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Transpersonal Hypnotherapy, Energy Therapy and Release Work

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Since birth, our conscious minds have been erecting a maze of stereotypes, defenses, and rationalizations to "protect" us from the world. The walls of this maze are built with the bricks of our own early experiences or what we have seen and heard from others. Over time this becomes our accepted reality, and new information and experiences are screened to keep out anything that contradicts our preconceptions. When we try to expand beyond our "protective walls", we experience some form of discomfort (or distraction): fear, anxiety, depression, anger, cravings, overwhelm, exhaustion, dis-ease, etc. Denial and rationalization allow us to return back to our comfort zone with "dignity". This is why many people find it so difficult to modify their own negative thinking or behavior patterns, even after becoming aware of the effects on themselves and others. *Everything* is protected by our programming. We even protect ourselves from our own growth and healing. (* See below)

Hypnotherapy is now widely recognized worldwide as a powerful method of achieving rapid and long lasting affects on behavior and emotions. We are becoming increasingly aware of how to uncover the vast resource of information, motivation and creativity stored in the unconscious mind. In fact, the mind works very much like a computer, with memory chips that can be accessed through *Regression*, allowing people to re-view early experiences and conclusions that were drawn about themselves and the world around them. In many cases, conclusions drawn by small children have been held without question into adulthood and life decisions have been based on them.

Hypnotherapy gives us the option to draw new conclusions based on our present circumstances. *Heart-Centered Hypnotherapy* is based on the premise that it is our natural state to be healthy, happy and loving. Life presents challenges, but they are better met with decisions based on a clear view of the present, and not the buried frozen memories of the past.

Freedom from fear is not only possible, it is your natural state. Don't ever give up until you reach your goals.

*Why is it so difficult to permanently change a belief or behavior that is sabotaging our goals, numbing our minds and spirits, and causing discomfort to ourselves and those around us?

1. FEAR of CHANGE - The way to change current behavior patterns is to change the "old" programming of the mind, and we have a natural resistance to change. Part of us actually believes it is in our best interest to keep us just as we are, even if we are miserable, because we know how to do that "successfully". Hypnotherapy allows us to bypass the rationalizations, denial systems and other defenses that the conscious mind uses to hold us "on course".
2. FEAR of LOSS - Most people identify with their emotions, thoughts and actions and build their lives around them. Who would you be without your fears or your anger or your disease? Do they serve any purpose in your life? How might things change for you if you let them go?
3. LACK of KNOWLEDGE - Our minds and our bodies have "rules" and in most cases, we have not been given the operating manuals. Understanding how we are programmed allows us to know how to change that programming. It gives us back our clarity and our power of free will.

My practice is designed to help people identify and eliminate the negative behavior or thought patterns that inhibit personal growth and happiness. My experience has reinforced my belief that each person holds his or her own answers inside, and will naturally choose a healthy and positive direction if given that option.

If you are ready to transform the way you perceive the world and you are willing to persist through the fears and resistance, *hypnotherapy* is a tool that can rapidly identify self-limiting behaviors, expanding your horizons and your options. Often the effects of a trauma can be relieved in one session.

Qualifications:

I am a Certified Advanced Clinical Hypnotherapist. Since 1997 I have been practicing and experiencing a wide array of techniques including hypnosis, breathwork, and psychodrama. I have also studied shamanic healing techniques as well as several methods of energy therapy. I am not a medical doctor or a licensed "talk therapist" and I can't diagnose diseases or prescribe medications. If it appears that your needs are beyond the scope of my expertise, I will work with you to find an appropriate referral. Your freedom and happiness is my goal.