

NY Hypnosis & Healing Center

The NY Hypnosis & Healing Center, Ltd., was established in July of 2003. Founded by Mari Lifrieri, CHT, with the intent to introduce Alternative Healing Modalities. Available to all searching for a way to enhance standard treatment offered through conventional Western Medicine.

The NY Hypnosis & Healing Center specializes in Hypnosis for Smoking Cessation and Pain Management. Childbirth by Hypnosis is offered to Women who prefer to give birth without, without fear, discomfort and with little or no medication. Our clients are highly successful in overcoming their challenges to Stop Smoking, Nail Biting & Teeth Grinding. They can also Manage Stress, become Focused, Motivated, Increase Self-Esteem & Eliminate Fears.

Where Positive Change



Becomes your new reality

Disclaimer: Mari Lifrieri and anyone associated with this work, inclusive of, but not limited to, NY Hypnosis & Healing Center Ltd., make no claims, promises or guarantees, and are neither diagnosing, treating specific health issues or challenges. You are solely responsible for seeing to and continuing with your own medical treatment and care.

Testimonials

Tranquil Beginnings classes taught me how to relax my body and mind and as I practiced these techniques daily, I became calm and confident that my baby was growing strong and developing properly. I learned how to put myself under Hypnosis and while in this meditative state, I began to build a strong relationship with my child by communicating positive thoughts and describing the "ideal" labor process to her. I told myself that I would experience pressure and tightening, and that is exactly what I felt with each surge. I am very proud to say that my labor was successful and painless.

I highly recommend the Tranquil Beginnings Program to anyone who would like to feel more confident during their pregnancy and/or experience a painless labor.

Odelya Vivolo

My Tranquil Beginnings experience was very positive for both me and my husband. It also allowed my husband to take an active role in my pregnancy, but before I started Tranquil Beginnings, I was consumed by the thoughts of how painful my delivery would be.

With Hypnosis I was able to let go of all negative thoughts and relax and enjoy the remainder of my pregnancy. Even though I did not have a natural childbirth as planned, Tranquil Beginnings helped me before and after my C-section. I used my deep breathing and relaxation to calm myself as I prepared for the C-section.

After the surgery I used what I learned to manage my pain; did not require anything stronger than Motrin while in the hospital; and was up and walking the next day and felt great. I also had mild Postpartum Depression for 3 weeks and when I had the time I would put myself into Hypnosis and state that my feelings are normal and natural and will not last long. I will be recommending Tranquil Beginnings to all my friends and family.

Linda Cosentino



Tranquil Beginnings®

Childbirth by Hypnosis

A Natural Approach

&

Pain Free Technique for Labor and Delivery

HYPNOSIS

Hypnosis is a procedure during which a professional hypnotist or qualified therapist suggests that a client, patient, or subject experience changes in sensations, perceptions, thoughts, or behavior. The hypnotic context is generally established by an induction procedure. Although there are many different hypnotic inductions, most include suggestions for relaxation, calmness, and well-being. Instructions to imagine or think about pleasant experiences are also commonly included in hypnotic inductions. People respond to hypnosis in different ways. Some describe hypnosis as a normal or heightened state of focused attention, in which they feel very calm and relaxed. Regardless of how and to what degree they respond, most people describe the experience as very pleasant.

Some people are very responsive to hypnotic suggestions and others are less responsive. A person's ability to experience hypnotic suggestions can be inhibited by fears and concerns arising from some common misconceptions. Contrary to some depictions of hypnosis in books, movies or television, people who have been hypnotized do not lose control over their behavior. They typically remain aware of whom they are and where they are, and unless amnesia has been specifically suggested, they usually remember what transpired during hypnosis. Hypnosis makes it easier for people to experience suggestions, but it does not force them to have these experiences.

Hypnosis has been used in the treatment of pain, depression, anxiety, stress, habit disorders, and many other psychological and medical problems.

Hypnosis is not a type of therapy, like psychoanalysis or behavior therapy. Instead, it is a procedure that can be used to facilitate therapy.

Mari Lifrieri, CHT

Mari Lifrieri was granted Board Certification as a Master Clinical Hypnotist in 2003 by the American Board of Medical Hypnotherapy. Mari holds certification as an advanced 5-PATH™ Hypnotherapist, through the Banyan Hypnosis Center of Minnesota, is a Certified EFT Practitioner through Gary Craig' and Master of Advanced Hypnotic Techniques through Trucor Inc.

Mari is the founder of the NY Hypnosis & Healing Center and the Tranquil Beginnings® program a Natural Childbirth Method. Certifications are also held in both the HypnoBirthing and Hypnobabies Programs for Natural Childbirth. The understanding and compassion that Mari brings to her Hypnosis Sessions, is due to her extensive training in Alternative Healing Modalities.

Mari Lifrieri is a recognized member of, The International Medical & Dental Hypnosis Association, The National Guild of Hypnotists, The American Board of Medical Hypnotherapy, The International Association of Reiki Practitioners, and the United Nations Women's Guild for Child Services.

As a Breast Cancer survivor, Mari regained her health utilizing both traditional and alternative therapies. She has now dedicated her life towards helping others to heal.

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Tranquil Beginnings®

Tranquil Beginnings® is a new program for women who would like to give birth naturally, with little or no discomfort or medication. Our program utilizes the Hypnobabies Program whose techniques are based on the highly successful and internationally acclaimed Painless Childbirth Program© written by Master Hypnotist – Gerald Kein. Our clients are taught from their first class how to utilize the power within the subconscious mind to change their old limiting beliefs that childbirth is something to be feared & is painful. By simply utilizing the techniques we offer, our moms give birth easily and comfortably. They regularly choose to move about freely throughout labor by taking walks, listening to soft music, sleeping or just simply relaxing. Tranquil Beginning Mom's are taught to stay in a comfortable and relaxed state while very easily remaining in Hypnosis. Most women report their contractions to be nothing more than pressure or tightening sensations throughout their abdomen, with little or no discomfort at all. Tranquil Beginnings is a program dedicated to teaching effective & safe techniques necessary for comfortable birthing through hypnosis. We offer Pre-natal and Baby Massage as well as Pre-Natal Yoga and movement classes to enhance the wonderful experience of pregnancy. We encourage the Birthing Partners to also attend classes. Additionally, we tailor our program for women who choose to give birth privately, on their own. We continually strive to provide whatever is necessary for our clients to be successful and joyful with their birthing experience. Whether you choose to give birth in a hospital or within a home setting, we will work within the guidelines and parameters that are established by your Hospital, Physician and/or Midwife. Tranquil Beginnings wants your birthing experience to be a successful, safe& wonderful experience for you and your baby.