

# Happy New Year

We are pleased to announce Larissa Brazier is back from maternity leave and is now accepting clients virtually! We had to share Clara Brazier with you. (Being a grandmother is awesome!)

Billie Jean has been an integral part of operations at Summit Hypnosis for last four years, and during that time she has been cultivating her own hypnosis practice. She is following in her mother's footsteps as a hypnotherapist! We are pleased to have her as a hypnotherapist on our team. She is available for virtual as well as in-person sessions at our Lake Worth office.



Laura King is still working full time helping people live their best life. Remember, there are solutions for most of the problems that happen. Let's discover them and find ways to create your intentions for 2022!!

[Book A Session Today](#)

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Something from Laura to think about and do!

## Does Uncertainty Upset You?

If it does, I recommend thinking about uncertainty the same way you think about the weather. There's no use getting upset about the weather, right? It's simply something that exists in your life, and whether the forecast is grim or spectacular, your mood or mindset doesn't affect it. You can't do anything about it.

But if you do get upset or unsettled about uncertainty, you're likely not in a position to think clearly and act skillfully. That's the real problem with fear of the unknown; you're afraid. You

are, as they say, in . . . fear. You're in it.

### There's An Alternative

There's so much we don't know and can't know, and that reality isn't going anywhere, so beginning with acceptance of that reality is a good starting place. However, there are things we can do to actually dissolve or lessen our fear.

Fear can quickly become all-encompassing. Any emotion, sensation, thought, or sound is all-encompassing if that's all you're paying attention to. The alternative? Shift your attention to your present experience via The Sensory Countdown. The Sensory Countdown is a way of moving away from all that angst or whatever it is you're experiencing that's not doing you any good, and toward your senses. Your senses are wonderful because they remind of of right now. Doing this type of activity is taking control and taking care of yourself.

### THE HOW:

Describe 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste, as vividly as you can.

Resist the temptation to create stories around your experience.

Resist the temptation to think about your experience.

When storying or other thinking happens, bring your attention back to what your actual sensory experience is, in the moment.

Here's what it does:

1) It moves the neural activity to the prefrontal cortex, which first must remember the five senses in the countdown—and that can be surprisingly challenging when you're in a fear-spiral. Next, the brain has to find the appropriate descriptive language for your experience. This is all happening at the expense of feeling the fear of the unknown. You cannot be 100% fearful when you're identifying and describing things around you. A percentage of the activity necessary for the fear gets allocated to the countdown.

2) The countdown shifts the focus from the future (fear is future-focus) to the present. Again, the root cause of fear of the unknown is attention. Shift the attention, and the fear decreases.

The Sensory Countdown is composed of choices. You're demonstrating your agency by taking control and moving your attention away from the fear. You're choosing to describe one thing over another. Attention is perhaps the most important skill you can cultivate, as what you pay attention to dictates what you see, what you hear, and what becomes important.

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Looking forward to a wonderful blessed New Year!  
Sending you positive energy and love to all of Summit Hypnosis'  
friends and family!  
Please download this special gift for 2022!

**HEALTHY LIVING MP3**

Free MP3

## Summit Hypnosis and Wellness



### Coming Soon!

A new online course from Laura King  
"Mindset for Your Ideal Weight".  
Look out for the new release!



Laura King



Larissa Brazier



Billie Jean Pizzuti

**\*\*Sessions available via FaceTime,  
Zoom, or phone\*\***

**Billie Jean available in person sessions**

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