

The Evolution Process

Courses for individuals are run on a four week programme, one session a week in Oakham, at Nature's Dispensary, 6 Mill St., Oakham, LE15 6EA.

One day courses are run in groups of four to twelve, usually in Stamford, at the Lady Anne's Hotel, 36-38 High St., St. Martins, Stamford, PE9 2LJ.

However, when several people are travelling a long way, the course will be run in Peterborough, at The Great Northern Hotel, Station Rd., Peterborough, PE1 1QL, opposite the entrance of Peterborough railway station.

Requests can usually be met from in-house groups. Travel and other expenses for one person meeting a gathered group will be less than the total for the group to meet the one person.

For all enquiries, please contact
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The Evolution Process

This work is possible because there is a lot more that goes on inside your mind than you realise; this usually surprises most people, when they see.

Our reactions to everything we have done or has happened to us are arranged to form our character. We are a response to our learning past.

There are methods and techniques which can help us unlock and rearrange the order of things within our minds. We can bring the best parts to the front and make them the character we project into the rest of our lives.

Introduction and Questions

9:15 – 9:30

Session 1

9:30 – 11:00

Desensitisation Technique

- Recall times of great emotional anxiety.
- Walk through those times again and again, desensitising to zero.
- Recognise if there was anybody else involved in each of those times.

Tea or Coffee

11:00 – 11:30

Session 2

11:30 – 12:30

Safe Place Technique

- Go to a safe place that suits you, where you can take the opportunity to express emotion not allowed to be expressed in the past.
- Individually call up, to the safe place, other persons involved from the Desensitisation Technique.
- Individually express all emotions that were held back at the time due to the dynamics of the relationship with the other persons.
- Feel the liberation this brings.

Lunch

12:30 – 1:30

Session 3

1:30 – 2:30

Recall Good Feelings, Hold and Enjoy

- Think of several times of achievement or great pride.
- Relive those times, savouring every moment.

- Concentrate on each time, focusing on the emotional feeling inside; the good feeling.
- Learn an exercise which can bring back all those good feelings, combined together, in just a second. This can be done as many times a day as is wanted.
- Understand some of the quantum mechanics of the brain and how this repetition will soon create a habit which will self-demand the good feelings as part of a new character.
- The new character you have just created can be the way you go through the rest of your life.

Tea or coffee
2:30 – 3:00

Session 4
3:00 – 3:45

Look Back and Make It Real

- Project into the future and reach the achievement of a goal.
- Enjoy the feeling of this achievement which you could not have made before the Evolution Process.
- Look back from the future to events which lead to you being able to make this achievement; i.e. the Evolution Process.
- Look back and see yourself carrying out the instructions, after the Evolution Process, and see that they work.
- Look back and see your new character growing and coming to the fore.
- Look back and see how you have evolved and add this to the exercise learned in Session 3.
- Look forward from this point and see yourself using what you have learned here today.
- See how good you feel now.

Close
3:45

All times are approximate; the sessions and discussions in-between will move at the pace of the delegates.

Everybody will have all questions answered



Dr. Mark Sterry-Blunt

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Pr.E.F.T. Cert.S.D.I.R.A.T. Cert.H.C. Dip.C.B.T. Dip.P.L.R.
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Has had an interest in this field and has studied this subject for forty years.

He has been in full time hypnotherapy practice for six years.

What he presents here is the result of what he has observed, during those years.

From time to time, he has created techniques to suit individuals and found that they work well for others in general.

Instead of using them here and there, he has combined them as a process. This is that process; the opportunity and the ability for you to colour in the rest of your life – just as you want it.

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