

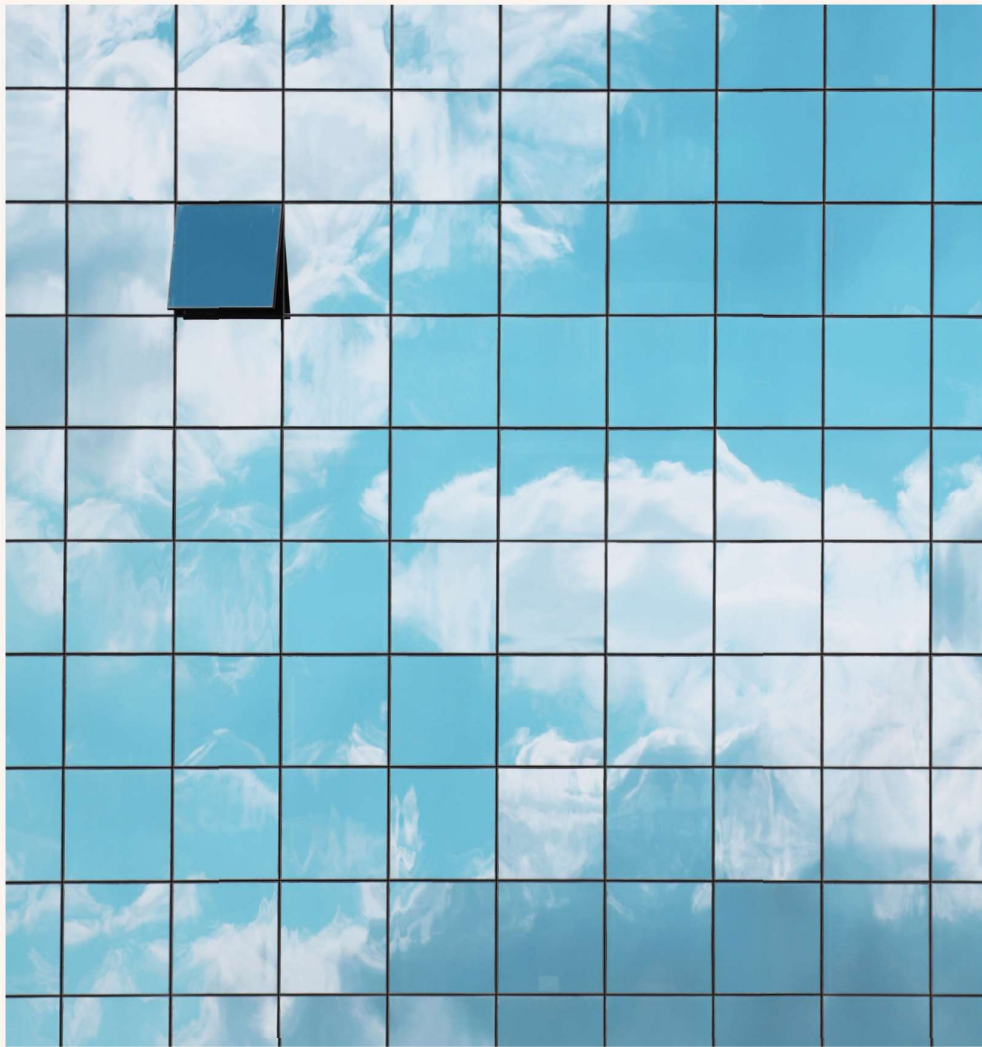


sessions with

# Claudia Klein

Hypnotherapy  Life Coaching  Spiritual Attunement

version 18 valid from April 2022



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[My YOUTUBE channel:](#)



# Feeling stuck?

## Getting ready for change

**Feeling stuck with an unwanted behaviour or thought processes, an emotional pattern or physical symptom that you just cannot change?**

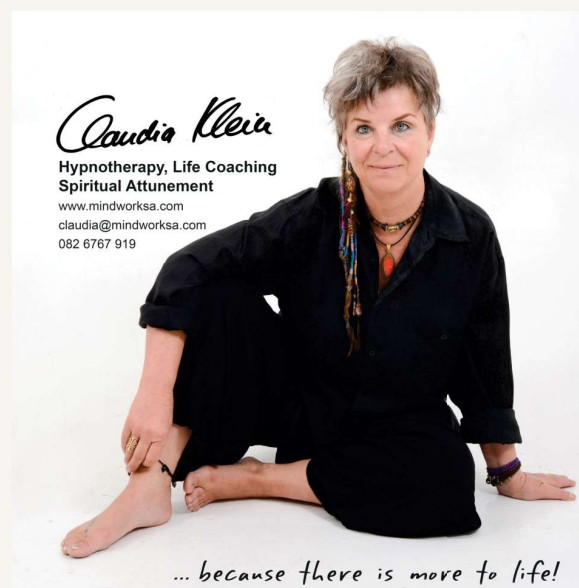
The techniques we will utilize during the natural states of consciousness may indeed be the answer for you to find relief, understanding and the transformation you are looking for.

Usually the process is relatively quick and powerful, especially when compared to other possible options, **as long as YOU are ready and committed to change.**

### **You have already done the hard work!**

Your awareness and conclusion to look for assistance to overcome your "issue" is a sign that you have conquered the difficult and essential steps to find resolution or healing.

The principles of reaching into our reasons, motives or programming to overcome issues, habits, physical or emotional pain, can be surprisingly easily, if we set up the process properly. .



You are contemplating to engage with a natural, fast, efficient and lasting way to find your solution for good.

### **Be proactive!**

Not many people look at the proactive advantages of hypnosis practices. Why wait until you notice a problem? **As human beings we are always aware of a version of us we would prefer to be, but don't know how to.**

We have a strategy for our business - we can have a strategy for our life. As our desires take form, we can learn adjustments to grow into the version we choose to be.

### **My promise to you**

I am dedicated to employ my vast knowledge and substantial experience for you to apply your necessary adjustments. I believe in measurable results in the shortest possible timeframe that is right for you. This can only work when you are fully engaging right from the start.

### **My expectations of you**

Therefore, please take time to read all the information contained in these notes. When you book sessions, I take it that you understand and agree to work together in this way. You are of course most welcome to contact me with any questions or unease.



# How we prepare

## Paving the way

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**Firstly, I ask you to connect with your "issue" and look at it with honesty and without judgement.**

Here is why: Sometimes we feel that we have worked through painful incidences (with or without professional help) and are not shy to report that we "have dealt with it". Most often this is a logical, conscious approach – the emotional content is rationalized away. This may seem sufficient for our analytical, logical mind, but does not deal with the "programs" which are seated deep in our subconscious. This then results in inner conflict and will manifest through the mind/body/spirit connection and can surface in various bio-psychological symptoms.

Other times we are unaware of the reasons for the internal conflict, because we simply don't know or we don't remember because the origins are set outside of our conscious memory. This can be either in very early childhood, the womb, or even during a different incarnation (past or parallel lives). Hence, the necessity to utilize the state of hypnosis, the only way to access those otherwise hidden events. **For now, just feel into yourself, even if it is uncomfortable.**



### **Learn a little about Hypnosis**

During the sessions we will aim to reach the deep levels of relaxation where a part of your mind is highly alert while another part allows full focus and concentration. Hypnosis is not sleep, although your body may feel incredibly relaxed. You will remain in full control and remember everything you wish to. Here is one of the better explanations on the web: **How Hypnosis works.**  
<https://www.youtube.com/watch?v=Buv006-D4vM>

### **IMPORTANT**

#### **How do you connect with your "issue"?**

Before the first appointment, you will send me your "case history" by email in a word document so that I can add my comments and start the session prepared. Please write down everything that you can think of that might have led to the situation in which you are now, prompting you to contact me. This should include as much information from as far back (childhood) as you can remember.

It is important to be sincere about this exercise as it serves to communicate with your subconscious mind, announcing that you are now ready to deal with the issue, that you are taking responsibility and are ready for positive and beneficial adjustments. You might surprise yourself how therapeutic this exercise is when you take your time and notice any emotions, which may come up.

Please include with your write up any major events in your life, other, even seemingly unrelated issues, as well as a brief medical history, current medication you might be on.

Depending on what your issue is, you might want to consult with your medical health care practitioner.

Also include your full birth date and anything else that you think would be good for me to know.

Receiving this just prior to the first appointment allows me to prepare. This saves us a lot of time during the session. The value for you, doing this preparation thoroughly, is invaluable and manifold. You might remember vital aspects you thought forgotten, can acknowledge an array of feelings without judgement and in doing so preparing the "soil" for new planting. **It is ok to get a little emotional - it is a sure sign that you are connecting well.**

# Important Details

get ready for change

## NUMBER OF SESSIONS:

Initially we plan for three session, although it does happens that at least the third session is not needed. It is wonderful when this happens yet there are no guarantees.

When you are ready to book the appointments, let me know so we schedule the sessions to ensure that you have ideal continuation.

If we manage to solve the issue sooner or you decide not to continue for any reason you can simply postpone or cancel the other session(s). Only sessions not cancelled within 48 hours will be charged in full.

Extract of a real session:



## PAYMENT

Payment preferably in cash or you can make online payment from your device.

No cheques, no credit cards facilities).

Bank details: C Klein

NEDBANK Branch Code: 108809

Account Number: 10880 76610

Please note that there is no fee when I acknowledge you cancelling a sessions by email or whatsapp/sms up to 48 hours prior to the scheduled time. Thereafter, you will understand that full charges do apply.

## LOCATION (click on this link or on the map ->

I work at the Mastermind Heartspace Centre (on Google Maps, or you can find mindworksa.com on Google maps.

## DURATION AND PRICING OF THE SESSIONS:

The 1st session includes a thorough consultation (about 1 hour) during which we discuss the presenting issue, your desired outcome and any questions you might have about the process or hypnosis in general before you experience the first session (1st session fee is R 2000.00).

Please allow for about 2 1/2 hrs for the complete process.

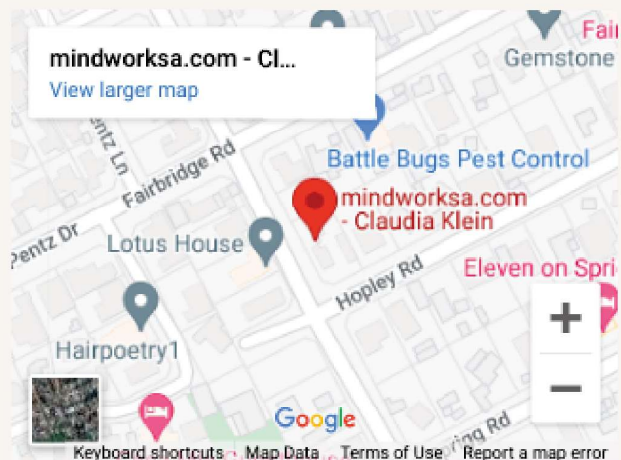
On the day of your appointment(s) please schedule your day in such a way that YOU CAN COMPLETELY RELAX DURING AND AFTER THE SESSION. Oftentimes the insights and understandings can be quite profound and if you have an experience like this, you will want to have time to ponder on it.

Follow-up sessions take about 1.5hours @ (R 1700.00).

We might also discuss how additional session might benefit you. A "check in" every couple of months helps to keep you focused.

## ONLINE SESSIONS:

At this point I still prefer one on one sessions. We are humans and needs and deserve human contact and connection. There are many of my colleagues who are successful with online sessions. You can find them on [www.hypnotherapy.co.za](http://www.hypnotherapy.co.za)





# Planning the Transformation!

Your desired outcome

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**Ask yourself a few questions when you are still for a little while.**

**Drop into yourself and simply listen to the answers with curiosity. No judgement, no analysis, just noticing.**



## **QUESTIONS:**

What motivates me to change?

What is my desired outcome from the session(s)?

When this is achieved, how do I feel?

How is my life when I live my desired outcome?

Is there anything within me or in the outer world that is resisting the change?

**Please write those answers down with the preparation email. These are true diamonds for our work together.**

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## **TRUE AND LASTING TRANSFORMATION HAS TO BE AUTHENTICALLY YOURS!**

This means, that with my guidance you will find your own solutions at a level which is right for you. Any insights and shifts will be entirely yours so that your life experience gets richer.

In my opinion, this is the way to naturally let go of symptoms, engage new behavior and evolve or expand into more of who you really are.



## **AFTER EACH SESSION:**

I might suggest some "homework" for you to expand the benefits of the session. A day or two after the session, I like to receive a short session summary of your experience – a feedback on how you feel.

In order to keep attuned to your inner transformation please prepare another summary about a month after our final appointments. What has changed, how has our work manifested in your life, your thought patterns, emotions, habits and possibly changes in your body which include physical or biochemical change (where applicable).

# The Smallprint

## The legal part

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### **When you book and attend session with me I understand that you have read and are agreeing to the following statements:**

By attending appointments, you, the client, automatically indemnifies me, the practitioner (Claudia Klein) from any harm, loss or damages of any nature, whether bodily harm, trauma or any other damages to his/her person or property resulting from the reading, whether directly or indirectly. As my client, you accept total responsibility for your own health care and maintenance. Nothing said, typed, printed, or produced by me, Claudia Klein, is intended or meant to diagnose, prescribe, treat a condition, or take the place of a health care professional.

### **RELEASE STATEMENT**

I hereby authorize Claudia Klein to facilitate hypnosis to me for the purposes I will outline in my write up and during the pre-session consultation. I understand that the success of my session depends greatly on my own ability to relax and desire to create change in myself. I understand that because the results of my sessions depend in part upon my own serious participation, that Claudia Klein cannot offer any guarantee of the success of my treatment.

I am aware however, that Claudia Klein will do everything reasonably in her power to ensure my success.

I acknowledge that the information I provide is accurate and complete to the best of my (the client) knowledge and that the techniques offered during the natural state of hypnosis are an alternative modality working alongside, not instead of, any other healing/medical practice.

### **DISCLAIMER**

As a certified non-medical hypnosis practitioner, Certified Parts Therapy Facilitator and registered Life Coach, I am not a medical doctor and do not treat, diagnosis or prescribe. I am of high moral character; conduct myself and my practice in a professional and ethical manner and bound by a code of ethics by SAIH and the International Medical & Dental Hypnotherapy Association (IMDHA).

I am encouraged to avoid using psychopathology or medical terms and language, except on referral from a licensed medical or mental health professional and to use any of such techniques only within the scope of my training and qualification to do so. The use of hypnosis and/or hypnotic techniques cannot replace or substitute for the services of trained professionals in any field, including, but not limited to, medical and/or psychological matters. In particular, you should regularly consult a doctor in all matters relating to physical or mental health, particularly concerning any symptoms that may require diagnosis or medical or psychological attention.

\*Note: if you have been diagnosed with a mental disorder, I will require a consent/release form from your therapist or medical doctor.

### **Confidentiality**

As part of providing the best possible service to you, I will collect and record personal information that is relevant to your current situation. This information is only accessible to me and will remain confidential and secure except when:

1. If I sense that you are/place yourself and/or another person at serious risk to life, health or safety,
2. If I suspect a child or elderly or incapacitated person is abused or neglected,
3. Your prior approval has been obtained to;
  - a. Provide a written/verbal report to another professional or agency. E.g. a GP or a lawyer; or
  - b. Discuss the material with another person. E.g. a parent, partner or employer.
4. It is subpoenaed by a court.
5. Disclosure is otherwise required by law, including putting property at risk or admitting having committed a crime or forming the intention to do so.

You are free to talk about our professional relationship with whomever you choose.

You have the right to decide what you are comfortable sharing, and may choose not to discuss certain topics.



**LIKE YOU, I AM A SEEKER.** Forever wanting more joy and happiness, which have different meaning at different times. Like you, I am overcoming obstacles and dealing with challenges and I mostly meet these with calmness and clarity instead of angst and doubt. I have had many successes and I have been in the pits and learned from experience, that embracing our shadows, continuing to expand and grow, keeping our hearts open and sharing our vulnerability with those who matter, can give us the greatest joy. I learned Hypnosis almost 40 years ago from my obstetrician which helped tremendously to make the birthing experiences fast and easy. Since then I have spent thousands of hours to master the modality and many others, taught more than 5000 students and assisted many clients individually and in groups.



Please feel free to contact me with any other questions or queries you might have. It is good to be informed and at ease when you begin the path of healing.

**I look forward to connect with you!**



# Want more?

Click on the business card to open the website:



## WORKSHOPS AND INFORMATION:

You might also be interested joining us on retreats and workshop and the one-day course **SELF MASTERY THROUGH AUTO HYPNOSIS** during which we will introduce you to self-hypnosis techniques so that you can work on many aspects with yourself.

This course has literally benefited thousands in Johannesburg and Cape Town since 1998!

Here is some more information: Introduction to Self Mastery and The South African Institute of Hypnotism.

Click on the businss card to open the website:



Click Here to visit my YouTube Channel:

[My YOUTUBE channel:](#)



