

7th Path self-hypnosis

Without doubt, the best way to overcome obstacles, emotional difficulties, bad habits and to achieve goals, is to see an experienced and well qualified hypnotist. It is through working through someone else, a professional who is able to provide insights that you might miss or encourage you towards your goals using the best techniques and tools available that change is easiest.

However, some people can't afford, or don't want to see a therapist to overcome obstacles to achieving their goals, and prefer to work on themselves. This is where self-hypnosis comes in. But, what is self-hypnosis? Self-hypnosis can be used whenever you want to create feelings of calmness and relaxation and is a technique that you practice alone, on your own time and involves getting yourself into a relaxed state in order to give yourself helpful affirmation or auto-suggestions.

There is an even more powerful way if you want to create transformational change. 7th Path Self Hypnosis ® is a mind-body-spirit approach to achieve change inside your own mind and in your own time. It differs from regular self-hypnosis as it help eliminate the blocks and negative programming from your psyche in order that you can then enjoy the benefits of the resources or new behaviours you want in their place. It is also easier to enter into the hypnotic state more quickly and thoroughly than the standard self-hypnosis.

7th Path™ then acts like a deprogramming device that removes old limiting beliefs and patterns. We call this process the "Emptying of the Cup." During this phase of 7th Path Self-Hypnosis®, the system works like anti-virus software for the mind, ridding you of all erroneous programming from the past that is getting in the way of your happiness, success and feelings of confidence.

Once some cup-emptying has been accomplished you can then use the system to make just about any kind of improvement that you want to make in life. For example the practitioner can become more confident, improve self-esteem, improve mood, become more motivated or overcome bad habits, addictions and compulsions.

You probably have experienced the frustration of trying to use "will" power or "think" power to make the changes you want to make, only to find these changes short lived. You won't make much progress until you move through the fears, limiting beliefs or emotional baggage that keeps you stuck. That is why reading many self-help books often produces few lasting results. This class uses a mind-body-spirit approach to gently and efficiently remove the old programming that blocks your success.

You can learn The 7th Path™ by working directly with a hypnotist in individual one-on-one sessions or in classes with other students. The process is simple and would generally follow this structure:

1. First receive an introduction to hypnosis, where you learn about hypnosis and the subconscious mind.
2. There will be a demonstration of hypnosis where you get to see how it works and ask questions.
3. Then you will learn all about how the system works and how you can "empty the cup."
4. Then you will get to learn how to induce hypnosis in yourself and give yourself The 7th Path™ suggestions.
5. There will be lots of time to ask questions and practice your new skill.

Anyone of normal intelligence who wants to learn this process can learn it, and use it to make powerful changes in their lives. Using it just 5 to 20 min a day in the privacy of your own home is all it needs.

The 7th Path Self-Hypnosis® is useful for:

- Ridding your self of old habits and addictions.
- Improving your mood.
- Improving your relationships.
- Helping you to become more patient and confident.
- Improving study and test taking.
- Becoming a better parent.
- Healing from stressed induced illnesses.
- Answering your calling in life.
- Bringing your highest philosophies and beliefs into your everyday life!

7th Path Self-Hypnosis® is a perfect adjunct to almost any kind of personal development as well. It is also a very useful process for anyone undergoing any kind of healing assistance, be it through allopathic medicine or by alternative/complementary processes. If you would like more information about 7th Path Self-Hypnosis® call our office at 819-918-6670.

Next class: March 28th
 May 16th.

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