

Calm the Body-Mind



Develop Stability & Resilience

I offer expertise in Stress Reduction and Relaxation and Somatic Trauma Healing. I teach Breathing from the Heart Center, Retraining the Mind to Goodness, Reclaiming the Body and Reprogramming Self-talk. These 4 practices help recondition the nervous system. The modalities I integrate include: hypnosis, breathwork, somatics, energy work, healing touch (non-sexual), tray play, traditional talk therapy and much more. I welcome all individuals as well as couples and other relational dynamics. I offer: workshops, classes and customize events and celebrations. Inside this brochure you will find the 4 practices from my new book, which will be released soon; 4 Essential Practices, the Way to Feel Good Now.

Cia A Robles

Choose To Be Happy Now

**Integrated Somatic Trauma Healing Practitioner
Hypnotherapist ~ Transformational Counselor**

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Choose to Be Happy *Now*

A method to Recondition Our BodyMind
& Redesign Our Lives

Establish a solid, inner foundation through a blend of Ancient Wisdom Teachings, contemporary Heart Science, Neuroscience and deep compassion. You can learn to transform the energy of the Seductive Egoic Mind and Rediscover the Love and Joy that is already within you.

From an Integrated Somatic Trauma Healing Practitioner with over 30 years in private practice and her own healing journey.

www.ciaarobles.com 510-853-5323

Therapy and Coaching
for:

Relationships ~ Anxiety

Career ~ Health ~ Trauma

Addiction ~ Pain

Transitions

serving:

individuals, couples, families
and children

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4 Essential Practices the Way to Feel Good Now

Are you ready to live in Joy & Happiness, to feel love and freedom in your body and in your mind? These qualities of being are your birthright. However, if you experienced trauma in your early childhood, to *feel good now*, may feel like a foreign concept. The 4 Essential Practices provide a simple way to uplift your energy state to a positive, new normal. They are a method to recondition the nervous system and transform your unusual reaction to stress; freeing yourself from the self defeating (reinforcing), learned pattern. The 4 Essential Practices are at the heart of my therapeutic approach.

These practices are intended for consistent practice, they are not just more tools to be placed on a shelf or tucked away in a tool box. As you practice this method consistently, you can become more of who you truly are and truly transform your life.

Disclaimer: the suggestions here are not meant to replace your doctor's medical advice.

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The 4 Essential practices teach you to breathe from your Heart Center to calm the body and the mind. You can learn to shift your mind's attention from a distressing or even terrifying thought, to a neutral, then to a joyful thought and feeling. These practices help shift the nervous system out of Fight, Flight, Freeze and into calm, clarity and happiness; a ***Feel Good Now***, emotional state of well-being. Now, from a more secure and joyful state, you can begin to redesign your life! This method is an invitation to slow down, pause and stop. We are nature; expansion, creativity and joy are our natural way of Being.

I invite you to begin today.



- Heart Centered Breathing

Bring your attention into your heart center, on the inhale breathe in the new, fresh, present moment; on the exhale, release all of the old and all that does not serve you. Inhale for a 5-6 second count, exhale for a 5-6 second count, a little slower and deeper than usual.

- Uplifting the Mind to Goodness

Become aware of your thoughts, now, consciously shift to something uplifting. Keep this simple, the blue sky, a bird perched on a tree nearby, a flower in bloom. Feel the energy in your body expand; hold appreciation for yourself just as you are in this moment.

- The L A Hug, body awareness

Take your arms and cross them over your chest, contacting each hand to the opposite arm in a gentle hug. Notice each arm, notice each hand, give thanks to your body for carrying you around each day, whatever shape it is in. You can say to yourself, "I Love and Accept myself, just as I am."

- Affirming Self-talk

Take a pause and notice the words going through your mind. Call in words of love, kindness and encouragement to anoint you and to validate you. "I am Valuable," is a good one, or "I am Goodness," sense the energy of the words; keep repeating them until you are smiling and feeling good now!