

# HYPNOTHERAPY COACHING & HEALING PROGRAMS

*Discover your life's purpose*



Heal the past and discover your life journey with our resident Hypno-Energy Master Dhuha Awad.

As a certified Reiki Master, Hypno-Coach, NLP Practitioner, who also has great interest in the modalities of crystal healing & mediumship, Dhuha has over the years created her own unique technique with the use of several modalities to help guide her clients remove the blockages that are stopping them from moving forward in their life. Working with current issues or those from the past to allow the healing process to take place and reach closures, she also focuses on the aspect of their creativity by assisting them on rediscovering their true talents, skills and essence. Being a passionate poet and creative writer, Dhuha also runs workshops where she teaches writing poetry/free prose to music as a form of art therapy, emotional rebalancing and self-awakening.

SERVICES AVAILBLE MONDAYS - SUNDAYS  
FROM 10AM - 6PM

*for bookings, contact us at*

04 718 1715

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KEYANI

## COACHING SERVICES

### *Releasing Grief*

Grief is one of the hardest emotions to face and thus finding closure can be a great challenge. Hypnosis allows one to address such a feeling at a deeper level safely; at the same time energy rebalancing and healing crystals can assist in soothing the pain to allow the healing process to take place and for the person find closure.

### *Cord Cutting*

During our lives we connect with many people. Sometimes we reach a place where that relationship or connection does not serve us anymore and it is in our best interest to let it go. Cord cutting can be done through hypnosis, and through which the subconscious would be able to accept to let go of such connection with love and peace.

### *Spiritual Empowerment*

This session gives the ability to access one's subconscious to find the answers that would anchor their belief in themselves and allow them to start trusting their intuition that always knows what is best for them.

### *Grounding & Energising*

Sometimes all we need to continue on the right path of our journeys is a burst of energy and a sense of being grounded, which can be easily achieved in a session.

### *Childhood Trauma Therapy*

Traumas can manifest themselves through triggers and disguise in the forms of various negative behaviours such as stress, anxiety and anger. Through hypnosis one can access the root cause of such behaviour and address the trauma causing it. Once the client is aware of the cause, releasing it and reaching closure becomes accessible.

### *Removing Limiting Beliefs*

As hypnosis is one of the most powerful tools to allow the person to reach their subconscious, through this process, one can understand the misconceptions and misinformation of such negative self-thoughts. Self-limiting beliefs are one of the biggest blockages that can paralyse the progress of any personal growth. Once awareness of their origin is understood, the shift towards a positive mind-set begins to take place.

### *Resolving Unwanted Behaviours*

Hypnosis allows us to be aware of the imbedding issues behind any unwanted habit or behaviour and once that is achieved, acceptance and resolution becomes part of the healing process that takes place during the session.

### *Tapping Into Creativity*

Our creativity is the core of our essence. With the power of hypnosis one can access the subconscious where our own individual truth exists and where the answers to what form of creativity would enhance our quality of life. Once found, it would be affirmed and anchored with the power of NLP in order for it to become a place you can revisit whenever desired.

### *Positive Mind-set Reset*

As children we are born inquisitive, resilient and positive, but as we grow we lose touch with such qualities. Through the hypnosis technique and energy rebalancing, such aptitudes can be restored and the ability to approach problems with a positive attitude becomes easier.

### *Essence Reconnection*

Refocusing on what matters in our lives can help us remove all the background noise that only delays us from listening to what is actually there waiting to push us forward in our growth process. In this session you will learn simple techniques on how to silence that sabotaging voice and connect to your own truth.

### *Energy Rebalancing*

By removing existing energy blockages to allow the peaceful flow to take place, one can expect to feel better, move better and enjoy life.

### *Past Life Regression*

Sometimes our issues that are holding us back in our current lives are related to unfinished business from other lives experienced by our soul. Revisiting a past life with the aid of hypnosis to understand the circumstances can help to clear such issues and find peaceful closures.

Contact us to book your service

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