natural state of mind. It's like sleeping...it's very safe and natural."

Debbie's basic message in this workshop was the power of positivity versus negativity. She talked about a wheel of balance, wherein you would achieve a congruent and harmonious life if you could balance your health, relationship, future, spirituality, money, work, and recreation. And then she discussed how to do so. Discovering the issues that are holding you back in any of these areas is aided by making a beautiful story about them," says Debbie, "[Repeat it] over and over, and you'll see how different you're going to feel."

When I asked if hypnotism and psychotherapy can work in conjunction with one another, Debbie responded in the affirmative. "Sometimes the person needs to go and talk about the things [more in depth]," she said, "There are all kinds of other modalities, and they all have their places."

At the end of the workshop, Debbie hypnotized the entire group and just spoke of moving forward in your life through resolving your past issues and removing blockages. Honestly, I'm not sure if I was hypnotized, but I did feel incredibly calm, relaxed, and quite positive as I practically floated out the front door.

The Hypno Healing Institute, at 355 Keele, is a licensed holistic centre that is open to clients and students. Individual, one-on-one sessions cost $200/hour + HST. Workshops are usually $25 and up. And classes are offered in Hypnosis, Pain Management, and Reiki.

On February 13, just in time for Valentine's Day, the institute offers a workshop entitled Healing Relationships: Ancient Secrets to Clearing Your Relationships Through Decoding. 6:30 - 9pm, it costs $25 in advance and $35 at the door.