

# My LIFE-Path Lies Before Me...

As this year refines and defines itself - we also have the opportunity to do the same for ourselves. I believe one of the important factors in that equation is the necessity of looking within, finding our passions - our natural inclinations and nurturing them. That generally leads the way to discovering what truly makes our hearts sing. How do we start? Many people seek guidance through hypnosis to assist them and also to give the 'boot' (so to speak) to the habits that truly hold them back from personal happiness and success.

**Often we need only look back to our childhood to find the clues that tried to point us in the right direction when we were young.**

Take myself for example... Looking back now, it's an amazing observation. I was first hypnotized and also hypnotized others at the age of ten. As I grew, my life became focused on life and like most of us, I veered off to the general 'what do I do when I get out of school'. Typically, I got married, had kids and worked in the service industry and also in commercial fishing with my husband. The song of my childhood became a far-off and faded memory.

Many of our stories have similar twists - one life crisis begetting another...Until one day I decided enough was enough. I wanted to have a fulfilling career. So what did I choose you wonder? I decided to be a hairdresser with the lure of making people look pretty. Eventually I realized, for me, it was more fun learning 'how' to do it than actually doing it every day Then one day my mother announced she was going to take a course and guess what it turned out to be? What else... a hypnosis course!

THAT was what I like to refer to as THE Light Bulb Moment! The memories flooded back as I recognized my life path. You will know you are on the right track with your passion when you just can't get enough of it. And next thing I knew, I was totally involved in learning. I trained with Gerald Kein of Omni Hypnosis, recognized in the field as one of the best. There was no stopping me. I continued on and became a trainer for the National Guild of Hypnotists and a faculty member in 2005. I taught and learned at as many conventions as I could attend. Some days I was inspired and other days I felt humbled - but I could not stop. That small

child within me kept encouraging me to DO-IT my own way. Eventually a new kind of Hypnosis emerged, enabling one to obtain deep and high states to create change. This is now known Internationally as "THE SIMPSON PROTOCOL".

I believe my training with Gerald Kein is what launched my own style. And I encourage you to always search for the best mentor you can find and be respectful and grateful while learning from them. You never know where that will lead you and in my case, when Gerald semi-retired he decided to allow a small number of people to carry on his training. So in this last year I became a designated certified instructor for his world-wide acclaimed style of hypnosis.

Lots of times we get stuck in the idea that we cannot do something - we think our dreams are too big or we are too small. That is why I am telling you my story today. It is not so you will think I am so clever. It is to show you that YES YOU CAN do it too, provided you are willing to put your pride aside and be brave enough to step out of your comfort zone and learn something new. Of course we are never perfect on the first attempt - that's OK - **go find a good teacher and hang onto their coattails.**

I do not remember who said this and so I paraphrase, "the reason I see so far is because I stand on the greats that went before me." Personally I feel that Gerald Kein stood on the shoulders of his teacher Dave Elman and I in turn stand on his.

We often say, "how did they think of that" or "that is so simple-why didn't we think of that before?" Simple - new ideas are often birthed from the foundation of others who have gone before who have passed on their knowledge. Today hypnosis continues to progress with many great hypnotists in the field sharing what they know and thus discovering the new. It is the same in any endeavour, when the teachers share with their students, eventually the students will have the inspiration that becomes the innovation for something new. An old saying states that: **when the student is ready the teacher appears** and it just might be a 10 year old girl.

*Ines Simpson is a multifaceted hypnotherapist working with clients on many levels. She is also a respected teacher ready to assist others wishing to learn more about hypnotherapy as a career. call 250-954-9290.*



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