

D.G. Counseling, Inc

1000 Maple Ave.
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Relax Using the Power of Your Mind!

I'm sure that everyone has heard that phrase before, "the power of the mind." But, if we think about it, what does that phrase really mean?

Is our mind powerful?

Webster's dictionary defines the word powerful as "strong, mighty, influential." The word that jumps out from those definitions to me as a hypnotherapist is influential. I know that our minds influence us both physically and emotionally. And while those influences *can be* of a positive nature, and many times are, the influences that we usually make note of are those that are bothersome or troubling, the negative influences.

How does our mind exert this power, both negatively and positively? The answer is, very openly and very subtly, at the same time. While we are probably aware of the influence our *conscious* mind has on our actions and feelings day-to-day, most of us are not as aware of the influence our *subconscious* mind has on our thoughts, feelings and behavior.

Hypnosis is a method of accessing the subconscious mind to improve our lives in numerous ways. For instance, it can be used to change habits and eliminate fears. Hypnosis can also be used to relax the mind and body for general stress relief, for medical and dental procedures, for relaxed childbirth, to ease pain and to promote healing. The useful applications for hypnosis are almost endless. But, most importantly, general feelings of relaxation and wellbeing occur as a by-product of every hypnosis session. As a practicing clinical hypnotherapist, I ensure that my clients take away from every hypnosis session many positive suggestions and visualizations for increased self-confidence, motivation, relaxation and a positive self-image.

To help recover a sense of peace and calm after the hectic pace of the holiday season we just experienced, call D.G. Counseling and inquire about my group and private stress relief and relaxation sessions. Join me as I guide you into hypnosis where deep physical relaxation and profound spiritual rejuvenation can occur.

Your mind IS powerful!

Nancy Palese
Certified Hypnotherapist



Top Ten New Year Resolutions

- 10 – Get Organized
- 9 – Help Others
- 8 – Learn Something New
- 7 – Get Out of Debt
- 6 – Quit Drinking
- 5 – Enjoy Life More by Reducing Stress
- 4 – Quit Smoking
- 3 – Loose Weight
- 2 – Fit in Fitness

AND THE #1 RESOLUTION:

- 1 – Spend More Time With Family and Friends

*You can accomplish this with
D.G. Counseling! Just call!*

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