



Hello All!! ☺

In addition to my certifications of Energy Mastery Life Coach, Reiki Master Teacher & ThetaHealing Practitioner I am enrolled in a 6 month Hypnotherapy Mastery Certification Program. I am looking for people for my case studies which are required for my certification!! ☺

If you were ever curious or interested in what hypnosis is all about, NOW IS YOUR CHANCE!!

The **Sessions Can Be Simple As** just wanting to experience it or it can go more in depth with what you want to address such as:

- Habits You Want to Stop
- Stress/Relaxation
- Performance Improvement
- Spiritual/Personal growth

I have learned the most common concern or fear people have about hypnotherapy is that they will lose control during hypnosis. This is NOT TRUE!! Regardless of how deeply a person goes into hypnosis they will stay in full control. Not anyone or anything can control you, even hypnosis!! You will remain in full control during each & every session!!

I have also learned that approximately **10 percent** of our brain activity is where our conscious awareness comes from and approximately **90 percent** comes from our sub-conscious mind.

The science community has shown that most of our decisions, actions, emotions and behaviors depend on the **90 percent** of our sub-conscious mind. Which means approximately **90 percent** of your life comes from the programming inside your subconscious mind.

From my personal research where there is a high rate of success, I have decided to specialize with the phobias "Agoraphobia", "Claustrophobia" & anyone who is suffering from "Un-Diagnosable Pain". This is for anyone who has been suffering with pain where doctors can't seem to diagnose as to the reason why for their pain.

These sessions can be done locally here in my home office or over the phone. If you're interested you can message me or call me at (518) 928-1260. Please give me your full name, best number to reach you at and best time to call you back. Look Forward To Hearing From You!! Laura Martino