



Jessica I. Morales is a Certified Hypnotherapist and Abundant Life Coach. As the founder of Be YOU Hypnotherapy, at the core of her practice is the belief that the essential thing you need to heal and move forward is within you. You must connect within to get into alignment with the loving, true, pure, positive and ideal YOU. Jessica is fueled by a passion to equip others with emotional intelligence to master the habit of positive gain mentally, physically and spiritually.

As an EFT Practitioner (Emotional Freedom Technique), she has helped others break through negative emotions, bad habits, hurts, fears, anxiety, pain and much more. The tools and techniques she teaches clients to put into daily use are key components to their success.

With an extensive resume in managerial business development and marketing, Jessica hosts seminars based on improving the self to improve the system, thereby improving productivity. When fulfillment is cultivated internally, one flourishes externally.

Be YOU Hypnotherapy Mission:

To offer individuals an environment to explore and connect with the best version of oneself, the elevated "YOU," that moves one forward towards overall well-being.

What Clients Are Saying

"I was not sure what to expect. You are completely conscious, aware and responsive throughout. Amazingly, you will feel more relaxed than ever. The therapist asks you open-ended questions to guide your inner thoughts and creativity. It is like she is the road map and your mind is looking out the car window experiencing the images of a fantastic subconscious journey." - Dr. Rene S.

"On the same day I began hypnotherapy, I was able to sleep well. I woke up with peace in my heart. My sessions are like a deep meditation while reaching higher self-awareness. Through breath-work and tools to redirect my emotions, I learned how to get in control of my thoughts. It is empowering." - Diana S.R.

"You valued me as an individual and respected the person I am with my limitations. You respectfully highlighted the benefits of change. I learned that listen is equivalent to silence which places one in the position to respond and not react. I recognize character traits and use emotional intelligence to meet others where they are for a mutually beneficial agreement. I haven't stopped sharing the gems you empowered me with!" - Didi M.

"I always learn something new about myself after every session. The healing has finally begun. I have the tools to continue my journey of self love and acceptance. I am happy and motivated to continue forward." - Nancy H.

"The truth about our thought process and patterns was part of my A-ha moment. I am more aware of my actions, in complete control and in peace. It's up to me to unlock and solve my own thought process. Truly Jessica is gifted. She is a great teacher. Life Changing! Period." - Carina A.

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beYOU™
Hypnotherapy

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Phone Sessions • Skype Available



What Is Hypnosis and Hypnotherapy?

Hypnosis is a natural state that you go in and out of throughout the day. The mind is more focused than in your normal state of awareness. People often find it difficult to quiet the busyness of their minds. Some may feel overwhelmed or anxious trying to get to the change they desire. By relaxing and calming the body, the mind chatter decreases and stress diminishes. The client becomes present and is then able to explore resources, desires and abilities that fuel the positive change or achievement of the goal.

Hypnos, the Greek word, means sleep. This is why some associate hypnosis with being unconscious or out-of-control. This is simply not true. The client is able to hear and respond to everything during the session. In fact, the client is an active participant and will never be compelled to do or say anything that is not supportive of one's personal, spiritual or ethical standards.

Hypnotherapy is an effective tool that is a part of integrated medicine and holistic care. It is complementary to traditional disciplines and not intended to replace conventional medical or mental health services. Harvard University's 75 year study on what makes people happy revealed that mindfulness through intentional activity is the key. Making the choice to expand your mindfulness is valuable to living the abundant life of joy, peace and strength for the mind, body and soul.

"The happiness in your life depends on the quality of your thoughts."

-Marcus Aurelius

Specialties

"I Am" Mentality/Motivation

Do you repeat patterns that keep you stuck and far removed from the achievement you desire? Procrastination is a subconscious belief that you are not good enough or that you will fail anyway. Let's create a mindset of "I am" so that you live in the present what you long for. Create a new way of thinking that offers a ripple effect of positive gain. The mind is limitless when you allow it to connect without limits.

Goals/Peak Performance

Do anxieties or fear keep you from opportunities? Let's identify the obstacle and self sabotaging thoughts. In a relaxed and focused state of awareness, we will walk through the experience, heightening all of your senses, leading up to and achieving your desired outcome. Access the resources you have used successfully before to develop confidence and a mindset for limitless possibilities.

Sadness/Loneliness

Sadness often leads to isolation. The longer it goes without intervention, the worse it becomes. Gain an understanding of how the mind and body work together to break through this cycle. We will devise tangible steps to reignite your drive for living meaningfully. For clients who are clinically depressed, a medical referral is necessary.

Self-Image/Relationship Enhancement

Do you believe "I am enough?" The systems around one, whether intimate relationships or family or work systems, can become difficult. Negative self-image can stem from experiences that left you hurt or confused and leads to searching for validation from others. We will devise a plan for self love and care, experiencing how you wish to feel, what you will attract and building, through imagery and visualization, your desired life.

Life Stages & Healing

Within a caring and supportive process, we will navigate through life's stages. We will honor the relationship that has concluded in the physical world and reinforce the connection to your loved one in the spiritual realm. Loss can also encompass shedding a job, home, friends, a relationship and much more. Let's explore how you can expand into positive well-being and thriving.

Specific needs can be discussed via a complimentary phone consultation.

The Gift of Guided Imagery

The mind learns in images and metaphors. This is the language of the mind. Positive pictures effect positive changes mentally and physically. Through a visualization process, the client is guided towards greater inner self-awareness and resources specific to the presenting issue. The impact can be profound and invigorating. Clients learn how to access the power of their imaginations for deeper connectivity. Many describe these sessions as guided meditation that is spiritually meaningful and freeing to discover "the essential thing" that creates break-throughs.

"Who looks outside dreams; who looks inside awakes."

-Carl Jung

Hypnotherapy benefits everyday people with everyday challenges:

- Anxiety
- Bad Habits
- Career Success
- Chronic Pain
- Confidence
- Fears
- Goals
- Heartache
- Interpersonal Skills
- Motivation
- Optimism
- Peak Performance
- Personal Organization & Management
- Positive Mental Attitude
- Public Speaking
- Relationship Strategies
- Sleep Improvement
- Situational Stress
- Smoking Cessation
- Spirituality
- Traumas
- Weight Management
- Referred Medical Issues

What is your self improvement goal?