

Gift & Graces - presenter Linda Bennett --- Embracing your Golden shadow from 6-7 pm – After the presentation choose the following

7-8:00pm A – Overcoming Obstacles & Roadblocks

Join Belle & Teryl for Beyond Blocks: Hypnotherapy for overcoming obstacles and unleashing potential, an engaging and transformative workshop led by two experienced hypnotherapists. This workshop is designed for individuals who are ready to break free from internal blocks & barriers, unlock their hidden potential, and embark on a journey of personal growth and empowerment. During this enlightening session, you'll gain valuable insights into the power of hypnotherapy as a tool for overcoming mental and emotional obstacles that may be holding you back. You will experience an effective technique to reprogram limiting beliefs, release subconscious blocks, and access your innate potential for growth.

B - Myths, Misconceptions & Benefits of Hypnosis

Hypnosis is often portrayed in the media and entertainment in ways that can lead to a fear of losing control or being hypnotized. Dive into the world of hypnotherapy and the myths you may have heard.

Through hypnosis, lasting change can happen. Some researchers believe that hypnosis promotes particular brain wave activity that allows the mind to take in and adopt new ideas, while others suggest that hypnosis accesses the 'unconscious mind', which is more open to new ideas than the rational 'conscious mind'.

C – Habit change, quitting smoking & Weight loss

Your HABITS are created from how you ACT, how you FEEL, and how you THINK. We can help you REDIRECT those HABITS from the PAST to the new FUTURE YOU with the aid of Hypnotherapy, Guided Imagery, and Visualization. By working with your subconscious mind HYPNOTHERAPY can be your new partner.

8:15 – 9:00 pm A – Past Life Regression Panel

Past life regression hypnosis is a technique that aims to help individuals access memories of their past lives through hypnosis. This practice is often used for spiritual exploration or therapeutic purposes. During this Brief talk, our team of experts will discuss the various types of regression including childhood, past life and life between life.

B - Anxiety & Stress Relief through Hypnosis

Hypnotherapy for various types of anxiety can be highly effective. Hypnosis as a complementary treatment to more traditional approaches, there are scientific studies that demonstrate the efficacy of hypnotherapy:

- A [2019 meta-analysis](#) shows “*the average participant receiving hypnosis reduced anxiety more than about 79% of control participants.*” Additionally, hypnosis was more effective when combined with another psychological treatment.

C – Discovering your Gifts

As you journey through life, you may find yourself drawn to certain activities and things you feel called to do along the way. You begin to resonate with a specialty or calling, Join James Patrick as he guides you through a special SWIHA Assessment tool to identify your calling and gifts

Sunday 10/6 1pm-5pm

Cash, Care and Kind

Hypnotherapy uses guided relaxation and focused concentration to help individuals access their subconscious mind. It is a great way to address a variety of issues, including anxiety, stress, phobias, and habit changes, such as smoking cessation or weight management.

Sunday is your opportunity to receive a 60-minute hypnotherapy session from a SWIHA-trained certified hypnotherapist. Hypnotherapy sessions often cost anywhere from \$150-250/session, and this is your chance to try it for "care and kind", which means you are getting personalized care from a certified therapist. Please be kind to your practitioners by giving them at least \$20 for the service (give more if you are inspired, and no change will be given).