

# In Pursuit of Peace of Mind

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People come for hypnotherapy sessions for many reasons, and the list is long and varied. However the bottom line is always the same: To enjoy peace of mind.

No matter how good some of us are at being in denial, at blaming the weather, the economy, the other person, what "bugs" us creates turmoil inside and it always shows on the outside, in our own body or in our direct environment.

Hypnotherapy is using hypnosis to do therapy. It is one of the most effective and compassionate therapies one can experience. There are many ways to use hypnosis, and I am sure you will understand that I can only speak for myself. I use hypnosis to facilitate regression therapy: going from effect back to cause, the fastest way from Z back to A and most of all staying conscious in the moment. The result is always self-understanding. Yes, whatever "it" is will make sense to the person.

Although simple, the technique is not an easy one for the therapist who must be alert, non-judgmental and stay focused on what the client wants to accomplish.

In regression therapy, hypnosis allows us to consciously access information at the subconscious level and make all the necessary changes at a pace that is most appropriate and comfortable to us.

No matter the race, gender, religion or lack of it, we all have something in common: a great reservoir of resources that comes with the spark of life we all have within us.

When hypnosis is applied properly, it allows us to knock at our inner door, knowing the door will open; seek, knowing we will find; ask, knowing we will be given the key to the core of our being. I know miracles happen now and then when we allow ourselves to step into our heart: A homage to whom we really are....

***Anny is a Clinical Hypnotherapist in private practice since 1984. For information on the services and training she offers in this fascinating field, visit [www.success-and-more.com](http://www.success-and-more.com)***

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