

Theoretical Orientation

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My Theoretical Orientation is to Empower the Client to function at a level of Higher Performance as an architect of his own destiny using the protocols of NLP (Neuro Linguistic Programming), both Classic Code and New Code NLP along with hypnotherapy. I also recommend and guide the client using Yoga Nidra Relaxation techniques. The orientation is to help the client harness and bridge his unconscious mind to use as an ally in creating more conscious choices and achieving a fuller more meaningful life.

My passion is to help as many people as possible experience their inner truth, create a passion for living with clear objectives and goals, and to let go of events, memories or emotions from the past that deter them from appreciating their potential for their own higher purposes. These techniques work very well with kids who find the program to be very motivating.

The main protocol is NLP – Neuro Linguistic Programming within which is a toolbox for modeling excellence, creating choices and bringing a positive mindset in a dynamic outcome oriented therapeutic regime that is calibrated based on the individual client's needs and expressed desires for outcomes.

From time to time I will employ deep relaxation and body awareness techniques of Yoga Nidra to help the client experience profound relaxation. This is highly recommended as most people experience Tension: Physical Mental and Emotional Tension. Yoga Nidra systematically takes you to a place of profound relaxation where you can harness your resolve and be self-empowering. The client is creatively involved in all protocols. The Yoga Nidra process also includes focusing on guided imagery to purify layers of consciousness. Most people love Yoga Nidra after they experience it.

Hypnotherapy and NLP are effective and these processes will assist a person who has issues with stress, anger management, self- confidence, addictions, memory to name a few popular reasons for working with me. I also help people create a Success Mindset. Together we can energize your resolve and reframe or establish goals for positive outcomes.

For over 40 years I have been teaching meditation and working with Yoga Nidra. It is only in the more recent years I have spent hundreds of hours studying NLP and hypnotherapy and have certifications in each.

Most recently I studied with Michael Carroll and Dr. John Grinder the co-founder of NLP to become a practitioner of New Code NLP.

I have also studied with The Wellness Institute for Heart Centered Hypnotherapy and I have a Master Practitioner certification in NLP. I am certified as a Hypnotist by the American Alliance of Hypnotists.