

## HOW CAN HYPNOSIS HELP ME ?

People frequently ask what kind of things hypnosis can be used for, and they are often surprised by the vast array of possibilities. Usually the first thing I like to tell them is that hypnosis is helpful for anything where your mind is influencing the situation. And the human mind is really quite powerful – what you are consciously aware of is just the tip of the iceberg. Hypnosis has proven effective for people who want help with:

- ❖ Weight Loss
- ❖ Healthy Eating
- ❖ Smoking Cessation
- ❖ Stress Reduction
- ❖ Relief from Insomnia
- ❖ Pain Management
- ❖ Natural Childbirth
- ❖ Overcoming Fears & Phobias
- ❖ Self Esteem & Confidence
- ❖ Focus & Concentration
- ❖ Study Skills & Test Anxiety
- ❖ Sports Performance
- ❖ Spiritual Development
- ❖ And much, much more...

**If you keep finding yourself doing what you know doesn't work, although maybe you \*logically\* know what you should be doing to have what you want, then hypnosis can help you!**

**Try Hypnosis...  
For a Change!**

## HAVE YOU TRIED HYPNOSIS YET?

Weight Loss, Smoking Cessation,  
Overcoming Insomnia, Stress Relief,  
Pain Management, Fears & Phobias,  
and so much more!



New Horizons in Hypnosis

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## CHANGE YOUR MIND TO CHANGE YOUR LIFE



A Holistic Approach  
for the Body, Mind & Spirit.

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Member of the  
National Guild of Hypnotists  
since 1998

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## WHAT IS HYPNOSIS ?

**Hypnosis is a mind-body therapy** that offers a holistic approach to reaching your desired goals. Many clinical studies have proven the effectiveness of hypnosis, and it is now being used more frequently as a complementary modality alongside traditional medicine.

### Everyone has the ability to be hypnotized.

What we call “hypnosis” is in fact something you already do naturally several times a day – without even realizing it! It is very similar to daydreaming or the “auto-pilot” mode you go into when driving a car, becoming so focused on inner thoughts that your awareness of your surroundings fades away. Have you ever had the experience of hitting the snooze alarm and then continuing to lie in bed with your eyes closed, aware of yourself and the room, but not quite able to fully wake up? This is another example of the hypnotic state.

**As a hypnotist, I am skilled in helping individuals** access this altered state at will, and in using specialized techniques to change negative thoughts and behavioral patterns into ones that are positive and result in more desired behavior.



“A man is but a product of his thoughts;  
what he thinks, that he becomes.”

–Mahatma Gandhi

## FACTS ABOUT HYPNOSIS

**Hypnosis is not sleep.** It may look like sleep to the observer, but in fact a hypnotized person is simply completely relaxed. Although some individuals do become so deeply relaxed when in hypnosis that they may think they fell asleep, most people experience a heightened state of mental alertness, and tend to recall everything that occurred during their session.

### **Some characteristics of hypnosis include:**

- ✦ Muscle Relaxation
- ✦ Deep, Easy Breathing
- ✦ Effortless Focus & Concentration
- ✦ Feelings of Mental Well-Being
- ✦ Increased Physical Comfort
- ✦ Sense of Being Outside of Time
- ✦ Heightened Sense of Imagination
- ✦ More Easily Able to Recall Past Events
- ✦ Increased Ability to Accept New Ideas

**When a person enters hypnosis,** there is a change in their brain wave activity, similar to that time just before sleep when the alpha state is entered. During the alpha state, the mind is very open to imagery and creating a rich sensory experience. Since you are many times more suggestible even while in the light state of alpha, it is not necessary to go deep into hypnosis for change to be possible.

### HOW TO LEARN MORE...

For more information about hypnosis, including private sessions and upcoming workshop offerings, please be sure to visit my website:

[www.newhorizonsinhypnosis.com](http://www.newhorizonsinhypnosis.com)

## About Linda E. Donalds, CHt.

For many years, I have enjoyed working with people using hypnosis techniques to help them dissolve inner barriers that have stood in the way of them reaching their desired goals.



Back in January 1998, I became a Certified Hypnotist through the National Guild of Hypnotists (NGH), after completing their “Certification in Hypnotism” course. The National Guild of Hypnotists was founded in 1951, and is the oldest & largest hypnotism organization in the world. Its certification is the most widely recognized credential for the professional practice of the hypnotic arts.

Over the years, I have also completed several additional advanced training programs in the field of hypnotherapy, including certification in Complementary Medical Hypnotism, 5-PATH® Advanced Transformational Hypnosis, Neuro-Linguistic Programming (NLP), and as a HypnoBirthing® Practitioner. To learn more about me, please visit my website.

### Services Available

- Private Sessions
- Group Workshops
- Gift Certificates
- Payment Options: Cash, Checks, Visa and MasterCard (thru PayPal) are accepted.

### To Schedule an Appointment

Office hours are by appointment only.  
Sessions available in both Lunenburg & Westford.

**Please call (508) 246-2721.**