

7 Path Self Mastery Hypnosis Workshop

Facilitated by Kim Bothwell, CHT

May 26-June 9, 2010 (3 Wednesdays: 6-9pm, \$130)



7 Path Self Mastery Hypnosis is a powerful mind-body-spirit technique that empowers you to live more fully in the NOW, freeing you from old negative self-defeating beliefs and emotions so you can be the Master that you're meant to be!



Kim Bothwell is a Nationally Certified Hypnotherapist. He is dedicated to empowering his clients & students to achieve a high level of transformation and success with powerful tools they can use for a lifetime. Contact Kim108@att.net or visit

www.selfmasteryhypnotherapy.com.

Register

- Online registration link at www.QuietStar.com
- Visit QuietStar during our drop-in hours
- Call QuietStar at (805)783-2662

And remember, your workshop begins as soon as you commit! Register early for 15% discount.

QuietStar Center for Transformation



11549 Los Osos Valley Rd. #109
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7 Path Self Mastery Hypnosis can help you

- Live more fully in the moment without being ruled by reactive emotions
- Find your own sense of higher purpose & bring it into your everyday life
- Experience a deep sense of inner peace
- Relieve physical, mental & emotional stress
- Remove old, unwanted habits & behaviors
- Free yourself from limiting beliefs
- Clear old emotions from the past
- Improve attitude and relationships
- Increase confidence, confidence, motivation
- Relieve anxiety, remove fear
- Increase happiness & bliss

And so much more.....

7 Path Self-Mastery Hypnosis is an exciting new holistic approach in the field of Mind-Body-Spirit personal development. 7th Path is different from any other hypnosis program available, as it allows you to first remove the old programming that blocks success. It works specifically to eliminate mental & emotional obstacles that can get in the way of your happiness and fulfillment. This powerful, unique process clears out old issues and allows self-healing to occur naturally. As the old, limiting patterns fall away, this system will affect many other areas of your life to create new, beneficial habits. In fact, 7 Path actually enables you to powerfully "program" yourself for success. Unlike other self-hypnosis techniques, this brings in the benefit of meditation and insight therapy. It uses a set of powerful recognitions that neutralize and eliminate self-defeating beliefs and behaviors. And it works in a short period of time. It is a complete "mind-body-emotion-spirit" makeover. It is so simple to take back control of your life when you use a technique that works with how your mind is designed to work. The beauty of 7 Path is that it can be used to make just about any improvement you want to make in life and you can work on any specific issue anytime you choose. And it is all done in the privacy of your own mind! 7 Path Self-Hypnosis moves you more quickly towards being your true self, reaching a higher level of consciousness, unleashing your latent talents, and helping you to realize your calling.