



THE SACRED JOURNEY™
Center for Spiritual Studies
Winter 2011-2012 Workshops & Seminars

Joyce St. Germaine, M.Ed., CHt.

29 Davis Rd., Burlington, CT 06013 (Driveway is on Duane Lane)
(860) 675-9706 jsgemaine@aol.com www.TheSacredJourney.biz

HYPNOTHERAPY TRAINING SEMINAR

In four powerful days, you will develop the skills and confidence to become a hypnotherapist. This intensive, hands on training is for nurses, energy healers, psychologists, massage therapists, teachers, those already in the helping or healing professions, or anyone looking to assist others with stress reduction, weight loss, smoking cessation, motivation, pain management, fears, and a variety of other issues and behaviors. You will learn the interview process, how to work with individuals, groups, children, and become skilled at writing personalized scripts. In addition, you will experience group hypnosis, observe individual hypnotherapy sessions, and learn how to use safe and effective post-hypnotic suggestions to empower your clients. You will receive all the necessary materials to get started in your own hypnotherapy practice.

Please bring a bag lunch. Pre-registration required. \$600

No dates planned; please call if interested.

SPIRIT DETACHMENT: FREE DEMONSTRATION & INFORMATIONAL SESSION

Quantum Physics is now substantiating that non-physical entities do exist and can greatly influence our lives. Many mental, emotional, and physical disorders as well as spiritual unrest can be the result of attachments. Indications include depression, anxiety, fatigue, eating disorders, substance dependency, mood swings, and sudden personality or behavioral changes. At times, physical symptoms appear which cannot be explained. The Spirit Detachment Practitioner learns to scan the energy body and is able to differentiate between earth bound attachments, dark entities, past life traumas, energy blockages, and a person's self imposed limiting thoughts. Then safe and appropriate techniques are employed to release these attachments or blockages in a loving, compassionate manner, bringing healing on all levels. These techniques can be used in person or remotely and are also effective in cases of haunted buildings or properties. St Michael, the Archangel, is very instrumental in this work which can bring about extraordinary results, even when all other modalities have failed. This free demonstration precludes the 2012 Spirit Detachment Practitioner Training and is open to therapists, counselors, energy workers, mediums, readers, healers, and anyone wishing to help those in need. FREE

Wednesday, January 4, 6:30 - 8:30 PM

The actual training course starts in February.

YOUR SPIRIT GUIDE CONNECTION & GROUP READINGS

You are surrounded by a team of caring and loving beings who have chosen to assist you on your spiritual path. Find out who they are and hear what they would like to share with you. Learn to become more aware of their presence and open to their guidance. Each participant will receive messages from one or more of their guides in a mini-reading.

Class limited to 8 people. \$25

Thursday, January 12, 6:30 – 8:30 PM

SELF HYPNOSIS FOR SELF IMPROVEMENT

Now that the holidays, celebrations, shopping, and seasonal craziness are over, you are invited to take time for yourself. you know what you would like to do to enhance the quality of your life, but realize how difficult it is to initiate these changes. Whether you would like to lose weight, develop healthier eating habits, become more motivated to exercise, quit smoking, reduce stress, or release an unconscious habit such as nail biting, hypnosis can allow these changes to occur effortlessly and easily. There are no limitations to the use of hypnosis. Tonight you will learn how to write your personal self hypnosis script. Then, under group hypnosis, these positive suggestions will be deeply implanted into your subconscious mind, ready to work for you! You will also learn a simple post-hypnotic suggestion technique to reinforce these suggestions whenever you choose. Empower yourself; now is the perfect time! \$30

Tuesday, January 17, 6:30 - 8:30 PM

DRUM CIRCLE: ALL AGES WELCOME!

Join us for this fun and free-spirited gathering led by Gary Pontelandolfo. Bring your drums, rattles, tambourines, kazoos, etc. There will also be plenty of instruments for sharing. Gary will teach some simple rhythms and techniques and lead us through some group improvisational expressions. Weather permitting, we will meet around the fire pit, so please dress accordingly. Rain will bring the gathering indoors. \$10 for adults, children are free.

Call or e-mail for upcoming dates

PAST LIFE REGRESSION

Learn how the past has a direct effect on the present and can even shape the future. You will gain an understanding of your strengths, fears, relationships, and karmic responsibilities. Learn how past life regression provides insight to those who are committed to personal and spiritual growth. You will be given a clear explanation of hypnosis and safely guided into memories of past lifetimes. Your subconscious mind, also known as your High Self, will choose lifetimes that are important and significant to you in your present life. You will also learn a powerful self-hypnosis technique to use on your own for any purpose you desire. \$25

Tuesday, February 7, 6:30 – 8:30

NEW DATES!! ----- MONTHLY STUDY GROUPS ----- NEW DATES!!

Please note that the Tuesday and Thursday Monthly Study Groups have been combined to form Wednesday Monthly Study Groups.

PSYCHIC/SPIRITUAL DEVELOPMENT

There is a strong focus on the connection between spiritual growth and psychic development. Various spiritual empowerment and meditation techniques will be practiced as you learn how to develop gifts that can be used to assist others or to increase your own connection to spirit. Reclaim your gifts and live life more joyfully. These groups are for all levels; beginners who are just starting on their paths as well as experienced mediums and readers who are looking to broaden their gifts and become more confident in their abilities. Pendulums, crystals, cards, and palmistry will be introduced. This training includes studies in the paranormal as you learn how compassionate spiritual and psychic intervention can bring healing to people and places affected by paranormal activity.

Wednesday Monthly Study Group

Time: 6:30- 8:30 PM. Cost: \$20

January 11, February 8, etc. (second Wednesday of every month).

SHAMANIC STUDIES

You will develop an understanding of shamanism and become adept at journeying as you work with animal and spirit helpers. We will focus on healing and restoring balance to self, community, and the planet. As we work together to create and utilize community energy, you will learn group and individual healing techniques. Emphasis will be on strengthening spiritual connections and relationships with power animals and spirit helpers. Teachings from various shamanic traditions will be explored and traditional and non-traditional approaches will be introduced. These groups are appropriate for any level of experience. All dedicated and compassionate people who wish to initiate positive change in the world are welcome. Please bring a notebook, eye covering, drum or rattle if you have one, a feather, and a fist sized rock.

Wednesday Monthly Study Group

Time: 6:30- 8:30 PM. Cost: \$20

January 18, February 18, etc. (third Wednesday of every month)

**Consider a private workshop or readings for your next holiday party!
Gift certificates available.**

Joyce St. Germaine, Ms. Ed, CHt is a Certified Shamanic Practitioner and Shapeshifting Practitioner, Certified Hypnotherapist and Instructor, Spiritual Counselor, Intuitive Reader, and Mentor.

She is a middle school art teacher, currently in her 37th year of teaching and has been named the "2011-2012 West Hartford Teacher of the Year", a top finalist for the "2012 CT Teacher of the Year", honored as a "Local Hero" for 2011-2012 by the Ronald McDonald House Charities. Joyce was also the "2009 CT Outstanding Middle Level Art Educator".