

Hypnosis and NLP-Guided Meditation

By Psychic Medium MarVeena Meek

Achieving our *true potential* is possible when we can tap into the creativity of our mind. Hypnosis, self-hypnosis and NLP (neuro-linguistic programming) are safe and powerful methods of *manifesting positive change* in your life.

Through hypnosis you can *change your life* in whatever manner you choose, not only because of your conscious desire, but because the unconscious or subconscious will have the same desire for positive change. Whatever you do in life can be enhanced by hypnosis.

Hypnosis and NLP are excellent behavior modification tools. Using hypnosis you can stop smoking, lose weight, enhance your creativity, enhance productivity, overcome fears and phobias, stress relief, pain management and much more.

My name is Sue Jones. I took the group weight release a few times and began to lose weight immediately. I lost 20 pounds in one month! Being 60, it is very difficult to lose weight. This really helped on a lot of different levels.

Children over 6 benefit as well, and are very good hypnotic candidates. *I have used self-hypnosis with young children to help them study for tests* in a more constructive way and be able to take the test without anxiety.

I also used hypnosis and NLP techniques to help coach my stepson to a Silver Medal win at the Texas Junior Tae Kwon Do Championship against 22 other boys his age. He was able to stay calm and focused by using self-hypnotic suggestions. For an 8 year old, that is amazing!

Children are impressionable and have great imaginations, which can be used to their benefit to help areas like these: *Sleeping, Better Study Habits, Increased Confidence, Test Performance, Increased Self-Esteem, Better Eating Habits*.

"When I first went to see MarVeena over a year ago, I was depressed about life, drinking and smoking way too much, and going nowhere in life. After just a few sessions of hypnosis, soul clearing, and her teaching me meditation I have been able to get my life back on track again. I no longer drink, and I haven't had a cigarette for over 8 months now. I'm in a much better intimate relationship than before, and I actually enrolled back into school and finished my first semester recently. Without MarVeena's help I wouldn't have ever gotten out of the rut I was in. Thank you MarVeena." - Heath

Hypnosis is an altered state of consciousness, which lies between awake and asleep. It is generally brought about in an individual by the use of a combination of concentration, relaxation, suggestion, expectation, and intention.

Hypnosis is a Greek word that translates to mean "Sacred Sleep". The people of Greece thought this sacred sleep was an opportunity to tap into the power of the mind and bring forth some of our *genius* or to modify behavior that was considered destructive.

Using Post-Hypnotic Suggestion it is possible to implant ideas in the subconscious for the purpose of behavior modification such as *over-eating* or *smoking*. So, when the client comes back into the waking state, they have triggers set that will help them automatically alter their behavior.

Areas helped with Hypnosis and NLP

- 📌 Creating Abundance with Proper Mindset
- 📌 Access Guides and Higher Self
- 📌 Having a Relaxed Childbirth/Pain-Free
- 📌 Depression
- 📌 Stop Smoking/Stop Chewing
- 📌 Fears/Phobias
- 📌 Pain Management
- 📌 Past Lives
- 📌 Enhanced Psychic Abilities
- 📌 Relaxation/Stress Release
- 📌 Self-Healing
- 📌 DNA Activation
- 📌 Self-Image/Confidence
- 📌 Soul Purpose
- 📌 Spirit Releasement
- 📌 Study Habits and more!

Pain Management/Self-Healing Research

Hypnosis has also been used for *pain control*. In 1821, a French physician, Recamier, used hypnosis to control pain during surgery. In 1829, Cloquet amputated a breast before the French Academy of Medicine using hypnosis. It was a success, convincing doctors of the power of the mind.

Hypnosis is a powerful technique for natural childbirth and chronic pain control. I use self-hypnosis when I go to the dentist, along with Novocain! Just getting the pain killer was a part of my drama with dentists.

Now I use a very simple technique that anyone who can focus and visualize can learn. It helps me to keep my focus on a different area of the mind while the uncomfortable procedures are taking place, and before you know it they are done. *I do this with Self-Hypnosis!*

In the 1800's, other breakthroughs occurred. So far, the application of hypnotherapy was to remove the symptom. By accident, they discovered that while under hypnotic trance a young man was encouraged to talk about his illness. He displayed a profound emotional reaction, which was followed by the *disappearance of many of his symptoms.*

Now the emphasis is not on the removal of symptoms, but the elimination of their apparent causes.

I have been interested in Hypnosis, Trance and NLP for 14 years. I was an assistant for a stage Hypnotist. Being on stage with him night after night, I could see that something was really happening. They weren't just making up the trance state. They were really under and very impressionable. Seeing him work, I started to see the power of the mind and became enthralled with hypnosis and trance. I started studying in 1995. There is so much opportunity when we harness the power of our own minds for *vibrant health, creative and happy lives.*

If you are ready for *Personal Refinement and Transformation* in any area of your life, book your session now! Go to www.marveena.com to schedule an appointment.