



Lakshmi Collins ACHT, MBA

Lakshmi's extraordinary life experiences are a source of the unique perspective she brings to her work. She has lived many years in diverse cultures around the world, including years in India, exploring powerful yogic practices. Her personal experiences have guided her to a life committed to uplifting the human condition.

Employing various techniques of therapy and shamanic healing, together with her innate ability to assess core issues, Lakshmi has a gift for helping people to improve the quality of their lives. In addition to extensive training in both ancient and cutting edge modalities, she holds her Bachelor's Degree in Psychology from Lewis and Clark College and a MBA from San Jose State University. She is certified as an Advanced Clinical Hypnotherapist through the Wellness Institute in Issaquah, WA.

Lakshmi has worked and volunteered for over 20 years as a community advocate to improve living conditions for low income and immigrant populations. As a seasoned Red Cross Disaster Volunteer, she has helped to create and coordinate community collaborations across the country after major disasters. She is on the Santa Clara County Vulnerable Populations Disaster Planning Committee.

Through decades of service, Lakshmi has been with people in both "everyday" and extreme circumstances: fear, sadness, confusion, anger, and trauma. Through this, she has become deeply aware how rarely people permanently improve their life experiences without first altering their own perceptions of their personal power and creative capabilities. In hypnotherapy and energy therapy, she has found tools to profoundly transform self-limiting perceptions into an experience of freedom and possibilities.

EACH OF US HAS AN INNATE POTENTIAL TO CREATE A JOYFUL AND PRODUCTIVE REALITY. YET WE SELDOM EXPERIENCE OUR LIVES IN THIS WAY. THIS IS BECAUSE OUR NATURAL ABILITIES TO DEAL WITH LIFE'S CHALLENGES ARE REDUCED BY

- Limiting beliefs and judgments based on past experiences
- Unhealed traumas (both physical and emotional)
- Anxiety resulting from the rapid changes taking place in the world around us
- Disconnection from our own inner wisdom, from each other, and from nature

Lakshmi practices techniques that realign the mind, body and spirit, and also rebalance energetic patterns. Realignment renews our innate ability to heal ourselves, mobilizing our own deep **Inner Wisdom** to guide the process of healing and transformation.

A single session can bring clarity to an issue of concern, or a life path choice, such as a career or relationship decision. Often the effects of a trauma can be dissipated in one session.

Multiple sessions facilitate an incremental process of liberation and transformation. You will begin to understand and release deeply held belief structures, behavior patterns and emotions that have been detrimental influences in your life.

Simple techniques and exercises are taught for self-use, allowing you to take personal charge of your own transformation towards full creative potential in every aspect of your life.



Transpersonal Therapy

These powerful techniques activate altered states of consciousness and age regression to access information held in the subconscious. This information brings insight and the true capability to alter life experience. You are able to move beyond blocks with their old sense of limitations. You can see the past with a new perspective and the future with a renewed sense of enthusiasm and freedom.

- **Heart-Centered Hypnotherapy** uses deep relaxation to access subconscious behavior patterns, permitting new, life-altering choices.
- **Subtle Body Energy Work and Soul Psychology** heal the root causes of emotional and physical imbalance in the energy field, where they are first manifested. This allows you to take back parts of yourself that have been lost or repressed and to release anything that is not yours in your energy field.
- **Spiritual Guidance** to help awaken or strengthen your Spiritual Connection and remember who you really are, evoking your own Inner Wisdom.
- **Energy Therapy** utilizes numerous techniques which can rapidly alleviate psycho-spiritual and mind-body distress (anxiety, traumas, phobias, stress, limiting beliefs, low self-esteem, addictions, compulsions, allergies, etc.) These techniques all work directly with the energy centers, energy pathways and the energy field that envelops the body. They activate your own self-healing abilities and restore your energy flow. This naturally results in higher levels of physical, mental and creative performance. These techniques can be learned by anyone and even self-administered. They dissipate long-held cellular memories in the body that negatively affect physical and emotional health. Treatment is often very rapid and the results are permanent. **TAT (Tapas Acupressure Technique)** is a favorite form of Energy Therapy that is gentle, effective and can easily be used with children who have suffered trauma.
- **Eco-Therapy** helps you to refocus your attention to the beauty all around you and helps you to awaken long dormant connections to the creative and healing power of nature.



Individual Sessions

for anyone seeking a deeper awareness of their true potential and freedom from stress, limiting beliefs or unhealthy behavior patterns.

Workshops and Visualizations

on utilizing self-hypnosis or energy therapy to enhance personal and professional capabilities. Workshops can be designed to suit the needs of your group or organization.

Please call for appointment or more information.

A free 30 minute initial consultation is available by telephone or in person to decide if this is the right path for you.

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*“Each of us brought gifts to this life,
and discovering and sharing them
is one of life’s greatest joys.”*

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HEART-CENTERED HYPNOTHERAPY

ENERGY THERAPY

SPIRITUAL GUIDANCE

ECO-THERAPY