

About Deborah

I live in Yealmpton, and I run my holistic practice in Plymouth & Ivybridge.

I have spent many years researching holistic health therapies and guiding past life regressions.

I trained as a hypnotherapist and since then I have continued to expand my skills into EFT, Past Life Therapy and several other disciplines. Now my practice has evolved to the point where I have designed my own multi-therapy technique.

The amazing results I have seen with Past Life Regression Therapy have resulted in my specialising in that area, along with Between Lives Therapy, an often overlooked but important part of the regression experience.

I also specialise in weight management after initiating a two-year research programme into the psychology of weight loss. I have developed a highly successful weight management programme for women based on my findings.

Workshops

I run regular past life workshops throughout the year. If you'd like to receive emails about forthcoming workshops, talks and other events please send an email to:

pastliferesearch@yahoo.co.uk

'Past Lives-Present Healing'

A fascinating collection of past life experiences.

Is due to be published in May 2006

This book is a fascinating collection of actual Past Life regression experiences, each one dramatically illustrating how physical and emotional healing can be achieved through recollecting past life traumas. Once these traumas have been recalled, explored and resolved, that past life can give the client invaluable information about the lessons they needed to learn and usually provides insights into problems or questions they have regarding their current life choices.

"Anyone interested in the self-discovery that occurs from past lives should definitely read this book." **Denise Linn**, International Past Life Guide and best selling author.

"I couldn't put this book down. Very, very good!" **Dominic Beirne**, Hypnotherapy trainer.

"In forty years of guiding past life regressions, I still learned something new. I would also recommend this book for past life therapists." **Vicki Watson**, founder of the National Society of Professional Hypnotherapists.

RRP £11.99. To pre-order from the author postage free, please email me.

Holistic Healing

Past Life & Between Lives
Regression

Weight Management Specialist

Deborah J Monshin

at
Nature's Larder, Ivybridge
and
in Plymouth

Home Visits available (Women Only)

01752 880880

<http://www.devonhypnosis.co.uk/>

pastliferesearch@yahoo.co.uk

Weight Management Specialist

I instigated a two-year research programme into the reasons why people overeat, gain weight and have such difficulty losing weight permanently.

As a result I have developed a programme especially designed for women. This involves a combination of hypnosis, creative visualisation, nutrition advice, aversion therapy and emotional reprogramming, which is usually a highly successful method of losing weight and aims to change your relationship with food for long-term, permanent results.

Aspects covered:

- breaking emotional ties with food
- reducing cravings
- rephrasing the past
- creating a balanced diet
- 'no food is forbidden' – create a negotiation state with your body
- creative realistic goals

Call now to discuss your personal requirements – each client is treated individually.

www.devonhypnosis.co.uk

Past Life & Between Life Therapy

Have we lived before? How can we find out?

Past Life regression is a means of discovering more about our inner selves. What motivates us? What holds us back? What makes us afraid? Why are we instantly attracted to some people and repelled by others? Why do we get on with some family members whilst other relationships are fraught with difficulties?

Reincarnation takes into consideration previous life experiences and their accumulative effect upon the present incarnation. Recalling these memories and resolving the traumas they created, frees the emotional ties to allow us to move forward.

Between life therapy is an important part of the process – here we learn the true identity of our soul; what our purpose is in this life; what lessons we have learnt and even what our next role will be. We can get a sense of our overall journey to date.

Whether for light-hearted exploration or for seeking answers to more serious issues, exploring past lives can bring many rewards from recalling previous skills and talents, being present at key events in history, resolving minor health complaints, or experiencing a deeply content and happy lifetime.

Past Life Workshops

Would you like to experience a regression but don't want to do it alone?

Then attend a Past Life Workshop

I guide groups of up to 12 people through a past life. Focussing on a positive, or skill-laden past life this is an ideal introduction to the phenomenon of regression.

I run regular workshops in Totnes, Devon. The remaining 2006 workshops are:

June 24th - Soul Exploration Day

October 21st - Soul Journey Workshop

These workshops run from 10am-4pm and cost £40. Places on the workshops fill up quickly, so please book soon. For full information about the day go to:

www.devonhypnosis.co.uk

If you would like to book a private group regression, please contact me for details of prices etc.

If you would like to book a past life workshop for your venue or organisation, please contact me to discuss the details.

It is not necessary to believe but to remain open in order to learn.