



## WHAT IF WE COULD CHANGE OUR FUTURE?

Suppose that we could step five years into the future. What might we see? Would we be in good health and happiness? Would we spend time enjoying our hobbies and interests? And how would our careers have progressed?

The future that we envision is the one that we are on track towards. So, if your vision of the future conjures up delightful anticipation, or contented bliss, be sure to revisit this future with your mind's eye as often as you can.

It does not seem to matter whether you envision something that is under your control. It does not even matter whether you envision something large or small. Each time you revisit this future, you are one step closer to it becoming a reality.



But, what if some of what you see conjures disappointment, sadness or discontent. Is it possible to change the unwanted future? There are two simple steps:

**Step 1: Clear the Slate:** You can begin by wiping the unwanted future from your mind's eye and saying you don't want to see it anymore. You can also relax, knowing it does not exist.

**Step 2: Experiment with Future Possibilities:** You could experiment with potential alternatives, until you find the one you like. And, once found, you can view it with your mind's eye. By taking the time to view your preferred future, you are ensuring that you are one step closer to it becoming a reality.

So, if you don't like one or other aspect of the future, you can just change it. Like finding a genie in a lamp, you can grant yourself a wish for good health, happiness and prosperity. So, what are you doing to have a good future today?

### OUR MISSION

To provide a professional service, using best practices.

### OUR MOTTO

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

Membership: \$55 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.

## FOOD FOR THOUGHT

There is an old saying: If you think you can, or you think you can't, you're right.

And the reason for this often lies at the power of your subconscious mind: Your beliefs about whether you can or can't accomplish something will, more often than not, suffice to turn those beliefs into reality.

So, why not just think you can?

## A QUICK TIP

Here is a delightful way to turn a seemingly insurmountable problem into something easily resolved. Why not pose it as a question to your subconscious mind? You can pose the question when you are most relaxed, such as just before bed, or when you are about to hop into the shower.

At the end of the day, you can be amazed at the power of your subconscious mind.

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### 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.

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

2 <sup>nd</sup> September	PP27 Going for Growth: Advanced Marketing Strategies
3 <sup>rd</sup> September	Resumes of the Future
4 <sup>th</sup> September	PP7 Marketing Your Practice: Promotion Strategies that Work
1 <sup>st</sup> October	PP44 Staying 'A-live' - Reinventing Your Business, Staying Ahead of the Pack
2 <sup>nd</sup> October	PP8 Marketing Your Practice: Getting Your Image Right
7 <sup>th</sup> October	PP28 Going for Growth: Staff Planning and Career Management
4 <sup>th</sup> November	PP29 Going for Growth: Attracting External Sources of Capital for Growth
5 <sup>th</sup> November	Marketing Yourself
6 <sup>th</sup> November	PP9 Marketing Your Practice: Alternate Places for Your Product
2 <sup>nd</sup> December	PP30 Going for Growth: Your Wealth Creation Plan
3 <sup>rd</sup> December	PP45 Staying 'A-live' - Podcasting, Blogging and other Gen X'er 'Cool Stuff'
4 <sup>th</sup> December	PP10 Marketing Your Practice: Databases for Your Practice

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

anxiety management	sleeping well
resolving problems and issues of concern	stress management and relaxation

I would like additional information about the:

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

FEES:	1)	2008 Calendar Year Membership: \$55 . . . . .	\$ _____
	2)	Seminars: Non-members: \$22 each (\$55 if paying 'at the door') . . . . .	\$ _____
	3)	Self Hypnosis audio tapes Members: \$30 each /Non-members: \$35 each	
		Plus: \$5.50 audio tape postage and handling fee . . . . .	\$ _____

Note: All fees include 10% GST.

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