

Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development

DR JANET HALL
CLINICAL PSYCHOLOGIST & HYPNOTHERAPIST
POWER AND PASSION



DR JAN'S
ONLINE SHOP



drjanethall.com.au



bedwetting.com.au



sex-therapy.com.au

Dr Janet Hall's newsletter

Don't forget Dr Jan's other newsletter - Passion News - subscribe at the bottom of this email.

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Dr Jan's Gem

Forgiveness Prayer So We Can Start Afresh!

Divine creator, father, mother, son as one... If I, my family, relatives and ancestors have offended you, your family, relatives and ancestors in thoughts words deeds and actions from the beginning of our creation to the present, we ask your forgiveness.

... Let this cleanse, purify, release, cut all the negative memories, blocks, energies and vibrations and transmute these unwanted energies to pure light.

And it is done!

Can You Trust Your Grandchildren?

I haven't seen the film No Country for Old Men because I couldn't bear the violence, but I was able to read the book and I highly recommend it as a riveting read. It explores human nature in a deep thought-provoking way, from the motivation of the psychopathic killer, to the musings of the phlegmatic sheriff.

In one of the sheriff's observations he is commenting on the dramatic changes in youth violence. He quotes a study in the 1930's where the worst things reported about teenage students was that they ran in the corridors and chewed gum. Fifty years later they commonly report rape and murder. The sheriff remarks on a conversation he had with an aggressive woman who was arguing for the right of her granddaughter to have an abortion. He points out to her that the grand-daughter will also most likely have the right to put the grandmother to sleep - permanently!

I also read a 2000 book called The Blue Nowhere about a computer-hacker who takes his mediaeval computer game so far that he acts it out in real-life because killing people is more fun in the real world.

Many forms of media which our youth commonly access, pose a threat to peace as we know it. How Far Will Teen Violence Go?

We need to coach our good kids to be media warriors for peace - not mayhem!

Dr Jan's Hot Tip

Pre-Easter I had the most amazing experience when I scuba-dived from a yacht for 6 days in the Andaman Sea north-west of Thailand. For a photo to WOW you - [click here](#).

Captain Freddie runs www.kon-tiki-diving.com
