

Past Life Regression, Integrated Imagery and Hypnotherapy

With Cynthia Ekren



Discover how the power of your own subconscious can help you heal, grow spiritually, and awaken to your own creative nature. Artists, seekers, and those who have felt blocked by old patterns have successfully used Past Life Regression, Integrated Imagery and Hypnotherapy as transformative tools.

As a Master Certified Hypnotherapist and a Certified Integrated Imagery therapist Cynthia Ekren can help to guide you through the discovery process.

- What holds you back from reaching your full potential?
- What repetitive patterns have long frustrated your creative self, keeping you from living the life you dream?
- What is it you are here to do? What is your life purpose?

Past Life Regression, Hypnotherapy or Integrated Imagery Session:

In an initial session we will establish your goals and set an intention. This session typically lasts between 2-3 hours. I recommend that time is allowed after your session to find a quiet place for journaling and reflection as the experience is fresh and the subconscious is still quite open. Subsequent sessions can be between 1-3 hours. *\$50/hour*

Tarot Readings and Dream Interpretation

How is it that images and symbols that appear in a remote Chinese village can also appear in a Native American folk tale? Why is it that when we dream, our dreams are as individual and unique as a snowflake, and at the same time, filled with images that mean the same thing to nearly every known culture on the earth? The themes and images that arise during past life regressions and Integrated Imagery sessions are often these same types of symbols and themes that arise in our dreams and on Tarot cards. Through the use of intuition and a solid knowledge of these collective themes and symbols, I am able to help you work out the messages encrypted in your dreams and to interpret the messages from the Tarot. Only you can know for certain when the truth is revealed to you, but I would be happy to help with the translation.

\$25 for Half- Hour Session \$50 for One Hour

Cynthia Ekren, MA, MHt, CIIT
Awakenpastlives.com
25146 Great Pine Dr, Nevis, MN
cynthiaekren@gmail.com
218-255-0160, 218-652-4257

Brigid's House
Brigidshouse.com
500 Park Ave S Hwy 71, Park Rapids
218-732-5347