

HOW CAN HYPNOSIS HELP ME ?

People frequently ask what kind of things hypnosis can be used for, and they are often surprised by the vast array of possibilities. Usually the first thing I like to tell them is that hypnosis is helpful for anything where your mind is influencing the situation. And the human mind is really quite powerful – what you are consciously aware of is just the tip of the iceberg. Hypnosis has proven effective for people who want help with:

- ❖ Weight Loss
- ❖ Healthy Eating
- ❖ Smoking Cessation
- ❖ Stress Reduction
- ❖ Relief from Insomnia
- ❖ Pain Management
- ❖ Natural Childbirth
- ❖ Overcoming Fears & Phobias
- ❖ Self Esteem & Confidence
- ❖ Focus & Concentration
- ❖ Study Skills & Test Anxiety
- ❖ Sports Performance
- ❖ Spiritual Development
- ❖ And much, much more...

If you keep finding yourself doing what you know doesn't work, although maybe you *logically* know what you should be doing to have what you want, then hypnosis can help you!

**Try Hypnosis...
For a Change!**

CALL NOW: (508) 246-2721

CHANGE YOUR MIND TO CHANGE YOUR LIFE!!!

Weight Loss, Smoking Cessation,
Overcoming Insomnia, Stress Relief,
Pain Management, Fears & Phobias,
and so much more!



New Horizons in Hypnosis

Linda E. Donalds, BCH CI
492 Holman Street
Lunenburg, MA 01462
(508) 246-2721

linda@newhorizonsinhypnosis.com

HAVE YOU TRIED HYPNOSIS YET?



A Holistic Approach
for the Body, Mind & Spirit.

Linda E. Donalds, BCH CI

Board Certified Hypnotist
NGH Certified Instructor
Reiki II Practitioner

Member of the
National Guild of Hypnotists
since 1998

Lunenburg & Westford, Massachusetts

(508) 246-2721

linda@newhorizonsinhypnosis.com

WHAT IS HYPNOSIS ?

Hypnosis is a mind-body therapy that offers a holistic approach to reaching your desired goals. Many clinical studies have proven the effectiveness of hypnosis, and it is now being used more frequently as a complementary modality alongside traditional medicine.

Everyone has the ability to be hypnotized.

What we call “hypnosis” is in fact something you already do naturally several times a day – without even realizing it! It is very similar to daydreaming or the “auto-pilot” mode you go into when driving a car, becoming so focused on inner thoughts that your awareness of your surroundings fades away. Have you ever had the experience of hitting the snooze alarm and then continuing to lie in bed with your eyes closed, aware of yourself and the room, but not quite able to fully wake up? This is another example of the hypnotic state.

As a hypnotist, I am skilled in helping individuals access this altered state at will, and in using specialized techniques to change negative thoughts and behavioral patterns into ones that are positive and result in more desired behavior.



“A man is but a product of his thoughts;
what he thinks, that he becomes.”

–Mahatma Gandhi

FACTS ABOUT HYPNOSIS

Hypnosis is not sleep. It may look like sleep to the observer, but in fact a hypnotized person is simply completely relaxed. Although some individuals do become so deeply relaxed when in hypnosis that they may think they fell asleep, most people experience a heightened state of mental alertness, and tend to recall everything that occurred during their session.

Some characteristics of hypnosis include:

- ✦ Muscle Relaxation
- ✦ Deep, Easy Breathing
- ✦ Effortless Focus & Concentration
- ✦ Feelings of Mental Well-Being
- ✦ Increased Physical Comfort
- ✦ Sense of Being Outside of Time
- ✦ Heightened Sense of Imagination
- ✦ More Easily Able to Recall Past Events
- ✦ Increased Ability to Accept New Ideas

When a person enters hypnosis, there is a change in their brain wave activity, similar to that time just before sleep when the alpha state is entered. During the alpha state, the mind is very open to imagery and creating a rich sensory experience. Since you are many times more suggestible even while in the light state of alpha, it is not necessary to go deep into hypnosis for change to be possible.

HOW TO LEARN MORE...

For more information about hypnosis, including private sessions and upcoming workshop offerings, please be sure to visit my website:

www.newhorizonsinhypnosis.com

About Linda E. Donalds, BCH CI

For many years, I have enjoyed working with people using hypnosis techniques to help them dissolve inner barriers that have stood in the way of them reaching their desired goals.



Back in January 1998, I became a Certified Hypnotist through the National Guild of Hypnotists (NGH), after completing their “Certification in Hypnotism” course. The National Guild of Hypnotists was founded in 1951, and is the oldest & largest hypnotism organization in the world. Its certification is the most widely recognized credential for the professional practice of the hypnotic arts.



Over the years, I have also completed many additional advanced training programs in the field of hypnotism, including certification in Complementary Medical Hypnotism, Diabetes Motivational Coaching, Bariatric Surgery Support Hypnotism, Pain Management Hypnotism, and as a HypnoBirthing® Practitioner. Additionally, I am an NGH Certified Instructor, offering the Guild’s “Certification in Hypnotism” training to others wishing to be professional hypnotists themselves.

Services Available

- Private Sessions
- Workshops & Training Programs
- Gift Certificates
- Payment Options: Cash, Checks, Visa and MasterCard (thru PayPal) are accepted.

To Schedule Your Appointment

Office hours are by appointment only.
Sessions available in both Lunenburg & Westford.

CALL NOW: (508) 246-2721