



## Classes

*Registration always required--  
limited space available.*

*Dr. Teresa Harrison, Msc.D., CH · By appointment  
501 Delaware, Suite 9 · Leavenworth, KS · 913-306-1914  
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**Elysian Fields  
Holistic Center**

Reflexology · Hypnotherapy  
Meditation · Classes/Presentations  
Weddings & Other Rites

**Applied Metaphysical Studies**--a six-month course in which students apply the skills as they learn them. Meets once a week, 2 to 3 hour time block. Students learn metaphysical principles, meditation, concentration, dream interpretation, and various exercises in self-discipline leading to higher awareness. Requires a solid commitment to study and practice--consistent attendance is crucial, and no late enrollment after second class. Fee: \$10 per week or \$35 per month

**Dream Interpretation Basics**--introduction to the Universal Language of Mind as the ultimate interpretation tool. Learn that you can interpret not only your dreams with unparalleled accuracy, but you can also use the same symbolism to interpret the Bible and other holy books. Bring a recent dream for interpretation. One class-1 1/2 to 2 hours. Fee: \$25 (Symbols handout included)

**Exploring the "Old" New Age**--this class will offer the opportunity to be introduced to a variety of popular practices and philosophies. Come learn the basics about metaphysics, Therapeutic Touch, crystals, chakras, sound and color therapies, dream interpretation, meditation, Tarot, palm reading, astrology, etc. One class-1 1/2 to 2 hours. Fee: \$25

**Food Therapy**--a look at the relationship between people and their food. Explores the systems of Chinese Food Therapy, Macrobiotics, and various American health fads, diets, and theories. Learn about the misinformation and hidden agendas perpetrated on our food system. Learn the truth about food and what health really means. Even small changes in your life can make a big difference. Healthy refreshments will be served. One class-1 1/2 to 2 hours. Fee: \$25

**Holistic Wellness**--meditation, reflexology, hypnosis, healthy diet, and massage are among the effective techniques that are encouraged more and more by doctors of traditional medicine to enhance healing. Some patients even choose alternative methods as their only course to wellness, with excellent results. Come explore the possibilities in whole health. One class-1 1/2 to 2 hours. Fee: \$25.

**Reflexology**--learn the history and structure of foot reflexology. This class will teach you how to perform the technique, how to treat yourself, and an understanding of its benefits. One class-2 hours. Class requires you to attend with "clean" feet, as we will be practicing the techniques on each other. Fee: \$25 (Foot chart included)

**Meditation**--an overview of meditation's many forms. This is an opportunity to learn the value of meditation, no matter how you choose to practice. We'll also explore breathing techniques and enjoy a guided meditation. One class-1 to 1 1/2 hour(s). Fee: \$20

**Understanding Hypnosis**--learn what hypnosis is and isn't, and learn how you can easily harness the technique of self-hypnosis to improve your life. One class-1 hour. Fee: \$20 (includes stress-relief self-hypnosis script)

#### **Other Events or Sessions:**

**Open Meditation**--The Center will be open in one-hour blocks scheduled at varying times throughout the week. These are simply silent or music/guided meditation sessions to facilitate both the beginning and experienced meditator. Feel free during those times to stop by for some peaceful reflection. No fee is required, but any donation is gratefully accepted.

**Kundalini Healing (with training)**--beginning in March, a group will meet on Sundays to combine healing energies and focus them on individuals requesting healing projection. Additionally, we will focus on healing the earth's environment and turbulent world events. Participation is FREE.

**Counseling**--Dr. Harrison is available by appointment to discuss personal spiritual issues for those in struggle or just interested in non-traditional philosophies. She can also help individual clients explore alternative health and diet possibilities. \$20 per hour. Initial consultation is free.

*Disclaimer: Dr. Teresa Harrison is not a psychologist or a medical doctor and does not prescribe medical treatments. She offers her clients the opportunity to make educated choices through the exploration and potential use of alternative and non-invasive health techniques.*



## **Classes, Presentations, & Open Meditation**

*Explore Your Own Unlimited Potential*

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### **Class & Presentation Topics:**

*Applied Metaphysical Studies*

*Dream Interpretation*

*Exploring the "Old" New Age*

*Food Therapy*

*Holistic Wellness*

*Meditation*

*Reflexology*

*Understanding Hypnosis*

*Open Meditation Sessions*

- Learn how to effectively concentrate, meditate, and know the true power of your mind.
- Imagine a 100% accurate and consistent method of interpreting your dreams.
- Explore the relationship between people and food, and learn how to defend yourself from the toxins of our time.
- Understand the many aspects of your natural ability to heal, including reflexology, healthy diet, sound therapy, and the use of herbs and crystals.

### **About Your Practitioner**

Dr. Teresa Harrison studied at the School of Metaphysics in Kansas City, KS, and then the University of Metaphysics, after which she received her doctorate in metaphysical sciences. Her ultimate goal is to create the Elysian Fields Holistic Center and Retreat, a self-supporting eco-friendly community where all can safely explore spirit and creativity.

Fees vary--some classes as low as \$20.

Meditation times are scheduled in one-hour blocks throughout the week. No fee is required, but donations are gratefully accepted.

Dr. Harrison is also available to give special presentations on holistic subjects to your organization.



## ***Dream Interpretation***

*Universal Language of Mind--  
The Language of Spirit*

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**Why are there so many different books and symbols on the subject of dream interpretation? And ...**

**How can they all be right when they differ in symbolism?**

**How do you know which source has the true and accurate answers?**

Books on dream interpretation fill the shelves of bookstores, and many of them present some very different translations of the mind's picture language. Sadly, most of them are questionable because their explanations of the symbolism are too literal, and only one dream interpretation method can be used to interpret dreams and all holy works--i.e. Bible, Talmud, Qur'an, Bhagavad Gita, etc.--and that is Universal Language of Mind (ULM). In fact, mythology and much of the fiction we create can also be interpreted with this language. This is the result of the collective mind of our spirits accessing what already exists within.

**Dare to imagine interpreting your dreams and any holy book in the world with the same symbolic language. Imagine understanding the Bible as a blueprint for the evolution of the mind.**

Through the picture language of ULM, you can experience an understanding of your life through a symbolism that is always consistent and accurate. This is a language you already possess but have mostly forgotten. You are given a chance to re-connect with it every night in your dreams. Begin paying attention to your dreams, learn to interpret them, and you will relearn your "native" language. It is truly universal because it is presented in pictures, making it the language of the soul or spirit, not the language of a race or nationality.

Accurate interpretation begins with the two rules of dreams:

1. Every dream is about the dreamer.
2. Everyone and everything in the dream is the dreamer.

Join Dr. Teresa Harrison soon for a presentation on Dream Interpretation; a list of many of the most common symbols is included. Private instruction is also available.



## Hypnotherapy

Control Your Mind and Change Your Life

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- Reduce Stress
- Improve Sleep
- Break Unwanted Habits
- Overcome Fears
- Lose Weight
- Stop Smoking
- ... and more

Hypnosis (the state of mind in hypnotherapy) allows you to help yourself use the strength of your own mind to make positive changes in your life. The hypnotist/hypnotherapist is only the guide; **you** control the outcome.

### What is hypnosis/hypnotherapy, and how can it help?

Hypnosis is a deeply relaxing natural state of focused attention in which positive suggestions may be given directly to the subconscious mind, assisting you in making desired positive changes in behaviors affecting personal or professional goals. Everyone is hypnotizable and can benefit. Hypnotherapy is not psychotherapy.

### Can you be made to do something against your will?

Absolutely not. Although the hypnotist guides the hypnotic state, the willingness rests within the client, and the client is always in control. Hypnosis is a natural state we all experience. It often occurs when we become engrossed in TV or a movie, a good book, or a daydream. Anytime you focus on an activity so strongly that time is distorted, you are experiencing a state of hypnosis.

### Hypnosis is officially recognized by:

- American Psychological Association
- American Medical Association
- National Institutes of Health

Dr. Teresa Harrison has her hypnosis certification from the accredited Hypnosis Motivation Institute. Typically, three one-hour sessions over three weeks are recommended for most clients for best results.

**Fees:** \$50 per session or \$130 for all three, if paid in advance (a \$20 discount).



## Questions About Hypnotherapy

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### **What is hypnosis?**

Hypnosis is a very pleasant and deeply relaxing natural state of focused attention in which beneficial suggestions may be given directly to the subconscious part of the mind, enabling desired positive changes. It is used to build new behaviors or help to attain personal or professional goals. Hypnotherapy is not psychotherapy.

### **What is the difference between Hypnotherapy and Psychotherapy?**

Psychotherapy (which Dr. Harrison does not provide) is the diagnosis and conversational treatment of mental illness. Professional hypnotherapy (which Dr. Harrison does provide) is the use of subconscious suggestion to improve general self-control and maintain a positive mental attitude.

### **How can hypnotherapy help me?**

Anyone can benefit from hypnotherapy. By unlocking the potential of the subconscious mind, hypnotherapy can help make any number of positive changes in life. Hypnotherapy can help people stop smoking, lose weight, eliminate poor eating habits, increase motivation, improve performance, and much more.

### **What are post-hypnotic suggestions?**

These are suggestions that address a specific goal. They continue to help after the hypnotherapy session.

### **Can I be made to do something against my will?**

Since the ability to be hypnotized is a subjective experience, nothing could be further from the truth. Although the hypnotherapist guides and develops the hypnotic state, the ability to be hypnotized rests within the client. The client is always aware and in control.

### **Will I lose consciousness or fall asleep?**

One of the major misconceptions is that the hypnotized person will lose conscious awareness. In hypnosis, the client is alert and aware of everything at all times and hears everything the hypnotherapist says. While consciousness is entirely suspended in common sleep, it is definitely present in hypnosis--a great difference.

### **Can I get "stuck" in hypnosis?**

There is absolutely no danger of the client not being "brought out" of hypnosis. Since the client holds the control, there is no difficulty in terminating the hypnotic state.

### **How many sessions will I need?**

New clients are usually scheduled for a program of three sessions (scheduled weekly). The number of sessions may vary depending on the individual client, as it is impossible to predict how each client will respond to hypnotherapy. Some experience improvements after one session; however, results are more pronounced with multiple sessions. Ultimately, of course, the decision is up to the client.

### **Why are three sessions a standard recommendation?**

The first session allows the hypnotherapist to accurately evaluate/assess client needs, and the treatment program is initiated. The second session evaluates feedback and solidly establishes the client's treatment. The third session adds strong reinforcement to the client's program. The three-week, three-session concept uses the reinforcement benefit

associated with research findings that indicate habit changes are established in 21 to 28 days. Remember that hypnotherapy involves commitment--it is up to the client to make the commitment toward successful treatment.

**Are the results guaranteed?**

Human behavior cannot be guaranteed. Client results depend on the willingness and desire to make positive changes in life.

**Can everyone be hypnotized?**

Yes. The only exceptions are people who suffer from certain types of severe clinical mental illness.

**Can I drive afterwards or go back to work?**

Yes.

**How much does hypnotherapy cost?**

Dr. Harrison's fee is \$50 per session. Dr. Harrison's professional fees are set slightly below those of providers in the Kansas City area to reflect demographic differences and market recommendations.

**How can I pay for my sessions?**

Currently, payment may be made by cash, personal check, or money order. Payment is due at the end of the session.

**Will health insurance cover the cost of hypnotherapy?**

Health insurance plans do not usually cover the cost of hypnotherapy. Individuals are therefore responsible for the fees themselves. The money spent on any self-improvement product or service should be considered an investment in health and well-being.

**Should I use hypnotherapy as an alternative to seeing my doctor?**

This is not advised, although choice always lies with the individual. For most people, hypnotherapy is a complimentary therapy which can be used in conjunction with traditional medicine or therapy. If the client has a physical illness and works with a physician, hypnotherapy is often a great addition to treatment. Because Dr. Harrison is not a medical doctor, she cannot, by law, advise the use of hypnotherapy as an alternative to standard medical care.

**Isn't hypnosis an unnatural or forced condition of the mind?**

Hypnosis is a natural state everyone experiences at least twice a day ... when waking up and just before falling asleep. We often also enter natural hypnosis when we get deeply engrossed in a television show, get lost in a good book, daydream, and/or when we participate in meditation or prayer. The subconscious mind can be thought of as a computer program. The conscious mind carries out the program. Hypnotherapy is helpful, because when we are deeply relaxed-- as we are in the hypnotic state-- the subconscious can be reprogrammed to eliminate habits or behaviors which are destructive or unwanted.

**Will I tell secrets while under hypnosis?**

Absolutely not...unless the client chooses to. When in hypnosis, the client is still very aware and mentally alert. If he/she doesn't want to reveal something, it won't be revealed. The client may have amazing truths revealed to the self, but still not reveal this to the hypnotherapist or to anyone else.

**How does it feel to be hypnotized?**

Most people usually feel very relaxed. Clients are capable of talking and answering questions about what is being experienced. The focus is very narrow as the attention is directed toward what is heard or thought, not toward the outside environment. Most people enjoy the experience very much, and some have compared it to having just had a great massage.

**Will I remember everything that happens?**

It is possible to remember everything, but just as dreams are forgotten, some things may slip from conscious memory. The client is instructed to remember everything that is important to remember.



## Reflexology

Healing Foot Massage for Whole Health

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For hundreds of years, foot reflexology has been practiced by eastern cultures and is known as a powerful preventative and healing technique. Today, it has a strong following throughout the world. Reflexology is recognized for providing great benefits in balancing the body's energy. Like massage, it can be a wonderful addition to the treatment of many medical conditions. More and more, medical doctors are encouraging their patients to participate in these beneficial modalities.

### What is Reflexology?

Reflexology is a specialized healing technique based on the understanding that there are reflexes in the feet which correspond to all the organs and systems in the body. Correct pressure on specific reflexes helps to eliminate blockages in the body's meridians, thereby promoting natural function and healing. An effective reflexology session is never supposed to be painful! Your reflexologist will want to know if you feel any discomfort.

### Benefits:

- Relaxation
- Improved circulation
- Breaks up toxins
- Natural balance in all systems
- Stimulates productivity and creativity
- The only modality that spans all body systems

### What a First Session is Like

The client arrives with clean feet and fills out all necessary forms. The client is prepared for the session, given explanation about the procedure and some of the expectations. The actual treatment time is approximately 50 minutes for both feet. Lighting is minimal, and there may be soft background music. The client may remain quiet, or talk, as desired. Following treatment, Dr. Harrison will explain any findings, and the client is advised about foot care and the necessity for extra water consumption to flush the toxins that have been released in the body. Another session is scheduled as advised and desired.

Dr. Harrison advises that, when investigating reflexologists, you should be aware of costly extras and gimmicks as part of reflexology treatments. While such additions may be interesting and even relaxing, nothing more than a properly-performed manual massage is required for equally positive results.

**Fees:** Only \$40 for the full 50-minute session.



## Rites of Passage

Celebrating Life's Special Moments

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The changes we experience within our lifetimes are often joyous and sometimes difficult. But, they are always an inevitable part of the journey. How you choose to acknowledge them has a strong impact on the quality of life. Remembering a lifetime or just a moment in life in a special way can make the difference between joy and sadness. Let's find the joy.

Together, we can plan a truly memorable celebration/ceremony of life's journey:

Funeral/Memorial

Baby Welcome & Naming

Child Blessing

Anniversary

Maiden & Crone Ceremonies

Pet Memorial

House Blessing

... and others as created and suggested.

### About Your Officiant

**Dr. Teresa Harrison** is a member in good standing with the International Metaphysical Ministry. Though not a religion-affiliated minister, she understands the very personal spiritual and non-spiritual diverse views in the human experience. And because she is also an experienced speaker and writer, she is an officiant who can offer you a professional and well-organized ceremony performed with your lifestyle, feelings, and beliefs in priority, honoring your wishes. Dr. Harrison is flexible and enthusiastically open to new and interesting ideas that can make your ceremony truly unique.

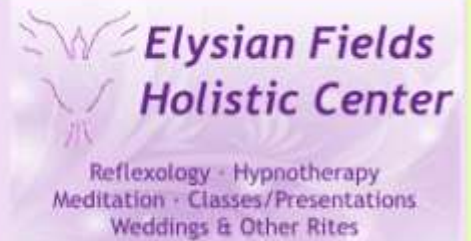
**Fees:** \$150 includes planning, keepsake certificate (if applicable), commemorative copy of the ceremony, and travel of the officiant up to 100 miles round trip (50 cents a mile over 100). \$50 deposit required with the balance due before the ceremony.



## **Weddings**

*Creating the Perfect Ceremony*

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- Do you want a customized wedding ceremony that addresses your beliefs and/or fantasies?
- Are you looking for something unique and thoughtful?
- Is it important to you to have a ceremony with no religious reference?
- Would you like to include your children and family in the ceremony?
- Are you planning your wedding in a non-traditional location?

### ***Custom Weddings:***

***Traditional***

***Contemporary***

***Handfasting***

***Vow Renewal***

***... and others as we can create them together.***

### **About Your Officiant**

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**Fees:** \$250 includes planning consultations, rehearsal, keepsake certificate and commemorative copy of the ceremony, final filing of license, and travel of the officiant up to 100 miles round trip (50 cents a mile over 100). \$50 deposit required with the balance due before the ceremony.