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# Unfurling a Secret for Making Each Day Feel as if It Were Your Birthday



/ December 13, 2010 / OP-ED (<http://www.thefrontpageonline.com/category/op-ed>)

[img]560|left|Nicholas D. Pollak|no\_popup[/img]What does a birthday mean to you?

A special day filled with surprises? Or just another day?

Is it one of those days when you just feel a little special, a day where you have a minor secret, the kind that gives you a glow inside, a feeling of knowing something most others don't?

A day when anything could happen? A phone call from someone calling to wish you a happy birthday. Extra mail with a birthday card perhaps? A surprise gift from someone? A special meal, at home or your favorite restaurant?

It makes a difference the way we think for that day, doesn't it? Our attitude changes.

Perhaps when someone says, "I just need to get something from the other room," doesn't

that leave you anticipating they may be bringing you something? Things that may annoy you on normal days don't on this one because you have that special birthday feeling and inner happy attitude.

By now, you know what I am getting at. It is a question of attitude. Your birthday is just another day to many, but to you it has a significance that greatly alters your outlook. What if we were to take that feeling to our everyday lives, a tingle of excitement, surprise, curiosity, anticipation, that inner glow?

We might better understand ourselves if we were to adopt a birthday attitude every day. Then notice the difference in our attitude. We always have a choice, a birthday feeling or a humdrum day.

### **Using It as a Marker**

A birthday is the opportunity to reflect on our lives, including our previous birthdays. Were they all good? Do you even remember them all? What do you remember about them? Are you where you want to be, doing the things that you want, with the success, happiness and prosperity you wanted?

Many hypnotherapists use birthdays as a point of reference when doing a past life regression or anything that requires a person to go back in his mind to a memory from much earlier in their lives. To regain memory, it is important to use markers to pinpoint where you want to be. Most of us remember our 18th or 21st birthdays. If you are Jewish, you will recall your bat mitzvah or bar mitzvah.

These points will help regain a lost memory. Add the stimulus of music, of smell, of a certain sound and you will be on your way to recalling the memory you have been seeking.

I recently met a lady in the cash register line at Trader Joe's. When she learned I was a clinical hypnotherapist, she asked for help in finding an engagement ring she had misplaced two or three years ago from the man who now is her husband. The loss upset her then and now. Her husband, of course, is upset.

His attitude and her concern for its loss were blocking her from remembering where she could have lost it. After she booked a session, I had her remember, while in hypnosis, the day her fiancée gave her the ring and the engagement party a month later.

Under hypnosis, her memory was strong, clear. To her surprise, she recalled exactly what happened. Returning home, she went to the place she had seen in hypnosis and found her long lost ring. She was thrilled and delighted. Of course, her husband was, too.

## **A Day Is a Single Step**

Birthdays as well as holidays are reminders of our time on this earth passing by. They also remind us of what we have achieved and what we can do in our time that is left.

Special days tell us our bodies have a finite life.

We would be better served to remember rather than allowing our lives to just slip without accomplishing every day.

Whatever we accomplish in a day is merely a stepping stone to our greater goals.

In Australia, aside from the traditional birthday song, there is a second melody:

*Why were you born so beautiful?  
Why were you born at all?  
Because you had no say in it,  
No say in it at all.*

If this is your birthday today, I wish you a happy one and many, many more.

A clinical hypnotherapist, handwriting analyst and expert master hypnotist, Nicholas Pollak may be contacted at [\*\*nickpollak@hypnotherapy4you.net\*\*](mailto:nickpollak@hypnotherapy4you.net)  
**(mailto:nickpollak@hypnotherapy4you.net)**





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### **4th Monday Documentary Series Presents: AFRAID OF DARK**

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April 29, 2015

Repeat Every 1 Week(s) on : Wednesday,Thursday,Friday,Saturday,Sunday

A secret cache of letters brings together a former

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May 01, 2015

Repeat Every 1 Week(s) on : Friday,Saturday,Sunday

The multiple award-winning Echo Theater Company, n

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Downtown Culver City, CA   spidercalendarbig&theme\_id=1&calendar\_id=widget-upcoming\_events-  
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66°F

Mostly Sunny

*WSW* Wind 3 mph

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