

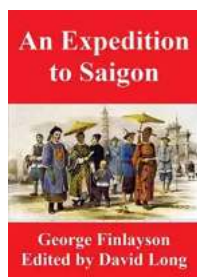
An Expedition to Saigon Wendi Friesen: Unlocking the Secrets of the Mind

Join us on an extraordinary journey as we embark on an expedition to Saigon with renowned hypnotherapist, Wendi Friesen. This adventure will take you deep into the heart of Vietnam, where you will witness the profound power of the mind and discover how to unleash your full potential.

Wendi Friesen is not your typical tour guide. With over 30 years of experience in the field of hypnotherapy, she has helped thousands of people around the world overcome their fears, break free from limitations, and achieve their goals. Now, she invites you to join her in an exclusive expedition that combines the rich culture of Saigon with the transformative power of the mind.

Unleashing the Power Within

As we explore the vibrant streets of Saigon, Wendi will lead us through a series of engaging workshops and immersive experiences designed to unlock the secrets of the mind. Through hypnosis, guided meditation, and neuro-linguistic programming (NLP) techniques, you will learn how to tap into your subconscious mind and unleash your hidden potential.



An Expedition to Saigon by Wendi Friesen (Kindle Edition)

★★★★☆ 4.5 out of 5

Language	: English
File size	: 405 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 19 pages



Imagine walking through the bustling markets of Saigon, feeling a renewed sense of confidence and self-belief. With Wendi's guidance, you will discover how to reprogram your mind for success, overcome self-sabotaging behaviors, and find the courage to pursue your dreams.

Breaking Free from Limitations

During this expedition, you will have the opportunity to witness the power of the mind in action. Wendi will demonstrate how hypnotherapy can be used to help individuals let go of past traumas, release negative thought patterns, and create lasting change in their lives.

Through interactive group sessions and one-on-one consultations with Wendi, you will identify and overcome the limitations that have been holding you back. Whether it's fear of public speaking, anxiety, or a lack of confidence, Wendi will provide you with the tools and techniques to break free from these barriers and step into your full potential.

Exploring Saigon: A Feast for the Senses

While the primary focus of this expedition is unlocking the secrets of the mind, we will also have ample time to explore the wonders of Saigon. From the historic landmarks of the War Remnants Museum and Reunification Palace to the colorful chaos of the Ben Thanh Market, Saigon offers a sensory overload unlike any other.

As we delve into the bustling streets and hidden alleyways of Saigon, you will experience the sights, sounds, and flavors of Vietnam's vibrant culture.

Indulge in the tantalizing street food, witness traditional performances, and immerse yourself in the local way of life.

Embark on a Life-Changing Adventure

Are you ready to embark on an expedition that will change your life? Join Wendi Friesen and a group of like-minded individuals on a transformative journey to Saigon. Explore the enchanting city, unlock the secrets of the mind, and discover your true potential.

This expedition is suitable for anyone who is seeking personal growth, professional development, or simply a unique travel experience. No prior experience with hypnosis or meditation is required – all you need is an open mind and a willingness to explore the uncharted depths of your own consciousness.

Don't miss out on this once-in-a-lifetime opportunity to join Wendi Friesen on an extraordinary expedition to Saigon. Unlock the secrets of the mind, break free from limitations, and embark on a journey of self-discovery.

Book your place today and get ready to embark on a life-changing adventure.



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“An Expedition to Saigon” is an excerpt from the journals of early nineteenth century Scottish traveller and naturalist George Finlayson (1790-1823). Born in Thurso, on Scotland’s north coast, Finlayson worked for the British East India Company in Ceylon (Sri Lanka) and Bengal in British India. From 1821 to 1822 he accompanied a trading mission dispatched by the British Governor of India, Lord Hastings, to Siam (Thailand) and Cochin China (southern Vietnam). The expedition was led by John Crawford (1783-1868).

In this excerpt, Finlayson describes his visit to Saigon, the biggest city in southern Vietnam. The southern parts of what are now Vietnam were originally inhabited by the Khmer (Cambodian) people. The Cham state of Champa was a little further north in south-central Vietnam. Ethnic Vietnamese people lived in what is now northern Vietnam. In the 15th century the Vietnamese conquered Champa, and by the 17th century Vietnamese settlers had begun to replace the Khmer occupants of southern Vietnam. The city of Saigon was originally a Khmer fishing settlement called Prey Nokor or Preah Reach Nokor. After it was occupied by the Vietnamese, it became known as Saigon. In 1975 it was renamed Ho Chi Minh City in honour of the Vietnamese Communist leader.

For most of the 18th century, Vietnam was under the nominal rule of Le Dynasty emperors. But in reality 2 competing feudal families, the Trinh lords in the north and the Nguyens in the south, competed for power. In the late 18th century the Taysons overthrew the Le emperors and defeated both the Trinh and Nguyen lords. But at the start of the 19th century, a

Nguyen prince named Nguyen Anh defeated the Taysons and brought all of Vietnam under his rule. He crowned himself Emperor Gia Long in 1802, founding the Nguyen Dynasty that ruled from the city of Hué,

From the mid to late 19th century, France conquered Vietnam, Cambodia, and Laos. These territories became known as French Indochina.

Europeans divided Vietnam into 3 separate regions- Cochinchina or Cochin China in the south, Annam in the centre, and Tonkin or Tonquin in the north. The French allowed the Nguyen emperors to remain on the throne as nominal monarchs during the colonial era. The last Vietnamese emperor was Bao Dai.

In World War II the Vichy French regime collaborated with the Nazis, and Vietnam was occupied by the Japanese. Towards the end of the war, Vietnamese nationalist and communist Ho Chi Minh set up the Viet Minh movement to push for independence after the war. When the French tried to restore colonial rule, the First Indochina War broke out, pitting France against the Viet Minh. After a defeat at Dien Bien Phu in 1954, the French withdrew from Vietnam.

The Geneva agreement in 1954 partitioned the country between Communist-ruled North Vietnam, and pro-western South Vietnam. The North Vietnamese regime, based in Hanoi was backed by the USSR and China in the Cold War, while the U.S. backed the anti-communist regime of Ngo Dinh Diem in Saigon, South Vietnam. Eventually full-scale war broke out, with Hanoi and the Communist Viet Cong guerrillas trying to reunite Vietnam under Communist rule. Meanwhile the US sent troops to try to block the spread of Communism in the Vietnam War. Eventually the US

withdrew its troops and South Vietnam fell to the Communists in 1975. Saigon was then renamed Ho Chi Minh City by the victorious Communists.



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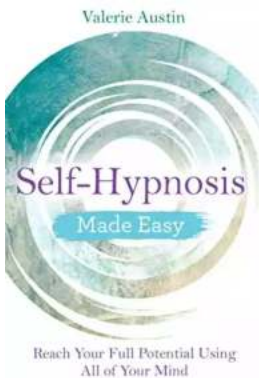
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