

# The CALM You've Been Looking For

## Introduction

### Welcome and Brief Overview

You're here because you're ready for something different. You've tried deep breathing, positive thinking, and "just relaxing" - and they haven't given you the lasting relief you need.

This class is different. We're not managing stress - we're releasing it at the source.

### **What You'll Experience Today**

- How your brain creates stress (and how to interrupt that pattern)
- The Transformation Formula for lasting calm
- A powerful 60-second technique you can use anywhere
- Live hypnosis experience with the Alpha Sequence
- Tools you can use immediately when stress hits

### **Why Stress Feels So Hard to Release**

Your conscious mind knows you "shouldn't" be stressed. But your body disagrees. That's the inner conflict between your thinking mind and the deeper parts of your mind (subconscious and unconscious) where stress patterns actually live.

### The Role of Hypnosis in Releasing Stress & Anxiety

Hypnosis gives you access to the deeper layers where stress is stored. Through stillness, we can:

1. Understand what's happening at the root level
2. Offer your nervous system a new way of responding
3. Create new neural pathways for calm

## Your 60-Second Calm Tool

Today you'll learn the hand-on-heart technique - a simple physical anchor that releases serotonin (the same neurochemical released when someone hugs you). This becomes your instant access point to calm, anywhere, anytime.

## The Transformation Formula

$$R = (C \times F) \div T$$

Where:

- R = Results (the calm you want)
- C = Clarity (knowing what peace feels like for you)
- F = Focus (redirecting your attention to what serves you)
- T = Time of Distraction (the racing thoughts, worry, overwhelm)

Translation: You access lasting calm when you're clear on what you want, focused on it, and the mental noise quiets down.

## Experience and Practice

Live Hypnosis Experience

### The Alpha Sequence + Hand-on-Heart Technique

You'll experience:

- The Alpha Sequence - a 4-step process to access deep relaxation
- Hand-on-heart technique - your 60-second tool for instant calm
- Full body awareness and release
- Access to your natural peaceful state

This isn't visualization or imagination - you'll feel the actual shift in your nervous system.

## WHAT YOU'RE TAKING HOME TODAY

**1. Instant Calm Hypnosis Recording** Practice at home to strengthen the new neural pathways. Repetition makes it automatic.

**2. Hand-on-Heart Technique** Use this anywhere - in the grocery store, before difficult conversations, during family gatherings, in the middle of the night when worry strikes.

**3. The Transformation Playbook** Your reference guide for how lasting change actually works.

Moving Forward

**This Class Gives You:**

- The foundation of how stress release works
- A practical tool you can use immediately
- A recording for daily practice

**For Deeper Work:** If you're dealing with chronic stress, long-standing anxiety, or patterns that feel overwhelming, private sessions allow us to:

- Work through complexity much faster
- Address your specific root causes
- Stabilize relief completely
- Create permanent change at the deeper layers

**Group Program:** REWIRED - 6-week transformation program starting December 12 (4 spots remaining)

## CONTACT INFORMATION

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