



Tools for Thought

June, 2010



TOOLBOX JOURNEYS "A SOURCE OF TOOLS FOR YOUR JOURNEY"

Do It Yourself!



You don't necessarily need a highly-trained hypnotist to induce hypnosis. With the proper relaxation and focusing techniques, almost everyone can enter a hypnotic state themselves and make their own suggestions to the unconscious mind (check out SelfHypnosis.com to find out how).

Some hypnosis experts hold that all hypnosis is self-hypnosis. Whether a trance state is brought on by a long, boring drive down the highway or by a skilled psychiatrist, the subject is always the one who initiates the trance. In this view, the hypnotist is only a **guide** who facilitates the process.

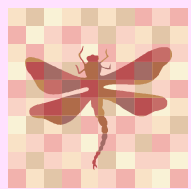
Join us on Thursday, June 17th, "The Truth About Hypnosis" with Terry Gurley and her entertaining approach to hypnosis. This FREE event promises to be a unique evening of *pure enlightening fun!*

Summer Sabbatical

Toolbox Journeys is taking July & August off for events & workshops. Follow our newsletters for upcoming fall events.

Have a beautiful summer season filled with dreamy & magical light.

THE DRAGONFLY



The power of Dragonfly lies in its ability to see around things by looking from different angles. Using its ability to transform colors and lights by reflecting and refracting them, Dragonfly shows us that life, like light, can bend, shift, and adapt in various ways, making life's appearance never be what it appears to be. Dragonfly's magic shows us to see through life's illusions and find our true vision. It calls us to transform within our lives and reminds us to feel deeply so we will have the compassion necessary to help ourselves and others.

A GIFT OF APPRECIATION

A big part of practicing gratitude is the idea of expressing appreciation to the important people in our lives. We have met some amazing people.

From authors to healers, mediums, and some incredibly gifted and caring people.

As a *thank you* to all our supporters, Toolbox Journeys, is offering a FREE EVENT in June. For our new friends, this is a great opportunity to come out and meet us and see what we're all about.

"In forgiving ourselves, we make the journey from guilt for what we have done (or not done) to celebration of what we have become." ~Joan Borysenko

A Trip Across the Gap

Our May event on meditation with Kasey Claytor far exceeded everyone's expectations. Being a certified Deepak Chopra instructor, Kasey explained how to reach the state of pure being or "the gap" while meditating. Kasey offers a variety of classes at www.phoenixwellbeing.com

This event showed a very enlightening and profound video we feel compelled to share.

<http://www.youtube.com/watch?v=UyyjU8fzEYU>

Do you have a gift to share?

Would you like to present a workshop or seminar?

Toolbox Journeys can assist you.