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*For a Healthy Body, Mind and Soul*

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AS FEATURED IN  
**457**  
 MAGAZINE

Quit Smoking, Weight Loss, Anxiety, Depression  
 Stress, Anger, Pain, Headaches, Bad Wetting  
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**HELPING YOU MAKE POSITIVE CHANGE IN YOUR LIFE**

**Sharon Jackson**  
 Certified Clinical Hypnotherapist, M.Msc.  
 Counseling, Hypnotherapy, and Reiki

103 South 3rd Street, Suite 102  
 Ozark, Missouri 65721  
 (417) 773-2524

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**Happy Mother's Day! MAY 2012 MONTHLY NEWSLETTER**

**FEATURED BUSINESS**



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**DEBI  
 CARCIONE**

Debi was amazed how relaxed and refreshed she felt after receiving her session. She thoroughly enjoyed her complimentary Mental Vacation®

**WHAT IS REIKI?**

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that our "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power"

and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy." Excellent source for AD(H)D, stress reduction, healing, pain reduction, and a complete Mind, Body, and Soul rebalancing. **You have to EXPERIENCE IT TO BELIEVE IT!**

**continued on other side...**

**50% OFF coupon**

→

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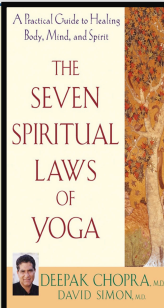
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# Benefits of REIKI



Reiki works on different levels as in the physical, mental, emotional and spiritual enhancing everything in life. Reiki is not only one of the oldest healing systems in use, it is also one of the most versatile. Reiki is used in over 800 hospitals all over the United States. Reiki is believed to improve just about any aspect of life, from physical health to emotional well-being, stress reduction and mental clarity. Reiki has been proven to help with the following: Mental and emotional wounds, enhances capability to love, helps alleviate mood swings, fear, frustration, and anger, relieves pain, improves the immune system, offers relief during the grieving process, mental clarity, improves confidence and esteem, improves circulation, cleanses organs,

sinus conditions, menopause, migraines, cystitis, asthma, chronic fatigue, arthritis, back, sciatica, insomnia and depression. Reiki speeds up recovery from surgery and helps with side effects caused by medications such as Chemo-therapy. Helps heal injuries faster, increases energy levels, reduces and relieves stress, promotes creativity, accelerates the bodies healing abilities, AD(H)D, OCD, and aids in better sleep patters just to name a few.

*Reiki benefits can be used for expectant mothers, babies, toddlers, children, adolescents, adults, the elderly, and even pets!*

\* Reiki should not be used as a substitute for medical care. It should compliment professional medical and psychological care.

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ONE FULL BODY (front and back)

REIKI SESSION (approx 1 hr)

**ONLY \$25.00** (regular \$50.00)

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## ASK SHARON QUESTIONS & ANSWERS:

**QUESTION:** I want to lose weight. How many session will it take?

**ANSWER:** Every individual is different. Some of my clients find complete success in one session and others have taken up to ten. The average person finds complete success after four to five sessions.

**QUESTION:** I want to stop smoking. What is your success rate?

**ANSWER:** I have been practicing hypnotherapy since 2007 and hold an additional certification as a Smoking Cessation Therapist. I am only aware of one individual that has not reached their goal to become a permanent non-smoker. I have an impressive success rate if the protocol is followed. I offer free complete support after, as well.

If you have a question, please email [powerofthemind@mail.com](mailto:powerofthemind@mail.com)  
(all answers are the opinions of Power of the Mind Healing, Hypnotherapy, and Counseling Center)

