

Jolene Hayes **Wisdom of the Soul Hypnotherapy**

Are you looking for real change that will improve your life? Are you seeking more peace and happiness? Hypnotherapy is safe and is the quickest, most effective way to achieve success. I can provide the support you need to gain measurable results as you eliminate unwanted behaviors and patterns and release negative feelings.



Here are some of the many concerns you can explore through hypnotherapy:

*** Quit Smoking * Personal Growth * Fear & Anxiety
* Understanding and Healing Relationships**

"I am grateful for the time and help Jolene has given me to help me feel safe and accept love again. Her calm, loving demeanor brings a sense of peace and safety before, during and after the sessions. Thank you, Jolene!" -Paige, Crescent City.

Soul Realignment

Do you yearn to understand who you are at your Soul Level? Are you struggling in certain areas of your life and would like to create better and more fulfilling experiences?

Soul Realignment is an intuitive, spiritual growth modality that can help you learn about who you really are at your Soul level. By accessing your Akashic Records I obtain your Soul's profile in order to discover your Divine gifts. In addition, I can read and help you clear the misaligned, energetic qualities that are not in your highest good. Together we will discover what new choices you can make that will help you to raise your vibration.

"Jolene's insightful wisdom and her gentle, compassionate, guidance created a safe space for me to explore the reasons for my habitual patterns that have caused me suffering. Working with her has given me a new perspective and "tools" to shift away from these long standing habits. Jolene is a woman of integrity and a gifted healer. I highly recommend her!" ~Marie B, Arcata, CA.

Hypnotherapy & Soul Realignment Practitioner

Jolene Hayes

707- 499-9207

jolene@divinesoulwisdom.com

www.Divinesoulwisdom.com

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