

Shed Pounds With Hypnotist *Romane*



Hypnotist M. Vance Romane is coming to the Best Western Coquitlam on Tuesday, June 16, the Sheraton Guildford in Surrey on Wednesday, June 17 and to the Ramada Plaza & Conference Centre in Abbotsford on Thursday, June 18. All seminars are at 7 PM. He will be presenting his new seminar “Faster, Easier Weight Loss With Hypnosis”.

Romane presents a seminar that does not depend upon will power to lose weight and maintain it. He says “Imagination is far more powerful to help people to become slim than will power”. Hypnosis taps the inner power of the subconscious mind and makes dieting a pleasant and rewarding experience.

Participants must follow their physician’s advice, but hypnosis makes their patients motivated and enthusiastic to do so. Romane’s program may be adapted as a personal approach to healthy weight loss by most anyone.

According to Romane, “Most people overeat simply because the food tastes good, and less often for emotional reasons. The conscious mind is too busy and distracted in our daily life, so I give powerful, planned, positive hypnotic suggestions to their subconscious to love safe body movement, to feel full and satisfied with less food, and to eat healthier foods.”

For those who use food as a tranquilizer, Romane teaches them instant relaxation methods. He says, "As we can make one arm relaxed like a wet rag, we can make the entire body feel relaxed. We can also make the mind feel peaceful, positive, and to expect the best. We can believe in ourselves more, and feel more confident to succeed in all that we want. We become what we think the most about, like a self-fulfilling prophecy."

The idea is that when you are in hypnosis, you can imagine and believe you are already successful. He says, "Imagination is far stronger than will power. Self-esteem and self-image are also strengthened by positive hypnotic suggestions. New habit patterns are programmed into the subconscious mind."

In this program, participants learn how to re-program their subconscious mind and the subconscious translates thoughts into action. Fears of failure are eliminated. Confidence is supreme.

When you are hypnotized, you create a new mental image of yourself. This enhances your belief in yourself to produce positive actions for success. Dozens of hypnotic suggestions for weight loss are given to everyone. Conscious effort is not required.

Hypnosis is not sleep or unconsciousness, but is instead a state of super-awareness. Hypnotic concentration on suggestions increases motivation and will power dramatically. Hypnotic concentration allows your mind to lock in new ideas and to make you want to follow them automatically, effortlessly.

Romane's seminar also includes free support materials, and a mini-seminar for self-esteem and stress management.

Early bird advance tickets are only \$64, plus tax and ticket seller fees. Advance tickets are available at Ticketmaster, charge by phone: 604-280-4444. Tickets at the door are the regular price of \$115.

For more information about Romane, his seminars, books, recordings, and free tips to lose weight, stop smoking, manage stress, and even how to hypnotize yourself, visit his website at www.romane.ca or phone 1-800-665-4656.