



Welcome to  
SharronMagyar.com, your  
access to the exclusive  
**STRESS REDUCTION AND  
ENERGY REBALANCING  
Hypnosis Membership**

*TRANSFORMATION COMES FROM WITHIN*



# ABOUT ME

## Sharron Magyar

**Sharron Magyar has always been drawn to the concept of discovery.**

Two personal tragedies led Sharron to discover hypnosis... and almost immediately, Sharron knew that hypnosis work was what she was intended to do.

**Sharron Magyar** has been practicing hypnotherapy since 2000. She is the author of *My Golden Heart: Putting the Pieces Back Together Again* and is certified as a Consulting Hypnotist and Trainer by the National Guild of Hypnotist. Sharron has specialized certification in Soul Entrainment©, Diabetic Hypnosis, Somatic Healing©, Past Life Regression, and PTSD .

As a graduate of Washington University in St. Louis, Missouri with a degree in Fine Art, Sharron is a sought after lecturer, teacher and presenter. Sharron conducts workshops, individual sessions, training and lectures to motivate people to rise above challenges in their lives.

SHARRON MAGYAR



BFA Washington University, Certified Hypnotist and Instructor for the National Guild of Hypnotist



“Hypnosis with Sharron has been good for me because the confusion in my mind is now manageable. I have been able to tie things together for better understanding. Not only did I have the PTSD experience of Desert Storm but I came from a difficult family situation with my father. I have now been able to cut the ties that were having a negative impact on me.

Now that I am able to understand what causes fear, it allows me to stand back and observe a situation rather than reacting to it. I am now feeling lighter in my spirit, less stress and finally I am at peace.”

Desert Storm Veteran – Ken Meyer

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# STRESS RELIEF PROGRAM

INFORMATION

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THANK YOU FOR  
BECOMING A MEMBER!



In this product there are 6 modules. Each month you will receive your module instructions **IN THE POWER POINT**. Included in each module :

- ☺ Listening instructions on the MP3'S
- ☺ Weekly Handouts
- ☺ Home Journaling Instructions
- ☺ Non dominant Handwriting

All instruction for use are on the module home page which will come approximately a month apart.

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HOW TO WORK WITH THIS PRODUCT

## MP3's

# These Recordings are Special

What sets these hypnosis recordings apart is that they contain sound healings. **Vibrational sound healing is not about the rhythm or harmony as much as the effect of moving, resonating or enhancing the energy of a particular area, body, or experience.**

Some of the instruments used in the sound healing series with hypnosis are the didgeridoo, tuning forks, drum and monochord, as well as Tibetan bowls.

You may respond more to one instrument more than another, there is no one size fits all to the tools or results. You can read more about the specifics of the sounds in the article by TERI FREESMEYER ON SOUND HEALING.

**Two** secrets of success:  
1. **To begin** 2. **To finish**





## MP3 INSTRUCTIONS

CLICK ON THE BUTTON TO LISTEN TO THE MP3'S ON YOUR COMPUTER, IPAD OR PHONE

FOLLOW THE LISTENING *TIME* IN THE MODULE PAGE POWER POINT. (Timing varies depending on the MP3 content.)



NEVER PLAY MP3'S IN A MOVING VEHICLE OR WHILE OPERATING MACHINERY.

FIND A QUIET PLACE, USE HEADPHONES TO LISTEN TO YOUR MP3'S

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# HAND OUTS

Each module you will receive handouts to accompany your hypnosis recordings. These handouts will complement the recordings while promoting personal growth. You may want to purchase a 3 ring notebook and download the handouts to keep them in one location.



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“Be the change that you wish to see in the world.”  
— Mahatma Gandhi





# NON DOMINANT HANDWRITING

Connecting to Your  
Inner Wisdom

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# Non Dominant Handwriting Instructions

## BENEFITS OF NON DOMINANT HANDWRITING

- SM Encourages right-left brain synthesis
- SM Keeps your conscious mind busy so the subconscious mind can communicate
- SM Takes the judge out of the picture
- SM Initiates flow of words and images
- SM Taps into the creative and healing power of the right brain  
(which specializes in visual/spatial perception as well as emotional and intuitive expression).





## JOURNALING PROMPTS

Don't know what to journal? In each module power point there are journal prompts connected with the MP'S and weekly handouts. They can help you get started.

Another way to get started is to check in with your body. You may zero into a specific area such as your back where you have back pain. Ask it what it wants to tell you and then start your non dominant handwriting.

Recently my face broke out terribly and I began journaling with the focus on why was my face broke out. The answer that came out was I am allergic to nuts. Ironically nuts give me a stomach ache also, but I had not put the two together.

 **Journaling Audio**



ACCESS YOUR INNER RESOURCES



“You've gotta dance like there's nobody watching,  
Love like you'll never be hurt,  
Sing like there's nobody listening,  
And live like it's heaven on earth.”

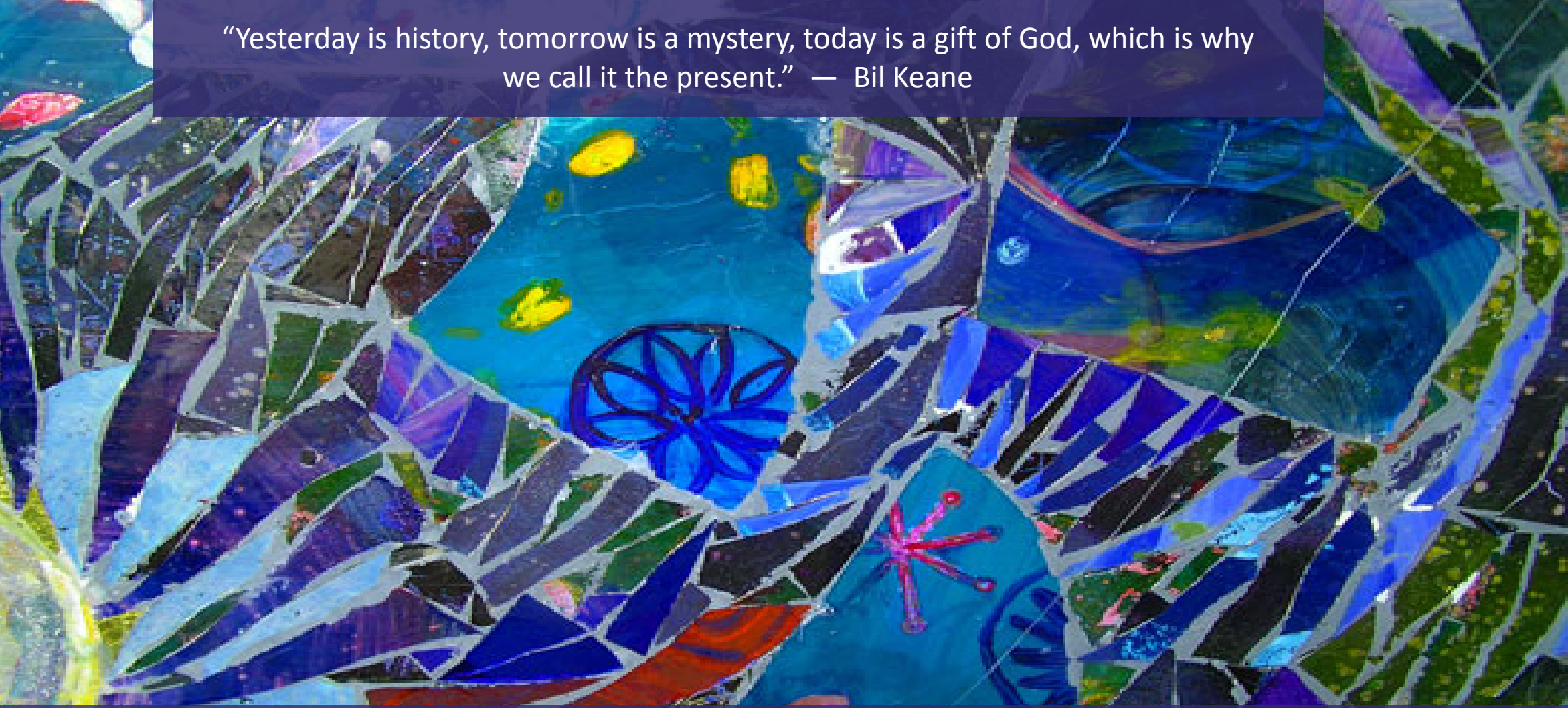
— [William W. Purkey](#)

Hypnosis combined with sound healing has empowered me to can accomplish any goals I desire. I have finally learned a process to overcome my own fears and limitations.  
–Virginia Carlson

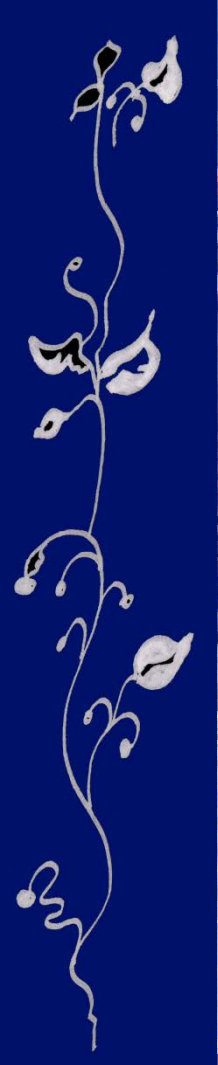


Begin Module 1 Audio





“Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present.” — Bil Keane



What a lovely joining of two wonderful modalities – hypnosis and sound healing! Sharron and Teri teamed together to bring a multilevel experience where the playing of instruments gave me the feeling being very present, and at the same time eased me into the words of the hypnotist at a deep level. It created a beautiful flow. In one sense I felt as if my body was resonating at a high level, and all the while, my mind was able to go deeper and deeper into a meditative state.

Love and Light – Michaelen Mc Donald

# THANK YOU!

Sharron Magyar

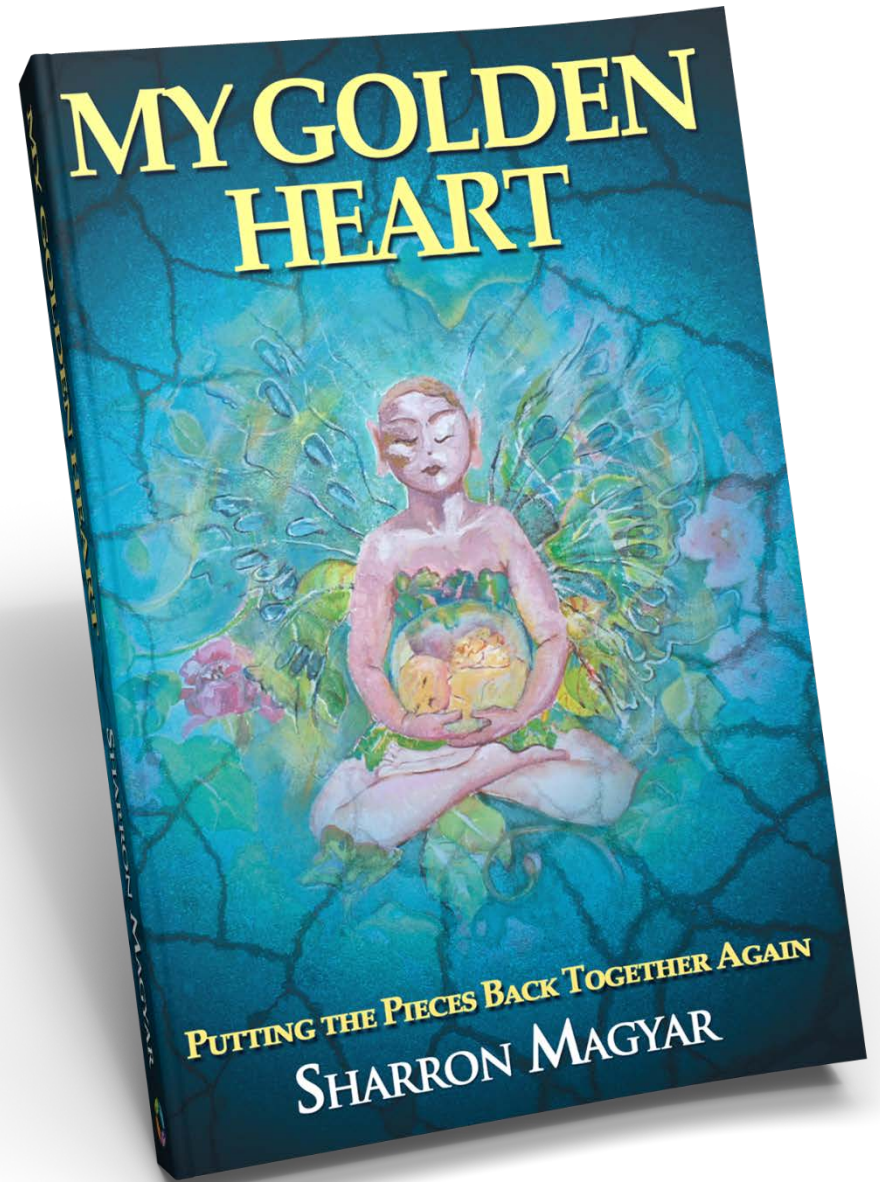


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## SHARRON'S BOOK

Need more support? *My Golden Heart Putting the Pieces Back Together Again* contains many of the hypnosis recordings in text and life skill exercises as well as my personal story.

SHARRON MAGYAR



# WARNING!



PRODUCTS AND SERVICES OFFERED ON THIS WEBSITE ARE IN NO WAY INTENDED TO REPLACE THE ADVICE OR TREATMENT OF A TRAINED AND LICENSED PROFESSIONAL. ALWAYS CONSULT A TRAINED AND LICENSED PROFESSIONAL FIRST BEFORE USING ANY OF THE PRODUCTS OR SERVICES ON THIS WEBSITE