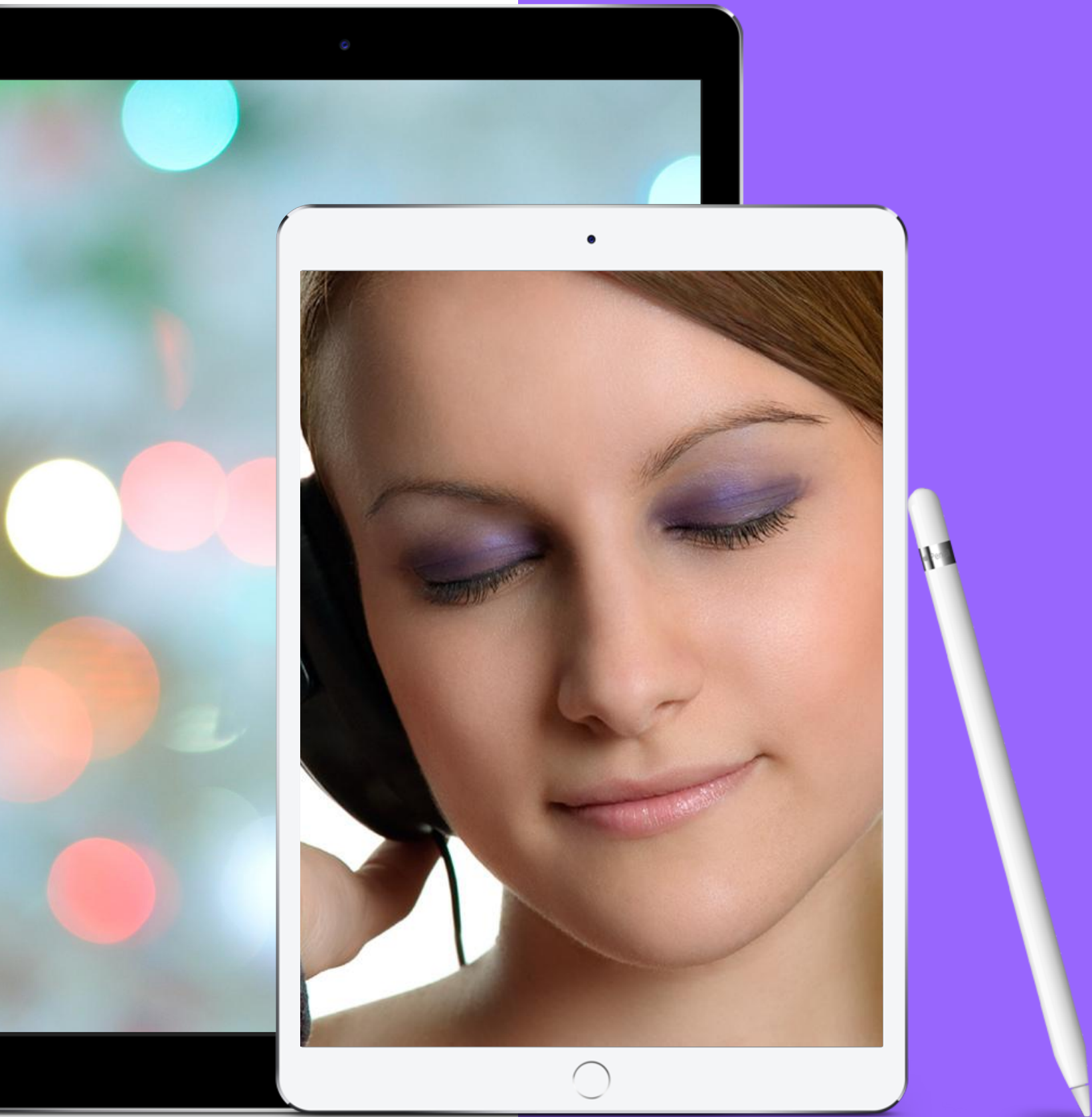


What is Hypnosis?

You are in Control

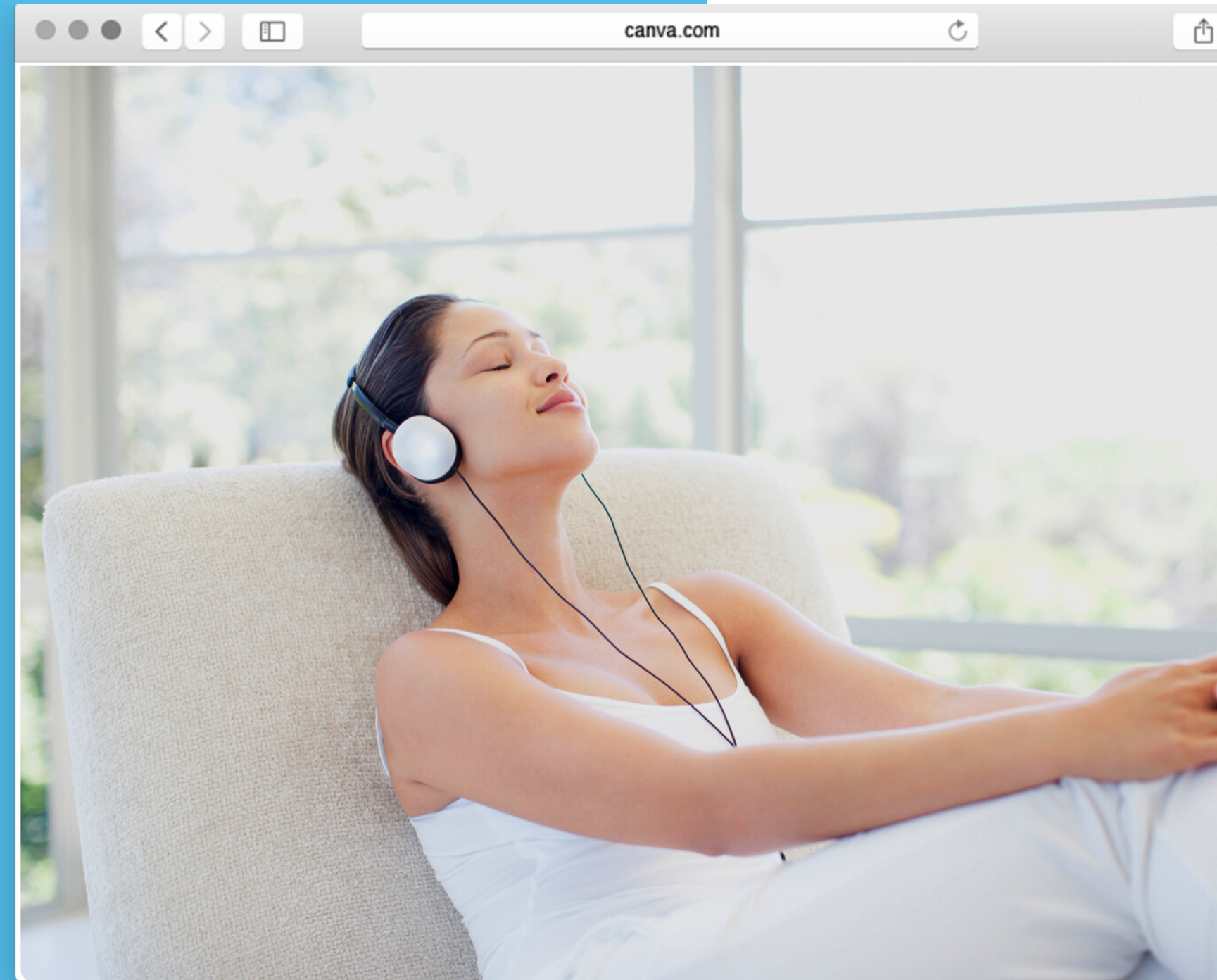


Self-

Hypnosis

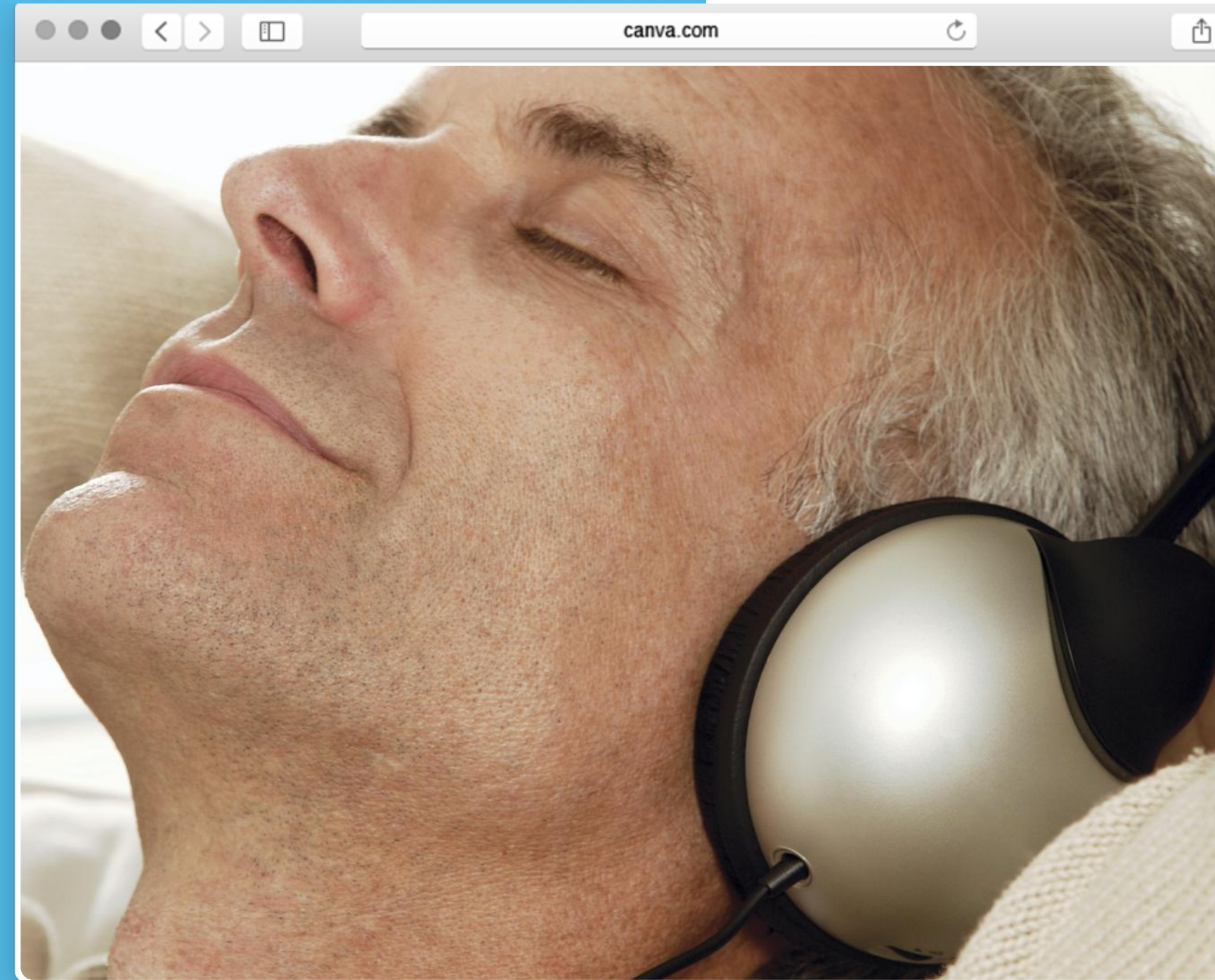
Guided Hypnosis

Sit Back – Relax



Guided Hypnosis

Your conscious mind may drift off but your unconscious mind is paying attention.





Going into a Relaxed
Hypnotic State allows

CHANGES

to occur at the
Subconscious level.



95% of what we
do all day is

Subconscious



With repetition we
learn something.

Then it becomes
automatic.

Runs on Autopilot



Applies to all that
we learn:

walking
talking
biking

HABITS



Habits

Form at the
Subconscious Level

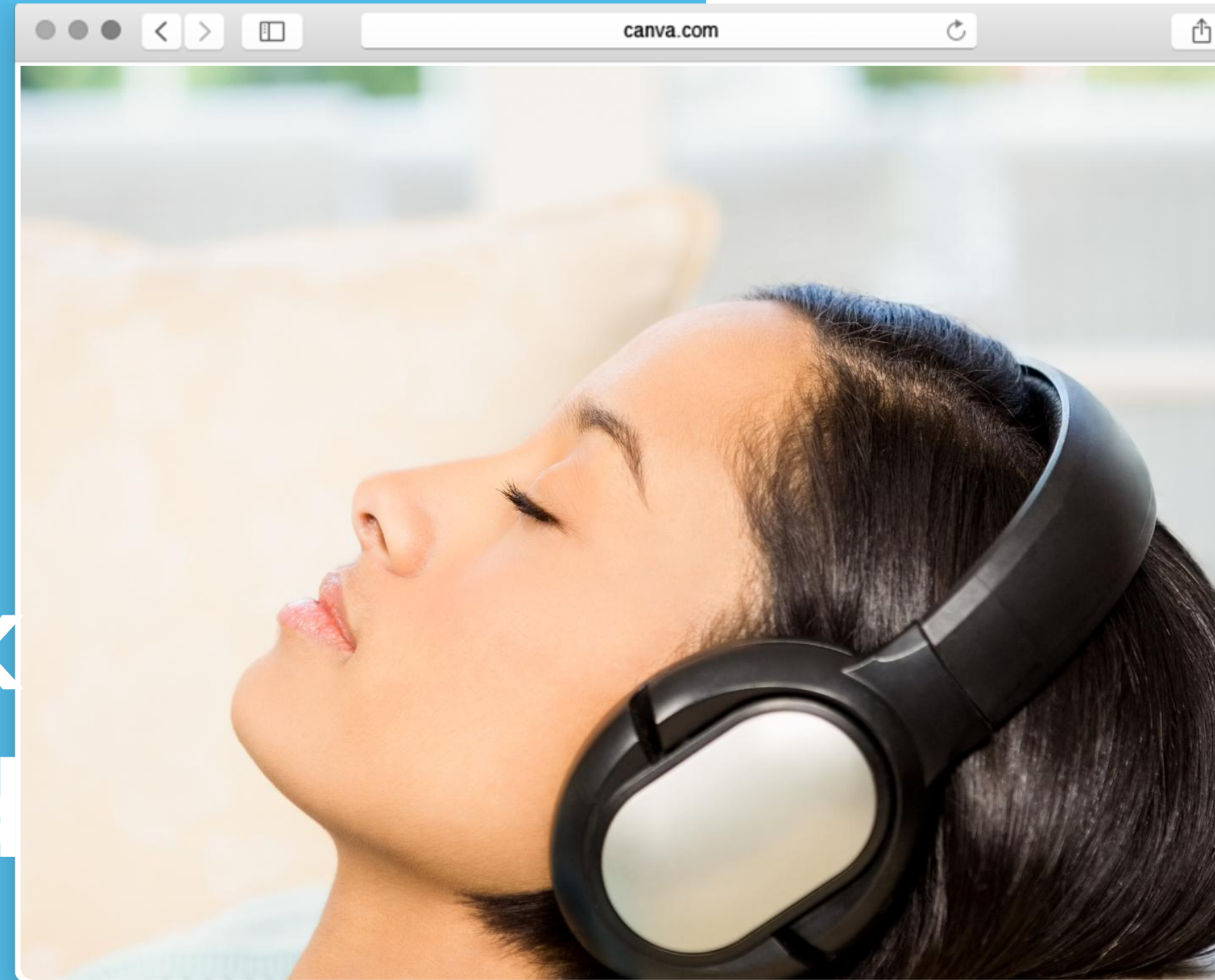


Changing a Habit at the
Subconscious Level

is the best way
to make the shift!

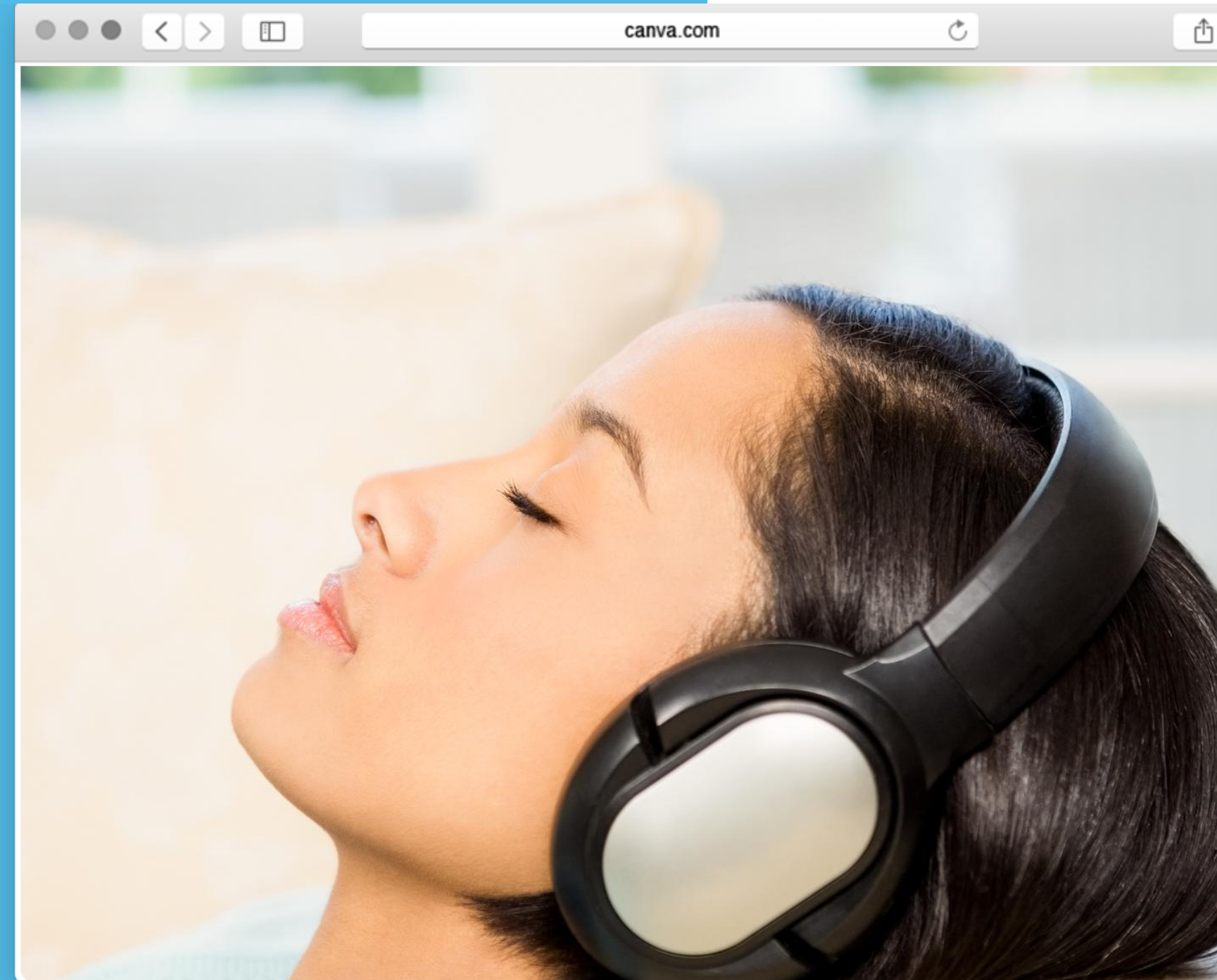
Good News!

You can begin the shift as you sit back to relax with Guided Hypnosis.



Good News!

**Guided Hypnosis
Allow changes to
occur naturally.**





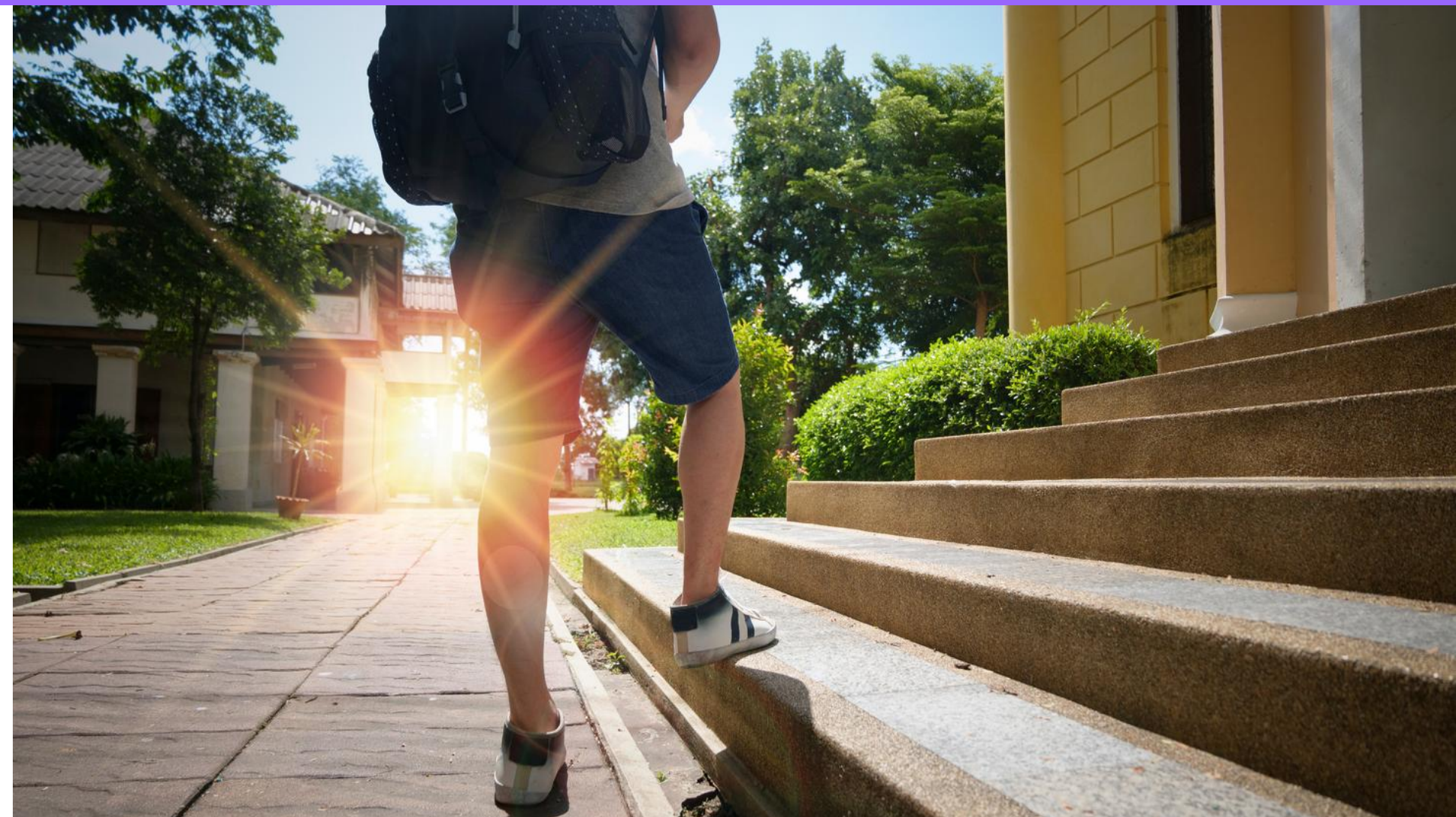
**The changes may be
easier than you believe
...as long as you are
committed to...**



Commitment To
Show Up
Do the Work
Write in Journal
Listen to Sessions
Participate

Congratulations!!

**On Taking
This Step!!**



Meet Your Host

Becky Hays, CH/MNLP

Master NLP Hypnotherapist
Life Coach since 2007

www.open2transformation.com

<http://bit.ly/BeckyHaysCourses>

