

# Healing Multiple Sclerosis

Reduce Your Symptoms by Healing Your Beliefs, Inner Conflicts, Repressed Emotions and Past Trauma

The program utilizes hypnotherapy, regression therapy, gestalt and neurolinguistic programming (NLP) that, combined, can effectively transform limiting beliefs, resolve past traumas quickly, develop emotional intelligence, and forever cancel the inner critic that beats you and your myelin sheath to a pulp anytime you make a mistake!

*[The largest change I have observed is that I need my cane less and less.](#)*

*[I am taking 50% less pain medication and muscle relaxants than what I took at the beginning of the course.](#)*

*[I experienced a marked improvement in incontinence.](#)*

## Healing Multiple Sclerosis Program

### A. THE POWER OF THE MIND TO HEAL

1. Learn to access inner peace at any moment and restore the body back to parasympathetic to heal.
2. Learning the power of the mind through visualizations and positive thinking to create change in the body.
3. Creating the expectancy for healing. Designing your personal healing remedy.

### B. WHY ME, WHY NOW, WHY THIS? UNDERSTANDING CAUSE

4. Understanding the cause and meaning behind MS
- 5 & 6. Understanding the meaning of each specific symptom

### C. TRANSFORMING LIMITING BELIEFS ABOUT SELF

7. Eliminate the inner critic and create the inner coach.
8. Make peace with perfection.
9. Creating inner congruency and balance. Stop tolerating conflicts.
10. Slow down those anxious thoughts and create calm, comfort, and groundedness.

### D. TRANSFORMING LIMITING BELIEFS AND BEHAVIORS WITH OTHERS

11. Create strong inner boundaries around others.
12. Removing the limiting belief "I'm not enough / worthy" once and for all.
13. Get your needs met. Put yourself first before helping others.
14. Understand and harness your relationship with control.
15. Become guilt and shame-free.

### E. REMOVING OBSTACLES TO HEALING

16. Exploring any unconscious inner obstacle to healing. Is MS serving you more than you think?
17. Release the trauma of a negative diagnosis and the expectations it's going to get worse.
18. From unhealthy future where the disease, and your life, will only get worse to a compelling empowering and fulfilling future.

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