

# Hypno-Reiki Wellness Center

Cynthia Clark, Cert. Clinical Hypnotherapist, Reiki Master, Essential Oil Educator

7811 La Mesa Blvd #E La Mesa Ca 91942

619-379-1529/ [CYNTHIA@SDHYPNOREIKI.COM](mailto:CYNTHIA@SDHYPNOREIKI.COM) [WWW.SDHYPNOREIKI.COM](http://WWW.SDHYPNOREIKI.COM)

## Safe Place Visualization

Find a place where you can relax and be alone. Either lay down or find a comfy chair. Take a deep cleansing breath and close your eyes. (or if reading this, read with eyes at a soft gaze, ever so slowly, with pauses) With every breath allow all tension to leave your body... Begin to focus only on your breathing....if thoughts arise, gently bring your awareness back to your breath. Feel all the muscles in your face relax...all the muscles in your neck... down your shoulders... down...down...down your arms, relaxing to your very fingertips.... Feeling a wave of relaxation.... from your head....to your toes. With every breath you become more... and more.... relaxed. Breathing in calmness.... and exhaling any tension. Gently you begin to find yourself in this beautiful, majestic place. Perhaps, it's a secluded beach, or the mountains, or perhaps you feel most relaxed in the desert. Create this safe place now, it can and will be anything you choose. It is yours, all yours. This place where....instantly, you are calm....and relaxed. This place where you are safe. This is the place where you can come any time you choose. All you have to do is take a deep breath, close your eyes and you are there. In fact, each time you come here, it gets easier and easier. You feel more and more safe, more and more calm. Notice that you are noticing the sounds, the beauty that surrounds you. Notice what you feel here. Notice what else you can create. Who is with you, what is the weather like? Can you hear the ocean, can you feel the sun on your skin or the crisp air as it fills your lungs? This place can be anything you desire. It is where you can instantly create anything you wish for you. What else do you see, do you feel, do you imagine or just know? Feel the calmness of this place as it fills your entire body, every cell, every organ. Bring the beauty of this place inside your body now, knowing that you can do anything. Knowing that you are confident. Knowing that this wellness now can now be with you any time you choose.... When you feel complete, gently begin to feel your feet and your hands. Coming softly back into now, back into the present time space and thanking yourself for the wonderful work you have done. Knowing you can come back to your safe place any time you choose. And when you're ready, take a deep breath and gently open your eyes, feeling refreshed

## Future You Visualization

(Start with a version of Safe Place Visualization then start here) ...So take a few minute here, there feeling the wellness, knowing the wellness as you gently start to feel to see that perfect version of your life...imagine it, feel it or perhaps you just know it. Imagine your future version of you on a big screen, like in a movie theater, where you are watching yourself....watch yourself. Make this perfect version of you bigger, bolder, brighter. If there is sound, turn it up, notice what you feel like, see yourself perfectly happy, joyful, healthy. You can create anything here. So take some more time...creating, knowing...feeling this perfect version of you. Then see yourself now step into the future you as you become this perfect future you now. Feel what that feels like, send that feeling through your entire body now, filling every cell and every organ. Feel it, imagine it, believe it, know it....and when you feel complete, gently begin to feel your feet and your hands. Coming softly back into now, back into the present time space and thanking yourself for the wonderful work you have done. Knowing you can come back to your safe place any time you choose. And when you're ready, take a deep breath and gently open your eyes, feeling refreshed revitalized and rejuvenated, full of energy and fully awake, now.

## **Relaxation Techniques**

### **Color Breathing**

Take a deep breath, close your eyes and begin to imagine a color that represents peace or serenity or calmness, whatever first comes to your mind, there are no wrong answers. Imagine this color all around you now, as it surrounds your entire body, breathing slowly you begin to breathe this peaceful color in, deep slow breaths, bringing peacefulness with every inhale and exhaling out any tension. This peaceful color begins to swirl around as you breathe it in, feel as though your body is hollow, your arms and legs as this calm color swirls and swirls filling every part of your body with it. Filling every cell, every organ....Bringing peace, bringing calmness. As it swirls it begins to sweep up any tension, swirling it away with every exhale and filling the empty space with calmness...with peace. (Repeat as needed, create your own, maybe the color sweeps away pain, anxiety and replaces it with....love, happiness, joy, forgiveness, etc)

### **Square Breathing**

Take a deep breath, close your eyes. Make sure to count in your head as it is the distraction that calms.... Inhale for 6 seconds, hold for 6 seconds, exhale 6 seconds, hold 6 seconds...repeat for 3-5 times. Make it yours. Adjust the counts as needed. Maybe your inhale is 8 seconds, hold for 4, exhale for 5, hold for 4, etc. Listen to your body. It will tell you what is right for you.

### **3-Point Breathing**

Take a deep breath, close your eyes. Make sure to count, as it is the distraction that calms...Inhale for 6 seconds, hold for 4 seconds, exhale for 8 seconds, repeat 3-5 times. Make this yours, adjust counts and your body needs.

## **Wellness and Energy Boosters**

### **The Three Thumps**

- **THYMUS THUMP-** The Thymus Gland is a key component to the immune system. If one is feeling sick, fighting an infection or even overwhelmed with negativity, stimulating the thymus gland with help awaken it, boosting the immune system, reviving your energy and increasing strength and vitality. Start at about 2 inches below collarbone, center of chest, sternum. Make a fist and begin to thump, as you deeply exhale with each thump for 15-20 seconds.
- **K-27 Thump-** It is found just beneath the collarbones, a small indent. Cross your arms/hands and begin tapping or thumping. The K-27 meridian points will awaken and “uncross” your brain signals and adjust energies so you are more alert, awake and operating at 100%, instead of 50%. This point will also flip the energy back to forwards in case it is flowing backwards. It brings focus, clear thinking and is energizing.
- **Neuro-Lymphatic Reflex Points (NLR) or Sore Spots-** Located about 2 inches below, middle of collarbone. They should be tender/sore. The Neuro-Lymphatic System keeps the lymph, blood and meridian energies flowing. This is one of many NLR “spots”, when rubbed/thumped in and outward motion can increase energy, balance blood chemistry and boost the immune system.

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NOW thru JAN 1<sup>st</sup> 2016!!!

Visualization/Hypnosis 3 Pack- \$175.00!!! SAVE \$158!!!

\*Hypnosis is beneficial for pain management, stress, fatigue, anxiety, and so much more!

Reiki 3 Pack- \$145.00!!! SAVE \$188!!!

\*Reiki is done fully clothed on a massage table. It is balancing, relaxing and an overall peaceful experience for body and mind.

Purchase any DOTERRA Enrollment Kit = FREE DIFFUSER!!! (first 5 take diffuser home today!)

\*Cash, Credit or Checks accepted for Hypnosis and Reiki Packages. Essential Oil Packages must be by Card processed online, see me for details. See my website for more on Reiki and Hypnosis [www.sdhypnoreiki.com](http://www.sdhypnoreiki.com)

**SAVE  
\$49.55**



### CLEANSE & RESTORE

- Lifelong Vitality
- PB Assist®+
- GX Assist®
- Zendocrine® Softgels
- DigestZen TerraZyme®
- Lemon (15 mL)
- Wellness Advocate Introductory Packet

32950001 \$195.00 125 PV

**SAVE  
\$73.50**



### ATHLETE+

- Athlete's Kit: Canvas bag, Deep Blue® Rub, and 5 mL bottles of dōTERRA Breathe,™ dōTERRA On Guard,™ Lavender, Melaleuca, Peppermint
- Deep Blue Polyphenol Complex™
- Mito2Max
- Daily Nutrient Pack
- Wellness Advocate Introductory Packet

21320001 \$195.00 125 PV

**SAVE  
\$86.25**



### HOME ESSENTIALS

- Frankincense
- Lavender
- Lemon
- Melaleuca
- Oregano
- Peppermint
- dōTERRA Breathe™
- DigestZen®
- dōTERRA On Guard®
- Deep Blue® (5 mL)
- Petal Diffuser
- Wellness Advocate Introductory Packet

41180001 \$275.00 225 PV

**SAVE  
\$46.00**



### EMOTIONAL AROMATHERAPY

- Emotional Aromatherapy: 5 mL bottles of dōTERRA Motivate,™ dōTERRA Cheer,™ dōTERRA Passion,™ dōTERRA Forgive,™ dōTERRA Console,™ dōTERRA Peace™
- Petal Diffuser
- Wellness Advocate Introductory Packet

21310001 \$195.00 145 PV

**SAVE  
\$36.50**



### FAMILY PHYSICIAN KIT® AND BEADLETS

- Family Physician Kit: 5 mL bottles of Lavender, Lemon, Peppermint, Melaleuca, Oregano, Frankincense, Deep Blue,® dōTERRA Breathe,™ DigestZen,® and dōTERRA On Guard®
- Peppermint Beadlets
- dōTERRA On Guard® Beadlets
- Wellness Advocate Introductory Packet

21300001 \$150.00 110 PV

**SAVE  
\$98.08**

**+100  
product credits  
& start at 15%  
rewards**



### NATURAL SOLUTIONS

#### ESSENTIAL OILS:

- **5 mL bottles:** DigestZen®, Purify, Melaleuca, Oregano, AromaTouch®, Frankincense, dōTERRA Serenity®, dōTERRA Breathe®, dōTERRA Balance®
- **15 mL bottles:** Citrus Bliss®, Lavender, Lemon, Peppermint, Slim & Sassy®, Lemongrass, On Guard

#### • 10 mL bottles:

- PastTense®
- ClaryCalm®

#### OTHER PRODUCTS:

- Lifelong Vitality Pack™
- DigestZen TerraZyme®
- HD Clear® Foaming Face Wash
- Deep Blue® Rub
- Fractionated Coconut Oil (4 oz)
- Aroma Lite Diffuser
- Wooden Box
- dōTERRA Breathe™ Vapor Stick
- Correct-X®

#### dōTERRA On Guard® Collection:

- Beadlets
- Toothpaste
- Hand Wash w/2 Dispensers

Wellness Advocate Introductory Packet

21290001 \$550.00 400 PV



## EVERY OIL KIT

## • ESSENTIAL OIL SINGLES: (15 mL unless otherwise noted)

Arborvitae (5 mL)	Clary Sage	Geranium	Melaleuca
Basil	Clove	Ginger	Melissa (5 mL)
Bergamot	Coriander	Grapefruit	Myrrh
Black Pepper (5 mL)	Cypress	Helichrysum (5 mL)	Oregano
Cardamom (5 mL)	Douglas Fir (5 mL)	Juniper Berry (5 mL)	Patchouli
Cassia	Eucalyptus	Lavender	Peppermint
Cedarwood	Fennel	Lemon	Roman
Cilantro	Fractionated	Lemongrass	Chamomile (5 mL)
Cinnamon Bark (5 mL)	Coconut Oil (4 oz)	Lime	Rosemary
	Frankincense	Marjoram	Sandalwood (Hawaiian) (5 mL)

SAVE  
\$285.65+200  
product credits  
& start at 20%  
rewards

## • ESSENTIAL OIL BLENDS: (15 mL unless otherwise noted)

AromaTouch®  
dōTERRA Balance™  
dōTERRA Breathe™  
Citrus Bliss®  
ClaryCalm® (10 mL)  
Deep Blue® (5 mL)  
DigestZen®  
Elevation™  
dōTERRA Emotional Aromatherapy™ System (Six 5 mL)  
HD Clear® (10 mL)  
Immortelle (10 mL)  
InTune® (10 mL)  
dōTERRA On Guard®  
PastTense® (10 mL)  
Purify  
dōTERRA Serenity™  
Slim & Sassy®  
TerraShield®  
Whisper™ (5 mL)  
Zendocrine®

## • BUSINESS TOOLS:

Canvas Bag  
Cloud Diffuser  
Wellness Advocate Introductory Packet

21280001 \$1,775.00 1,400 PV



## DIAMOND KIT

## EVERY OIL KIT OILS PLUS:

## • dōTERRA ON GUARD® COLLECTION:

Beadlet  
Cleaner Concentrate  
Protecting Throat Drops  
Laundry Detergent  
Foaming Hand Wash w/2 dispensers  
Toothpaste  
On Guard + Softgels

## • WELLNESS:

Lifelong Vitality Pack  
dōTERRA Women's Line  
DDR Prime® Softgels  
Deep Blue Polyphenol Complex™  
DigestTab™  
MITO2MAX® Complex  
DigestZen® Softgels  
PB Assist®+  
GX Assist®  
DigestZen TerraZyme®  
Zendocrine® Complex  
Slim & Sassy Contrôl™ Drink Mix  
Trim Shake Vanilla  
TerraGreens®  
TriEase® Seasonal Softgels  
dōTERRA Breathe™ Vapor Stick  
dōTERRA Breathe™ Respiratory Drops

## • PERSONAL CARE:

Salon Essentials Protecting Shampoo  
Salon Essentials Smoothing Conditioner  
Salon Essentials Healthy Hold Glaze  
Salon Essentials Root to Tip Serum  
Correct-X®  
Reveal Facial System  
Veráge™ Skin Care Collection  
HD Clear® Facial Lotion  
HD Clear® Foaming Face Wash  
Hand and Body Lotion  
Deep Blue® Rub  
Peppermint Beadlet  
Natural Deodorant

## • ACCESSORIES:

Canvas Bag, Aroma Lite Diffuser, ½ Dram Sample Vials (12 vials)

## • ESSENTIAL OIL KITS:

AromaTouch® Kit, Family Physician® Kit, dōTERRA Emotional Aromatherapy™ System Intro to Essentials Kit

21270001 \$2,500.00 2,000 PV

Certified Pure Therapeutic Grade®

living  
dōTERRA®  
*naturally*



# essential OILS



## WHAT ARE ESSENTIAL OILS?

If you have ever enjoyed the scent of a rose, you've experienced the aromatic qualities of essential oils. These naturally occurring, volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants. Essential oils provide plants with protection against predators and disease and play a role in plant pollination. In addition to their intrinsic benefits to plants and being beautifully fragrant to people, essential oils have long been used for food preparation, beauty treatment, and health-care practices.



## HOW DO I USE ESSENTIAL OILS?

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends in one of three methods:

### Aromatic

**A**

Certain essential oils, when diffused, can be very stimulating, while others can be calming and soothing. Diffusing essential oils can also purify the air of unwanted odors.

### Topical

**T**

Essential oils are easily absorbed by the skin and can be safely applied topically.

### Internal

**I**

Essential oils can also be used as dietary supplements supporting a variety of healthy conditions.

Essential oils are both exciting and promising when it comes to taking care of your own and your family's health. Whether you're applying essential oils topically, enjoying the aromatic benefits through diffusing, or taking essential oils internally, the positive, healthful effects of essential oils are boundless.

That's why you'll want to ensure that the essential oils you are using are capable of delivering on their promise. You'll want to make sure that you are choosing essential oils for their potency and their purity.

why

dōTERRA®



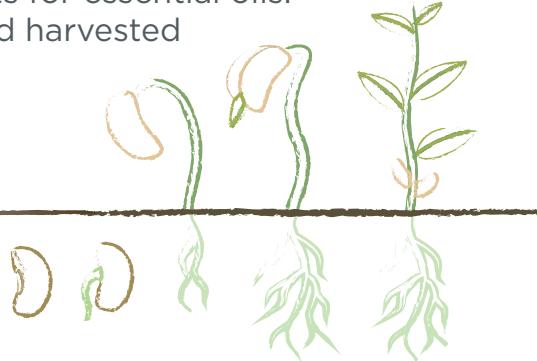
## SOURCING ESSENTIAL OILS

Potency starts with the plant itself. The same species of plant when grown in different environments will vary in chemical composition.

When plants are grown in optimal soil, temperature, and climate, they produce a higher quality essential oil—just as nature intended.

But, that's only half of the equation. Purity plays a major role as well. Many essential oils available to purchase are not certified pure. Often, they contain fillers or other elements that dilute and alter the purity. This diminishes the healthful qualities of the oil.

dōTERRA is committed to providing the purest, most potent essential oils possible. We employ a global network of farmers who know intimately the process of growing plants for essential oils. They ensure the plant is taken care of properly and harvested at the proper stage.



## CPTG Certified Pure Therapeutic Grade®

dōTERRA has also perfectly melded modern advances and testing procedures to ensure the purity and efficacy of each essential oil. Every dōTERRA essential oil is put through the highest standard of rigorous and thorough **testing**.

When an essential oil is deemed worthy to be sold as a dōTERRA essential oil, you'll know that it has the highest quantity of active, beneficial constituents and that it is free of contaminants and adulterations.

Because, at dōTERRA, we know that the same care and attention—as well as the same commitment—to only provide the very best is not unique to us; they're the same qualities you employ when taking care of those you love the most.

This testing protocol—**CPTG Certified Pure Therapeutic Grade®**—sets the bar for quality, purity, efficacy, and consistency.

# healthy home SURVEY



**1** Do you prefer to avoid the chemicals and synthetic scents found in standard laundry detergents? Would you use a natural alternative for removing stubborn stains and daily grime from clothing? **YES**  **NO**

 **2** Do you have children that could be adversely affected by ingredients found in household cleaners? Would you use a natural, all-purpose cleaner that powers through grease and grime while leaving behind a refreshing scent? **YES**  **NO**

**3** Are you interested in keeping your skin feeling and looking healthy and young? Would you use an all-natural skin care line that incorporates powerful essential oils that target visible signs of both cellular and mechanical aging? **YES**  **NO**



**4** Are you seeking a solution to damaged hair or a distressed scalp? Would you use hair care products that combine pure botanical extracts, CPTG® essential oils, and the most advanced technological ingredients to provide unparalleled hair care benefits that optimize beautiful hair and a healthy scalp? **YES**  **NO**

**5** Does your diet fail to provide you with all the vitamins and minerals necessary for continued health? Would you use a supplement that is formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity? **YES**  **NO**



**6** Do you suffer from the occasional discomfort associated with menopause and aging? Would you use a women's product line containing natural plant extracts that support hormone balance or a blend of vitamins and minerals that are essential for bone health? **YES**  **NO**

**7** Do you experience occasional digestive discomfort? Would you use a product that helps support healthy organ cleansing and digestive health? **YES**  **NO**



**8** Do fad diets and complicated weight-loss systems prevent you from making positive lifestyle changes? Would you enjoy a product line that promotes a healthy metabolism and helps manage hunger, but is simple to use? **YES**  **NO**

**9** Do occasional aches and pains limit the enjoyment associated with your physically active lifestyle? Would you use a topical cream infused with a soothing blend of essential oils and formulated with natural plant extracts for targeted comfort? **YES**  **NO**



**10** Do difficult situations affect your attitude? Would you like to experience the calming or relaxing effect of Serenity or the energizing and refreshing aroma of Elevation? **YES**  **NO**

**11** Do you suffer from discomfort often associated with seasonal and environmental elements? Would you use a product designed with essential oils to protect against these elements while promoting healthy breathing? **YES**  **NO**



**12** Do you experience discomfort associated with occasional head and neck tension? Would you use a proprietary blend of essential oils that provide calming comfort in a convenient roll-on bottle? **YES**  **NO**

**13** During the winter season, do you look for ways to support and maintain a healthy immune system? Would you use a product that offers a fragrant, natural, and effective alternative for immune support through a powerful, proprietary blend of essential oils? **YES**  **NO**



**1****2****3****4****5****6****7****8****9****10****11****12****13**

# becoming a **WELLNESS ADVOCATE**



# WHOLESALE MEMBERSHIP

dōTERRA® offers product through a yearly wholesale membership. For a low membership fee of \$35.00, a Wellness Advocate will be able to purchase products at wholesale prices 25 percent below retail.



## **RENEWAL FEE**

After becoming a Wellness Advocate, the yearly renewal fee for a wholesale membership is \$25.00. This renewal fee comes with a free bottle of Peppermint, one of the most popular oils dōTERRA offers, a retail value of \$27.33.

# purchasing **PRODUCT**



When you become a Wellness Advocate, you are given a wholesale membership number and prompted to create a password. Once you have your membership number, you can purchase product online by visiting [mydoterra.com](http://mydoterra.com) or by contacting member services toll free at 800-411-8151.

Wellness Advocate # \_\_\_\_\_



# STANDARD ORDER

If you choose to purchase product, a standard order can be placed at any time online or through member services. A standard order qualifies you for wholesale pricing at a 25 percent savings.

# LOYALTY REWARDS PROGRAM ORDER

The smartest way to purchase product is through the

- **Loyalty Rewards Program**, which not only qualifies you for wholesale pricing, but also allows you to receive 10-30 percent of your total purchase in free product points.

**A Loyalty Rewards Program** order is a recurring monthly order. Order items, shipping dates, and credit card information can be adjusted up to 24 hours before the order processes. A Loyalty Rewards order can be canceled anytime by contacting member services by email at [service@doterra.com](mailto:service@doterra.com) or toll free by phone at 800-411-8151.

## EARNING 30 PERCENT IN FREE PRODUCT POINTS



Your starting percentage is based on the kit you purchased at the time you received your wholesale membership. The percentage at which you earn product points grows over time. If your order is 50 PV or more every month, your percentage increases 5 percent every three months until you reach 30 percent.

## SHIPPING REWARD PROGRAM

**Product points** can be redeemed for dōTERRA products. Product points are available 60 days after your first order. Product points can easily be redeemed online during the ordering process simply by clicking on the “Use Points?” option.

# PRODUCT OF THE MONTH CLUB

A Loyalty Rewards Program order placed between the first and the fifteenth, equal to 125 **PV** or more, qualifies a Wellness Advocate to participate in the Free Product of the Month Club. Wellness Advocates participating in this program receive a free product with their monthly order.

**Personal Volume (PV)** – Each product is assigned a specific PV. In many cases, the PV is equal to the wholesale price of the product. The total PV for a product can be found on the order form or in the shopping cart under the column labeled PV or Volume.

## PRODUCT PROMOTIONS

dōTERRA® regularly offers monthly product promotions. These promotions are announced on the first of each month and are typically based on

- order **PV**. Setting your Loyalty Rewards for after the first allows you to adjust your order if you choose to participate in the dōTERRA promotion.

<b>PERSONAL VOLUME (PV) MUST EXCEED</b>	<b>1+</b>	<b>50</b>	<b>100</b>	<b>125</b>	<b>200</b>
Maintain Loyalty Rewards Points	✓	✓	✓	✓	✓
Earn Loyalty Rewards Points and Increase Percentage		✓	✓	✓	✓
Earn Commissions			✓	✓	✓
Participate in Product of the Month Club				✓	✓
Participate in Product Promotions					✓





Once you have experienced the purity and potency of dōTERRA essential oils and essential oil wellness products, you will naturally be inclined to share your experiences and the products with others. To help you on your journey, dōTERRA has created the “Sharing dōTERRA Naturally” brochure. Use this simple guide as you share the powerful benefits of essential oils with others.



## dōTERRA CORPORATE TEAM:

dōTERRA Member Services  
[service@doterra.com](mailto:service@doterra.com)  
1-800-411-8151

dōTERRA Product Support  
[productsupport@doterra.com](mailto:productsupport@doterra.com)

dōTERRA Promotion Support  
[promotions@doterra.com](mailto:promotions@doterra.com)

In addition to our corporate staff, the individual who connected you to dōTERRA is a person you can rely on for information and support. They can also help you find additional help when needed.

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As you experience the benefits of dōTERRA essential oils and wellness products, you will find beneficial information and support on the following sites.

## dōTERRA CORPORATE WEBSITES:



[www.mydoterra.com](http://www.mydoterra.com)

Manage your account and place orders



[www.doterraeveryday.com](http://www.doterraeveryday.com)

Receive updated information on promotions, events, recognition, and training



[www.doterratools.com](http://www.doterratools.com)

Access images, flyers, forms, and product information pages



[www.doterrauniversity.com](http://www.doterrauniversity.com)

Educate yourself on dōTERRA products and access business training