

Introducing you to your sub-conscious mind

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Clinical Hypnotherapy @ Moore Than A Healing

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During these 80 minute, fun and interactive, conscious mind sessions, you will discover yourself on a deeper level as we start to explore your subconscious mind and the messages it has for you.

- Dream Reading and Interpretation unlocking the messages from your sub-conscious mind being delivered visually through your dreams
- Releasing your Inner child and your freedom of expression with the simplicity of Tree of Life Drawing
- Exploring and understanding your Schemas and Shadow Self and how they may be utilised effectively as valuable resources of self
- Discovering your Passions and Character through your Values and helping you live these parts of self each and every day.
- Bonus of gaining deeper understanding of your soul and purpose.

Each session concludes with full debrief and explanation of what arises or exploration of any questions you may have.

As a thank you gift you will also receive a recording of my personal Chakra Awakening Hypnotherapy Journey script to enjoy!