

## 'What Are You Reading?'

By: Debbie Papadakis

Books are the most treasured things in my life, One of the books that I found compellingly interesting is "Journey of Souls" by Michael Newton, Ph.D. It is about uncovering the mystery of life in the spirit world. Dr. Newton takes us to the place that most of us have a hard time accepting or believing exists, The author graphically describes 29 extraordinary case studies where people, in a state of hypnosis, recall their experiences as eternal spirits. Over the years doing past life regressions with my clients, I have had similar experiences. They also traveled in the eternal spirit world and in many cases I helped them find this internal peace. In some cases they became aware of their purpose in life. I enjoyed this book, too, because Dr. Newton guides his readers to experience and to understand what it feels like to die, to see who meets us after death, where we go, what we do as souls, and why we choose to come back and occupy certain bodies. Readers can find peace within themselves by understanding what will happen after the end of their physical life.

Another book that I am fascinated by is "Answer Cancer, Healing the Nation" by Stephen C. Parkhill. The author presents a 'mind model: which demonstrates how cancer and other chronic illnesses can be healed. He shows how illness originates and how we can prevent it from developing, The reader reads about the reverse engineering of an individual's disease. The case studies in this book provide us with positive proof that the cure for many debilitating diseases exists in the mind of each and every one of us. Through the regression work that I do, I find that by isolating the root cause of the illness I can help the client bring about a reversal of the illness.

Debbie is the founder of the Hypno Healing Institute, where she teaches certified Hypnosis courses sponsored by the National Guild of Hypnotists. She also teaches Reiki classes at all levels. Contact her at the Hypno Healing Institute Inc. 355 Keele Street, Toronto, Ontario M6P 2K6 416 760 8996. Toll Free 1 888 758 3223. [www.hypnohealing.com](http://www.hypnohealing.com).

*The Omega Source Magazine, Issue #8, Spring/Summer 2002*