As we look for the perfect Father's Day card, we reflect on what our fathers mean to us. This relationship is one of the most important connections in our lives. During the formative years, we learn mostly through observation and mimicking and are taught how to love, how to laugh and how to fear.

As we grow up, we carry those memories, such as when our father cheers us on when the training wheels come off. Then there's the tone in which he says our name when he is displeased.

We spend much of our lives trying to follow in his footsteps. We strive to emanate his strength, and to earn his approval. Sometimes we fall short and sometimes we realize that he is the one that fell short. The relationships we form with our fathers lay the foundation for how we relate and bond with others, most especially, with our own children.

I have had countless clients seeking help for current relationships. It does not take long to find that the real issue stems from the relationship with their father. Many of us wear our fathers' mistakes through our adult lives and many of us never reach his expectations. This holds us back when we live with these unresolved issues.

Through hypnosis we can delve into the subconscious, wherein lies the belief system imposed on us as children. There we can speak to those issues, resolve them and find renewed freedom in our lives. We can heal our relationships, and we can find the capacity to forgive.

This in turn opens us up to better relationships and to the ability to create positive connections with our loved ones.

This year, we will find the perfect card, the one filled with love and gratitude for who we are.

Join them at Hypno Healing Institute on Saturday, June 12th, from 6:30-9:30pm for their "Hypnosis for Health and Wellness" three-hour workshop. Call 416-760-8996 or visit www.hypno-healing.com

Debbie Papadakis taught the participants how to do self-hypnosis.