

EXPERIENCE MADISON DURING THE HOLIDAYS



Produced by the Madison Chamber of Commerce
October - December 2023
www.madisonct.com

BIG/LITTLE HOLIDAY PARTY

The Big Bash for your
small or large-ish gathering.

Thursday 12.14.23

7 - 10:30 p.m.

Live Entertainment
Dueling Pianos



**Includes Welcome Reception
with Passed Hors d'Oeuvres**

**Buffet Dinner includes
Salad Station**

Prime Rib, au jus

Maple Bourbon Glazed Salmon

Chicken Marsala, sautéed mushrooms

Butternut Squash Ravioli

Seasonal Accompaniments

Curated Holiday Dessert Station

Cash Bar

\$75 per person

Pricing excludes 20% service charge and 7.35% CT Sales Tax

Madison Beach
HOTEL

CURIO COLLECTION BY HILTON

To Join our Big/Little Holiday Party:
Call 203-361-9345, or Email MBHSales@MadisonBeachHotel.com
Or, Book Online > BigBashMadisonBeachHotel.eventbrite.com

94 West Wharf Road, Madison, CT 06443

Ask about Private
Holiday Party
Options

I hope you had a wonderful summer on the shoreline! Many thanks to Betty White for making sure the Madison Visitors Center was staffed with weekend volunteers to greet our visitors who came from all over to Experience Madison and the shoreline this summer. The seasons are changing and everyone is beginning to decorate for the holidays. I hope you enjoy our holiday edition of Experience Madison. Inside you will find a listing of upcoming events in our town, events which have been shared with us by members and selected editorial about local businesses and things to do.

Happy holidays -



Dawn Jackson
Executive Director
Madison Chamber of Commerce



On the cover:
The Scranton Seahorse Inn
www.scrantonseahorseinn.com

p.s. this is an interactive digital magazine,
if you click on a website address listed in an article or ad you will be redirected to that site.

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*October - December
Events & Things To Do*



**12th Annual
Trunk or Treat
on the
Madison Town Green
October 31st
4:00 TO 6:00 PM**

All children at the Trunk or Treat
must be accompanied by an adult.

This Annual Event is Sponsored By:

Madison Chamber of Commerce, Town of Madison, Madison Police Department
Hammonasset Dental Care, Madison Beach Hotel, Madison Rotary

SLATE

If you want what she has, buy it online.
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you bought it at **SLATE**.

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HARVEST DINNER!

Saturday, November 4, 2023

2 Seatings: 5:00 pm and 6:30 pm

Generous take out meal also available!

Meals include fresh roast turkey, stuffing, mashed potatoes and gravy, locally grown turnips (rutabagas!), green beans, cranberry sauce, pumpkin muffins, and fresh baked apple or pumpkin pie. All lovingly prepared by our church family. Wow!

\$25 per person • \$22 take out

\$22 Seniors 65+ • \$15 Kids 12 & under

RESERVATIONS REQUIRED

*Whole apple & pumpkin pies & secret-recipe salad dressing
will also be available for sale.*

North Madison Congregational Church (on the circle)

1271 Durham Road, Madison CT

To view more information or make your reservation, visit

www.northmadisoncc.org/harvestdinner

For assistance with ordering,

email office@northmadisoncc.org or call 203-421-3241



October - December Events & Things To Do



Madison Park & Rec has a wonderful lineup of activities and things to do during the holiday season in Madison. Please visit their website for more information and to register: www.madisonct.org/165/Beach-Recreation-Department

- Mary's Culinary Classes, Fried Dough and Zombie Brian Brownie Bites, Ages 6 to 14, October 25
- New England Christmas Crafts Trip to Mohegan Sun, All ages, November 3
- Painting Studio, Ages 21 to 99, November 7 to 12/26
- Jazzercise, Adults - ongoing
- Pilates, Adults - ongoing
- Surf Club Beach Clean Up - All Ages - November 7th
- Colonial Fun For Families - All Ages, November 18
- Mary's Culinary Classes, Mini Chicken & Cheese Quesadillas and Turkey Cupcakes, Ages 6 to 14, November 8
- Thanksgiving Themed Cupcakes, Ages 6 to 13, November 16
- Macy's Thanksgiving Day Parade Trip, All ages, November 23
- Christmas by Candlelight Trip, All Ages, December 2
- Sugar Cookie Decorating, Ages 16+, December 9
- Holiday Themed Cupcakes, Ages 6 to 13, December 14
- Mary's Culinary Classes, Romano Chicken with Lemon Garlic Pasta and Brownie Trees, Ages 6 to 14, December 20

Madison Tree Lighting Ceremony:

December 1st starting at approximately
5:30 PM

The Larry Stevens Band
A visit by Santa and Olaf
Candle Lighting Ceremony,
and much more!



Santa's RED Mailboxes will be located at **Robert's and Stop & Shop in Madison right after Thanksgiving until December 15, 2023**. Each child who drops his or her letter to Santa in these mailboxes will receive a personalized reply from Santa. The Women's Club of Madison is providing administrative services to help get the letters to Santa so that they can all be answered and to assist Santa with his high volume of letters! Please include a self-addressed stamped envelope with each letter. This special event is sponsored by the Women's Club of Madison and is one of the many community projects that the Club does throughout the year! Season's Greetings to all!

October - December Events & Things To Do

This Holiday Season
**SHOP SMALL.
SUPPORT LOCAL.**

Small Business Saturday, November 25th:

It's never too early to start getting your list ready! Santa Claus is coming to downtown Madison and he wants everyone to get ready to celebrate and support our local businesses on November 25th.

Madison Ladies Night, November 30th:

Save the date and get your shopping lists ready to celebrate the season while you sip, shop & save with your friends in downtown Madison.

Mens Night Shopping Night, December 14th:

Madison retailers will be ready to help so you can complete your holiday shopping list in plenty of time before the holidays this year.



GUILFORD ART CENTER

Creating Art & Community

SCHOOL



SHOP



EXPO



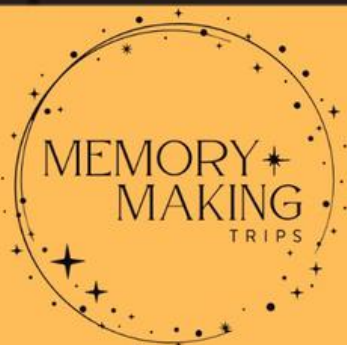
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Gina Flood

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Memorymakingtrips@gmail.com

memorymakingtrips.com

October - December Events & Things To Do



Calling all film fans....

Madison Cinemas has a wonderful new film club that is hosted by film critic (and Madison local) Elizabeth Weitzman.

- November 19th 10:00 AM feature film is Catch Me If You Can
- December 10th at 10:00 AM feature film is Little Women

For tickets & more details visit their website: www.madisoncinemas2.com



Madison Historical Society Holiday Lantern Tour planned for December 17th:

MHS Holiday Lantern Tour is a journey through time to glimpse a period in Madison's history. Together with local students, volunteers, and board trustees, we offer lantern-lit tours each December, featuring all-new stories from Madison's past. For more information visit: www.madisonhistory.org

The Scranton Library Friends (SLF) will hold its third annual Mini Golf 2023.

November 3rd, 6:00 to 10:30 PM, "Adults Only" Mini-Golf. Fun, competition, good times, and good friends together and finish your game at the 19th Hole with selected finger foods, scrumptious desserts, and adult beverages. **NEW THIS YEAR - the CELEBRITY CHALLENGE:** WTNH News 8 Anchor, **Darren Kramer**, First Selectman **Peggy Lyons**, CT State Representatives **Christine Cohen** and **John Michael-Parker**, Madison Chamber Executive Director **Dawn Jackson**, Madison Police Chief **Jack Drumm**, Sunnie Scarpa of Scranton Library will compete in a Mini-Golf Competition.

November 4th, Saturday from 10:00 AM to 3:00 PM- Family Mini-Golf is for children of all ages. NEW THIS YEAR IS "NEATO" the magician. For additional information, tickets and tee times for the adults visit: scrantonlibraryfriends.wordpress.com or contact Denise Rose at Brose400@aol.com or 203-605-9814 or Betsey Piner epiner@snet.net



The Perfect Holiday Gifts Start Here!

Find a gift or stocking stuffer for everyone on your list, you'll be amazed at what we have!

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❄️ **Complimentary Gift Wrapping**

❄️ **We Ship Wrapped Gifts!**



NORTH MADISON CONGREGATIONAL CHURCH

28th Annual
Holiday Crafts Fair
SAT, DEC. 2ND
9AM - 2PM



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RAFFLE
OVER 2500
HOMEMADE COOKIES!

1271 Durham Road, Madison, CT 06443
NORTHMADISONCC.ORG

Karen's Cafe

*Homemade
Turkey Pot Pie
and Soups*

What better way to get into the holiday spirit than a craft fair with cookies, handmade goods, a cozy lunch, and Christmas carols? You'll find this all at the 28th annual Holiday Craft Fair at North Madison Congregational Church on Saturday, December 2nd from 9:00 am to 2:00 pm.

We invite shoppers to peruse over twenty-five craft vendors from all over Connecticut. Our crafters offer a wide variety of wares, including wood crafts, pottery, jewelry, Christmas decorations, soaps, knitted items, and tasty treats. NMCC member Christine Hopkins has worked for thirteen years ensuring vendors have a smooth experience at our fair. Christine notes, "I've enjoyed seeing crafters return each year, welcoming their return along with new crafters. It's a joy to watch customers shop and buy their crafts." Vendors enjoy delivery of lunch right to their booths, making it easy for them to be on hand to talk with customers about their crafts. We love welcoming new crafters to our fair!

As you wander through our vendor booths, you will surely run into our NMCC Youth Group members, who proudly organize and run the annual **Craft Fair Raffle**. Purchase your tickets to try your luck at winning a craft item donated by our generous crafters. All raffle proceeds go to the Madison and Clinton food pantries.

Cookies, cookies, cookies! Our NMCC bakers create over 2,500 cookies each year. If you've shopped the Cookie Walk before, you know to come early for the largest selection!

This popular Craft Fair favorite is run by Linda Young, who shares, "Shoppers pick out the number of boxes they want filled, point out their choices of the many clearly-labeled cookies to the 'cookie pickers' who fill their boxes." The Cookie Walk is a great chance to kick off the season of cookie gifting!

When you are ready for a break from shopping, enjoy the delicious food at **Karen's Café**, named in memory of Karen Gardener. Many years ago, she launched the idea of roasting extra turkeys during the NMCC Harvest Dinner, in order to provide **pot pies** at the Craft Fair. She also created the recipe for the **signature cranberry chutney** served with the pies.

Melissa Blundon inherited the café from Karen 13 years ago and her daughter, Meredith Young, has recently joined the kitchen crew! Melissa comments, "This is a special part of our Craft Fair. We make about 50 pies. **They are a favorite and sell out every year.** We sell them by the slice or as whole pies. We also offer a variety of hot **homemade soups**, which are always a hit." Sit down and relax in our bistro or take your pies and soups home. Melissa describes what the Craft Fair means to her: "I feel good knowing I can give back to my Church and then have a blast doing it!" As you dine, shop, and enjoy the warmth of our fair, you'll be treated to a performance by local musician and NMCC choir member Scott Chasse. It is always a pleasure to hear Scott's Christmas Carols sung and played on guitar.

We look forward to seeing you on December 2nd! For more information, or to find the vendor application, please visit: www.northmadisoncc.org/craftfair or call 203-421-3241.

North Madison Congregational Church, the "Church at the Circle", is located at 1271 Durham Road in Madison.



Please Join Us For
CIRCLE NURSERY SCHOOL'S
ANNUAL

PANCAKES



with Santa



Saturday, December 9th
8:00–10:30 am

At the

North Madison Congregational Church, 1271 Durham Rd, Madison

Contact Kathy with any questions. 203-421-0997

Pancakes, Sausage, Orange Juice, Coffee Adults \$8 Children \$5

Tickets Available at the Door



*Take
Photos
with
Santa!*



Folklore Flower is a uniquely curated floral & lifestyle shop featuring a collection of beach inspired contemporary gifts, art, home goods, and fashion.

Folklore Flower Co. **Owner and Designer Kate McNellis** grew up in Madison and graduated from Daniel Hand High School in 1996. Her story is a winding path leading to opening her shop, and the first stop where she attended University of Vermont, graduating with a BA in Environmental Studies. From there, she ventured out west to San Diego, California. Two years later, after realizing she craved a more creative job, she applied and was accepted into Parsons School of Design, and completed her AAS in Fashion Design.



After working as a clothing designer for nine years, she still enjoyed the creativity but not the corporate treadmill. After being in the city and Brooklyn, she started craving more space, nature, and a deeper fulfillment from how she spent her days. Kate moved back to Vermont, and completed a six month certificate program through the UVM in Organic Farming.

After completing the program, she was off to the Hudson Valley to run a small organic vegetable and flower farm in Newburgh, called Stonegate Farm. As most know, farming is a seasonal job, and she found her way back to Vermont the following season. In 2014 she came back to Vermont and started working on a flower farm and that's where I really started growing and designing with flowers.

In 2016, she created her own design company called Folklore Farm, which continued to grow until COVID hit. All of the events and weddings were canceled or postponed. Once again, McNellis needed to find a new start. She moved back to Connecticut, and began making gift boxes- which included a dried floral bouquet. With boxes for all occasions - birthdays, anniversaries, new babies - she wanted people to be able to celebrate life's milestones through flowers and gifts- even if they couldn't be together in person.



As the pandemic lifted, weddings and events started once again. McNellis needed a studio space to work out of, and happened to drive by her current location on Boston Post Road. On a whim, she called, saw the space, and signed a lease that March.

Knowing she had space to work out of the back, and a blank storefront in the front, she began thinking. Using the ideas from the gift boxes, McNellis began curating items which reflected her favorite gift items - from brands that focused on artisan skill, sustainability, and hand crafted aesthetics. In May of 2022, Folklore Flower Co. opened.

After a successful first year, Folklore Flower Co. continues to provide **flowers for local delivery, weekly grab-n-go bouquets, and design and installation of large scale events and weddings. The shop carries beach inspired items- table top and decor, greeting cards, clothing and accessories, candles, and more.** Also keep an eye open for upcoming workshops for wreath making, centerpiece designs, and other crafty fun! Looking for a gift? Visit Folklore Flower, 266 Boston Post Road in Madison or www.folkloreflowerco.com to be inspired.



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Taste of Madison Recipes from The Shoreline Vine



The Shoreline Vine Salmon With Teriyaki Orange Glaze

INGREDIENTS

| | |
|---|--|
| 2 lbs fresh salmon fillets | 2 tsp freshly grated ginger root |
| 2 1/2 Tbsp The Shoreline Vine Blood Orange Infused Olive Oil | 1 Tbsp minced garlic |
| 3 Tbsp The Shoreline Vine Teriyaki Dark Balsamic | Fresh ground pepper (try a smoked pepper) |
| 2 tsp freshly grated ginger root | Sea Salt (try a roasted garlic salt) |

INSTRUCTIONS

Preheat oven to 400°. Coat bottom of a 9X13 glass or ceramic dish with 1 Tbsp Blood Orange oil. Place salmon in baking dish. Mix the remaining Blood Orange oil and Teriyaki Balsamic together and brush onto the salmon to coat. Sprinkle with grated ginger, garlic and pepper. Bake approximately 20 minutes until just flaky. Season with sea salt to taste.



A Taste Of *Fall*

End your business year strong!

If you're looking to jumpstart your business efforts with a strategic plan of action for Q4, then my Taste of Fall coaching program is just what you're looking for! The package includes:

- One 90-minute strategic business strategy session including a Business Checklist!
- Two 60-minute follow-up accountability strategy or topic-specific sessions (workbook included)
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Meet Your Coach, Gina Johnson

Business Coach & Consultant

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www.ginajohnson.co

MORE INFO HERE





The Shoreline Vine

Apple, Pecan & Spinach Salad

INGREDIENTS

- | | |
|---|--|
| 3 Tbsp. The Shoreline Vine Mild Extra Virgin Olive Oil | 1 Granny Smith Apple (or any apple), thinly sliced |
| 2 Tbsp. The Shoreline Vine Green Apple White Balsamic Vinegar | ½ small red onion, thinly sliced |
| 1 Tbsp. Dijon mustard | ¼ cup blue cheese, crumbled |
| 1 Tsp. raw honey | ½ cup raw pecans, toasted |
| 2-3 Cups baby spinach | Sea salt and fresh ground pepper to taste |

Toast pecans in a skillet over medium-high heat. Keep tossing so they don't burn (approximately 2 minutes) & put aside.

In a small bowl, mix together olive oil, vinegar, Dijon, honey, salt & pepper until completely blended. In a large serving bowl place spinach, red onion, apple and top with, blue cheese & pecans. Toss with dressing and serve.

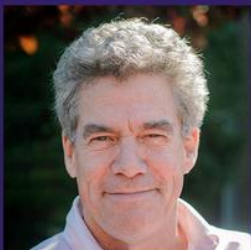
Would be just as wonderful with The Shoreline Vine Gala Apple Dark Balsamic.



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In the heart of downtown Madison, Connecticut, a charming and mystical destination awaits those in search of holistic wellness and spiritual guidance. **Tea & Tarot** is an enchanting magical “herbpothecary” that beckons you into the world of herbal goodies, esoteric treasures, and self-discovery. Nestled in the attic of a 300-year-old house, it's a place where the past and present meet, where ancient wisdom blends seamlessly with modern self-care practices.

Step inside this hidden gem, and you'll find yourself transported to what feels like a real Witch's Cottage. Here, **owner, Heather Wright**, Herbal Wellness Coach & Holistic Tarot Practitioner, welcomes you to explore the magical world of Tea & Tarot. In the cozy boutique, you are invited to try one of Tea & Tarot's vast varieties of delicious teas and herbal products. One delightful surprise in her repertoire is a collection of glitter teas, adding a touch of magic to your daily tea routine.



The boutique also provides one-of-a-kind holistic sessions, including tarot, astrology, energy healing, and mediumship sessions. These offerings empower clients to navigate life's twists and turns, gain clarity, and find the next steps on their path to personal growth and fulfillment. In addition, discover a captivating selection of intention oils, flower essences, witchy supplies, crystals, tarot cards, and so much more.

As a LGBTQ+ Black Woman - owned business, it strives to create a warm and safe space for everyone in the local community. It's not just a shop; it's a welcoming sanctuary where people from all walks of life can come together to nurture their mind, body, and spirit. So, whether you seek a unique blend of tea to soothe your soul, a powerful crystal to enhance your energy, or spiritual guidance to light your path, Tea & Tarot is a place to explore, heal, and embrace the magic within and around you!

Visit Heather at this charming shop located at 91 Wall Street on the 2nd floor in Madison, CT or visit www.teaandtarotboutique.com

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Winter is a great time to stay inside and read a book, but it is an even greater time to get out and enjoy the natural world on the **Shoreline Greenway Trail in Hammonasset State Park**. Even when it's cold outside, a brisk walk can warm you quickly. With its views of salt marshes and Long Island Sound and its abundant bird-watching opportunities, the trail is a wonderful place to explore and observe nature as you walk, run, ride your bike or wheelchair, push a baby stroller, or cross-country ski. The trail is as accessible as it can be given the topography. There are a few gentle hills but no mountains to climb.

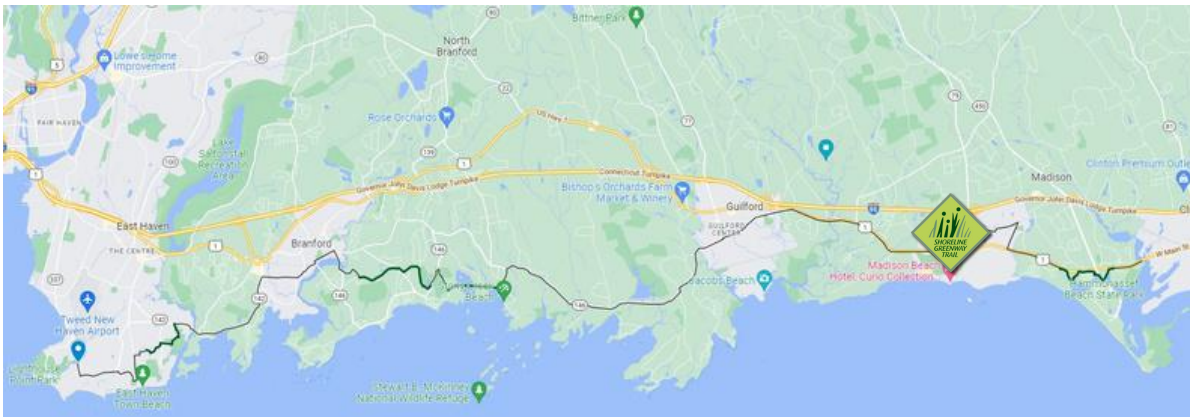
Many studies have shown that **time spent outside in sun and shade has an important effect on your physical and mental health**. It can lighten your mood and help you relax, strengthen your immune system, lower your blood pressure, and help you sleep and work better. Especially for children it promotes curiosity, creativity, and critical thinking.

This section of trail is currently about a mile and a quarter long, but plans are underway to lengthen it. The Connecticut Recreational Trails Program has awarded a planning grant to design an extension eastward across an undeveloped area of the park. The Town of Madison has made a grant of ARPA funds that will provide the matching funds needed for the state grant. Eventually it will connect with Salt Meadow Park giving trail users a safe, off-road route from Webster Point Road to the athletic fields of Salt Meadow.



If you prefer to walk with a group, the trail sponsors a **First Saturday Walk** (and sometime bike ride) every month in one of the four shoreline towns from Madison to East Haven. The **December 2nd walk will be in Madison** starting in the **trail parking lot just off Route One at 10:00 AM**. From time to time the trail also sponsors focused walks on such topics as bird watching, tree and plant identification, and life in the salt marshes with experts in those fields. Recently the trail collaborated with the Shore Line Trolley Museum to delve into the history of trolleys on the shore and explore where the trail intersects the original pathway of the trolley.

All walks and bike rides are free and open to the public. The schedule for First Saturday walks and other events is posted on the trail website: www.shorelinegreenwaytrail.org.



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New Members & Celebrations

Welcome to the Madison Chamber of Commerce

(July - September 2023)

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Chris Teare College Counseling, LLC
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CMWP Foundation, Inc.
www.cmwpfoundation.org

Gina Johnson Co.
www.ginajohnson.co

GreenStage Guilford Live Arts
www.greenstageguilford.org

Root to Rise Motherhood, LLC
www.roottorisemotherhood.com

Tea & Tarot
www.teaandtarotboutique.com

Member Milestone



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In July 2015 while volunteering at the Clinton Food Pantry **Beth Loud and Tina Bascom** were approached by a young mom who asked if she knew where she could get diapers. Both Beth and Tina did not have any idea about diaper need or even that there was such a thing. After doing some research they discovered that there was not a diaper bank between New Haven and New London, CT. So they both decided that this was to be their calling and began the process of becoming a 501(c)3 to start their nonprofit, Bare Necessities.

The first diaper distribution was to 5 babies in December of 2015 at the Clinton Food Pantry. Bare Necessities has since expanded to **4 food pantries and 5 partner agencies serving over 600 babies and 20 adults each month.** Along the way they have found that many people have no idea that diaper need exists.

Did you know:

- 1 in 2 U.S. families cannot afford enough diapers to keep their infant or child clean, dry, and healthy? These babies are more vulnerable to painful rashes and urinary tract infections and have more trips to the doctor.
- 3 in 5 parents miss work or school because they can't afford the diapers required to leave their baby in childcare.
- Diapers are not covered by any government assistance programs.
- The lack of an adequate supply of diapers is the # 1 factor of stress amongst young mothers.

Our annual **Ducky Dip for Diapers** fundraiser is widely supported by our communities with the help of volunteers and monetary donations so we can purchase much needed supplies for families.. We were very grateful to have the Madison Chamber Young Professional Group volunteering with us this year. Bare Necessities also holds an annual **Law Enforcement Diaper Drive** with police departments from 7 participating towns.



Bare Necessities has been partnering with Vista Life Innovations since 2019 when we became a job site for their Discover Students. They come help repackage our diapers which helps them to learn skills to help them with future employment. We have also recently partnered further with Vistas Ventures Business Solutions. All of our diapers are warehoused at the facility and they help with deliveries to our pantries and partner agencies. We are so grateful for this partnership.

We are extremely fortunate that we have such wonderful support of our Shoreline communities through the past 8 years. If you would like **to help or learn more about diaper need**, please visit our website at www.barenecessitiesct.org or email tbascom@barenecessitiesct.org.

Member Moments & Events



Gina Johnson Co. ribbon cutting



Olando Petgrave, Beacon Award Recipient, at The Woodwinds



Member Chamber Connect at the Madison Beach Hotel



Green Stage Guilford ribbon cutting



Member Business with a Twist at Taco Pacifico at the Clam Castle



Member Moments & Events



Member Business with a Twist
at Creations



Kashi Electrical Contractors
ribbon cutting



Einstein's Attic ribbon cutting

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OUTFRONT

Have You Ever Thought About...

What comes to mind when you hear the word "Hypnosis?"

Are you picturing the old creepy guy with a pocket watch threatening to control your mind or make you act like a chicken? If so, it is time to update your thinking!

Let Rachel of **Hypnosis With Rachel** assure you, hypnosis is not mind control. Rachel states that " a qualified Consulting Hypnotist will always work with the changes the client wants to make, using suggestions the client has expressed an interest in receiving. Should the hypnotist attempt to suggest something that does not align with the goals of the client, the client will automatically dismiss the suggestion".

There has also been a fear created due to how hypnosis is represented in movies and TV shows. Yet when delivered by a qualified Consulting Hypnotist it can create remarkable changes when addressing clients concerns, such as:

- Weight Issues ~ overweight, underweight, bulimia, anorexia
- Anxiety Disorders ~ social, driving, flying, general
- Stress ~ financial, relationships, job, school
- Addictions ~ smoking, alcohol, vaping
- Confidence ~ in the boardroom, bedroom, classroom, on the field
- Sleep ~ insomnia, restlessness
- Old Pain ~ recurring pain from past injuries



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HAPPY HOLIDAYS FROM THE FRAME SHOP ON WALL STREET

Have You Ever Thought About (cont.)

Rachel Strabley, is a wife, mom of three teenagers and Madison resident. During her free time she enjoys taking family trips to the driving range, hiking in nearby parks and summers by the pool or at the beach. Yet four years ago she became deeply depressed. After a few miserable months feeling this way and after searching for holistic options she decided to try hypnosis and today she is happy to say that her depression has become a thing of the past. Rachel's experience was so transformative she decided to become a Consulting Hypnotist to help others suffering from depression and other challenges.

Since opening her practice over 3 years ago she has continued to be educated in all things Hypnosis and created a program that allows her to customize hypnosis for each individual client to effectively meet their specific needs.



Rachel starts with a slow gentle induction to guide clients into their preferred hypnotic state, allowing each body part to release tension to immediately decrease stress and increase relaxation in her clients. Stating that “Being in a relaxed state allows the conscious mind to take a break. The subconscious mind, the part of the brain that holds onto all memories, can then open up and accept positive suggestions and create changes. My clients are also guided to actively release emotions that no longer serve them, and reset the brain to think and feel differently when faced with situations that, in the past, would often cause stress, pain, fear or anger”.

Rachel's clients have expressed that they have increased confidence, decreased or eliminated childhood trauma, fears and phobias, addressed weight issues, eating disorders, low libido and menopause symptoms, improved relationships with self and others, released beliefs that blocked success, and reduced or eliminated old pain and illnesses.

Have your thoughts about hypnosis changed? Rachel would love to know. Feel free to reach out and send an email to: rachel@hypnosiswithrachel.com or visit her website to learn more: www.hypnosiswithrachel.com

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