



Michelle Miller
Clinical Hypnotherapist/Life Coach
michelle@creativelifemanagement.net
Phone (305) 573-3368

How do I know hypnosis will work for me? By Michelle Miller

How do I know hypnosis will work for me? The answer is: Everyone needs to take the time to do what's best for them. Unfortunately, there is no magic by which any of us, can in one quick fix, change everything that is wrong with us or our situation. I know this fact can be deflating, but any change work, takes some effort. There are never guarantees but hypnosis is a good tool for improving ourselves, for de-stressing and for self-discovery.

Whether you want to just take a moment of peace and quiet to unwind to go within, or need an ego boost or feel anxious-hypnosis can calm you giving you confidence and energy to continue on more productively. If you are at a crossroad in life or struggling to conquer an addictive habit or behavior, hypnosis can help you find the direction you need. Hypnosis can also be used for pre-surgery anxiety, to ease pain and to encourage healing.

For deeper issues, hypnosis also, gets you in touch with emotional experiences of the past, and with understanding and awareness it's easier to let go of the control it has over you--because as you know, while you are driving a car, if you keep looking at the rearview mirror you will lose your direction for going forward. I guide my clients towards recognizing the choices that are available to them. Sometimes, all you need, is to look at something from a different perspective to change an attitude.

The human skill for the new millennium is to proficiently operate our minds and hypnosis is a key to do that. It's amazing but in the still quiet part of the mind, a person can always come up with what's best for them. All we need to do is to take the time to listen.