

Change Your Mind, Change your Life

Learn Hypnosis from Award Renowned Hypnotherapist, Debbie Papadakis!



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Over the past few months, Debbie has been very busy travelling and sharing the art of hypnosis all over the world. After delivering her highly anticipated seminars "Rapid Regression" & "Overcome Shyness" at the International Medical and Dental Hypnotherapy Association she was awarded with the prestigious **Life Fellow in Hypnotherapy award** in recognition of her esteemed contributions to Hypnotherapy.

The March 2009 showing of **Positive Living** featured a discussion, with host Aida Memisevic, about the influences of the subconscious mind on our behavior. When asked what hypnosis can do, Debbie replied "what I do is I basically help to transform their negative emotions, their limiting beliefs, to get rid of their fears, in order to have a successful life." Show re-airs Sunday **June 21, 2009**. Check your local listings.

You can also catch Debbie on **Slice TV's Newlywed Nearly Dead**. This show aims to lower

"When we think of hypnosis our goal is to enter the subconscious part of our mind and change the feelings and emotions from negative to positive".

North America's divorce rate one couple at a time. **August 24, 2009 10:00am, 4:00pm & 9:00pm**

Debbie Papadakis has also just had three of her industry leading reports on sleep and procrastination published by two popular publications including **Arrival World Magazine** and **Hypno-Gram**, a newsletter published by the National Guild of Hypnotists.

Debbie stated laughingly "I knew some of my work was being published but I was really honoured and overjoyed to see that three of my articles got published within weeks of one another." *Hypnosis*



Debbie receiving the Life Fellow in Hypnotherapy Award from the IMDHA May 23, 2009 Daytona, FL

for *Deep Sleep and Procrastination & Hypnosis* can be found in *Arrival World Magazine*.

The National Guild of Hypnotists has published *Hypnotism and Sleep Problems* in the *Hypno-Gram*. You can find these articles at the following links:
[Hypno-Gram—Hypnotism & Sleep](#)
[Arrival World—Procrastination](#)
[Arrival World—Deep Sleep](#)

Special points of interest:

- [Hypno-Gram Hypnotism and Sleep Article](#)
- [Arrival World Procrastination Article](#)
- [Arrival World Hypnosis for Deep Sleep Article](#)
- [NGH Convention Community on-line now](#)
- [Weekly Aware Talk Radio Show](#)



The **National Guild of Hypnotists** are holding their annual Convention from **August 7—10, 2009** in Marlborough Massachusetts.

This convention is a great way for Hypnotists to learn new techniques and meet new & old friends. Debbie will be teaching "Unlock the Door to Sleep Improvement" 1 day workshop on August 10, 2009 visit: <http://www.ngh.net/Convention/2009/216.pdf> for more information. She will also hold her "Relationship Code" seminar August 9, 2009. Visit www.ngh.net

Upcoming Classes

**REGISTER
NOW!
416.760.8996**

For New Students and Participants: NGH Professional Certification Training

Saturday July 4th through to Sunday July 12th, 2009 (9 days)

This thoughtfully and intricately designed course is a comprehensive and experiential program designed by the National Guild of Hypnotists. In it, you will learn step-by-step practical and experiential methods of approaches to hypnosis as well as techniques and applications to obtain the best possible results in smoking cessation, weight control, stress management, and in many other areas. To register for the Hypnosis Certification or for more information visit:

<http://www.hypno-healing.com/hypnosis-certification.htm>

For Hypnotists & Hypnotherapists: Past Life Regression Hypnosis Training

Tuesday July 14th through to Friday July 17th, 2009 (4 days)

In this advanced and comprehensive course you will learn the tools to move the client back in time so that they may experience unconscious memories. Your client discovers the feelings of a previous lifetime, and then learns to integrate these important feelings, thoughts, and events into their current life today. In gaining certification as a specialist in this powerful method you will not only benefit your client but also take your practice to a higher level.

To register for the Hypnosis Certification or for more information:

<http://www.hypno-healing.com/past-life-regression.htm>

For Hypnotists & Hypnotherapists: Mastery Hypnosis Training

Tuesday July 21st through to Friday July 24th, 2009 (4 days)

In this advanced and comprehensive course you will improve your hypnosis skills, learn how to work with challenging cases, increase your confidence, learn new techniques, increase client effectiveness as well as take your practice to a higher level. To register for the Mastery Hypnosis Certification or for more information visit:

<http://www.hypno-healing.com/master-hypnosis.htm>

Past Life Investigation Workshop

3-Hour Workshop

Saturday June 27, 2009, 3:00pm - 6:00pm (Aprox)

"If someone's phobia is eliminated instantly and permanently by the remembrance of an event from the past, it seems to make logical sense that that event must have happened."

~ Dr. Edith Fiore

Past Life Regression is based on the premise that understanding the past helps clarify the present. Past Life Regression is used for emotional and spiritual healing. It effectively highlights the origin of current issues, thereby allowing for their resolution.

In this workshop you will experience how to heal the past through Past Life Regression and empower your future using the power of your mind.

For more information or to register for our workshop:

www.hypno-healing.com or call 416.760.8996

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Spark Your Fearless Self

Visit our Website:

www.hypno-healing.com

Hypno Healing Institute is a practicing hypnosis school and clinic founded and operated by Master Hypnotist [Debbie Papadakis](#). Well-known and foremost in professional circles, the Institute teaches the Professional NGH Hypnosis Certification courses along with HHI advanced courses. Also, the Institute works with children & adults from all over the world to tackle issues ranging from fear, stress & relationship issues to insomnia and addictions.

The Hypno Healing Institute is:

- Licensed by the City of Toronto as a Holistic Centre
 - Authorized by Human Resources Development Canada as an Educational Institution for issuing income tax receipts for tuition fees
- We offer a large variety of approaches in various formats. You can choose from Hypnosis, Spiritual Psychotherapy, Reiki, NLP and much more. We offer classes, workshops, training and private sessions.

At Hypno Healing Institute we firmly believe in the remarkable healing power of the human mind. When one achieves harmony between the Mind, Body, and Soul, just about anything is possible. Painful past events can be uncovered and prevented from controlling your everyday life. The elusive nature of happiness can be harnessed and enjoyed. A future that seems unpredictable and cynical can easily be turned into a reality of abundance and joy.

Meaningful Relationships

Are you in a meaningful relationship? Do you know how to define a relationship that is good for you? Are you able to express how you truly feel or do you put a cork on your emotions for fear of getting hurt or too attached? Do you avoid commitment? We are often molded by our relationships; however, the most defining relationship is the one we have with ourselves. The way in which we view ourselves will profoundly influence how we are viewed by others and the type of people we attract.

We are highly complex beings made up of many thoughts. These thoughts are very much alive and create energy which is ultimately what connects us all. Harmful thoughts generate negative energy which not only poisons oneself but also repels the positive things in life we yearn for such as healthy and loving relationships. The way in which we perceive ourselves and the various things in our lives is also directly related to past experiences. We are all bound to our experiences which form a kind of cord that attaches to us. Negative experiences or traumatic memories breed negative self perceptions which in turn attract more negative energy. It is a vicious cycle. In order to find the light you seek, you must first rid yourself of the dark. Through a hypnotic state, you can see those memory cords in their varying colours. These colours correlate with the Chakra System which is the seven main energy centres of the body. In order for the body to be in a balanced state, the chakras must be aligned.

Through a process called Decording, I am able to dissolve the cords created by the negative memories and thoughts so that the body and mind may return to a harmonious state. Clearing out of the toxic energy will cleanse the mind so that you may be receptive of only good energy and positive outcomes. It is only after you clear yourself of the residual effects of negative memories and thoughts you have about yourself, that you can attract, welcome and nurture a positive relationship with others.

You can master the Decording system on your own by studying *Relationship Code*, a written document that gives you step by step instruction on how to use this powerful method. It is available in book & CD [Online](#)

