
What Is Hypnosis?

Hypnosis is concentrated attention and relaxation in an altered state of awareness. All hypnosis is self-hypnosis. Your Hypnotherapist acts only as a guide. In your hypnosis session you allow yourself to relax as much as you choose. It is learning how to completely relax using your imagination and creativity. It is a normal process of relaxation and everyone goes through at least light stages of hypnosis daily.

Is it safe? Yes, it is safe and effective. It is an enjoyable and rapid method to bring about the positive changes in your life that you desire. You are always in control when in a hypnotic state. No one can alter your morals or ethics or induce you to reveal anything you would rather not disclose. You will come out of hypnosis easily. If you are left alone, you will either relax more or simply wake up. If you are tired, you may drift off to sleep for a few minutes, then awaken naturally. You are never unconscious or out of control during hypnosis.

Relaxation is a light form of hypnosis. The quickest way to relax the entire body is to relax the eyes. For example, looking steadily at something will cause a softened, relaxed image and optic nerve. With the optic nerve relaxed, the whole brain relaxes and the muscles and nervous system follow. As your arms and legs relax, you may notice a slight but pleasant tingling sensation. Your thinking processes slow down, like daydreaming, as you enter this completely relaxing, safe state. **Hypnotherapy** is simply a therapeutic process by which hypnosis is used to assist you to achieve your goals.

Specialized Professional Services...

Accelerate Your Physical Health:

Quantum Healing: (Psycho-cellular Regeneration) Use hypnosis to accelerate healing, manage chronic pain and renew every cell. Enhance the healing power of your immune system through psycho-immunology. Your mind can support illness, or the power to be healthier. Reprogram your mind with healthy thoughts that are in harmony and alignment with healing. **(Certain medical conditions require a medical referral.)**

Weight Loss/Trim For Life:

Release unwanted weight easily and permanently without hunger or anxiety. Accelerate fat burning & weight loss, without any conscious effort. Develop natural healthy eating habits. Stop junk food cravings and naturally adopt healthy habits for a lifetime.

Stop Smoking:

Become a non-smoker comfortably, without stress, withdrawal symptoms, weight gain or lingering urge to smoke. Develop new healthier choices to replace your unwanted habit of smoking. Release tobacco from your life now and forever.

Release Stress, Anxiety, Fears, Phobias, Habits & Limiting Beliefs:

Eliminate negative emotions such as anger, fear, sadness, depression, anxiety & guilt. Release yourself from limiting beliefs such as:

“I’m not good enough”, “I can’t earn enough money”, or “I’m not smart enough.” A simple process known as **Time Line Therapy** can assist you to permanently and easily release these negative and debilitating emotions and limiting beliefs. Set yourself free to express a greater confidence, and to be in alignment with your life goals.

Positive Relationships:

Attract supportive and positive people into your life. Become a magnet for the relationships you really deserve in your life, and improve your personal relationships. Remember, there is a law that you always attract according to what you believe about yourself!

Self-Confidence/Motivation/Success:

Become self-confident and project your true power and authority. Tap into your unlimited potential in your profession and personal life. Reinvent yourself and your life. What you imagine, you can create!

Attracting Success:

Remove the barriers that are limiting and holding you back. Realize your full potential. Empower yourself to achieve the results you truly want and deserve in life.

Sleep Better:

Sleep easily, deeply and soundly throughout the night and awaken refreshed at the time of your choice. Don’t let lack of sleep destroy your health and your life. Lack of sleep can leave you unproductive and even lead to depression.

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Services Continued...

Improve Your Memory. Learn Faster:

Improve your ability to concentrate, absorb knowledge and recall. Advanced techniques will help you access needed information quickly and in a relaxed manner. **Take examinations without anxiety.** Remember names more effectively.

Learn Self-Hypnosis:

Learning self-hypnosis can put you in charge of improving any area of your life, your health or well-being. By learning some basic techniques you can access the power within your mind. Tapes available to assist.

Sports/Exercise Performance:

Improve both performance and motivation in sports and for a regular healthy exercise program. Special creative guided imagery helps you to physically realize both sports and exercise performance and goals.

Past Life Regression:

Re-experience a past life or several past lives. Gain insight and access the source of many patterns, feelings, health issues, as well as talents you brought forth into this lifetime. By accessing the source you can begin to heal your current life. Ask for our brochure on Past Life Therapy.

Personalized Tapes and Group Seminars

Personalized tapes are created upon request and are designed around your unique needs. This is a powerful tool you can use everyday to reinforce positive changes.



**Lindemann Professional Group
Center For Extraordinary Explorations**

**Deborah Lindemann C.H.T.
Certified Clinical Hypnotherapist**

For More Information

**(970) 494-1185 – Fort Collins
www.LPGMindworks.com**

Professional Affiliations

- ◆ **American Board of Hypnotherapy**
- ◆ **Time Line Therapy Association**
- ◆ **International Hypnosis Federation**

Professional Background

Deborah Lindemann is a graduate of L. & P. School of Professional Hypnotherapy in Garden Grove, California, a state accredited school in secondary education. She has been in private practice for over 14 years, has authored many articles on hypnosis and is well known on the lecture, workshop and radio circuit.

***We can work directly with
your doctor.***

Sample Testimonial

“You had a way of helping me feel immediately comfortable. Your voice is soothing and calming and it put me in a state of deep relaxation. I was able to greatly reduce my pain levels.

“As a result I am sleeping more deeply and my stress levels have dropped profoundly. Thank you so much, Deborah.”

Thoughtfully, Brian in Fort Collins

***Tap Into Your...
LIMITLESS POWER!!
...Through Hypnosis***



**Deborah Lindemann C.H.T.
Certified Clinical Hypnotherapist
Time Line Therapy Practitioner
Smoking Cessation Specialist**

***“The Power Of Your
Mind Is Limitless! You
Can Use It To Rejuvenate
Every Area Of Your Body,
Mind And Soul.”***

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