

Are you a Certified Hypnotherapist or other Health Care Professional?

Join us in becoming a



Release Weight and Keep it Off! Affiliate Teacher

Our 4 week - twelve hour Belightminded™ hypnosis programs, along with our follow up support communities and individual hypnosis sessions are carefully designed to insure that you reach the goals that have always eluded you. Paired with the clinically proven Activlink Audio Hypnosis Programs and the unique Activlink Text Message Triggers, you can achieve success with lightness and ease.

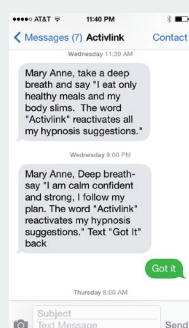
- Learn to lead live meditation and guided imagery programs using professionally prepared scripts - all the certified hypnosis programs are contained in the CD audio programs the students use at home
- Earn \$2,500 to \$6,000 for every four-week class you fill! (five to ten students)
- Included in your tuition fees is the complete four session curriculum, your first 5 Activlink Programs, all student materials, and marketing materials to earn your first \$2,500 in income!
- Receive one full day of online video conference group training including sales and marketing guidance, one half-day of follow up training, and individual support
- All graduating students have access to our online community, www.belighttogether.com
- Access to all other Activlink™ programs: Free Yourself from Smoking and Nicotine, Release from Alcohol and Drugs, Relief from Irritable Bowel, Surgery Partner, Birth Partner

Tuition and startup materials - \$250 down and \$250 one month later for a total investment of \$500

everything is possible when you're light minded!



The Activlink Hypnosis System
The only clinically proven hypnosis technology



Our next training opportunity:

To Be Announced

Our next Free Video Conference Information Meet:
To Be Announced

Call 855-333-5569 for more information or
visit us at www.activlinkhypnosis.com



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Rob and Mary Anne Spiegel

Rob and Mary Anne both graduated from the University of Michigan Graduate School of Social Work in June, 1973. They married in September 1976 and opened their first private psychotherapy practice in Bellevue, WA in 1979, over 35 years ago. Their daughters Jessica and Liz live in Seattle, WA. In addition to their private practice, They are both Certified Personal Transformation Intensive Trainers and conduct intensive 15 day residential trauma recovery programs for anyone interested in reaching the deepest level of recovery possible.

Robert B. Spiegel has over 35 years experience as a psychotherapist, clinical hypnotherapist and research scientist. He is a visionary inventor, holding three United States patents for bio-behavioral medical technology, and serving as a two-time Principal Investigator for the National Institutes of Health. His research proved the efficacy of his targeted medical hypnosis technology. Rob holds a Bachelor of Science Degree in experimental psychology from Wright State University (1970) and a Master of Social Work degree from the University of Michigan (1973). He is a member of the Academy of Certified Social Workers, a Board Certified Diplomate of the National Association of Social Workers, and a Washington State Licensed Independent Clinical Social Worker.

Mary Anne Balch Spiegel is an experienced psychotherapist, advanced clinical hypnotherapist, and writer. She enjoys weaving the arts into her healing work by presenting Women's Creativity Workshops. She holds a Bachelor of Arts degree in Psychology from Ohio University (1969) and a Master of Social Work degree from the University of Michigan (1973). Mary Anne is a member of the Academy of Certified Social Workers, a Board Certified Diplomate of the National Association of Social Workers, and a Washington State Licensed Independent Clinical Social Worker. Along with their individual practices, Rob and Mary Anne conduct regular workshops for couples and ongoing groups for men and women.

belightminded™
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FREQUENTLY ASKED QUESTIONS

1. Does the Belightminded™ Hypnosis Program replace other weight loss efforts and programs?

You can use the Belightminded™ Hypnosis program alone or alongside other programs like Weight Watchers or the Zone. Hypnosis makes other programs work better, because you focus on them more faithfully and for a longer time.

2. What about when I reach my goal? Will I just regain the weight like I've done in the past?

With the Belightminded™ Hypnosis program you change your internal messages, so you don't just go back to your old ways. You break through the blocks that undermine your weight loss efforts. You own the recordings so you can use them whenever you wish. And for reinforcement, we offer ongoing follow-up and support for as long as you need

3. How does Activlink Hypnosis work?

You will be participating in group relaxation and visualization exercises during the group classes you attend. The Activlink Hypnosis you will be receiving is contained in the pre-recorded digital audio programs you will listen to at home privately. You will also be receiving periodic Activlink™ “Triggered Suggestion Text Messages” on your smart phone during the day.

4. I don't think I can be hypnotized.

A hypnotic trance is nothing more than a state of deep relaxation. You actually go into hypnosis on your own several times per day — when you are falling asleep each night, or perhaps when you are watching TV or working on your computer. While you are in this state of relaxation, your brain waves are slower than during your normal waking hours. This allows you to access and modify information stored more deeply in your sub-conscious mind along with receiving and storing positive suggestions more readily.

5. That's what I was afraid of — are you going to make me cluck like a chicken?

We said POSITIVE suggestions. You remain completely in control of yourself, your mind, body, and spirit. No hypnotist can make you do something that is against your morals or that you choose not to do. When people who volunteer as subjects for stage shows cluck like chickens, they do so because they want to, for the entertainment value. They may indeed be very shy people in their everyday lives, but when they allow themselves to cluck like chickens it is because they secretly wish to be more extroverted, and the hypnosis has given them permission and courage to do so.

Again, we CANNOT, nor would we, ever make you do, feel or believe something against your will.

Program Synopsis

Belightminded's "Release Weight and Keep it Off!" is a 4 week, 12 hour personal hypnosis program carefully designed to help you achieve the goals that have always eluded you. Most people who come to Belightminded already know what they need to do to lose weight but experience stubborn blocks to success. Many have tried multiple diet programs and either lost weight and gained it back, or failed completely. Our programs are designed to move you through your blocks with comfort and ease so that you can lose the weight you want to and keep it off!

We present our Activlink Meditation and Guided Imagery processes, and Activlink Hypnosis programs in a real and practical form. We avoid the common misconception that hypnotic processes provide the "magic" that will cause your body to lose weight without any effort. While many people using our program experience such results (see our testimonials), there are additional processes we teach to secure long term success. The group meditation and guided imagery techniques we use in the classes, along with the Activlink Hypnosis System you receive to use as a part of your daily program, makes the process of sticking to your food and exercise program natural, easy, and fun.

In week one, we deal with Food Consciousness. You will receive your program materials including your Activlink Hypnosis System and everything you will need to complete the program. You will learn about how the Activlink Text Message Triggers work, and set up your first month subscription to receive your messages. You will pick a food plan you can stick with for the long term – not just to lose the weight you want, but to develop a healthy lifestyle around food. You will learn about the incredible power of creating a healing community with other Belightminded participants. You will set your goals and enter into a community contract. You will be grounded in your first meditation and guided imagery session.

Week two will deal with Movement Consciousness. We will reconnect with our bodies in positive consciousness and adopt an exercise plan that works for us and our lifestyle. The session will include our first Activlink Paired Group Guided Imagery session. While one person receives the live session, their partner will sit with them to support them and take notes for them. Then we will switch so the sitter receives their session. It is an extremely powerful process, and will take place in each of the remaining three sessions. The entire group will practice movement consciousness in their daily Activlink sessions.

Week three will deal with Emotional Consciousness, defining the emotions that accompany compulsive eating. We will have another Activlink Paired Guided Imagery session focusing on emotional eating and how to deal with these emotions effectively, and continue our community healing.

Week four will deal with Relationship Consciousness and how it affects our food program. We will examine co-dependency and that victim triangle. The final Activlink Paired Guided Imagery session will demonstrate how to remove blocks to healthy relationships and insure our success with food management.

Customer Testimonials

"Time for an update from your roving Activlink reporter - Sharon in Ojai - you remember! Oh, you probably just don't recognize me as I have lost 28 pounds! I am quite pleased with my continued weight loss and the ease with which it is happening - can't say enough good things about your product."

~Sharon G, Ojai, CA

"My story is like so many! After my last pregnancy and then turning 40 a few years later, the weight seemed to be here to stay. Now by combining the balanced approach of the Zone 40/30/30 nutritional system and the Activlink System to change behavior, I have confidence and will power to see this through! I began on April 1 to combine the Zone eating plan and the Activlink system and have lost 12 pounds to date - April 13! And I am just as motivated to continue as in the first few days!"

~Connie K, Thousand Oaks, CA

"I wanted to write this letter to thank you for introducing me to the Activlink product. I have been using the weight control program for 21 days now. In that time, I have lost 8 1/2 pounds! For me, this is surprising since it seems like it has taken no conscious effort...I have a very busy schedule and many times I would 'swing through' a fast food restaurant get a bite while on my way to an appointment. Last week, I thought of heading for Burger King. I used the panic sequence on the watch and kept driving. When I approached the intersection, I turned left instead of right to the fast food restaurant. I ended up at a restaurant where I could get a more nutritious meal."

~Randy T, Simi Valley, CA

Release Weight and Keep It Off Affiliate Program Fees

Foundation Affiliate Program - \$500

Affiliate License, first 5 Activlink™ Programs,
Initial supply of client brochures, all leader and participant
class materials including meditation scripts in digital form

Enhancement Programs

Group Leadership Training – 4 hours video conference \$250

Meditation Training – 4 hours video conference \$250

Individual Consultation – per hour \$125

Ongoing Product Fees

Release Weight CD programs per student – required \$49

Activlink Text Messages – first month required \$9

No other costs are required

Belightminded Activlink Hypnosis Sales Process

FEATURES	BENEFITS	OBJECTIONS	ANSWER TO OBJECTION	CLOSURE
1. 4 week, 12 hour group program	Lower cost, more effective than individual work	I don't like groups – won't speak up	You will make more progress in a group setting, work with others who feel similarly	Talk to one of our graduates to see the benefit of working in group
		I can't afford the fees	We offer timed payment plans or you can use a credit card for payment – also credit for friends and referrals	Money back guarantee
2. Uses Activlink Hypnosis to break through block to success	Much faster, more efficient, permanent changes that are life transforming	I can't be hypnotized	Everyone can be hypnotized to some extent, we are hypnotized every day by advertising	Come to a free introductory seminar and take our hypnotizability test
		I tried hypnosis before and it didn't work	Did you have Activlink Hypnosis where you participated actively in the process, or was it "pump you up" hypnosis	Money back guarantee
3. Includes patented and clinically proven Activlink Hypnosis system	A comprehensive 4 week CD recorded weight loss hypnosis program pair with the Activlink Text Messages provided active hypnosis signals all through the day	My day is already too busy to add one more task	The program includes general stress management training that will increase your efficiency and save time	Money back guarantee
4. Unique, affordable 50 minute weekly support group sessions	With ongoing weekly support, you continue to have supportive contact with regular hypnotherapy	Can't make the time	You can use the online www.belighttogether.com support community 24x7	You deserve the time and support

Affiliate Projected Income

MSRP of Belightminded Class	Cost of Single Activlink	Cost of 6+ Activlinks	Gross Profit for Each Student (6+)	Gross Profit for 5 Students (6+) per class	Gross Profit for 4		Gross Profit for 6		Gross Profit for		Gross Profit for
					Classes per year with 5 Students	Each	Classes per year with 5 Students	Each	4 Classes per year with 10 Students Each	6 Classes per year with 10 Students Each	
\$495	\$44	\$234	\$456	\$2,280	\$9,120	\$13,680	\$18,240	\$27,360			
Hourly Income				\$190			\$380				