



Hypnosis is a powerful healing technique that is so much more than just a stage show. Many have used it to tap into the subconscious mind and improve their life.

In a hypnosis session, you are in a state of highly focused attention, where you are aware and remain in control. During the session you are able to release deeply rooted beliefs, habits and emotions in a safe and secure environment. You are also able to empower yourself to align and reach your goals and dreams.

There are many misconceptions and fears related to hypnosis. Some think that you can get stuck in hypnosis, but this is not true. No matter how deep you get, you will always be able to get up if you so wish to. Many others think that hypnosis is like mind control. Although you are guided through every step, you will never say or do anything while in hypnosis that you do not want to and will never go against your morale beliefs or values. Know that no matter how deep you go, you are always in a constant state and able to come out of it.

As we all start out as beginners to hypnosis it could take a second, a couple hours or even a couple sessions to be hypnotized and there is no right or wrong way to experience hypnosis. You will always go the perfect depth, to complete what you need to do while in hypnosis. Many come out of hypnosis feeling relaxed and connected to their higher self.

Together let's utilize hypnosis to release old thought patterns and assist you in achieving your goals and creating a most enjoyable life! So.. are you ready to do hypnosis?

[Book A Free Consultation with Holly to discuss information and as questions regarding how a hypnosis session can assist you.](#) Sessions with Holly utilize client-centred techniques.

Hypnosis is used to help clients with a variety of issues and topics. Here are a few:

- Abundance
- Abuse Issues
- Addictions
- Anger Release
- Attitude & Perception
- Bed Wetting
- Bullying
- Chronic Conditions
- Concentration & Focus
- Confidence Building
- Depression & Sadness
- Grief
- Guilt Release
- Habit Changing
- Happiness Building
- Headache and Migraines
- Insomnia & Sleep Issues
- Memory Loss
- Eating Disorders
- Gambling Compulsion
- Motivation & Success
- Nail Biting
- Obsessions (OCD)
- Pain - Chronic & Arthritic
- Panic Attacks
- Phobias & Fears
- Productivity
- PTSD
- Public Speaking
- Relationship Issues
- Self-esteem Issues
- Self-sabotage
- Smoking Cessation
- Sports Performance
- Stress & Anxiety
- Tinnitus
- Weight Management
- Well-being