

## Find Your Smile Again!

### Your SharpMindWorks™ best when you can

- Be calm under stress.
- Enter a state of relaxation any time you want.
- See things in a more positive light and view your path with more positive intentional outcome.
- Become focused around what it is you want in your life.
- Have tools to use to get back on track when things get out of hand.
- Release the past from having impact on the present and future decisions in your life.
- Achieve greater health and well being.
- Improve relationships in your workplace, your family, your circle of friends.

As your Coach, I support you in fulfilling your potential by focusing on your priorities, offering encouragement and wisdom in times of doubt, and by holding you accountable to what you say you want. Together, we clarify values, goals, objectives and actions along with self-sabotaging patterns and obstacles holding you back. Coaching is future focused, emphasizing resourcefulness and positive intentional outcome.

Cutting edge techniques include the use of Hypnosis, Holographic Memory Resolution®, Neuro-Linguistic Programming (NLP), and Bioresonance in unique and progressive ways to accomplish remarkable results. Bioresonance techniques include the use of SharpMindWorks™ Resonating Audios and Energetic Balancing which involves the use of advanced devices based on Quantum Physics principles and Light and Sound Technology.

Certified Clinical Hypnotherapist  
Master Neuro-Linguistic Coach®



Consultant Coach

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How Well Does Hypnosis Work? <u>A Comparison Study:</u>	
Psychoanalysis	38% recovery after 600 sessions
Behavior Therapy	72% recovery after 22 sessions
Hypnotherapy	93% recovery after 6 sessions

-American Health Magazine



SharpMindWorks™

## Hypnosis

All hypnosis is "Self Hypnosis". You are always in control. Ever missed your exit while talking or tuned to your favorite song? Ever been mesmerized by a fantastic movie? Hypnosis is focused attention on something at the expense of something else. You choose daily what you allow your attention to be focused on. When I am hired to coach and hypnotize

*Together, we work to allow your attention to be focused on specific areas of self improvement, learning, motivation, relaxation and greater well being.*

you, together we work to allow your attention to be focused on specific areas of self improvement, learning, motivation, relaxation and greater well being.

I am trained to assist you in overcoming issues and barriers; an expert in creating individualized sessions. While under guided hypnosis, brainwave cycles slow down. This allows negative thoughts and patterns of behavior to be replaced with positive solutions. Visualizations, suggestions and affirmations are more easily absorbed at this time, making hypnosis an ideal means to create meaningful change in your life. Bioresonance techniques may be used to amplify or reinforce these benefits.

## Holographic Memory Resolution®

Holographic Memory Resolution® is rare and advanced, using Hologram and Quantum Physics concepts to release traumatic memories. Sessions held in a therapeutic environment employ hands to simulate a Hologram about your body. You simply respond to questions from your practitioner. Holographic Memory Resolution® is different from traditional therapies where talking about experiences is primary. With HMR® you release and heal without fully reliving the memory. Disclosing the actual memory is optional.

## Neuro-Linguistic Programming

Neuro-Linguistic Programming (NLP) is the study of how you think and experience your world. I use these

techniques to quickly and effectively help you change thoughts, behaviors and beliefs that limit you. Many of them are tools you can use to get back on track when things get out of hand. I help you learn them and apply them to your life.

## Bioresonance

When someone resonates with you, you may feel that

there is a state of mutual understanding or agreement; rapport. To say there is resonance between things is to indicate that two vibrations have synchronized, such as clocks when placed together. We are surrounded and composed of countless waveforms and vibrations of energy. When we identify patterns which create for us greater well being, creating resonance with them is desirable. This forms the basis of Attraction!

## SharpMindWorks™ Resonating Audios

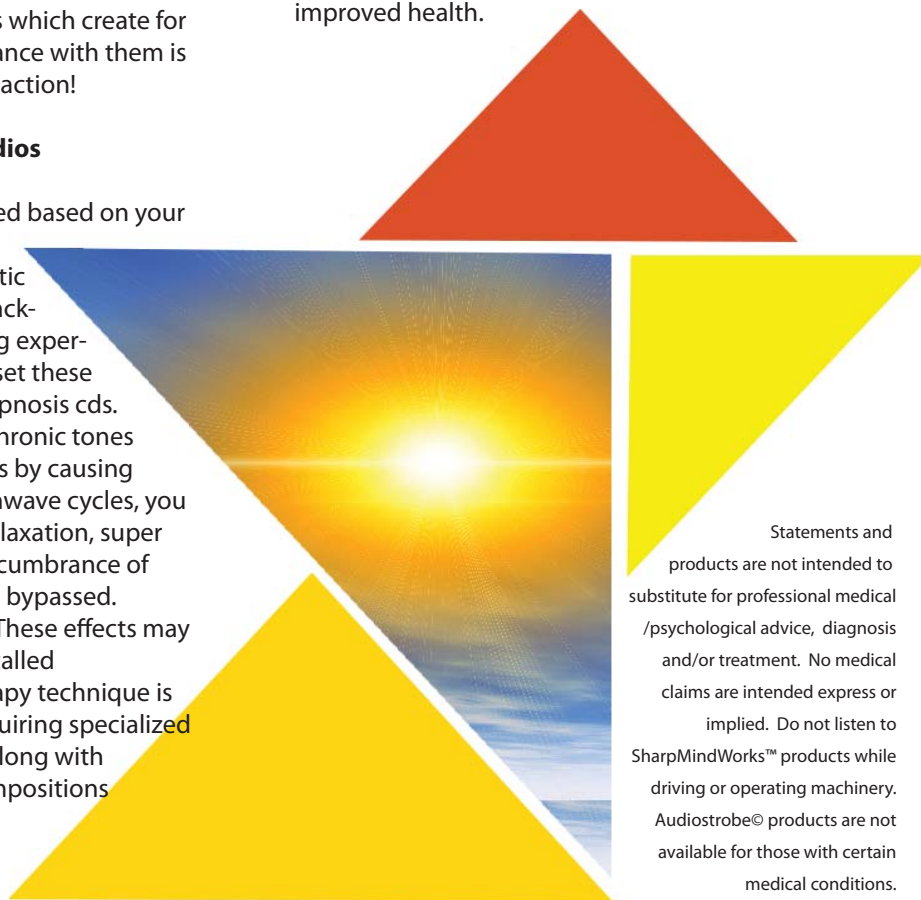
Sophisticated, custom audios arranged based on your specific and individual needs include affirmations, meditations, and hypnotic suggestions. Ambient and natural background sounds enhance your relaxing experience. Technological advancements set these apart from ordinary meditation or hypnosis cds. State of the art binaural beats or isochronic tones contribute to your deepening process by causing brainwave resonance. At lower brainwave cycles, you may enjoy greater benefits such as relaxation, super learning, and breakthroughs. The encumbrance of critical or sabotaging self talk is often bypassed. Headphones may not be necessary. These effects may be further enhanced by technology called Audiostrobe©. This customized therapy technique is an advanced light strobe process requiring specialized LED glasses and a decoding device, along with headphones. Some prearranged compositions are available for individual sale.

## Energetic Balancing

Quantum Physics principles are used in the advanced EPFX/SCIO device to bring your subtle energy disturbances into balance. It resonates with frequencies emitted from thousands of your tissues, organs, nutrients, toxins and allergens for 1/100th of a second each. Dysfunctions and vulnerabilities associated with subtle energy frequencies and disturbances are identified. Frequencies may be sent to redress or neutralize destructive wave patterns. Your body, mind, emotions and spiritual self achieve greater wellbeing. SharpMindWorks™ Resonating Audios, Hypnosis, Reiki and NLP may be used during sessions.

## Reiki

Reiki is 'spiritually guided life force energy'. Reiki energy promotes relaxation, stress reduction and healing. It affects body, mind, emotions, and spirit. Common experiences include peace, security and improved health.



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