

## **Patrick Ho**

Consulting Hypnotist, Hypnotherapist, Access Bars® Practitioner

**MindEase Hypnotherapy**



I use advanced Hypnosis and Energy therapy methods to empower overly stressed, anxious and/ depressed people regain their mental, physical and emotional health, so that they can be joyful and enjoy their life again. I work directly with my client's subconscious mind to achieve positive results in as few as 2 sessions.



## Patrick Ho

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**MindEase Hypnotherapy** [www.mindease.sg](http://www.mindease.sg)



Empower overly stressed, anxious or depressed people to be joyful so that they can enjoy their lives again! Advanced techniques used are all natural, direct and effective. See positive results in as few as 2 sessions!

- **Practise 5-PATH® Hypnotherapy (1:1)** **One Time Overhaul** **Onsite/ Online via Zoom**
- **Teach 7<sup>th</sup> Path Self-Hypnosis® (1:1 or Group)** **Ongoing Self Maint** **Onsite/ Online via Zoom**
- **Practise Access Bars (1:1)** **Energy Therapy, See Possibilities & Opportunities** **Onsite only**

**Free 30 mins  
Phone Consult  
for OuchReach Fans**

**5 mins sharing of a Night Ritual** (to help sleep better)

1. Deep breathe 3-times (nose in, nose out).  
"Every day in every way, I am getting better, better and better" by Emile Coue (say silently in mind 10 times, counting fingers)
2. Do memory jog (recall 3 good things happened to you, or 3 good deeds you done) Cultivate and fall asleep with a **Gratitude** mindset.