

MINDWORKS PRODUCTIONS



THE POWER'S IN YOU



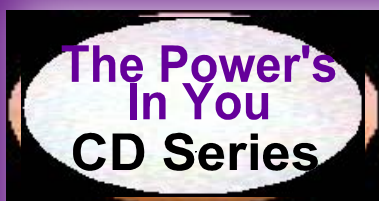
SELF HYPNOSIS
CD SERIES



A PRODUCTION OF
TRISH DENNISON

Reiki Master/Teacher, Clinical Hypnotherapist, Fire Master, Breakthrough coach, Basic Body Analysis, Family/Child Counseling, Dynamic Trainer

INTERNATIONAL AWARD WINNING SPEAKER & DYNAMIC TRAINER, TRISH DENNISON IS COMBINING HER 22 YEARS OF EXPERIENCE & ACCELERATED LEARNING TECHNIQUES TO BRING YOU THESE REVOLUTIONARY PROGRAMS.



Our Sub-conscious mind is literally programmed and conditioned by the people and environment around us. When you are first born, consider your mind wide open and sub-conscious. Our basic life script is set by the time we are 5-7 years old.

These old programs will continue to subconsciously influence you until they are exposed and transformed.

Like roots of a tree, what goes on underneath the surface has a direct influence on our outer expression.

The subconscious, or imagination will override logic, reason and will power every time !!

Learn to access your subconscious creative mind, discover and release the old conditioning belief patterns!

Activate a new affirmative program, influencing new thoughts, feelings, attitude and behavior. Create more positive results in all areas of your life!

In this Self Hypnosis CD Series, Trish combines the power of positive words, guided visualization and self hypnosis techniques to empower you to transform old habits and patterns and create literally anything you choose to imagine.

"As you commit to the practice, you enjoy the rewards."

Practice Attitude & Emotional Release

BONUS CD When Buying
Full Set of 6

In this talk, I discuss "What is Practice? The importance and benefits of 'practice' and what it is to be present and aware. Discover how attitude is the key and learn a simple emotional release to keep you free of emotional "hooks" or manipulation.

General Relaxation

Let your mind relax your body and ease the daily tensions of stress. Unchecked stress can quickly accelerate into chronic discomfort or disease. Take time for yourself and your body will thank you.

Inner Weight Management

Weight Management is Self Management. Your behaviors and beliefs all contribute to your present weight and fitness level. Inner Weight Management is ultimate self care! As you build a new relationship with food and fitness, you redefine yourself.

Sleep For Vitality

Sleep is essential for the rejuvenation, repair and maintenance of both our bodies and our minds. Lack of restful sleep results in physical and psychological distress. Discover first what's keeping you awake? Explore the practice and technique's that work best for you to enjoy a restful sleep. "A good night makes a good day"

Public Speaking With Ease

The fear of speaking in public, in front of a group is rated #1 for 85% of us. Is it restricting you? Holding you back? Release old beliefs and fears and learn the inner secret to public speaking with ease.

Self Image

Our self esteem is influenced and conditioned by the world around us, Self Image is intimately connected to self esteem. Create a new inner blueprint with vivid deep and positive impressions to influence your new way of being! :)

Releasing Back Pain

Your back is literally your support system. When you go through this guided practice of body relaxation and back awareness, you have the opportunity to release tension on all levels and strengthen your inner support system.

VISIT US ON LINE AT www.mindworksconnections.com



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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 Guaranteed 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

The Power's In You - CD series was created to empower more people to make conscious positive choices in their day to day activities. "When the student is ready the teaching appears."

Individual CD's -----\$ 30.00 / Full Set of 6 + Bonus ----\$ 149.00

We now accept
Visa and Master Card

TO ORDER CD's OR FOR MORE INFORMATION:

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