

TRANCEFORMATIONAL  
HEALING WORKS!

**You can have powerful positive  
changes in your life!**

Transformation is about renewing the connection with your inner source of healing.

*Are you ready to transform your life?  
What you resist will persist. What you  
confront dissolves.*

- Accelerate your level of physical and mental performance
- End old habits, fears and phobias
- Heal your life of physical dis-ease, stress, anxiety and conflict
- HypnoBirthing education to help create a natural and anxiety free birth

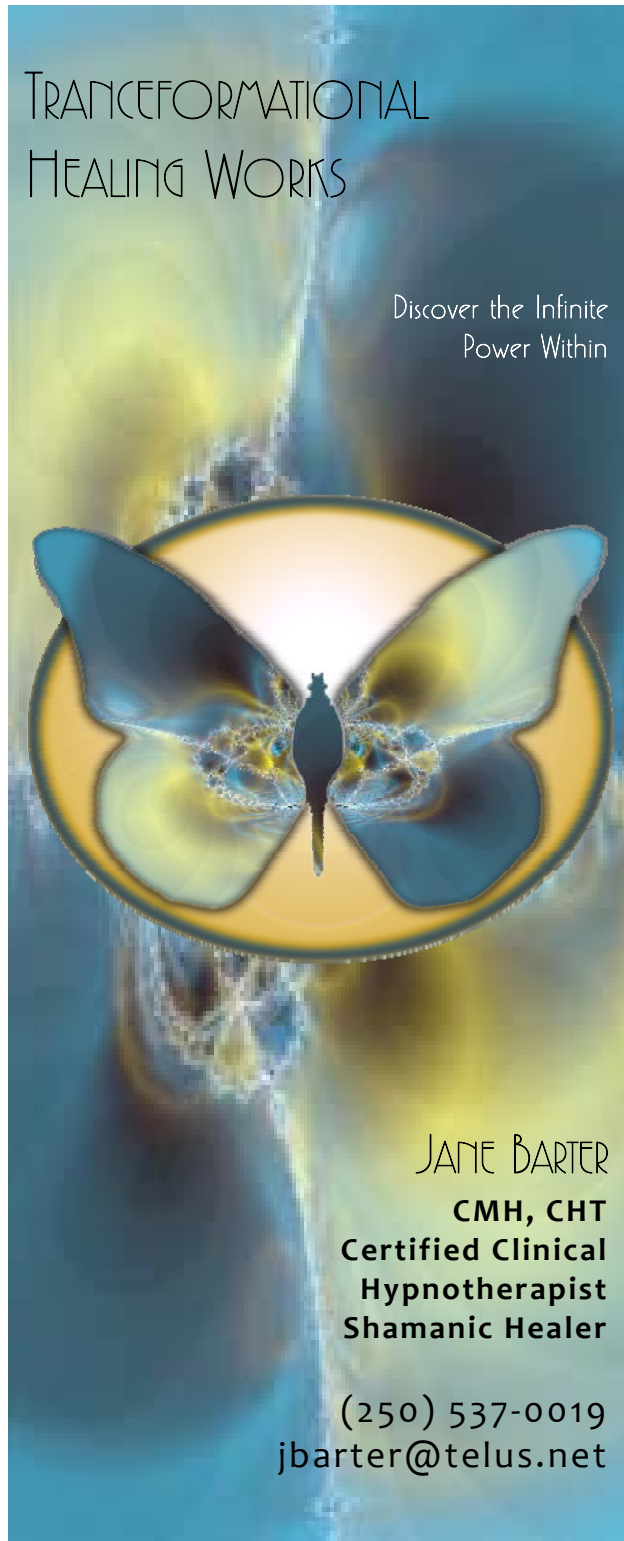
*REACH FOR THAT  
PERSONAL PEACE WITHIN*



**Jane Barter** is a Certified Clinical Hypnotherapist, Shamanic Energy Healer and Nurse. She is also a Certified HypnoBirthing Educator with a special interest and dedication to healing body, mind, and spirit.



Jane has spent the last 15 years studying various forms of energy healing and management, some of which include Vibrational Medicine, Shamanism, Hypnotherapy, Reiki, Healing Touch and intuitive development. She has most recently trained extensively with Dr. Carlos De Leon and other teachers from the School of Ontogony in Mexico City, studying Chi Kung, Tibetan Buddhism meditation practices, energy management, healing techniques, conscious dreaming and magical Shamanic therapies.



**Tranceformational healing works by bringing together deep inner healing with energy therapies, creating a powerful synergistic compliment of healing modalities .**

**HYPNOSIS** is a safe, natural relaxed state of consciousness, which feels wonderful. This relaxed state allows the physical body to enter profound levels of deep rest...a feeling of contentment arises. You keep your full awareness and control while the conscious mind becomes so relaxed that it allows for access to your subconscious and (superconscious) minds.

**How does Hypnotherapy work?** In this peaceful state of relaxed awareness, the hypnotherapist assists you to use your own inner wisdom to explore, release and transform old patterns, beliefs, traumas, habits or inner conflicts stored in the subconscious mind. This results in a more balanced inner and outer harmony. Your subconscious is the storehouse, the database of all you have experienced through time. It brilliantly knows what you need to know. When asked properly, it will reveal to you the root causes of your present experiences and more.

**All hypnosis is self hypnosis!** How deep you go is up to you. We experience these altered states of mind routinely in our daily life, without even being aware of this. An example would be driving home and not remembering how we arrived there.

**ENERGY THERAPIES** are powerful yet simple tools used to help re-align the body's energy system. Our negative emotional experiences disrupt the harmonious flow in our energy system, especially the meridians and the Chakras. By gently tapping or holding onto the body's energy meridian points, these negative disruptions (emotional or physical) are quickly dissolved and rebalanced, most often creating lasting results. As well, on an energetic level, unresolved subconscious, negative attachments and memories are easily discharged. This ability to realign and smooth out the energy system creates the perfect balance and opening for healing emotions, thoughts, the physical body and soul. Energy Therapies are used on their own or before and during a hypnotherapy session.

#### A SAMPLE SESSION

To help you stop smoking: We would start by discussing consciously what your greatest stressors and triggers for smoking are. Then in hypnosis we would explore the root causes related to the triggers or the repeated compulsion to smoke. These would be dissolved and transformed and, as well, new feelings, pictures and positive suggestions to move forward are created. We also use energy therapies to support this process, as well as help to eliminate your cravings for a cigarette or substitutes such as food, until you are completely free of your habit.

Bruce Lipton PhD, author of "The Power of the Mind - The Wisdom of Your Cells" states: "We now recognize that 95% to 99% of our cognitive activity comes from the subconscious mind—less than 5% is influenced or controlled from the conscious mind. Most people hardly use the conscious mind; they run their day to day existence from programs in the subconscious mind."

#### TESTIMONIALS

"Jane is an incredibly gifted practitioner. She is able to lead you to the truest part of your soul and then safely assist in resolving the issues you have intended to heal. I have recognized my own wisdom through Jane's compassionate and skillful healings, allowing me to transform deeply held pain into positive steps forward."

Diane Barbarash, Shamanic Healer, Vancouver

"My life has permanently changed for the better since working with Jane. She always creates this incredibly safe and secure space of healing, often drawing from her tremendously rich and diversified experience. Her strong commitment to her own ongoing personal transformation, awareness and clarity is felt through her clear and reassuring voice of wisdom. She seems to have just the right tool in any moment to create consistent results."

Rex Lansdowne, Salt Spring Island

