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**BEST-SELLING AUTHOR & HYPNOTHERAPIST TERRY WINCHESTER  
BRINGS YOU THE LIFE-CHANGING MINDFRAME TECHNIQUE®**

## **LEARN TO CHANGE YOUR MIND** with this Revolutionary Self-Hypnosis Process

**9 AM – 6 PM, SATURDAY 30<sup>TH</sup> NOVEMBER 2013**  
**The Ranch Retreat & Function Venue, Hennops River, Jhb**

The **MindFrame Technique®** can be used by people from all circumstances and walks of life to change negative attitudes and **attain joy, harmony and spiritual enlightenment**. Having researched this topic extensively, Terry Winchester has come to know that with the right mind-set, you can turn your lives around as easily as with a **simple click of the fingers**. We can use what is inherently ours; we just have to **learn how to harness it**.



This **powerful process** will give you **5 simple steps** to **master your life**. Hypnosis is a natural **cure** for all of the problems to which traditional medicine generally attaches a scary acronym and a prescription. We call these **“illnesses”** misperceptions, because they all **start in the mind** and have the same basis, fear. As all fear is an illusion based on past faulty thought patterns, it is easy to dispel it by bringing it to truth, thus **becoming master of your life, not a victim of circumstance**.



Last year Terry was deeply honoured to receive a special award in Kuala Lumpur, Malaysia for his life-time contribution to the **alternate sciences of hypnotherapy and holistic medicine**. Other than our own beloved Madiba, former South African President Nelson Mandela, he is the only South African to have ever achieved this honour. Indeed, he has just returned from another extensive lecture tour which included a whirlwind series of talks, guest appearances and seminars.

Terry has lectured around the **world as a keynote speaker in Self-Hypnosis and Mind Power Techniques** including a keynote address for the Prime Minister of Malaysia. He has been

interviewed on 3 Talk, Spirit Sundae, Radio 702, SAFM and many other TV and radio programmes to discuss this **revolutionary Alpha Mind Power process**.

**COME AND JOIN US FOR A THOROUGHLY HANDS-ON, INTERACTIVE EXPERIENCE WITH LIKE-MINDED PEOPLE WHO ARE ALSO LOOKING FOR 'THE SECRET OF HAPPINESS.'**

**Your R1450 fee includes:**

**BRING A PARTNER OR FRIEND FOR A 50% DISCOUNT**

8 hours of life-changing practical training

Complete technique CD & Training DVD

A complimentary Instant Relief CD/DVD Pack – (Choose from Stop Smoke, Weight Away, Depression, Insomnia, Public Speaking, Meditation, Money Maker, Heal Relationships, Mind Mapping, Speed Reading, Super Memory or Super Salesman)

Teas and gourmet vegetarian lunch.

*"I consider getting the mind into the relaxed Alpha state the single most important component of any pursuit in self-improvement and empowerment Without this vital and powerful state of physical and mental relaxation, all efforts to tap into the unlimited resources of the human mind are curbed by limiting past thought patterns. By teaching people how to remove these mental blocks and become aware of who they really are NOW, you place the key to HEALTH, WEALTH and HAPPINESS in their hands." - Terry Winchester*



Based on the principle **"Whatever image you hold before you will come about,"** each person learns to **acknowledge** their **self-created** negative aspects, thus **enabling a transformation**. This new **positive image** is the **first step** towards **Self- Realisation**.

**FASTEN YOUR SEATBELTS AND GET READY TO BE FREE...**

The venue is a beautiful, wooded farm and holistic retreat centre only 30 minutes from Johannesburg. It offers the perfect backdrop for this wonderful group hypnotherapy and Alpha mind-power training experience.

**Places are limited**, so please book early to avoid disappointment. For any further information contact **Liz on +27 11 706 5447** or e-mail [liz@mindframe.co.za](mailto:liz@mindframe.co.za).

**We look forward to welcoming you on this life-affirming journey.**

Love and light from the MindFrame Team



Afternoon Sunlight