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Welcome to the Mosaic Garden Archives Available July 26th 2016: Let the Past Stay in the Past

How much time are you spending each day thinking about the could of's, should of's, would of's and wish you had just done it different. This process not only takes your time it use energy you could be putting into create the life of yours dreams. Today episode will share with you how to move forward with out carrying all the stories of the past. Being free to create a life full of all possibilities.

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Featured Guest



Jack Elias

Internationally recognized trainer & counselor Jack Elias weaves together new & unique perspectives on depth hypnosis, regression, past life, and inner child therapies, subpersonality work, archetypal transformation, NLP, Ericksonian hypnosis, meditation and more. A holistic approach to Mind/Body healing, Jack's book, Finding True Magic, and Finding True Magic trainings, expand the art and discipline of hypnotherapy. Rapid healing mentally, emotionally, physically, and spiritually, are made possible. These techniques are especially effective for releasing PTSD."

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