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# Self-Hypnosis

**Unleash The Power of Your  
Subconscious Mind!**

## **SELF-HYPNOSIS - THE 7<sup>TH</sup> PATH WAY**

29 May 2010 \* Ultimate Performance and Wellness Centre

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

A workshop that introduces The 7<sup>th</sup> Path Self-Hypnosis,  
a revolutionary new approach to self-improvement  
and positive personal change!

### **7<sup>th</sup> PATH SELF-HYPNOSIS**

A revolutionary step forward in the use of hypnosis

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

### **PROS' ARE TURNING TO SELF-HYPNOSIS**

Self-hypnosis is used by many professional athletes to help them reach their potential. The 7<sup>th</sup> Path Self-Hypnosis goes beyond conventional forms of self-hypnosis and way beyond mere visualization techniques of the past.



001713738-H

## **A Revolutionary *Mind-Body-Spirit* Approach to Self-Improvement**

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 this kind of power and wisdom into the process.

### **7<sup>th</sup> PATH IS SIMPLE**

You will learn how the mind works and the role of emotions and how to use them powerfully in daily life.

The process is especially easy to do, and most practitioners will be successful at achieving self-hypnosis from the very first session. Why? Because you learn 7th Path Self-Hypnosis while in a state of hypnosis.

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!

### **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 7<sup>th</sup> Path Self-Hypnosis you don't have to tell anyone about your problems or about your past. The work is done completely within yourself.

During 7<sup>th</sup> Path Self-Hypnosis, those attending are given the steps and insights to overcome normal everyday issues that affect many people, whilst simultaneously removing limiting beliefs that have been built up over a lifetime!

- \* Explains how the mind works
- \* How hypnosis works
- \* How to induce self-hypnosis
- \* How to construct hypnotic suggestions to make the change that you want to make

## **Acquire the Power of Self-Hypnosis The 7<sup>th</sup> Path Way**

**When you can change your mind, you can change your life! Learn how Self-Hypnosis can be a revolutionary technique for positive personal change!**

Whatever changes you want to make, stress reduction, weight loss, sports improvement, concentration, 7<sup>th</sup> Path works to remove the old programming which has so far been holding you back. Start reaping the benefits in the areas of...

Lose Weight

Self-Confidence

End Bad Habits

Improve Mood

Anger Management

*And much much more...*

Reduce Stress

Sleep Better

Improve Concentration

Improve Sports Performance

Relationship Issues

### **Testimonials**

*What I really liked about the 7 PATH Self Hypnosis class was the feeling of peacefulness and calmness. I look forward to using self hypnosis as a method to reduce stress and achieving my goals. - Ida*

*What I like about the 7<sup>th</sup> PATH is being able to feel so connected to self once again in the shortest of time! I always take a few days to do this self reconnection and reflection but am excited to know that I can do it in a shorter time! And there is a system in place....Thanks dearie. I will see you at the next level!*

*- Michelle C'hng*

*I enjoyed the 7<sup>th</sup> PATH Self Hypnosis Class. I wasn't sure how I would react to it or how receptive I would be at first but you helped me to focus and relax and 'allow'. I do believe that recognitions will help me 'drain' myself of any issues I have and allow me to be able to follow through the future with less problems than I have faced had I not done this.*

*- Shazana*

***"I have a strong background in science and I normally quite a scientific thinker. I have to say that this experience, and hypnosis in general, has caused me to broaden my thinking quite a bit."** - John Kane CH*

***What I liked about the programme was it was individualized enough for us all to focus on our own issues and deal with them accordingly.** - Theresa Commadeur*

**Conducted by Carly Nair**, Certified Hypnotherapist from the world-famous Cal Banyan Hypnosis Centre, California and certified with the National Guild of Hypnotist. (NGH, USA) Practitioner in EFT (Emotional Freedom Techniques) and NLP (Neuro Linguistic Programming)



Carly works and counsels in all areas ranging from trauma to addictions and performance improvement using transformative tools that deliver deep and long lasting positive change. Carly's primary qualification (HND) is in Social Sciences with a focus on psychology, and she has worked in various areas ranging from the elderly and infirm (specializing in caring for those with Alzheimer's and severe dementia) to autistic children. One area of particular interest is in working with children, youths and young adults who often experience stress and emotional complications in today's 'driven to succeed' environments.

"My Passion for self awareness/improvement techniques and tools such as EFT, NLP and Hypnosis comes from the confidence that these tools demonstrate real results and relief for clients. Some forms of talk



001713738-H

therapy can last for years and years, often without major shifts. (physically or emotionally) As a therapist there is no better feeling than when you see a client leave with an immediate shift. As a mother, and someone with a passion for working with children I find EFT an amazing tool to help with any emotional or physical issues and to pass down, which can help the younger generation to carry a wave of positive energy through their life benefiting the world as a whole!"

## **SELF-HYPNOSIS - THE 7<sup>TH</sup> PATH WAY**

**Date: 29 May 2010**

**Time: 9am – 5pm**

**Investment: RM750.00 per person**

**SPECIAL EARLY BIRD RATE:**

**RM650 only per person if you register and pay by 14 May 2010**

**REGISTER WITH A FRIEND: ENJOY A 10% OFF!**

**Venue:**

**Ultimate Performance and Wellness Centre**

**Lot S9, 2<sup>nd</sup> Floor, Centre Point,**

**Bandar Utama, Petaling Jaya, 47800 Selangor D.E.**

**ORGANIZED BY ULTIMATE PERFORMANCE SOLUTIONS**

UPS was formed in response to the increasing demand for individuals and companies to achieve sustainable positive change and results. UPS provides personalised programs that will enable and empower you to identify and fulfill your personal, professional and healthy lifestyle goals. We deliver performance from the inside out with proven techniques, processes and experienced facilitators for sustainable mindset and behavior change.

**FOR REGISTRATIONS, CALL OUR MARKETING PARTNER**

**RAYMA SDN BHD at 03-7723 2600 / 016-363 4922**

**Attn: Edward Lu Email: [edlu@rayma.com.my](mailto:edlu@rayma.com.my)**



001713738-H

**FAX REGISTRATION FORM TO 03-7723 2599 TEL: 03-7723 2600**

YES! Please register the following participants for:

## **SELF-HYPNOSIS - THE 7<sup>TH</sup> PATH WAY**

29 May 2010 \* 9.00am – 5pm ■ Ultimate Performance and Wellness Centre

**Important Note: Payments must be made with your registration / prior to the event date.**

|                        |  |         |  |         |  |
|------------------------|--|---------|--|---------|--|
| <b>Name 1:</b>         |  |         |  |         |  |
| Position:              |  |         |  |         |  |
| DL / Mobile:           |  | E-mail: |  |         |  |
| <b>Name 2:</b>         |  |         |  |         |  |
| Position:              |  |         |  |         |  |
| DL / Mobile:           |  | E-mail: |  |         |  |
| <b>Name 3:</b>         |  |         |  |         |  |
| Position:              |  |         |  |         |  |
| DL / Mobile:           |  | E-mail: |  |         |  |
| <b>Company:</b>        |  |         |  |         |  |
| Address:               |  |         |  |         |  |
| Tel:                   |  | Fax:    |  | E-mail: |  |
| <b>Contact Person:</b> |  |         |  |         |  |
| Position:              |  |         |  |         |  |
| DL / Mobile:           |  | E-mail: |  |         |  |

### **PAYMENT METHOD**

|   |  |   |  |
|---|--|---|--|
| <input type="checkbox"/> <b>By Bank Transfer</b>  |  | <input type="checkbox"/> <b>By Cheque</b>   |  |
| Remit payment at any Maybank branch   |  | Cheque #  |  |
| <ul style="list-style-type: none"> <li>• A/C Name: <b>Ultimate Performance Solutions</b></li> <li>• A/C Number: 512763104820</li> </ul> |  | :   |  |
| Fax us the bank-in slip with this registration form at (03) 7723 2599   |  | Amount :  |  |
| Rayma Mobile: 016-363 4922  |  | made payable to:  |  |
|   |  | <b>Ultimate Performance Solutions</b>   |  |
|   |  | Fax this registration form then send with payment to <b>RAYMA Sdn Bhd (155878W)</b> |  |
|   |  | <b>Unit S2, 2<sup>nd</sup> Floor,</b>   |  |
|   |  | <b>Centre Point, Bandar Utama</b>   |  |
|   |  | <b>47800 Petaling Jaya</b>  |  |
|   |  | <b>Selangor D.E. Malaysia</b>   |  |
|   |  | <b>Tel: (03) 7723 2600 Fax: (03) 7723 2599</b>                                      |  |

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