

## Who are we?

Mindworks was originally founded as MINDWORKS Inner Connections - Outer Expressions in 1991 in Grande Prairie AB. The founder Trish Dennison is an award winning international speaker, a dynamic trainer and has extensively studied the Mind Body connection for over 22 years now. Trish holds degrees in Family & Child Program-Trauma Refit into our



and has extensively studied the Mind Body connection for over 22 years now. Trish as a Master Hypnotist, A Clinical Hypnotherapist, a Reiki Master- Teacher and a Family Counselor. Further studies include Accelerated Learning Techniques, Neurolinguistic Programming, Silva Mind Control, Creative Visualization, Kinesiology, Trigger Point Therapy, Reiki & much more. Trish has a gift of combining and simplifying these techniques to everyday lives.

Growing up so consciously aware, (taking her first Reiki Class at age 7 ) with a gift of eternal optimism, the courage to live life now, her creative production Breakthrough Coach. Amanda inspires one to own the experience and step



at 23 Amanda brings a wealth of abilities and more! As a Breakthrough Coach and they empower and

Together Trish Dennison & Amanda have creative Revolutionary Programs to assist you to "Break Through to the Real You". They are a dynamic team and inspire others to live their passions.



*Understand the power of your thoughts!  
Think your way to success!  
Discover how you can change your world!*

- **Revolutionary Workshops, Seminars & Camps!**
- **Life changing Transformational Breakthroughs & Accelerated learning Techniques to lock it all in!**

- **At-Home Self Hypnosis Programs**

*Stress Management, Self Empowerment and More!*

### **Mindworks Health Center**

- **Reiki Treatments & Workshops**
  - **Hypnotherapy Sessions**
- **Child & Family Counseling**
- **Basic Body Analysis & Consultation**
  - **Self-Hypnosis Programs**
  - **Quality Health Products**

*"BE AN ACTIVE PARTICIPANT IN YOUR OWN HEALING"*



Power Of Intention - Breakthrough Coaching principles and techniques have been an exciting addition to our existing Seminars and can be available for you too!

The Breakthrough Coaching brings concise tools that can be used to master significant challenges and attain virtually any goal. These beneficial tools can be applied in business, relationships, athletics, improved health and more.

#### **Breakthroughs Include:**

- *Fire Walking*
- *Board Breaking*
- *Glass Walking*
- *Brick Breaking*
- *Arrow Breaking*
- *Metal Bar Bending & More!*

If you or your company are ready to go to the 'Next Level' and are interested in incorporating these accelerated, life changing events to move yourself, your participants or your company to a new dynamic level of success, call now.

**FOR AN APPOINTMENT OR FOR MORE INFORMATION CALL WRITE OR EMAIL US @**

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# Inner Connections- Outer Expressions

**MINDWORKS  
CONNECTIONS**

## "Health care is Self Care"

Volume 1, Issue 1

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Our Newsletter is intended to keep you informed on basic self care and resources to further enhance your health and wellbeing on all levels.



Some articles are included to be thought provoking as well as informative and to help keep you active in your own self practice. This issues 'Self Care' focus is the stress relieving practice of meditation. Please see Insert for information on classes to begin.

Enjoy the season and remember to take time for yourself.

### Read About....

- *The Key to Fire Walking*
- *Discover, Power of Intention - Breakthrough Coaching!*
- *New Massage therapist*
- *Visit us on line @....*

### Inside this issue:

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## Basic Body Analysis Notice

Due to rising costs we are raising the price of our Body Analysis appointments. AS of Jan. 1st 2005 a First time appointment and Consultation will be \$75.00, and all follow ups will be \$50.00. We want to thank you for your co-operation.

# Commit and Breakthrough!

What is it that allows one person growing up to become extremely successful in life, while a class mate, or friend growing up with the exact same influences will grow up and struggle all the way through their life. What is it that possesses someone to quit a stable job to start their own business, or invest their life savings in a stock or investment? What inspires someone to dive into freezing cold waters to save someone they have never meet before simply because they were there when the accident happened?

*“Anything is possible, one step at a time!”*

Some people might say that the people in the situations I have described above are simply irresponsible, reckless, maybe even crazy people that act without thinking. Others might say that these people possess something that they do not, that these people are stronger, and braver than themselves. I believe there are two things these people all have

in common.

They understand two very powerful keys that enable an individual of any age, stature or health condition to accomplish anything they put their minds to. It is these two key factors that allow hundreds of people to walk over burning hot coals in their bare feet without burning, what allows an 11 year old girl to an elderly woman find the strength to bend a piece of steel re-bar with their throat!

The two keys are, Acting in spite of fear AND 100% Commitment! (If we all waited for the fear to be gone before we acted, most of us would not even get out of bed.) It is these two seemingly simple practices that, when understood and utilized, will allow limitless possibility in your life.

All fear is the same, whether it be a fear of bugs or the fear of dying alone, our body and system will react the same. Fear is a debilitating disease, but when you realize that all fear is the same, and it is simply the triggers that are individual to our daily experience, then you will open a whole new world of possibility limited by only your imagination. Commitment is defined in the dictionary as a pledge or a promise to do something. Most of us will commit to things to a certain degree, but inside fall back on, we prepare right from the failure!! And then there are those who conditions\* the right weather, the is it to commit these days? How badly get it? When you are willing to truly ever you want in life. It may not happen and you probably won't get it on the will stay and keep at it until you do get it. 100% commitment is the difference between IF something will happen and WHEN something will happen. Your willingness to commit can be measured by your willingness to fail, because it is people that get up 101 times for their dreams and desires that create the lives they want.



we always hold something back, something to beginning of most projects for the possibility of will commit to something 100% but on some right people the ideal equipment, etc. So what do you want it? What are you willing to give to commit yourself 100% you will create what open right away, it may take years of rejections first shot, but 100% commitment means you

The practice of Fire Walking, Glass Walking, or any other Transformational Breakthrough are one of the fastest ways to understand and master these two keys. To take your first step onto the coal bed IS to act in spite of fear with 100% commitment, an experience that you will remember for the rest of your life. Discover Power of Intention - Breakthrough Coaching Inc. and Breakthrough to the real you. Experience what is possible.

Amanda Dennison

*Announcing....*

Once you understand the illusion of fear, you are coached to embrace physical breakthroughs that can transform you and your out look on life.



Fire Walking, Glass Walking, and other Transformational Breakthrough activities are one of the fastest ways to breakthrough your own inner conditioning and start creating the life you want

# Take Time

Traditions such as New Years, gives us an opportunity to reflect on what is. How's it going? What have I accomplished? When you look back it can seem like only a moment ago when you made a resolution to enhance your life experience. What did you do? How did it go? Did you even get started?

Promises made with great intentions BUT- something's missing, or something happens and another year goes by and nothing changes. Time goes by until one day you wake up to a reality check. The bottom line realization is: "To experience change you have to create change." You have to change something: an attitude, a belief, a behavior something. If you keep doing what you've always done, you keep getting what you've always got.

So what does it take to keep

your commitments to yourself? Exploring the essence of motivation, will power, discipline and the like, I have observed that what makes all the difference in the world is where you come from in making the decisions in the first place.

For most of us we tend to come from a place of fear. We carry an attitude of, "I am broken and need to be fixed", or, "I should do something." When we hear: should, have to, must, it is our conditioned resist, onto least able iar and our- all the outside obligations of should and



have to, and another year goes by and you get forgotten again.

There is a more conscious way. It is coming from a place of inner principles, foundations, and personal truths that encourages you to take the time to sit and contemplate your life. Revisit what is important to you now. What are your spiritual truths? What inner values and principles do you live by? What is your passion? What can you do for you?

Discovering what is important to you makes it easier to choose how to live your best life with Purpose and Principle, rather than obligation and fear. Have a Great Year! Trish D.

# Now Introducing....Laura Patrick

Trish and Amanda are pleased to announce our support of Laura Patrick as our resident massage therapist. Laura completed her practicum at Mindworks Inner Connections Health Center. Laura is available for both massage and Rain Drop Therapy and can work at the clinic Tuesday and Thursday evenings. Call Laura direct to book your appointments

Massage - \$55.00/Hr.  
Reiki - \$55  
Raindrop Therapy - \$60.00 for 1 hour

I encourage you to take this opportunity to further enhance your health and relaxation. Do something nice for yourself and experience the gift of 'Laura'.

# Benefits Of Massage

- Time for yourself
- Relaxation of muscles
- Relaxation of your mind
- Relief of pain
- Release of tension
- Increased oxygen with improved blood flow
- More energy for you
- A chance to treat yourself! You deserve it!

*Reiki Essence*  
*Laura Patrick*  
RMT/Massage Therapist, Reiki Master/Practitioner  
Reiki Experience Raindrop Therapy Massage (780) 402-2348

**“Call Laura to book your Massage today!”**