

**Terry Winchester invites you to attend the  
MindFrame (Alpha) Seminar**  
A Five-Step process to Self-Realization

**First Time in the Garden Route!!**

**Sunday 21 March 2010 9am-6pm**  
Timberlake Organic Village, N2, Wilderness

[\(click here for more on the MindFrame Technique\)](#)

**Special GIFTS for those attending the MindFrame seminar:**

**Normal 8 Hr Seminar Cost ~~R1450~~  
Now only R990!**

**(Includes the 5 Steps of this life-changing process,  
Backup CD and training DVD  
and all lunches and teas.)**

**Bring a friend or family member and  
receive a **20% discount** on your ticket**

**You will also receive**

**A Hypnotherapy CD of your choice  
worth R249.99 – **ABSOLUTELY FREE!****

*Choice of **FREE Hypnotherapy CD**: StopSmoke!, Depression, Weight-Away, Insomnia, Super Memory, Speed Reading, Mind Mapping, Public Speaking, Heal Relationships, Meditation Super Salesman and Money Maker.*

**The MindFrame Seminar** is an 8 hour process that teaches you how to move from the **conscious**, Beta, level of the mind, to the **more relaxed**, subconscious **Alpha level**, whilst remaining **fully conscious**. It is here, at the Alpha level, that we possess the ability to re-programme our minds, think creatively and identify the **root cause** of any problem. It is in this peaceful state where each one of us is empowered to **change** our minds. You will learn to acknowledge these **self-created** negative aspects and learn to turn them around. This new positive image is the first step towards Self Realisation. The door is now open. In just one day of course attendance, or through the purchase of the Complete Box, you will learn how to really live your life to its full potential.

**The MindFrame Technique®** will teach you to turn your life around with the click of your fingers for any of the following:

- ✚ Money issues
- ✚ Work stress
- ✚ Depression, anxiety and phobias
- ✚ Memory and speed reading
- ✚ Weight and smoking
- ✚ Addictions and alcoholism
- ✚ Relationships and fears
- ✚ Meditation & Self-Realisation

**Contact:** Candi on 044 883 1084 or [candi@mindframe.co.za](mailto:candi@mindframe.co.za)

**The MindFrame Technique®** is the most comprehensive and extensive course in the actual techniques used for personal development and mind training you can experience. From the first session, this thoroughly practical Seminar teaches you how to easily and immediately access the full, creative power and potential of your mind at the Alpha level. This is followed by comprehensive training in the techniques and triggers necessary to apply that power and potential to all aspects of your life.

### **Terry Says:**

"I consider getting the mind into the relaxed Alpha state, the single most important component of any pursuit in self-improvement and empowerment," says Terry Winchester, who has spent thirty years researching and developing this technique. "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 being aware of who and where they are *now*, you place the key to health, wealth and happiness in their hands."

### **Delta Seminar**

The ultimate goal of mankind is to **realize** the True-Self. There is only one way to do this and that is to **transcend the mind**. Having mastered your mind through the 5 Steps of the **MindFrame Technique**, you are now ready to take that final step and enter into **Delta**.

*'There is nowhere to go and nothing to do'*

This is true because we never actually left our source, we only *thought* we did.

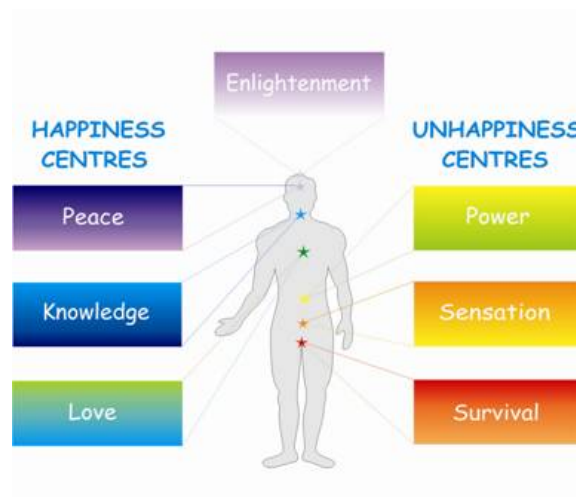
The Delta Seminar reminds us that we can transcend all suffering through forgiveness. Once we have forgiven and neutralised the judgments that have been holding us in the bondages of the Beta world, we are open to receive the powerful energy of the higher realms.

You will receive a spiritual initiation from the Master of Masters on the closing of the seminar.

Not much more can be said about Delta as there is no frame of reference to it in the Beta world. This heavenly state only has meaning when experienced directly.

*Nothing real can be threatened - Nothing unreal exists'*  
- ACIM

**Details of the next Delta Seminar available on request**



**Contact:** Candi on 044 883 1084 or [candi@mindframe.co.za](mailto:candi@mindframe.co.za) to book your place.

A 50 % deposit by 5 March 2010 will secure your seat for the life-changing MindFrame Technique™

**The Team at the Winchester Foundation welcome your enquiries and comments and wish you much health, wealth and happiness.**

**THE WINCHESTER FOUNDATION CC**

Tel: +2711 706 5447

Fax: +2711 706 1460

e-mail: [info@mindframe.co.za](mailto:info@mindframe.co.za)

web site: <http://www.mindframe.co.za>

shop: <http://www.mindframe.co.za/shop>