



TRISH AND AMANDA DENNISON



Trish Dennison - founder of Mindworks Ltd. Has joined forces with daughter Amanda Dennison - founder of Power of Intention—Breakthrough Coaching Inc.

Combining 22 years of Experience with Accelerated Learning Techniques and Breakthrough Coaching, they bring you Revolutionary Creative Experiential Seminars and Programs that assist you every step of the way to personal and professional happiness and success.

Trish and Amanda's Seminars are Garneted to: Educate, Entertain and Empower you!!

You will learn to create new levels of health, wealth, relationships and more.

Every seminar provides simple precise tools and practices to apply and achieve any goal.

"When you understand the Inner Connection to your Outer Expressions you can create by Choice vs.. Chance." TD

"Start LIVING your dreams!!" AD



*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 cd's**

- **Quality Health Products**

"BE AN ACTIVE PARTICIPANT IN YOUR OWN HEALING"

Power of Intention - Breakthrough Coaching Inc.



"Start Living your Dreams"

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 INFORMATIONCALL WRITE OR EMAIL US @

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Inner Connections- Outer Expressions

**MINDWORKS
CONNECTIONS**

"Health care is Self Care"

Volume 2, Issue 3

Mar./Apr. 2005

Our Newsletter is intended to keep you informed on basic self care and resources to further enhance your health and well-being 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 camps.

Summer is for camps, and our evening and day courses are like 'adult' camps, guaranteed to be fun and transformational. Remember yourself this summer and schedule something good and special just for you. See our summer schedule of events Insert.

Read About....

- A Special thanks to everyone who came out to support the event...

- It takes a moment of truth and a life style of practice, Conscious awareness and tools of positive focus.

-When things get hot, cranky and bored, reach back into your own childhood and join them in simple pleasures of play.

Discovery Channel

Watch us on the Discovery Channel July 27th at 8pm!!

"One Step Beyond" Covers our Certification training with Tolly Burkan in Sonora California Dec. 3,4,5 2004

The website you've all been waiting for!!

Its finally here!

www.ButterflyBreakthrougs.com

your door to a world of endless possibilities.

Visit us on-line today

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A BURNING SENSATION

Thank you to all that came and showed support for Amanda Dennison and Kev's Kids in GP's First ever Record Breaking Fire Walking Fundraiser!!!

"I believe we as human beings are only just beginning to discover or perhaps remember what we are truly capable of, and that is limitless! AD"



Amanda Dennison Walking over 220+ feet of burning hot coals Wed. June 15th at the Country Roads RV Park.

A special thanks to all those who Donated to Kev's Kids in support of the event, and all of those who continue to support them. For information on how you can donate or to learn more about Kev's Kids and what they have done and continue to do for our community visit them on line at www.sunfm.com

Thank you to our Supporters!!

- Mindworks (BBQ)
- 97.7 sun fm (coverage)
- Country Roads RV Park (Location)
- Mini Storage (Trailer)
- A1 Steaming (Water Truck)
- Diamond City Jewelers (Pendent)

What does it take to successfully walk 220 feet over burning hot Coals??

It takes a moment of truth and a life style of practice, Conscious awareness and tools of positive focus. You need to be aware of what you want, in order to hold the vision and focus your attention. "How can you know which steps to take, if you do not know the destination?" So first things first, know what you want, or where you want to be. It is not always easy to know what you want, it is often easier to know what it is you do not want, and that is a start.

There are a number of ways to discover what it is you really want, not those day to day ideas, but what it is your soul is searching for... Books, Classes and Workshops are all some the most efficient way's to discover what it is you want and to Learn tools and principles of success that have worked for literally thousands of people. I for one highly recommend participating in your own personal growth!

These environments can help you to: Take the steps inward, to re-discover your dreams and most of all to learn how to start LIVING them!!

Our highly experiential accelerated learning courses are guaranteed to EDUCATE, ENTERTAIN and EMPOWER you to find YOUR WAY!! This is your journey, and how fast you want to create and start living your dreams is all in your hands. Learn the techniques I used to cross 220feet of burning hot coals and how you can apply these success oriented principles in all areas of your life to create results!!

"What is worth walking for in your life?"

Experience the wonder of who you are and what you are capable of Dream Big! I did, and my journey has just begun!!"

Amanda Dennison

For more Information on Classes or up coming Events:

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REIKI 1ST DEGREE

First and foremost for you - Embrace the Relationship and bring a new level of peace and calm into your life.
\$ 250.00

REIKI 2ND DEGREE

Build on the foundation of First Degree and become even more focused, connected and In tuned..
\$350.0

GLASS WALKING - STEPPING THROUGH THE LOOKING GLASS

Another opportunity to experience the Human Potential at it's finest, Learn how to be Present, Focused and on Purpose. See how you can...
'Let it be Easy'.
\$100.00

MEDITATION MADE

EASY

3hrs
Includes, Fun Meditation practices for kids - Like Cloud gazing, cloud zapping, body awareness, feeling tones and Visualization..
\$50.00

MEDITATION - A

FOCUS OF THE MIND

3hrs
An overview of meditative practices and purposes and guided practice time. - Support CD available.
\$60.00

UP coming Events

FIRE WALKING - SEEING THROUGH THE ILLUSION OF FEAR

Once you understand the illusion of fear, you are coached to embrace physical breakthroughs that will transform you and your life. "Start LIVING your Dreams" AD

In 4 action packed hours you will learn conscious tools to apply and achieve your goals and you will experience the power to master any challenge on your journey to personal and professional success.
\$120.00

SUMMER AS A STATE OF MIND



Summer in Canada is a glorious time of year. Each season brings it's own unique gifts and challenges and summer brings dichotomy indeed. Warm summer nights, birds, frogs, crickets, mosquitoes, lightning, floods, heat stroke, kids off school for two months, etc.

Summer is traditionally a time of family fun, travel and leisure activates that beckon us outdoors. In teams, or in solitude, there is something for everyone, just look for it.

Summer can be fun, hot and enjoyable or summer can be an extention of your busy hectic life, and over before you know it! Decide now to enjoy this summer and create great memories to treasure and revisit on a cold winters eve.

We may do well to adopt a "lazy" relaxed attitude from our tropical neighbors, known for their accepting and laid back manor.

Summer is also a time to let your inner child out to play, Especially with your own kids. When things get hot, cranky and bored, reach back into your own childhood and join them in simple pleasures of play. Teach them how to 'be with them selves' when all their friends are off on holidays. Picnic on the floor if it rains outside. Build a tent in the living room and tell stories, real or imagined. Try laying upside down, and image walking through the house on the ceiling Look for patterns in the clouds, take in a nature movie, make popcorn and watch the lightening storm roll by. Go simple for summer!

As others around you get stressed or grouchy, let the breeze take your mind. Focus on the bird songs, hear how far it goes, how pure the sound. Put your attention on the 'strawberries' of summer and ignore the weeds and the traffic. Get lost in the rhythm of the rain, in the rustle of the leaves, the ripple of the water.... Look for it. You are where your thoughts take you, take a mental vacation from stress and concerns and have a fun summer!

Because you can!