

Spiritual Self-Hypnosis is a revolutionary approach to self-improvement.

HOW YOU CAN LEARN SPIRITUAL SELF-HYPNOSIS

People are learning Spiritual Self-Hypnosis in the following ways:

1 . Private Sessions is the high end approach to learning Spiritual Self-Hypnosis. In private sessions you work one-on-one with a Certified Clinical Hypnotherapist.

2 . Taking Classes is a popular way to learn Spiritual Self-Hypnosis. Classes are conducted by a Certified Clinical Hypnotherapist who guides you through the process and answer questions.

HOW DO I GET STARTED?

The first step in getting started is getting in contact with Pierre Benoit, CHt, RCCH at the Clinique d'hypnothérapie et de relation d'aide.

You may make an appointment for private sessions or join a group for group classes. You may also form a group of 6 to 10 people and plan your dates.

Spiritual Self-Hypnosis Is the Ultimate Self-Help Method

Lose Weight

Reduce Stress

Self-Confidence

Sleep Better

End Bad Habits

Improve Concentration

Improve Mood

Improve Sports Performance

Anger Management

Relationship Issues

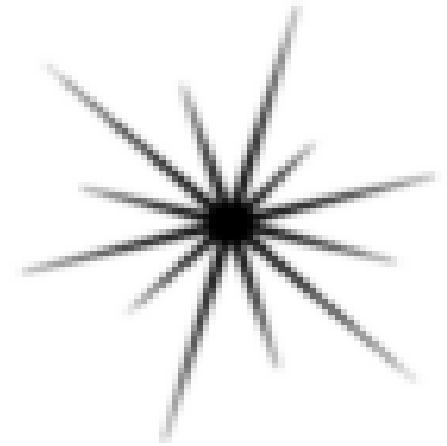
And, More...

**Call For Information:
(514) 472-3535**

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SELF HYPNOSIS THE SPIRITUAL WAY

Mind-Body-Spirit Approach



△ Relax and learn about the power of self-hypnosis.

△ When you change your mind, you can change your life! Learn how.

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SPIRITUAL SELF-HYPNOSIS

Spiritual Self-Hypnosis is a revolutionary step forward in the use of hypnosis.

- 1 . Mind-Body-Spirit Approach
- 2 . Spiritual Self-hypnosis is taught in the state of hypnosis.
- 3 . Learn to deprogram your mind, eliminating old programs before you start giving yourself suggestions for change. This approach makes room for change.

PROS ARE TURNING TO SELF-HYPNOSIS

Self-hypnosis is used by many professional athletes to help them reach their potential. And, Spiritual Self-Hypnosis goes beyond conventional forms of self-hypnosis, and way beyond mere visualization techniques of the past.

JOIN THE COMMUNITY

Self-Hypnosis is a growing phenomenon, with practitioners around the world. So if you want to you can connect with others who are “on the Path” by joining in with a local group.

A Beautiful Mind-Body-Spirit Approach To Self-Improvement.

MAXIMIZE YOUR POTENTIAL BY USING A MIND-BODY-SPIRIT APPROACH

Spiritual Self-Hypnosis is a special form of self-hypnosis that encourages you to incorporate your own highest spiritual or philosophical beliefs.

This kind of approach brings a welcome focus to the practice of self-hypnosis, inviting this kind of power and wisdom into the process.

SPIRITUAL SELF-HYPNOSIS IS SIMPLE

In just a few hours you can master the techniques used in Spiritual Self-Hypnosis. Anyone of normal intelligence who wants to learn this process can learn it, and use it to make powerful changes in their lives.

You will find that the process is simple, yet profound in its ability to help you move along in life, moving you past old blockages to success.

A typical course, whether done one-on-one or in a classroom consists of:

- △ Explaining how the mind works
- △ How hypnosis works
- △ How to induce self-hypnosis
- △ How to construct hypnotic suggestions to make the changes that you want to make.

You can change your life with the Path!

IN THE PRIVACY OF YOUR OWN MIND

Many issues which could only be worked with through counseling can now be helped in the privacy of your own mind.

With Spiritual Self-Hypnosis you don't have to tell anyone about your problem or about your past. The work is done completely within yourself.

If you decide that you would like to talk with someone about what you are doing or the issues that you are dealing with, Pierre Benoit, CHt, RCCH is a Nationally Certified Hypnotherapists who can help you to move through your issues more quickly if you wish.

Change your mind,

Change your life!

For important changes

in your life

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