

## Help Is Given

Using a combination of Cognitive Hypnotherapy & Neuro-Linguistic Programming, EFT and spiritual insight I work with wide variety of issues.

Release is made at a deep level of the subconscious mind and the super-conscious mind, the soul level. This allows for change to be permanent.

### How useful would it be for you to:

- Stop Smoking ?
- Control your Weight ?
- Clear Trauma ?
- Be Free From A Phobia ?
- Clear IBS ?
- Control Pain ?
- Change Habits ?
- Gain Greater Confidence ?
- Learn Self Hypnosis ?
- Experience Past Life Regression ?

## Creating Peace Of Mind

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### Lindsay Morris

*DipCHYP, PracNLP, PracEFT,  
MNCH*

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Lindsay will act as a guide to help release any negative attachments to your past, future and present enabling you to achieve a sense of emotional freedom.

This allows for life's goals to be reached with greater ease and understanding.

His aim is to help you with kindness, devotion, compassion and a non judgmental attitude.

Lindsay is a fully qualified, insured therapist and is a member of the National Council For Hypnotherapy, which promotes the highest standards of training and professional ethics throughout its members.

He is also a member of the National Federation Of Spiritual Healers.

## Cognitive Hypnotherapy NLP, EFT & Healing

## Creating Peace Of Mind

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## Cognitive Hypnotherapy

It is thought that we only use a fraction of our brain. Yet it is through the greater use of our subconscious mind that we are able to tap into a part of ourselves that awakens us to greater self healing and self empowerment.

The subconscious mind has many facets to it. It sub serves the part of the brain that regulates all automatic functioning of the body, the beating of the heart the healing of bones and clotting of blood.

It is also much like the hardware of a computer that is programmed by beliefs, ideas and values through which we build our perceptions of life. Many problems can be attributed to faulty programming at a young age that conflicts with our adult awareness. Cognitive hypnotherapy allows for rigid thoughts, feelings and beliefs of old to be restructured in the mind which allows for greater understanding of present issues. This gives release to any emotional charge that may be held in the mind and body.

By accessing the subconscious mind we are also able to assist with the healing of the body through hypnotic suggestion.

All sessions are tailored to the individual

## EFT

Emotional freedom technique is often described as psychological acupuncture. The meridian points on the body are stimulated while tuning into the particular issue. Many astounding healings have occurred through the use of EFT. In Kosovo EFT is the foremost used therapy for trauma victims.

## HEALING

Each cell in our body consists of energy which vibrates at a frequency. When the vibration drops in the cell we experience disease. At this level an energy block is created and over time a physical illness manifests in the body.

Healing is the transference of light energy from healer to client. This energy is all around us and constant. When channeled to the person in need their vibration in their cells is enhanced and healing takes place.

## NLP

Neuro-Linguistic Programming gives us techniques and tools to understand and structure behavior. It allows us to identify negative patterns of thoughts, beliefs and feelings and change them.

## Hypnosis Defined

Hypnosis is an extraordinary quality of mental, physical and emotional relaxation much like meditation.

During hypnosis our consciousness, an altered state, awareness is expanded. This allows for the subconscious and super-conscious (soul mind) to be operative. It is a natural state that is experienced commonly throughout the day. When engrossed in an activity, focus allows for the conscious mind, our analytical reasoning part of us, to be bypassed and a effortless flow state is achieved through the subconscious and super-conscious mind. Fluent typing, driving without awareness of a journey and any other activity where a point is reached when the activity becomes effortless are all states of expanded awareness, hypnosis.

Consciousness never disappears in hypnosis. The conscious mind relaxes, agreeable relinquishes control and stands aside as an onlooker and can intervene whenever necessary.

You are therefore always in control.