



## Self & Higher Self Hypnosis

Ever been curious about hypnosis? Ever wonder, “why would you want to, what is it anyway, how did they do that, it seemed so easy, I wonder if...”

Here’s the perfect opportunity to check it out and easily learn Self Hypnosis and Higher Self Hypnosis.

This course is only 1 day, set in a very relaxing environment and is ideal for individuals interested in self-improvement and accessing their Higher Self.

If you’re looking to create profound changes in your own life, then this is the course for you now!

*You will learn how fun, easy and powerful these tools are for:*

- ✧ Deep Relaxation
- ✧ Activating the Body’s Healing Mode
- ✧ Stress Management
- ✧ Learning Faster
- ✧ Improving Concentration
- ✧ Relationships
- ✧ Career
- ✧ Money
- ✧ Health & Fitness
- ✧ Success
- ✧ Self-Confidence
- ✧ Experience Time Line Therapy™ Regression to pick up resources
- ✧ Receive a Higher Self Hypnosis CD





*What you'll learn:*

- ✘ Understand exactly what hypnosis is – the potential
- ✘ Gain a glimpse into the past with one of the most comprehensive histories of hypnosis ever shared.
- ✘ Release your true potential by learning how to hypnotize yourself and create suggestions for success, health and happiness
- ✘ Stages of Hypnosis
- ✘ Elements of Self Hypnotic Induction

*You will have hands on, in classroom experience with every step of this guided process and learn:*

- ✘ Hakalau – for either manifesting or getting rid of a problem
- ✘ How to set the Sacred Space
- ✘ Sacred Geometries
- ✘ Expanding Consciousness
- ✘ The Mystical Square – The Four Cornerstones of Manifestation
- ✘ Learning State
- ✘ Structure of Safety
- ✘ The Void
- ✘ Preparation for Trance
- ✘ Suggestibility Tests
- ✘ Stages of Hypnosis
- ✘ Inductions
- ✘ Convincers
- ✘ Creating and Delivering Suggestions

*What if you could improve any area of your life you want? What if you could access your Blueprint of Perfect Health which resides in your Higher Self?*

Since all hypnosis is self-hypnosis, Glenda will teach you how to guide yourself by opening the doorway to the inner mind to uncover and get in touch with the vast resources that we all have inside.

