



Pauline M. Derby
*Certified Hypnotist,
EFT-CC
Usui Reiki Master*

*Serving the Seacoast
Of NH, MA & ME*

*imagine@tomesmerize.com
www.tomesmerize.com*

603-339-1482

IMAGE HEALING HYPNOSIS
25 Chapel Road
North Hampton, NH 03862

www.tomesmerize.com

Image Healing Hypnosis

**Experience Hypnosis
And
Emotional Freedom
Technique**

*Achieve Your Desired
Goals To:*

- Lose Weight
- Stop Smoking
- Manage Stress & Pain
- Gain Self-Confidence
- Eliminate Bad Habits
- Overcome Sadness
- Improve Sports Performance

Image Healing Hypnosis

*Approved By The American
Medical Association since
1958, Hypnosis Is:*

A process which produces relaxation, heightened suggestibility and increased awareness, allowing access to the subconscious mind through imagination.

It also produces the ability to experience thoughts and images through all the six senses as real. It is most often compared to daydreaming. Hypnosis uses the power of the mind to bring about positive changes in the body.

*Emotional Freedom
Technique Is:*

A therapeutic approach for releasing excess emotional charges found in the body's energy lines. This release frees up our process of growth and healing.

It has its roots in ancient insights of Chinese medicine. The basic theory is that the cause of all negative emotions is a disruption and blockage in the body's energy. By correcting the disturbance on an energy level, we simultaneously correct it on the emotional level.

www.tomesmerize.com

Embrace Your Own Healing Abilities

*Hypnosis And EFT Work
Together Because:*

Hypnosis and EFT combined are a potent system for healing and making desired changes in behavior and personality.

The experience begins with an exploration of the issue. Then we combine breathing exercises with tapping on specific pressure points eliminate sadness and other painful emotions.

Next a client is guided into relaxation where the subconscious mind receives positive suggestions, affirmations and post-hypnotic suggestions to change the unwanted thoughts and behavior.

The newly available information provides direction and support for further healing often accompanied by peaceful and joyous feelings.

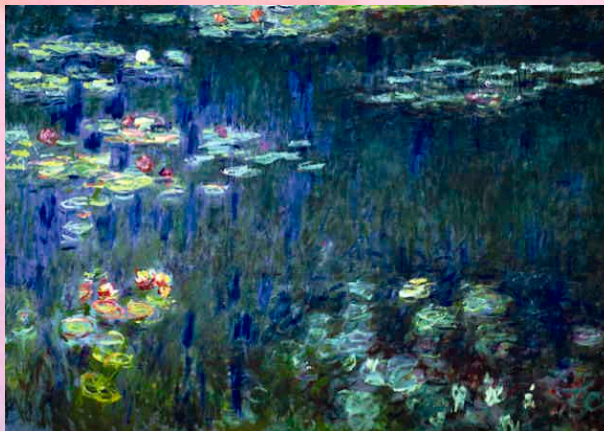


Image Healing Hypnosis

Valuable Quotations:

*Imagination is more important than
knowledge. Knowledge is limited.
Imagination encircles the world.*

Albert Einstein

*There are no days in life so memorable as
those which vibrated to some stroke of the
imagination.*

Ralph Waldo Emerson



Member National Guild of Hypnotists

The National Guild of Hypnotists was founded in 1951, and is the oldest and largest hypnosis organization in the world.

Professional membership in the NHG signifies that an individual possesses specific qualifications, agrees to abide by a strict code of ethics, and will pursue continuing education for annual recertification.

**Youngevity Wellness Center
32 Depot Square
Hampton, NH 03842
www.wellnessNH.com**

Healthcare professionals committed to educating, promoting and supporting the benefits of holistic alternative care for the whole family.

603-339-1482