

About Hypnosis and Spiritual Life Coaching

Hypnosis is natural state of heightened awareness, focus and relaxation, like meditation. And, in fact hypnosis is a meditative state. In it, we are in touch with more powerful, spiritual parts of ourselves, the Subconscious Mind (Creative, Intuitive Mind/Body) and the Superconscious Mind (Higher Power, God). These are the two parts that, together, make lasting deep positive change, if this is what we want and are willing to allow. We make the decision to be willing and allow with our Conscious Mind. So, all three parts work in harmony on our behalf.

There are many techniques for entering hypnosis. There is self-hypnosis (meditation, of which there are infinite forms), rapid induction and longer inductions. Induction simply means a guided relaxation imagery, which helps you relax. It is possible to help some people “let go” and enter hypnosis very quickly. And, there are some hypnotists who specialize in rapid inductions. And, while this is fine, and I have a good friend and colleague who does this, I prefer to do a longer induction.

Why? Because of personal preference, background/training and desired goals with the client. I am a lifelong meditator and self-hypnotist and I know value of deeply relaxing with these simple and effective skills. I know how to teach them very quickly and easily. I can both facilitate deep states of relaxation and teach people *how to relax themselves*. I began my career as a meditation teacher, a million, well...37, almost 38 years ago, in 1970.

I have a dual intention. My first goal for you is to assist you in meeting *your goal* (weight loss, career, creativity or whatever it may be). My second goal is to help you meet *your need*, the universal human need to rest in your Source, your Higher Power, God. To deeply relax, let the cares of the day fall away, go within, and feel and be illuminated by your “Inner Light,” as the Quakers call it. Connect with teachers, guides and angels, or your inner guidance in whatever way you think of it.

To offer your request into **THAT** is to know it is done with such confidence that you can feel the joy of its completion in advance. And so, a shift happens. You move forward. Interesting synchronicities appear in your life. You attract what you want easily. You are open to inspiration. You do what is there to be done by you in joy.

I am committed to teaching you how to enter this state by facilitating Guided Meditation (you learn by experiencing) and teaching you ways that you can relax and focus on your own. This way you can feel ownership and confidence with using your God-given ability to relax and recharge.

If you are my client, I am willing to take the time to *listen* to you talk about you, to get a *feel* for who you are and to, whether you are an in office or telephone client “*see* you” intuitively. Because there is a spiritual coaching element to our goal achievement work. Each one of us has our own unique gifts, our own essence, and our own way of thinking about and languaging our universal view. I want to match your language, your essence

and mirror your intention as clearly as I can. That way, it's easy for you to accept and use the suggestions I offer you. Because you recognize that we are working as a team.

Spiritual coaching is different from counseling. We are not looking for what is wrong with you, but remembering your innate **GOODNESS**. I do not give advice, fix, cure or heal. I teach and facilitate simple meditation techniques that assist you in connecting with that part of yourself that already knows what to do. If you have a mental or physical disorder, please contact a physician or therapist.

On the other hand, if you want to explore your spiritual side, connect with guidance, learn to accomplish goals in a more effective way, feel spiritual bliss...I am a guide for these things. I trust that we attract the right people into our lives to gather the understandings and experiences we need and want. If you read this a time or two and sleep on it, I trust that you will know if I am a good mentor for you.

I think trust and rapport are very important when working with someone. So, I encourage you to tour this site thoroughly. If you go to the "**Appreciation**" page, you can read comments of client/students, workshop participants and a few colleagues.

Also, I invite you to visit my other website, www.myspace.com/kantanancy. It has blogs I've written and some additional photos. You can tell a lot about someone by seeing a picture, don't you think? From that and from reading my writing, my hope is that you will get a feel for who I am. For us to work together, it's important that you have a feeling of trust in me...in my character, my work and in my intention for you, which is to feel respected, understood, and heard. We're a team, working together with each other and with your Higher Power (in whatever way you understand it) to help you achieve your goal.

I work with clients in my office and also have an national and international telephone practice of Spiritual Life Coaching and Guided Imagery. My work integrates additional modalities. All clients, both in-office and telephone receive, if they choose to, complementary Energy Work. I am a Reiki Master and am also trained in Reconnective Healing and Seichim. I provide a non-touch form of Energy Work that is very relaxing, beneficial and helps the process moving forward and positive life change.

My specialties are:

- **Weight loss** (I have personally reduced my weight by 100 pounds, using my own techniques, so I am uniquely qualified!)
- **Right Work/Mission** Who are you? Why are you here? What do you want to do, have, accomplish, contribute. What's it going to take to get there. Let's Go!
- **Creativity** (I am an artist and writer, and performance artist (in my way!). I love to work with people in the arts, music, theater and film. Whatever your form...
- **Abundant Living** Working with the Laws of Attraction, Visualization, and Allowing. Dissolving limiting beliefs and taking "Positive Thinking" to a deeper level.
- **Accessing Your Inner Beauty** Feel like the goddess that you are.

- **Cancer Survivors' Programs** I am a cancer survivor and have developed practical tips, techniques and imageries to help you use this challenge for spiritual transformation. Only for clients who are in the care of a physician/oncologist and with doctor permission note for "Guided Imagery."
- **Spiritual Growth** (including: connecting with Guidance, Accessing Intuition, Forgiveness and more).
- **Attracting your Soul Mate** It's easier than you think! Guided Imagery and practical tips. And for those who wish it, step-by-step coaching on successfully using the internet as an powerful and effective tool to connect with your life partner, from one who did!
- I have a lot to offer and I do it inexpensively, so please respect my time and only email me or call if you have read my website information, considered, want to work with me and you are willing, able and ready to invest in yourself. I have a busy writing, practice and travel schedule, so I spend very little time on the phone, except to schedule with clients and to keep telephone appointments with them.

All Best Wishes, Thanks
and Blessings,

Kanta