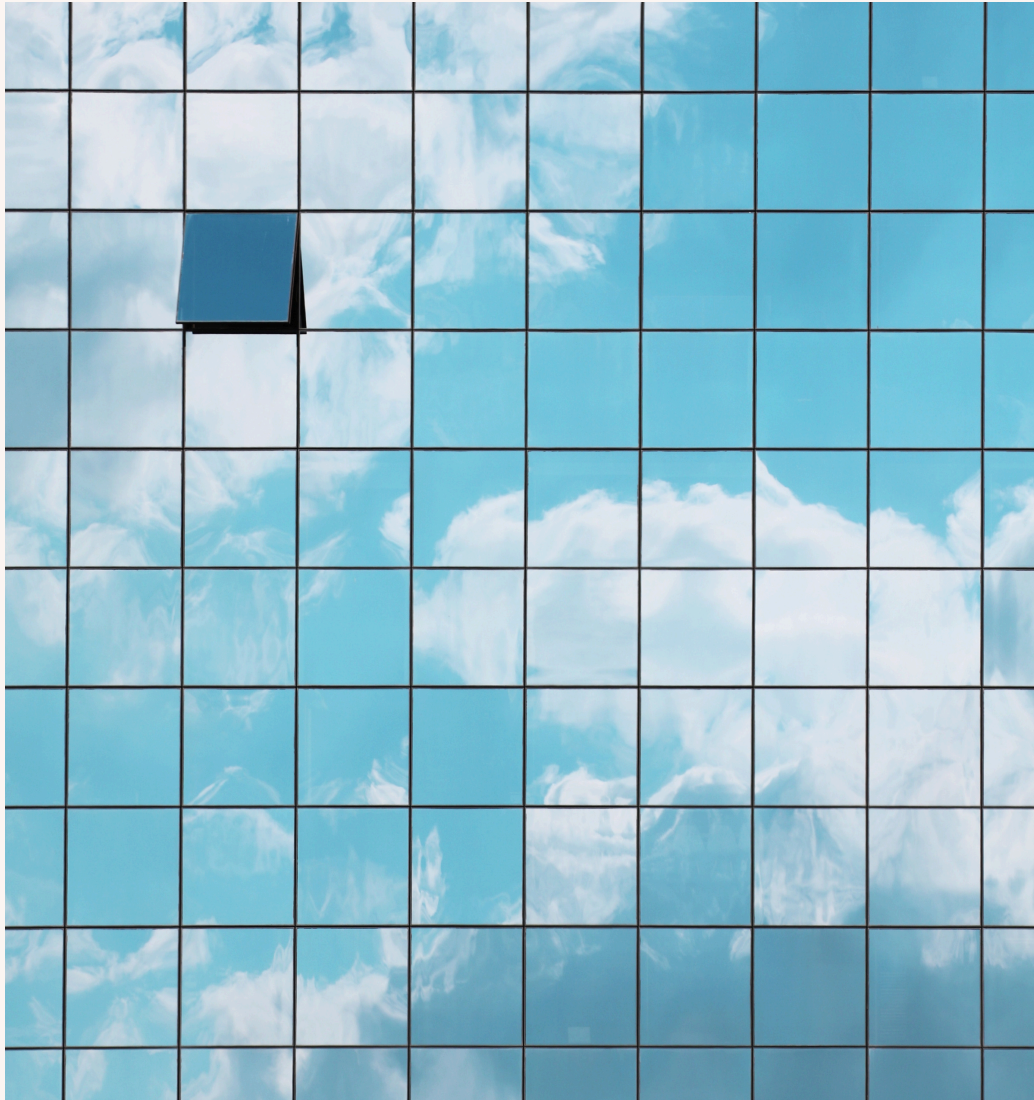


sessions with Claudia Klein

Hypnotherapy  Life Coaching  Spiritual Attunement

version 20 valid from December 2024



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Click Here to visit my YouTube Channel:
[My YOUTUBE channel:](#)



Feeling stuck?

Getting ready for change

Are you struggling with stubborn habits, nagging thoughts, emotional rollercoasters, or persistent physical issues that feel insurmountable?

The methods we employ during naturally altered states of consciousness could be the key to unlocking relief, insight, and the transformation you seek. Typically, this process yields swift and potent results, particularly when compared to alternative approaches. Most important for us to be successful is **your readiness and dedication to the process.**

You've already conquered the toughest part!

Your self-awareness and decision to seek help for your challenge is a significant milestone on the path to resolution or healing. The key to overcoming issues, habits, or emotional pain often lies in understanding our underlying motivations and thought patterns. Surprisingly, this process can be straightforward when approached with the right mindset and tools. You might be well on your way to positive change.



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 commitment to you

I pledge to employ my extensive expertise and years of experience to help you implement essential changes. I believe in measurable results in the shortest possible timeframe that is right for you. However, your full engagement from the outset is crucial for success.

Your role in this process

Please carefully review all the information provided here. By booking sessions, you agree to work together in this manner. Of course, feel free to reach out with any questions or concerns you may have.



Claudia Kleia
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Spiritual Attunement
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... because there is more to life!

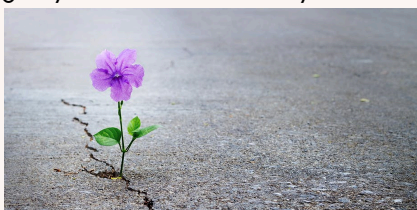
How we prepare

Paving the way

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

Here's why: We often believe we've processed painful experiences, either independently or with professional help, and confidently claim to have "dealt with it." This approach is typically logical and conscious, rationalizing away emotional content. While this may satisfy our analytical mind, it fails to address the deeply rooted "programs" in our subconscious. The resulting inner conflict can manifest through the mind-body-spirit connection, potentially surfacing as various biopsychological symptoms.

At times, we're oblivious to the sources of our inner turmoil, either due to lack of knowledge or because the origins lie beyond our conscious recall. These roots may be anchored in early childhood, prenatal experiences, or even previous incarnations (past or parallel lives). This underscores the importance of hypnosis as a unique gateway to these concealed memories. For the moment, simply tune into your inner self, embracing any discomfort that may arise.



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)**

<https://www.youtube.com/watch?v=Buv006-D4vM>

IMPORTANT

Connecting with Your "Issue"

Before our first meeting, please send me your case history as a word document, allowing us both to prepare effectively. Please include:

Your background from childhood onwards that relates to your current situation, significant life events

Key life events and experiences, even if they seem unrelated

Brief medical history, including any current medications. If you are receiving medical care, you may want to mention your interest in our work together to your provider.

Full birth date

Anything else you feel is important to share.

Be thorough and honest - this process helps engage with your subconscious and often proves to have beneficial therapeutic effects. Writing your history indicates readiness for change and taking responsibility, and it indicates your readiness to deal with the issue, take responsibility, and welcome positive changes. Allow yourself to notice and feel any emotions that arise; they are a natural part of the process.

Sending this ahead allows me to prepare, making our first session more productive. The writing process may help you recall important details and process feelings, creating fertile ground for growth.

The advantages of thorough preparation are substantial: you may recall important details you have forgotten, acknowledge a wide range of feelings without judgement, and create the "soil" for new growth.

Please click here and watch on YouTube: [Claudia short video on the Model of the Mind](https://youtu.be/wvXtDvHD_oQ) (https://youtu.be/wvXtDvHD_oQ)

Important Details

get ready for change

NUMBER OF SESSIONS:

We typically plan for three sessions, though sometimes the third may prove unnecessary.

It is wonderful when this happens yet there are no guarantees.

When you are ready to book, please inform me so we can schedule sessions for optimal continuity. If we resolve your issue sooner or you decide to discontinue for any reason, you can simply postpone or cancel the remaining session(s). Only sessions not cancelled within 48 hours will incur full charges.



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

DURATION AND PRICING OF THE SESSIONS:

The initial session includes a thorough consultation lasting approximately one hour, during which we will discuss your concerns, desired outcomes, and any questions you may have about the process or hypnosis. This will be followed by your first hypnosis experience. Please allocate around 2.5 hours for the entire process, though it may occasionally extend beyond this time.

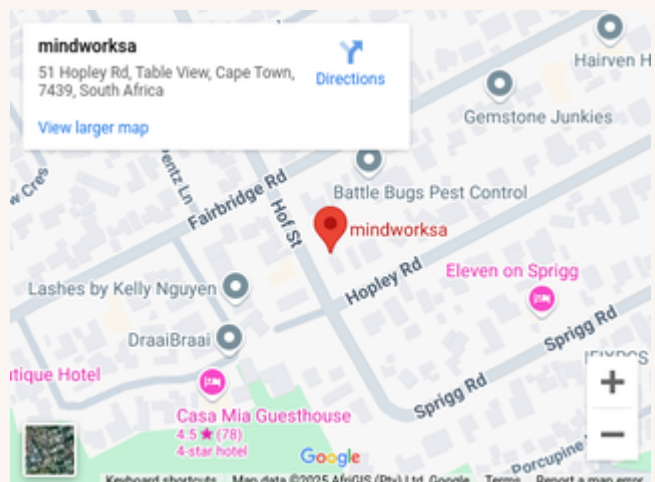
On the day of your appointment, we encourage you to structure your schedule to ensure you can fully relax during and after the session. The insights gained can be significant, and you will want to take some time to reflect on your experience.

Follow-up sessions typically last about two hours, although they may occasionally run longer.

The fee for each session is R2500, payable on the day of the appointment.

ONLINE SESSIONS:

Currently, I prioritize in-person sessions. As humans, we benefit from and deserve direct contact and connection. However, many of my colleagues successfully conduct online sessions. You can find these practitioners at www.hypnotherapy.co.za if you prefer a virtual option.

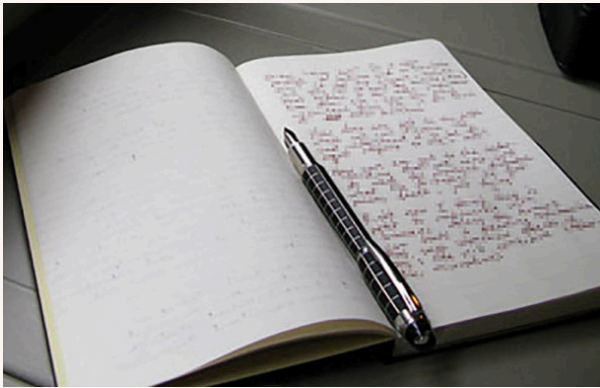


Planning the Transformation!

Your desired outcome

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.

AUTHENTIC TRANSFORMATION IS KEY

With my guidance, you will uncover your own solutions at a level that is right for you. Any insights and changes will be uniquely yours, enriching your life experience.

In my view, this approach naturally allows you to release symptoms, adopt new behaviours, and evolve into a more authentic version of yourself.

POST-SESSION FOLLOW-UP

I may recommend "homework" to enhance your session benefits. Please send me a brief summary of your experience and feelings a day or two after each session.

To track your inner transformation, prepare another summary about a month after our final appointment. Reflect on changes in your life, thought patterns, emotions, habits, and any physical or biochemical shifts (if applicable).



The Smallprint

The legal part

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.

MY JOURNEY

Like you, I'm a seeker, always pursuing joy and happiness, which evolve in meaning over time. I face obstacles and challenges, now meeting them with calmness and clarity rather than anxiety and doubt. Through successes and low points, I've learned that embracing our shadows, continual growth, maintaining open hearts, and sharing vulnerability with those who matter brings the greatest joy.

I discovered hypnosis nearly 40 years ago through my obstetrician, which greatly eased my birthing experiences. Since then, I've dedicated thousands of hours to mastering this and other modalities, taught over 5000 students, and assisted numerous 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 our HEARTSPACE TRIBE, or 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 business card to open the website:



Click Here to visit my YouTube Channel:

[My YOUTUBE channel:](#)