

FREE ISSUE

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# SNAP<sup>TM</sup>

## BLOOR WEST

CAPTURING LIFE AND ENTERTAINMENT

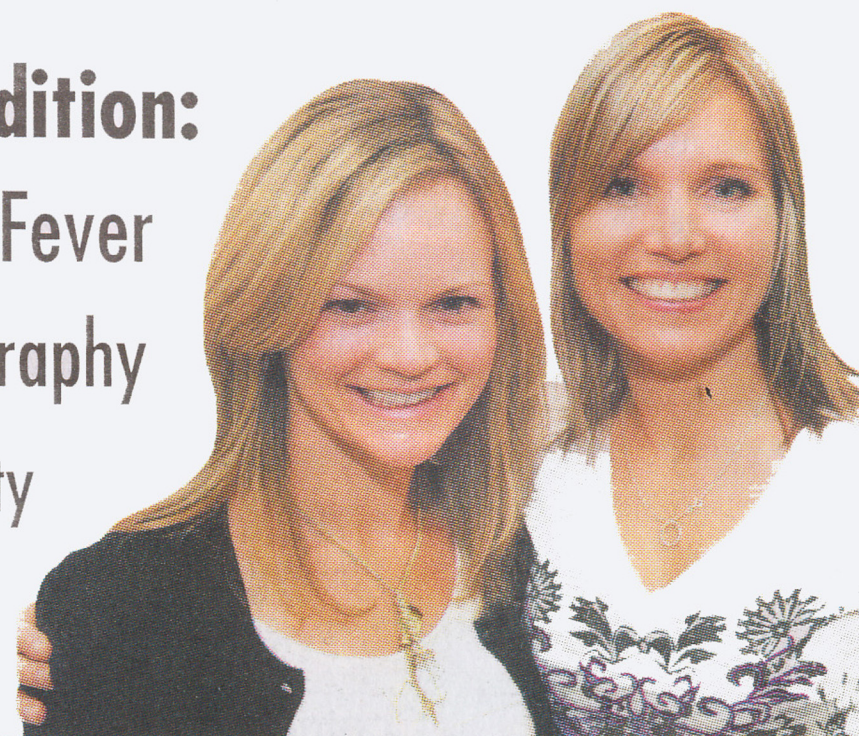
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THE KINGSWAY - BLOOR WEST - HIGH PARK - THE JUNCTION - RONCESVALLES VILLAGE

SNAP Bloor West

HEALTH & wellness

### REVEALING SUBCONSCIOUSLY: FATHER'S DAY - A DAY FOR MENDING

by: Debbie Papadakis, BCH, CI



As we look for the perfect Father's Day card, we reflect on what our fathers mean to us. This relationship is one of the most important connections in our lives. During the formative years, we learn mostly through observation and mimicking and are taught how to love, how to laugh and how to fear.

As we grow up, we carry those memories, such as when our father cheers us on when the training wheels come off. Then there's the tone in which he says our name when he is displeased.

We spend much of our lives trying to follow in his footsteps. We strive to emanate his strength, and to earn his approval. Sometimes we fall short and sometimes we realize that he is the one that fell short. The relationships we form with our fathers lay the foundation for how we relate and bond with others, most especially, with our own children.

I have had countless clients seeking help for current relationships. It does not take long to find that the real issue stems from the relationship with their father. Many of us wear our fathers' mistakes through our adult lives and many of us never reach his expectations. This holds us back when we live with these unresolved issues.

Through hypnosis we can delve into the subconscious, wherein lies the belief system imposed on us as children. There we can speak to those issues, resolve them and find renewed freedom in our lives. We can heal our relationships, and we can find the capacity to forgive.

This in turn opens us up to better relationships and to the ability to create positive connections with our loved ones.

This year, we will find the perfect card, the one filled with love and gratitude for who we are.

Join them at Hypno Healing Institute on Saturday, June 12th, from 6:30-9:30pm for their "Hypnosis for Health and Wellness" three-hour workshop. Call 416-760-8996 or visit [www.hypno-healing.com](http://www.hypno-healing.com)

*Hypno Healing Institute, School & Clinic's founder, Debbie Papadakis, is a Board Certified Hypnotist and Trainer, Spiritual Psychotherapist, received numerous awards, featured in Oprah's O Magazine, O's Big Book of Happiness, CNN.com and Oprah.com. She teaches Professional Hypnosis and a variety of courses, and uses a wide range of modalities and innovative techniques to focus on healing the body through the mind.*

## CHANGE YOUR LIFE THROUGH SELF-HYPNOSIS



Debbie Papadakis taught the participants how to do self-hypnosis

Debbie Papadakis, Master Hypnotist, facilitated an experiential hypnotic workshop at the Hypno Healing Institute on Saturday, May 8th that taught participants how to hypnotize themselves through self-hypnosis. With a full house in attendance, Debbie demonstrated how self-hypnosis is a great tool to help you achieve your goals, change habits and ultimately create the life you desire. Participants learned to put themselves into a trance in order to tap into their hidden power, dispel negative emotions and limiting beliefs, heal their mind and body and make positive and lasting changes in their lives. It was truly a memorable evening. Proceeds from the evening's workshop were donated to local charities. For more information on upcoming workshops at the Hypno Healing Institute call 416-760-8996 or visit [www.hypno-healing.com](http://www.hypno-healing.com)

Event code: pe5xpz