



By Appointment Only



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Hypnotherapy***Emotional Freedom Technique Practitioner***Quantum Healing

Subconscious Know-How

THE MIND

Conscious 12%

- Easily accessible in the awake state
- Uses Logic, Reasoning, Willpower. Decision Making, Analytical
- Uses Language
- Short attention span
- Unless it agrees with your Subconscious, tends to have little control over your life experience

Subconscious 88%

- Easily accessible through the imagery state
- Can do, but does not evaluate or choose what is best
- Uses Imagery and Emotions
- Ruled by belief resulting from its knowns
- Tends to have dominate control over your life experience

Guardian Zone

- Half is in the conscious
- Half is in the subconscious
- Tries to protect subconscious from non conforming knowns from the conscious
- Overwhelmed when too much info comes at it, and shuts down
 - Leaves its person in a wide awake state of being
 - If Un-Facilitated, results in Anxiety and Stress
 - Facilitated can create relief and new positive knowns

