylvania psychologist, has tested the influence of performing acts of kindness in controlled studies at Penn and in huge experiments conducted over the Internet. The most effective way to turbo-charge your joy, he says, is to make a "gratitude gift." That means writing a testimonial thanking anyone to whom you owe a debt of gratitude - and then visiting that person to read her or him the letter of appreciation.*
<http://www.time.com/time/magazine/article/0%2C9171%2C1015832%2C00.html>

➤ *Dr. Stephen G. Post, director of The Institute for Research on Unlimited Love at Case Western Reserve University, has been funding studies at the nation's top universities to prove the*

life-enhancing benefits of caring, kindness, and compassion. The research shows that when we give of ourselves, everything from life-satisfaction to self-realization and physical health is significantly affected. Dr. Post and journalist Jill Neimark explain all in their book: Why Good Things Happen to Good People. For excerpts, go to <http://www.enotalone.com/article/17050.html>

➤ *To learn more about what researchers call the "helpers high" and how "doing good helps us feel good and feeling good makes us more likely to do good," go to health.msn.com/healthtopics/depression/articlepage.aspx?*



Happy Health!

Hugh Sadlier

Hugh Sadlier, M.Ed., BCH
Board Certified Hypnotherapist

Note New Portland Office Address:

Maine Integrative Wellness Suite 102
222 Auburn Street
Portland, Maine 04103
Phone: (207) 773-5200

Note New Blue Hill Office Phone Number:

1280 Morgan Bay Road
Blue Hill, Maine 04614
(207) 773-5200

Remember: *Hypnosis can be done in the office, by phone, and via Skype.*