



HYPNOTHERAPY, NLP AND THETA HEALING WITH ANTHONY AUGUSTINE



Are you ready to let go of your limitations? Or life is a frame of mind?

We are all products of our environment; our personality is formed from our experiences. The area you were brought up in, your friends, your parents, all influence your personality, making you who you are today.

Not all of these experiences are healthy and some can leave a negative influence on our character, deep within the subconscious mind. Do you have negative reactions, grief, depression, anxiety or even a phobia or fears? Are you ready to let go of negative past experiences? Are you ready to stop allowing your past influence your current happiness and future wellbeing?

Subconscious techniques can be therapeutic and help work through problems. Though the focus is often to learn strategies for peak performance to move to the next level, including with...

- Increasing confidence
- Self esteem
- Stress management
- Loss or gain weight
- Child birth "pain" control
- Past-life regression
- Speed up physical healing
- Stopping smoking

Hypnotherapy; is a kind of psychotherapy. Hypnotherapy aims to re-program patterns of behaviour within the mind, enabling irrational fears, phobias, negative thoughts and suppressed emotions to be overcome. Work with subconscious mind is a deeper-seated, more instinctive force than the conscious mind, this is the part which has to change for the patient's behaviour and physical state to alter.

NLP; neuro linguistic programming; uses waking hypnotic states to learn subconscious tools to apply in various areas of life. Conversational techniques allow an insightful discussion to be a valuable transformative experience.

Theta Healing; is an intuitive healing technique developed by Vianna Stibal . This technique allows to access through deep meditative state of the theta brain wave making it easier to receive intuitive information, works with and through the energy of unconditional love to assist transforming and changing the emotions, beliefs and energies that are contributing to their current imbalance. Theta healing can be used for creating physical, emotional, spiritual, or mental healing.

About Anthony

Over 7 years Anthony has studied many therapies increasing his understanding of the mind, helping his clients let go of anything that NO longer serves them a useful purpose. Anthony is qualified in Advance Hypnotherapy, Neuro-linguistic programming and Theta healing.

For more information, please contact H&W Reception to book a free chat with Anthony
(also available in the Italian language)