



No thought control

Hypnotherapy can be the solution to many people's habits, phobias and stresses. However, some still think it's about swinging pocket watches and swirling eyes. Hypnotherapist Samantha Lawton wants to set the record straight. Here, she talks to Sam Bevitt.

The Archer: Why do you think people still have reservations about hypnotherapy?

Samantha: Purely because of everything they have seen on the television. People come to me thinking I am going to control their mind and make them do something they don't want to do. These live shows where people are doing Elvis impersonations and walking like chickens do hypnotherapists a disservice.

The Archer: Are there any reasons to be worried? Does the process have side effects?

Samantha: There are absolutely no side effects. It's like the feeling you get just before you fall asleep. You cannot make anyone do anything that they do not want to do. We do not control minds.

The Archer: What sort of conditions, phobias or habits can it help confront?

Samantha: There is a massive spectrum for any phobia you can think of. There are a lot of straightforward phobias such as fear of flying and fears of spiders or public speaking. Other people are scared of buttons or a particular colour. It also strengthens willpower for weight loss and stopping smoking.

The Archer: How did you become a hypnotherapist?

Samantha: I moved to East Finchley 10 years ago and London was very new to me. I was trying to find my feet and I wasn't happy. I put on three and a half stone! I went to a hypnotherapist who helped me lose all the weight. I wanted to do for other people what she did for me so I trained and got the qualifications and I can help others now.

The Archer: What is the process of hypnotherapy? What can one expect from a session?

Samantha: First of all, I do not do anything to you. All I want is for you to relax. You listen to the instructions I give you and that puts you in a hypnotic state. From there, we can access your subconscious, which contains every memory, conversation and experience you have ever had in your life. Once we have access to the subconscious, we have access to the patterns you've adapted that create the issue that you want to confront. Once we are there, we can adjust. When you come around, you will feel extremely relaxed, extremely positive and focused. The whole process usually lasts an hour.



Samantha Lawton

To learn more about hypnotherapy and how it could help you, go to www.vanillaskieshypnotherapy.com.

Car firm rewards hard work

By Zoe Powers

Greater London Hire held its annual staff awards amid the lush surroundings of Highgate Golf Club for the twenty-sixth year running. The awards were presented by company director John Scott, who thanked all the staff of the East Finchley firm for their loyalty and hard work.

In return, staff and directors paid tribute to Mr Scott's long years leading the company. Non-executive director Ross Gibbons said: "It's not easy to run a business for more than 40 years and during this time John has had to make some hard decisions to ensure the company developed, expanded and prospered. But, with drive, foresight and hard work, he has managed to achieve this and I'm sure he will continue to do so for many years to come."

GLH award winners this year were: Senior Manager of the Year, Dominic Anthony; Department Shield, Facilities and Communications; Passenger Division, Tafoun Mehmet; Despatch Division, Stuart Selley; Auxiliary, Tomasz Szeja; Best Newcomer, Anita Cahill; Staff Award, Louise Murray; Night Passenger Driver, Andy Mesfin; Day Passenger Driver, David Trafford; Van Driver, Malcolm Jones; Van Runner-up, Ian Tuite; Bike Rider, Andrew Lenaghan; Bike Runner up, Rikki Annunziato.



The GLH award winners. Photo by Craig Con

Animal magic

By Diana Cormack

A welcome new arrival on the High Street is Fetch 22, which sells a range of accessories and food for cats, dogs and other small animals, as well as offering a grooming service.

Peter Marton and his partner Adrienne Balaze, who live in Muswell Hill, researched the area thoroughly before launching their venture. Ms Balaze comes from a retail trade background and Mr Marton has years of experience as a pet groomer. They will run the shop with Ms Balaze's sister, Boglarka.

The couple told THE ARCHER how much they appreciate the warm welcome they have had from local people, with many customers from Mr Marton's previous workplace greeting him in the street. The shop is running a loyalty card system, with a 10% reduction to local traders. For more information, call 020 8444 6422.

KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

Feeding frenzy

We are living in interesting times, when the weird starts to seem normal and the normal weird. Times when dog doesn't just eat dog but claims it back on expenses. Welcome to the world of greed and hypocrisy, welcome to a new brown world of new puritans.

Back when puritans were real puritans, changing the political system had nothing to do with spin doctors. Instead they opted for revolution and civil war, deciding that the best thing to do with an unpopular monarch was to execute him. All right, so they invited his son back to take over his dad's job a few years later, but the point had been made.

Parliament might have reformed the monarchy, but it took a lot longer to get round to reforming itself, about 200 years in fact. Finally, in 1832 they decided that it wasn't fair that Manchester had lots of people but no MPs, whereas rotten boroughs such as Old Sarum had zero population and two MPs.

Once they could vote, the workers wanted their own MPs so the unions formed the Labour Party. As MPs didn't get paid, the unions paid their MPs until the reactionaries in the House of Lords told them not to. So, in 1911, Asquith's Liberal government decided to pay MPs, mostly because it annoyed the Tories.

It didn't mean anything changed. Rich Tories such as Winston Churchill became MPs, occasionally noticed their constituents and sometimes went to say hello. Politics was far too important to bother asking ordinary people about, so MPs either made money in the city or as a lawyer or stayed poor and cared about the people. Three guesses which party cared and which got rich.

Then the Liberals ruined it for everybody. Back in the 1970s they came up with the weird idea that MPs should represent the people, live in their constituencies and actually care about their voters. Finally, the Tories under Thatcher and Co decided that being an MP should be a proper job with proper wages and proper expenses, just like an estate agency. And what does anyone do when they get an expense account? They fiddle it.

So, why the shock, the horror the surprise that your local MP put his duck pond on his expenses? I'm only surprised they didn't try to charge us for the ducks as well.

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