



# Conscious Life Institute

*"Lighting the World, Awakening the Heart"*



Hypnosis can take you beyond the brain to access your belief systems and do some very important work. Healing happens in the creative area of the brain, and hypnosis allows us to access this area. (See Videos) Some of these types of hypnosis are for both children and adults. Some, but not all of the topics that might be addressed are: Addictions, Anger Management, Body Image, Business Skills, Children's Issues, Confidence, Loss & Grief, Memory & Learning, Fears and Phobias, Habits, Health, Pain Management, Performance, Personal Development, Relationships, Sports Improvement, Stress & Anxiety and all things psychic and paranormal. **\*\*Hypnosis works well by telephone**, so I am able to work all over the world.

Physical Health & Wellness	
Addictions (Various: Smoking, Alcohol, etc. including Moderation) Adult ADD, ADHD Arthritis Ataxia Autogenic Programming Blood Pressure Cancer & Tumors (removal), Chemotherapy Crohn's Disease Dementia, Alzheimer's Eyesight Visualization Fibromyalgia Emphysema General Healing Hormone Imbalance Hypochondria IBS Relaxation (Various)	<b>Living with:</b> Cancer, Diabetes, Auto Immune Disorder, Allergies, Pain Management (Various: back, joints, headache-migraines; etc. ) Pre, during and Post Surgery Stroke Relaxation Thyroid Relaxation Tinnitus Turning Off Unwanted Genes Unlocking Visualization & Creativity (Various)  <b>Weight Loss &amp; Gain</b> (Process: Metaphorical Gastric Band or adjustment, binge, boredom, chocolate cravings, emotional eating, exercise motivation, healthy food choices, metabolism, healthy eating, choosing foods, letting go of weight, etc.
Emotional Wellness & Personal Development	
Abandonment Issues (Various) Accepting Change Adult ADD & ADHD Anger Management Metaphors Anxiety Management (Various) Assertiveness Automatic Typing Brain Power & Enhancement	Curb Controlling Behaviors Photographic Memory Post-Traumatic Stress Disorder Procrastination OCD (Various) Overthinking Sleep, Insomnia (Various + Egyptian Temple) Self-Hypnosis + Silver Chalice Stress Reduction (Various: Workplace,

<p><b>Business Success</b> (Various) Time Management, Negotiating, Networking, Public Speaking, Successful Self-Employment Concentration/Focus, problem solving, etc. Confidence &amp; Self-Esteem (Various) Creating Wealth Depression/Anxiety Guilt, Morbid Thoughts, Negativity (Various) Inner Child Issues Memory Improvement, Recall, Memory Blocks, (Various) Performance (Various)</p>	<p>Commitment, Confrontations, Conflict, Personal, etc.)  <b>Phobias:</b> Fear of: Abandonment, Agoraphobia, Air Turbulence, Arithmetic, Authority, Being Alone, Criticism, Claustrophobia, Dentist, Doctors, Falling Over, Failure, Growing Old, Hoarding (Disposaphobia), Success, etc.  <b>Children’s Issues (Various)</b> Attention Deficit Hyperactive Disorder (ADHD), Anxiety Asperger Syndrome, Child Stuttering, Fears (Various), Meditation for Kids, Sleep Issues</p>
<p>Psychic &amp; Paranormal (<b>New</b> in Spiritual Development Program)</p>	
<p>Angels and their Healing Power  Automatic Writing  Connecting to Your Higher Self  Creativity (Various Unlocking or Amplifying, Crystal Enhancement, Writer’s Block)  ESP Visualization (Various)  Inner Advisor  Inner Truth Meditation  House of Life (Healing)  Life Energy  Lucid Dreaming</p>	<p>Mediumship  Meeting Your Spirit Guides  Mindfulness  Out of Body (Various)  Past Life Regression  Psychic Depth  Psychic Ability Visualization  Psychic Protection  Spirit World (Where you go between lives)  Time Distortions  Unlocking Visualization &amp; Creativity (Various)</p>
<p>Relationships with Self &amp; Others</p>	
<p>Attracting Love  Attracting Abundance  Bringing Love into your Life  Dealing with Divorce  Ending an Abusive Relationship  Emotional Baggage  Emotional Security</p>	<p>Forgetting an Ex-Lover  From Co-dependent to Independent  Inner Child  Jealousy (Various)  Moving on from a Relationship  Parental Alienation  Unhooking or Clearing Toxic Relationships</p>

**Note** Hypnotherapy is a viable, alternative healing tool, working side-by-side with physicians and can activate inner healing modalities with the assistance of the client. Clients are always “Self-Healing” through their own inner healing mechanisms, accessed through the development of current, positive belief systems.

Shirley Ryan, PhD, CCHt is a practicing, certified hypnotherapist and spiritual mentor. See more at <http://www.shirleyryan.net>