

7th Path Self-Hypnosis®

7th Path® is a revolutionary step forward in the use of hypnosis.

- It uses a Mind-Body-Spirit approach.
- Self-hypnosis is taught while you are in the state of hypnosis.
- You can learn to deprogram your mind, eliminating old programs before you start giving yourself suggestions for change. This approach makes room for change.

The Pros Are Turning to Self-Hypnosis

Self-hypnosis is used by many professional athletes to help them reach their potential. And 7th Path Self-Hypnosis® goes beyond conventional forms of self-hypnosis and far beyond the mere visualization techniques of the past.

Join the Community

7th Path® is a growing phenomenon, with practitioners around the world. So if you want, you can connect with others who are “on the Path” through the Internet or by joining a local group.

7th Path Self-Hypnosis® Is the Ultimate Self-Help Method

Lose Weight

Reduce Stress

Self-Confidence

Sleep Better

End Bad Habits

Improve Concentration

Improve Mood

Anger Management

Relationship Issues

And Much More...

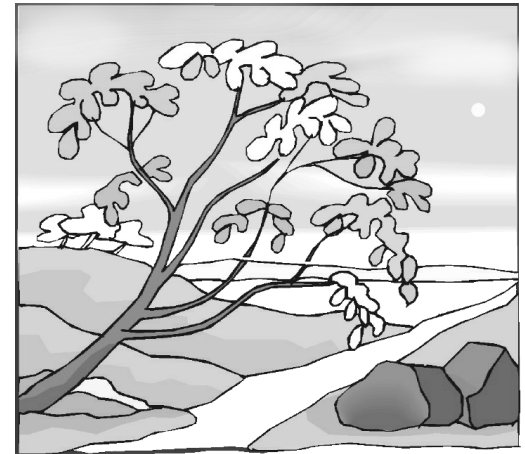
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SELF-HYPNOSIS: The 7th Path Way

Mind-Body-Spirit Approach



- Relax and learn about the power of self-hypnosis—the 7th Path® Way.
- When you change your mind, you can change your life!

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naturopathic medicine, pllc

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Maximize Your Potential by Using a Mind-Body-Spirit Approach

7th Path 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 another level of power and wisdom into the process.

7th Path Is Simple

In just a few hours you can master the techniques used in 7th Path Self-Hypnosis. Anyone of normal intelligence who wants to learn this process can learn it and use it to make powerful changes in his or her life.

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

A typical course, whether done one-on-one, in a classroom, or by listening to a recording, consists of learning:

- How the mind works
- How hypnosis works
- How to induce self-hypnosis
- How to create hypnotic suggestions to make the changes that you want to make.

You can change your life with 7th Path!

In the Privacy of Your Own Mind

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

With 7th Path 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, simply contact Richard Blake, MIT, CHT, a highly-qualified hypnosis professional, who can help you move through your issues more quickly.

7th Path Self-Hypnosis[®] Is a Revolutionary New Approach to Self-Improvement

Developed by Hypnosis Professionals

The 7th Path System of Self-Hypnosis[®] is the result of tens of thousands of hours of hypnotherapy work conducted at the Banyan Hypnosis Center for Training & Services, Inc.

Beautiful Mind-Body-Spirit Approach to Self-Improvement

How You Can Learn 7th Path Self-Hypnosis

People from all around the world are learning 7th Path[®] in the following ways:

- Private Sessions are the high-end approach to learning 7th Path. In private sessions, you work one-on-one with a 7th Path hypnotherapist.
- Taking Classes is a popular way to learn 7th Path. Classes are conducted by a 7th Path instructor who guides you through the process and answers questions.
- Listening to classes recorded on tapes or CDs is our distance learning approach to getting on the Path. These recordings also make a great way to review classes.

How Do I Get Started?

The first step in getting started is to contact a certified 7th Path instructor, such as myself.

Or, for more general information about 7th Path, please visit www.the7thPath.com on the Internet.