



Hypnotherapy & NLP - Subconscious Techniques **with Mark W. Beale C.Ht**



Habitual actions, thoughts or emotions can work on automatic pilot and keep us in the past. We may even know the answer, consciously, but find that's not enough to make *permanent* change. Triggers can create critical moments of weakness, or let our inner wisdom make a breakthrough.

Your powerful subconscious becomes the key. We can learn it's language, so it works for you.

We can move away from subtle blocks, inner conflicts and heavy emotions, from the past. Then move towards more freedom, lightness and authentically good feelings, in the moment.

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...

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| * Sleep issues | * Relationship issues | * Stress; work & family | * Emotional detox |
| * Self development | * Major life decisions | * Public speaking | * Past Life Regression |
| * Weight loss | * Food cravings | * Motivation; exercise | * Emotional binge eating |
| * Stopping smoking | * Alcohol reduction | * Fears & anxiety | * Anger & forgiveness |

Mark has a private practice in Bangkok, is a trainer of hypnotherapists and uses NLP in corporate training & executive coaching. Mark first practised hypnosis at 10 years of age. He deepened his study through meditation, and sees meditative and hypnotic states as highly related. He has practiced in India and Thailand for the last six years with a holistic style.

Hypnotherapy; uses *deep focused relaxation*, like being half asleep remembering dreams. You retain an awareness so you can answer questions, make choices and observe insights.

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.

Hypnosis audio programs; included to support new habits & remind you of the practical tools.

Recommended Program; one session of Hypnotherapy and then one session of NLP.