

A Lunch to Remember

Hypnotherapy and EFT

Would you like to change anything about yourself?

At a Lunch to Remember, Eric will demonstrate techniques in Hypnotherapy and EFT.

An effective, holistic approach, hypnotherapy is the shortest and quickest link to a less stressful change.

EFT . . . tapping on the body's energy meridians . . . can eliminate fears, anxieties, negative emotions, or food cravings. Eric will demonstrate the process of EFT.

Hypnotherapy and Guided Imagery

- ▶ We have two minds and when they disagree, change becomes difficult.
- ▶ I will show you how to align your conscious desires with your subconscious motivations.
- ▶ Once aligned, the process of making change becomes easy to accomplish.

EFT - Emotional Freedom Technique

- ▶ Rapid, effective, holistic approach
- ▶ Eliminates negative emotions, fears and anxieties
- ▶ Eliminates chocolate and other food cravings
- ▶ Within 15 minutes, a negative emotion will be cleared with the tapping process of EFT.

The luncheon will enable attendees to experience first-hand techniques and simple methods to feel better and ease into the desired changes. Upon conclusion of the luncheon, the attendees will leave with the knowledge and materials to practice these techniques at home.

Please call to schedule a date and time for your event.



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Eric has been studying hypnosis since 1974 and has a practice in SE Portland. Eric was owner/operator of Sun Snacks for 28 years, having built his company to be the largest in the Northwest and the oldest in the country. Eric is an avid social dancer and accomplished fencer (State Champion 1998).