

LEARN THE LANGUAGE OF SPIRIT

Symbols of Soul will help you to discover and explore your own inner wisdom. You can learn to interpret and understand those messages sent to you by Spirit which show up in your daily life as metaphors, symbols, images and synchronicities. The tools for your transformation include:

- ◆ Mandala art,
- ◆ Transpersonal hypnotherapy & guided imagery meditations,
- ◆ Rituals for major life events including dream interpretation and myth,

With Symbols of Soul you will decipher the world beyond your eyes embracing your own inner guidance.

Call for a complimentary consultation to determine whether these services can enrich and nourish your spiritual journey.

CLIENT COMMENTS

"Kathy did an amazing job in the interview and is the first to get to the heart of my issue. Great voice. Great pace. I would return to her as my therapist and would highly recommend her." Troy S.

"Oh, Wow! Wow!" Frank R.

"Kathy has a very soothing voice and tone to her voice. Very nice, I enjoyed the session very much." Viki K.

"The mandala has served to help center me and remind me of the things I love and hold dear and as 'silly' as it may seemreminds me 'WHO' I am ." Trisha M.

"It was a very powerful experience just to receive the mandala...And the journaling was enlightening." Johann M.

"Just looking at my mandala brought me peace." Amy S.

Symbols of Soul



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Hypnotherapy,
Mandalas, Myth,
Spiritual Guidance

Symbols of Soul

"Only the symbolic life can express the need of the soul," Carl Jung



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TOOLS FOR TRANSFORMATION

MANDALA ART

Mandala is the Sanskrit word for circle, however, a mandala is far more than a simple shape. In various spiritual traditions, mandalas have been used to focus the attention of spiritual seekers; as a spiritual teaching tool; for establishing a sacred space; and as an aid to meditation and trance induction.

The creation of your mandala is a transformative process. You work to uncover the images that resonate within you as positive expressions of life itself. These images, when viewed, will help you enter into a state of appreciation and gratitude.

The process begins by answering a series of questions designed to reveal your own inner symbols. A one-of-a-kind mandala will then be created depicting your images in paint and collage.

After receiving your image, your journey of exploration continues as you meditate, reflect and journal on these images. This process includes questions for inner reflection, a discussion of the meaning of the images throughout time and cultures, and an intuitive mythic interpretation of the mandala. This interpretation is included on a CD-ROM as a guided meditation.

TRANSPERSONAL HYPNOTHERAPY

What is hypnosis? Perhaps the best definition is "a heightened state of focal awareness or absorption." Hypnosis is a natural state, and one we pass into and out of many times a day. It is that state we enter when we daydream, meditate or simply spend some time "lost in thought." Hypnosis is a useful tool for stress relief, relaxation, spiritual guidance, problem solving and for the introduction of new and positive beliefs about life.

Common uses for hypnotherapy include:

- ◆ Relieving anxiety and stress
- ◆ Increasing self-worth and confidence
- ◆ Taping into your spiritual guidance
- ◆ Improving learning and test taking
- ◆ Sleep enhancement and relaxation
- ◆ Eliminating fears and phobias
- ◆ Smoking cessation
- ◆ Weight reduction
- ◆ Pain reduction

Transpersonal hypnotherapy focuses on achieving your highest potential through an integration of mind, body and spirit. In transpersonal hypnotherapy, there is an emphasis on your innate spiritual resources, and the assumption that the guidance of a higher power will prevail within the therapeutic relationship, bringing those insights and experiences that lead to the highest good.



KATHY SHIMPOCK

Kathy Shimpock has 30 years experience as a lawyer, researcher and administrator. The author of two books and over 40 articles, Kathy has had numerous national speaking engagements. She provides workshops to small groups, churches and retreat centers on spiritual topics and the use of various tools to assist in psychological and spiritual growth. She has received a BA in studio art and psychology, and a JD, MBA, and MLL degrees.

Kathy is also an artist, a certified hypnotherapist (with the American Board of Hypnotherapy and the National Association of Transpersonal Hypnotherapists), and a spiritual guidance mentor. Along with her life long pursuit of art, she has a deep interest in transpersonal studies including personal growth, mythology and Jungian psychology. Her artistic pursuits focus on the creation of personal mandalas and myths, and on spiritual art.

Kathy is a founder of the Patchwork Lives Giving Circle (<http://www.patchworklives.org>), a non-profit that provides assistance to women and children living in the Phoenix metropolitan area.