

7th Path: Do it yourself healing...

Learn how you can use your mind to...

- Relieve your internal stress and support your healing
- Sleep better and enjoy having more energy
- Free yourself from unwanted habits
- Lose weight and feel great!
- Improve your mental clarity and creativity
- Increase your self-confidence and self-esteem



7th Path Self-Hypnosis™

3 classes only: \$250 / includes: Course Workbook & 7th Path™ Practitioners Manual & a bonus copy of The Secret Language of Feelings by Calvin Banyan.

www.MindDesignHypnosis.com

Certified Regression Hypnotherapists

For information and appointment: 250-754-8086
216 Prideaux Street, Nanaimo, BC

The 7th Path™

We believe the 7th Path is a topic new to most of you, so we took it upon ourselves to ask Wendie a few questions to clarify that for you.

The 7th Path™ is hypnosis-empowered meditation. It's a unique approach to self-healing that

combines self-hypnosis with meditation and prayer. It's a mind-body-spirit system and much easier to do than meditation. **Anyone can do it.**

7th Path™ has its roots in A Course in Miracles, psychology, hypnotherapy, spirituality and while you don't have to be spiritual to benefit from the 7th Path™ - it helps.

Who can benefit from 7th Path™ self hypnosis?

.... 7th Path was originally designed for people who may not want to do therapy. It's for grownups, not children, and anyone who wants to reduce stress in their life will benefit from learning 7th Path. It's no secret that stress is a killer. It ages us before our time. It robs us of our mental clarity. It makes us cranky, depressed, anxious, forgetful and fatigued. I'm getting stressed just talking about it!

Did you know that the American Institute of Stress reports that 75 to 90 percent of all visits to primary health-care professionals are for stress-related complaints? Conditions like hypertension, chronic pain, intestinal complaints, skin disorders, weight problems, allergies, sleep disturbances, inhibited immune function, all have an underlying stress factor.

Meditation is a universally accepted treatment for stress-related issues. That means 7th Path™ is an effective system for addressing these issues without any of the nasty side effects common to prescription drugs.

What will I experience? ...It's different for everyone, of course. And each practice period can be quite different. I've had some pretty amazing energy experiences with 7th Path™. What most people experience



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is comfort and relaxation, but there may be times when you feel antsy or uncomfortable. That's part of the process and tells you the process is working! You're actually releasing things that have been getting in your way – so you can feel it! With 7th Path™ the process is gentle and progressive. You can stop at any time. And you're always in control.

What makes it different from other self-hypnosis systems?...7th Path™ is based on the 5-PATH® system. You must be a certified 5-PATH® hypnosis practitioner to teach the 7th Path Self-Hypnosis™ system. 5-PATH® stands for “5 Phase Advanced Transformational Healing”. It's a systematic approach to identifying and resolving the various underlying factors contributing to an issue using hypnosis.

7th Path™ is like the “next generation” of self-hypnosis. Conventional self-hypnosis involves giving yourself suggestions for change while in hypnosis. It can take a lot of repetition to change existing patterns this way, especially when they're emotional. Most people give up before they're successful. The 7th Path™ is different because it works to remove the internal blocks before you ever give yourself suggestions for change.

How does it work?....Two simple steps. First you “empty the cup.” That simply means allowing the process to release uncomfortable, negative thoughts and feelings responsible for internal stress. The more internal stress you release, the better you feel. And the more space you have for the good and positive thoughts and feelings you want. Most people notice they're sleeping better right away. Situations that used to trigger them emotionally lose their power. And feelings of confidence, hopefulness, and well-being all increase just by emptying the cup.

You've heard the saying, “The Universe abhors a vacuum”? Well, the more you empty your cup, the more receptive your mind becomes to ideas that are good and nourishing for you. So the second step is where you can “fill the cup” with good, healthy thoughts and feelings that you want, that empower you!

During the course you will receive a series of five “Recognitions.” The first four work automatically to empty the cup. The fifth Recognition is where you can begin to deliberately fill your cup with what you want to create in your life.

What is a “Recognition”?...A “Recognition” is a suggestion you give to yourself, while in the state of hypnosis, that is universally recognized as positive. Each is specifically designed to resonate through the nervous system of the body - so you can actually feel them working! Like vibrational medicine, the Recognition strengthens anything that is a vibrational match to it. Anything that conflicts with it is automatically weakened or neutralized.

Like the “initiations” in Reiki, each Recognition has a unique energy signature that is passed directly from teacher to student. During the “Basic 5” course you receive 5 of these Recognitions (there are more). Many people have profound experiences when they receive certain Recognitions. Each Recognition has a specific function beginning with your connection to Source, whatever you perceive it to be. The “basic 5” cleanse and heal and restore energies like self-love, self-acceptance, forgiveness, and your power of choice. These things are basic to everyone. Many self-healing programs have an initial effectiveness that eventually wears off.

Can I go for updates?...When you create change on the inside, that change is permanent. It's not like

taking a pill where the effects wear off after a few hours and you have to take another pill. This isn't about treating symptoms. During the practice you're actively engaged in a process of healing that you can feel working. When you feel some discomfort, it's because it's being released from your mind-body system. You don't even need to know what it was! If you release a fear – that fear is gone! You may have other fears but once resolved, you never have to deal with that one again! So the results don't diminish, they accrue over time. Like any form of meditation, 7th Path™ requires practice. So the more you practice, the better you feel.

I believe all healing is self-healing that comes from within. We're factory hard-wired for healing! The problem is we've developed a few blocks along the way, and these blocks can prevent us from healing – physically, emotionally, or spiritually. This thinking comes out of ancient healing philosophies like Traditional Chinese Medicine. Even Hippocrates, the father of Western Medicine, taught that the physician's role was to support the body in healing itself! So it just makes sense to me to put the focus on releasing the blocks, rather than managing the symptoms. It also follows that no one can do it for us. We need to do our own work. 7th Path™ supports you in doing your own work.

In the first class I invite people to make a commitment to practice their 7th Path Self-Hypnosis™ for six weeks. That means setting time aside to practice twice a day, ideally morning and evening. You start out with only 5 or 10 minutes, so it's really a small adjustment to your lifestyle. The objective is to add 5 minutes each week until you're up to 20 minutes per session. That's the most anyone ever needs to do.

Of course, you can always do more! I like longer practice periods because I enjoy the deeper states. But it's all up to you, based on what works for you. After 6 weeks you decide. If you think your cup is sufficiently empty, you can adjust your program down to once a day. If you find that you still have some clearing to do, just continue with your program. You decide. Either way, as the Dalai Lama says, "Keep up your practice!"

Now, you asked about "updates." A really good way to upgrade your energy is to practice 7th Path Self-Hypnosis™ with others in a group. As you know, the energy of a group of people meditating together is quite delicious! And it seems to be easier to go deeper with a group. So I encourage people to stay connected on "The Path."

Another way to upgrade your practice is to receive more Recognitions. For those who wish to go deeper into their own healing, work on more spiritual issues or increase their spiritual connection, there are Advanced Recognitions which are designed to work at these levels. But the "basic 5" is all most people will ever need to work on their own issues.

The class is offered over three classes. Included in the course are the 7th Path Self-Hypnosis™ Practitioners Manual, a Workbook and the Secret Language of Feelings by Calvin Banyan, the originator of the 7th Path™ system.

The first 7th Path™ class is a full day. You'll learn about how your mind was designed to work, how hypnosis works and how to do the practice of 7th Path™. You'll receive your first Recognition and learn how to take yourself into hypnosis and how to emerge yourself. You practice for a week, come back for half a day and you'll receive the next two Recognitions. Then you go practice those for a week and come back for the final class, which is a full day. You'll receive the final two Recognitions and learn how to create effective suggestions and use them in a powerful way while you're in hypnosis.

During the course you'll experience, not only hypnosis but the releasing effects of 7th Path™. There's a sharing process following each 7th Path™ session. You're free to choose what you will share, but expression is a very important part of the process. Everyone in the group benefits and it helps you to integrate the changes.

Do you offer it as a weekend course? ... I discovered that a weekend course just wasn't as effective in terms of learning. And I really want people to benefit from this! I learned that spacing it out over three weeks gives people time to practice, integrate what they've learned and then come back with questions. I also learned the optimum class size is no more than 12 people, so I purposefully keep classes small. This makes it more intimate, which encourages deeper healing.

My focus is on empowering people to do their own work and I take my work very seriously. Should you decide later to expand into personal counselling, the course will give you a tool you can use between sessions to reinforce the work we're doing. So you get more "bang for your buck" when you begin healing with hypnosis by learning 7th Path Self-Hypnosis™.

Best of all, you'll have a tool you can use for the rest of your life! You can use 7th Path™ to heal the wounded places in your heart and soul. You can explore your deepest feelings, thoughts, fears, hopes, dreams and discover who you really are. **7th Path™ is really a personal empowerment system.** As you continue to use it you can create the life and relationships you truly desire. You can bring yourself into alignment with your higher purpose and find deeper spiritual meaning in your everyday life.


Wendie Webber, the owner of Mind Design Hypnosis, is a Certified Regression Hypnotherapist, 5-PATH™ hypnosis practitioner and 7th Path Self-Hypnosis™ Teacher. To learn more go to www.MindDesignHypnosis.com or attend a free one hour introductory presentation. Learn how your mind works, how hypnosis works, and more about Mind Design services. A free group relaxation hypnosis session to get rid of mental clutter will follow. Seating is limited. Call 250-754-8086 to reserve. see ads pages 10, 33, 36.

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