



CHAKRA BALANCING

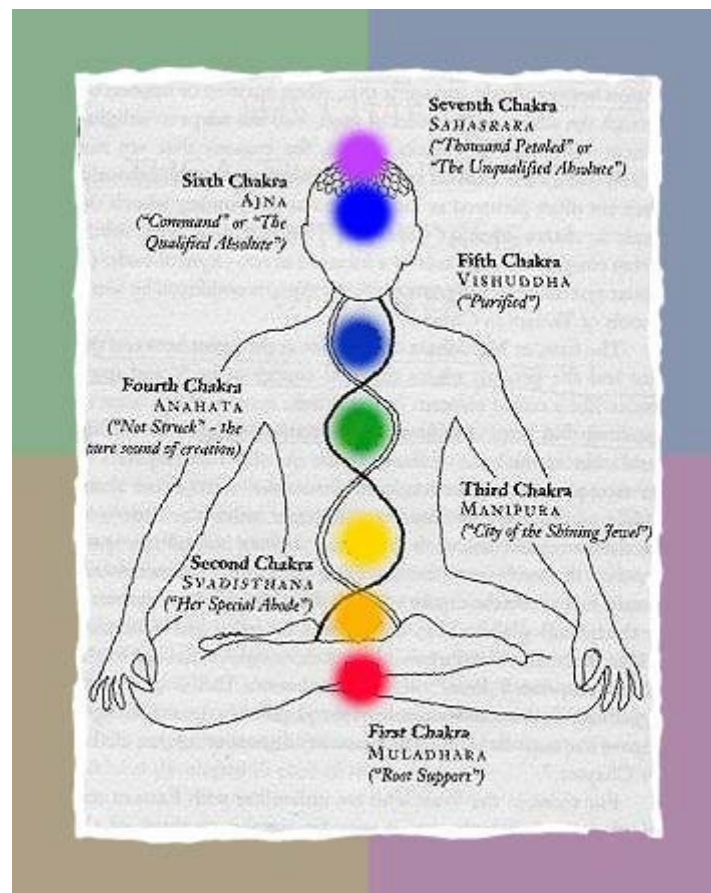
Fortified With Hypnosis

A One Day Workshop with DR. PAT CONTE, M.D., Ph.D.

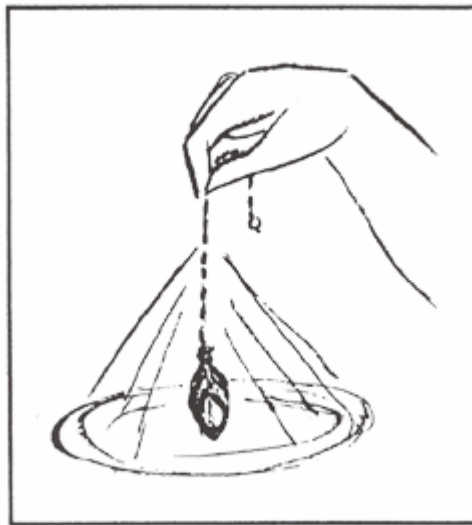
National Association of Certified HypnoCounselors

March 15th, 2008 Saturday 9 AM-5 PM

RECEIVE A DETAILED EXPLANATION OF THE CHAKRA SYSTEM
LEARN THE COLORS AND PLACEMENT OF EACH CHAKRA
LEARN HOW TO SENSE ENERGY WITH YOUR HANDS
BECOME OPEN TO THE FLOW OF UNIVERSAL ENERGIES
LEARN THE INTRIGUING RELATION OF ILLNESS TO EACH CHAKRA
COMPLETE BALANCING MEDITATIONS FOR EACH SPECIFIC CHAKRA
SEE DEMONSTRATIONS WORKING ON CHAKRAS WITH VOLUNTEERS
LEARN HOW TO FORTIFY BALANCING OF CHAKRAS WITH HYPNOSIS
PARTICIPATE IN STUDENT TO STUDENT SUPERVISED PRACTICE



Receive handouts which include illustrations and descriptions of the chakras, together with the appropriate colors, sounds, mantras, and the specific psychological and physical disturbances related to each specific chakra. The balanced chakra characteristics, and the symptoms associated when the chakra manifests excessive and deficient qualities will be discussed. The various means of balancing the disturbed chakras include the various color and sound therapies, guided imagery, energy meditation, and hypnosis. Affirmations for each chakra will be provided. Chakra balancing scripts for personal and client use will also be found in the booklet. Each chakra must be open and spinning normally in order to complete the journey up from the root chakra to the plane of spirit and bliss. We will then be able to cope with all the difficulties in life and to enjoy all of life's blessings. The flow of energy dictates our health. If the energy is unbalanced in a certain chakra specific organs and parts of the body are affected. When the energy is balanced and flowing freely, our health flourishes. Chakra balancing consists of guided meditations for the subconscious mind analogous to hypnosis. There are certain emotional disturbances and physical problems associated with each specific chakra. In order to balance the chakras you have to know what the specific difficulties are, and thereafter work on that specific chakra, as well as solidifying, anchoring and fortifying the treatment using hypnosis. Some of this requires intense work, but in addition to working with a specific chakra, all the other chakras must be balanced for lasting correction of the problem(s). This also assists in anchoring the hypnotic programming.



NAME _____	ADDRESS _____	
CITY _____	STATE _____	ZIP _____
TELEPHONE (____) _____	EMAIL _____	
Enclosed is my check for \$ _____ Visa / MasterCard # _____ Exp _____		
Signature _____		
Class Sizes Are Limited, Please Call 908 964 4467 To Reserve Your Seat before March 8th, 2008		

Place: Holiday Inn 4701 Stelton Rd, S. Plainfield Tel: (908) 753-5500 Hotel Time: 9:00AM to 5:00PM Saturday - March 15th, 2008	Members \$175 Non Members \$195 Call Dr. J. Gatto for reservations Te l : (908) 964-4467 Fa x : (908) 810-0255 Email: ggattohypno@aol.com
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