Experience Hypnosis And Emotional Freedom Technique

Achieve Your Desired Goals To:

- Improve Sports Performance
- Overcome Sadness
- Eliminate Bad Habits
- Gain Self-Confidence
- Manage Stress & Pain
- Stop Smoking
- Lose Weight

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Hypnosis and EFT Work Together Because:

Hypnosis and EFT combined are a potent system for healing and making desired changes in behavior and personality.

The experience begins with an exploration of the issue. Then we combine breathing exercises with tapping on specific pressure points to eliminate sadness and other painful emotions.

Next, a client is guided into relaxation where the subconscious mind receives positive suggestions, affirmations, and post-hypnotic suggestions to change the unwanted thoughts and behavior.

The newly available information provides direction and support for further healing often accompanied by peaceful and joyous feelings.

Emotional Freedom Technique Is:

A therapeutic approach for releasing excess emotional charges found in the body’s energy lines. This release frees up our process of growth and healing.

It has its roots in ancient insights of Chinese medicine. The basic theory is that the cause of all negative emotions is a disruption and blockage in the body’s energy. By correcting the disturbance on an energy level, we simultaneously correct it on the emotional level.

Approved By The American Medical Association since 1958, Hypnosis Is:

A process which produces relaxation, heightened suggestibility and increased awareness, allowing access to the subconscious mind through imagination.

It also produces the ability to experience thoughts and images through all the six senses as real. It is most often compared to daydreaming. Hypnosis uses the power of the mind to bring about positive changes in the body.

Embrace Your Own Healing Abilities

Valuable Quotations:

Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world.

Albert Einstein

There are no days in life so memorable as those which vibrated to some stroke of the imagination.

Ralph Waldo Emerson

Member National Guild of Hypnotists

The National Guild of Hypnotists was founded in 1951, and is the oldest and largest hypnosis organization in the world.

Professional membership in the NHG signifies that an individual possesses specific qualifications, agrees to abide by a strict code of ethics, and will pursue continuing education for annual recertification.

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Healthcare professionals committed to educating, promoting and supporting the benefits of holistic alternative care for the whole family.