

What Is 7th Path® Self Hypnosis?

- It is a unique system that combines the transformational power of hypnosis with meditation and your own spiritual system.
- It helps you discover your true self.
- You can attain a much higher level of consciousness and realize your calling.
- Your hidden talents surface.
- This is not a religion and can be practiced by anyone of any faith.
- It is easy to practice; not complicated or difficult like some other methods.
- It works with how your mind was designed to work, so there is no problem.
- You can take back control of your life and live the life you were meant to live.
- It is especially designed to utilize an individual's own belief system.
- It is a spiritual system but being spiritual does not mean you need to have a religion; it has to do with a person's sense of a higher power beyond your self or just the belief in the power of good over evil or even simply the belief in your inner power to make the changes you so badly want.
- This is an especially easy approach to using self-hypnosis.
- This is an experiential course and not something you learn from a book.
- You learn it while in a state of hypnosis, thus harnessing the subconscious mind which utilizes 90% of your brain power.

What Is The Most Important Thing 7th Path™ Does?

- It allows you to first remove the old programming that blocks success unlike other forms of self hypnosis where hypnotic suggestions given go against years of old programming.
- New suggestions are thus easily accepted and becomes a powerful part of a person's success
- It helps people achieve their goals automatically, for example good health
- Practitioners report better health, more energy and better immune system
- Many are able to find a balance in life, take charge of their lives and are able to make positive changes, like overcoming a bad habit.
- Practitioners become more confident and are able to chart their lives more successfully.
- Consistent practice helps in releasing unwanted negative energies and behaviors related to the root cause of the challenges that they used to face.

What Can 7th Path Help With?

- Many people were able to overcome bad habits such as smoking, nail biting, excessive snacking and procrastinating.
- Most practitioners report becoming more confident individuals who are able to create new habits such as exercising regularly, being more patient, being less stressed out in stressful situations and being able to overcome their fears.
- Many have reported being able to adjust their moods like reducing anger and frustration.
- Many have also experienced physical healings as a result of harnessing the body's natural ability to heal itself and also because of the divine and positive energy of their higher power which is used in this form of self hypnosis.
- Most people are naturally healed because this practice removes internal stress which is the main contributing factor to most illnesses.

- This system devised by Cal Banyan, USA, is an anti viral program of the mind; it removes cognitive or emotional blockages to healing.
- Many practitioners report having achieved better breathing, better sleep patterns, reduction of pain, better understanding of life, more gratitude, willingness to forgive, more love and compassion and a better direction in life.

Who Can Use 7th Path?

- Anyone who is seeing a hypnotherapist one on one to overcome personal challenges
- Anyone who attends a 7th Path Self Hypnosis class taught by a 7th Path teacher
- Anyone who is at least a mature teenager or an adult who is motivated to make positive changes in their lives
- Ordinary people who have families, go to school, or just about any average person who are stressed out and/ or unable to be as successful as they would want to be
- People from a wide ranging background from PhDs to motivated young adults with no college degrees.

Why Is 7th Path Different From Everything Else?

7th Path Self-Hypnosis® is more powerful than any previous form of self-hypnosis because:

- It automatically finds limiting beliefs and painful emotions from the past which the practitioner may or may not be aware of that are causing problems in his or her life and neutralizes them automatically.
- It automatically increases self-confidence and self-esteem so that suggestions given to oneself can be carried out successfully.
- Because the process first works to “empty the cup” by removing useless or self-defeating programming, your self hypnotic suggestions for change are more readily accepted, and are more likely to become permanent.
- It is basically a holistic approach to doing hypnosis, which means that it works with the mind, body, emotions and spiritual aspects of the student. (One does not have to be “spiritual” to use the new self-hypnosis program however.)

Why Does It Work So Well?

- Cal Banyan’s technique takes you into trance right away although this system was put together after years of studying the mind and spirit.
- This technique is learnt while in the state of hypnosis.
- Through a process called post-hypnotic suggestions, your 7th Path Self-Hypnosis® Teacher will guide you into a very calm and relaxed state of hypnosis, and then teach you how to take yourself back into the state of hypnosis whenever you want to.
- This is an easy system unlike other forms of meditation; you can achieve it on your first try and maintain the state, and with practice go even deeper.
- It requires some discipline but not as much concentration as in other forms of meditation.
- If your mind wanders off, it is not a bad thing; with 7th Path Self-Hypnosis® that kind of mental response is part of the system, even an important part. If your mind wanders when you do 7th Path Self-Hypnosis® and you think of something unrelated to the suggestion that you are giving yourself, even something very negative, it is all part of the process.

How Can You Get Started On This Journey?

Getting started on 7th Path Self-Hypnosis® is as easy as lifting the phone and giving us a call. The next 7th Path Workshop is a basic level workshop designed for people who want to use self-hypnosis and meditation for achieving balance and peace in their lives

Alternatively, if you'd like a more private setting we can teach you one-on-one. For more details, call Fauziah on 91000-432 or the office line at 64639-500. Or you may drop us an email at info@petrahypnosis.com

For more details on other courses, please go to www.petrahypnosis.com

About the Trainer, Fauziah Shah

Fauziah Shah holds a MA in English with special emphasis on Learning Disorders. She is an [NGH Board Certified Hypnotherapist](#), and an NGH Instructor who has published quite a number of articles in magazines, ezine and online portals.

Fauziah has also been handpicked by Cal Banyan to teach his 5 PATH & 7th Path Certification Course as a [CPHI](#) (Certified Professional Hypnotherapy Instructor). She is also a [7th Path Teacher of Basic, Advanced and Ultimates 5th degree of the 7th Path system.](#)

In addition Fauziah is also an IACT (International Association of Counselors and Therapists) Certified [Master Trainer](#). Fauziah has also got her [school approved by IMDHA](#) (International Medical and Dental Hypnotherapy Association)..

Fauziah has personally conducted thousands of individual hypnotherapy sessions on a number of wide ranging issues and she readily shares her experiences through [case studies](#) with her students.

Fauziah [owns](#) the Advanced Institute of Complementary Healthcare (AICH) Pte Ltd and Petra Hypnosis & Training Centre Pte Ltd where her graduates are allowed to see their clients or conduct Self Hypnosis classes after they graduate.

In addition to Clinical Hypnosis and General Hypnotherapy, Fauziah is also trained in other helping and healing modalities like [counseling](#), [interpersonal psychotherapy](#), [EFT](#), [Parts Mediation Therapy](#), [Pain Management](#), [Hypnotherapy for Children](#), [Theta Healing](#), [Trauma and Somatic Healing](#), [Energy Healing](#) like Reiki & Quantum Touch, [Audiblox](#), Risk Management and Quantum Awareness. She believes in [ongoing training](#) not only for her graduates but also for herself.

Fauziah is also an active member of the Asia Professional Speakers- Singapore and is available for [speaking assignments](#) too.

Fauziah has had her [articles](#) published in magazines, online portals and E-zine. She is not only a [caring therapist](#) and [experienced trainer](#) but also an [avid reader and writer](#).

I welcome you to attend my class. Thank you for your time!

You may call me at 91000432 or 64639500 or send me an sms. Fauziah Shah