



# BROWN BAG LUNCH SERIES

## TOPIC

**The Path to Peace is an Inside Job:  
Inner Conflict Resolution using Hypnosis**

## SPEAKER

***Susan Bambara, CCHT  
Certified Hypnotherapist***

**WHEN      November 16, 2017  
Third Thursday from 12:00<sup>pm</sup> to 1:00<sup>pm</sup>**

**WHERE      Office of the Prosecuting Attorney  
655 Kilauea Avenue, Hilo, HI 96720**



Want to have a fun experience while learning more about how the process of hypnosis can help you achieve a calmer state of mind? "Learn how creating and keeping peace within you helps resonate peace on earth," says Susan. In this talk, Susan will discuss the benefits of hypnosis, share an instant inner conflict resolution technique, and walk participants through a relaxing mini-trance.

***Susan Bambara, CCHT, holds a B.A. from California State University at Northridge and is a Clinical Consulting Hypnotist/Certified Hypnotherapist. She uses mind harnessing hypnosis techniques to create inner balance and peace. As owner of The Hypno Spa: "A Retreat for the Mind," Susan is dedicated to helping people with ordinary problems use the self-empowering process of hypnosis. She is also a professionally trained mediator at Ku'ikahi.***

**For info, contact Program Coordinator Al-Qawi Majidah:**



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