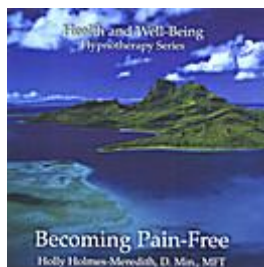


Mp3 Holly Holmes-meredith, D.min, Mft - Becoming Pain-free



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Related styles: SPOKEN WORD: Educational, SPOKEN WORD: Instructional Details: The processes on these 2 CDs combine pain management education, hypnosis processes and Emotional Freedom Technique (EFT) to help you learn to control physical pain and to transform negative emotions that contribute to the pain cycle. You will learn to align with the wisdom and power of your subconscious mind using positive suggestions and imagery to alleviate physical pain and emotional suffering. With practice, you can expect to feel more comfort and well-being. The self-hypnosis processes on these CDs are not a substitution for medical treatment and are intended to be used along with medical care. For over twenty years, Holly has been training and mentoring hypnotherapists at HCH Institute, a California state approved school, which is one of the oldest hypnosis schools in the US. Working with the transpersonal model of hypnosis, she empowers her clients to access their higher Self as an inner resource for healing and transformation. At HCH, Holly trains and certifies hypnotherapists, energy therapists and offers an on site and distance learning program in Parapsychological Studies and Intuitive Development. In her private practice she combines psychotherapy, hypnotherapy, sandplay therapy, and Emotional Freedom Technique with Reiki and EMDR. Read her FREE doctoral dissertation and ebook, Spiritual Hypnotherapy and listen to samples of her hypnosis CDs on her web site. Holly is available for on line video sessions.

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