

Are you satisfied using only 3-5% of your mind's capacity?

Is utilizing 3-5% of your mind's capacity enough?

That's right, most people use only 3-5% of their minds.

Even the most elite use less than 10% of their brain. What potential is held within the 90-97% of your brain that you have yet to explore? Did you know the art of hypnosis can assist you in tapping into the power and potential to transform your life?

Yes, hypnosis is an art form. Hypnosis can unleash the ability to transform your life.

The art of hypnosis goes beyond the magic, mystery and frivolity of stage performances. Stage hypnosis merely demonstrates the ability of the mind to create. Do you believe the mind's creativity is limited to the momentary silliness and antics seen on stage? It is not. Life-transforming power exists inside nearly everyone.

What does it take? First and foremost, a willingness to step beyond the limited parameters that you have presently created for yourself, which includes allowing yourself to follow the guidance of a trained hypnotist, like Sally T. Carr.

Any individual who dreams is on the brink of tapping into this seemingly unlimited resource within the mind. All inventions ever created first arose from a seeming flight of fantasy. From fantasy emerged electricity, the phonograph, telephones, automobiles, airplanes, space travel, wireless phones, and Internet communication — and so much more is still to come. Within each individual of average intelligence exists the potential to change and transform their existence.

So the question is: Are there areas of your life you desire to change? Hypnotic changes can occur in a very short span of time; other changes are based on a progressive strengthening of the internal

structure of the individual. The trained hypnotist assists in laying down a foundation to support the creation of the newfound ideal, and then strengthens the underlying structure so the envisioned change becomes reality.

Some changes that hypnosis assists in creating include, but are not limited to: Smoking Cessation, Weight Control, Stress Reduction, Sports Performance, Self-Esteem, Pain-free Childbirth, Speeding Recovery Following Surgery, Eliminating

Dental Fears, Improving Relationships and much more.



The Power To Change — Transform — Create The New You Is Here

Real people make real choices and change their lives — so can you!

Is your health important? Are you happy in your body? Does anxiety rule you? Do you wish your sports performance was better? Do you dare to dream dreams of creating a new you? Hypnosis can help these dreams become realities.

Tap Into Your Inner Power

The power to create a new you — the power to transform the life you live — is real. The ability to create seemingly miraculous change and rewrite the script you are living lies within you.

Are you ready to step up and claim the new you? If so call (509) 554-2256.

Check us out on the Web at www.cbtHealingArts.com. We can help.