



# Accelerated Self-Hypnosis (A.S.H.) to PERSONAL Success Workshop



## What is in it for ME?

**"What I desire, I must first imagine. What I imagine, I create". – Michaelangelo**

Discover your natural abilities, and learn to explore and develop your Latent Potential by using Guided Visualisation and Power-Packed Imagery through our Accelerated Self-Help (ASH) System!.

Our minds are programmed from the time we are born. How we learn and how we behave can be attributed to our subconscious mind. We all have aspirations which we want achieved and behaviours we would like to modify.

You learn through visualisations and guided imagery because each one of us is born a creative being – we can hear, see, feel, smell and sense things around and respond automatically to all of the emotions created by the above. You have been visualizing all your life, whether you know it or not. Stop and just think about it, every time you think of a memory or plan your day, you will see that you visualize the action first and in doing so make it happen.

The mind has the ability to communicate with sources of higher intelligence and your ability to learn the means will bring you the benefits to improve the quality of your life in these essential areas: improved mental health and well-being, memory enhancement, physical health, improve relationships, living abundantly and spiritually. Be a better person and yes..., use your intuitive abilities and pursue the challenges of self-discovery!

Now ask how can our techniques help you to discover your latent potential and maximise its use? All you need to do is learn *HOW* ... and overcome your limited thinking. You owe yourself this great opportunity to make the best of your life from now to achieve all that you have been wanting but do not know the process. **Be Action-Oriented and... Be a Doer!**

## What will I experience?

By understanding how the subconscious mind work in tandem with hypnosis work and the application of self-suggestion technique, you will discover the dynamic abilities within you.

### Our aims are:

To educate and provide you with the basic knowledge of:

- The Subconscious Mind and its wondrous power.
- Hypnosis and its application to enhance all aspects of your personal performances in life.

### Content would include the "how to's":

- harness its power for achievement in personal and career excellence - creating goals: visioning, focusing, deepening and transforming
- empowerment, preparing for surgery
- understanding the power of your imagination
- changing our belief systems, and application and empowerment to self-help and healing

### Also facilitated are:

- practical applications of self-suggestions in achieving the "how to's", and
- how benefits can be attained with the application of self-suggestions in your daily working and living issues.

## PROGRAMME DETAILS

<b>Duration</b>	<b>3-Nightly Workshop</b> 1900 to 2200 hours
<b>Fees (S\$)</b>	S\$360.00 per person 5 or more participants registering secures twenty [20 ] % discount
<b>Days/Dates</b>	13 <sup>th</sup> to 15 <sup>th</sup> October 2008 1900 to 2100 hours
<b>Venue</b>	One Orchard Boulevard #13-01/02 <b>Camden Medical Centre</b> (behind Tanglin Mall & Traders' Hotel) Singapore 248649
<b>Contact person</b>	Katherine Wong, (Office Manager) Hypnae Center Pte Ltd Tel: 6333 6776, SMS 9631 6312
<b>Training methodology</b>	This 3-night programme will be conducted through a series of lectures and practical sessions that include role plays and games. It involves extensive interactive participation by every individual to ensure maximum understanding of the various concepts introduced.

## Hypnae Center Pte Ltd

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### Camden Medical Centre

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