

“I did 6 sessions of therapy with my therapist to build up my self-confidence and I can see visible (positive) changes on myself. I am able to get rid of negative thoughts better and I am no longer angry with my kids who throw tantrums and fight everyday. I am in control. I am glad that my therapist has helped me understand the power of my subconscious mind and with that I am positive that I will be a happy and successful person.”

Ms V K – 34 years old (12 Dec 2008)

[Conditions: Anger Management / Anxiety / Confidence Building / Self Esteem / Depression]

“I was admitted to Hypnae because of my various problems both physically, emotionally and mentally and I was overweight and smoked at a young age. After my couple of sessions with my therapist at Hypnae Centre, I have shown signs of improvement with myself and other people telling me. I have started to exercise, quit smoking and have more self confidence within myself. I also really liked Hypnae because its effective and calm and does not require a lot of pain. Thanks to my therapist.”

Mr A K - 16 years old (11 Dec 2008)

[Conditions: Confidence Building / Weight Management / Smoking Cessation / Stress Management / Procrastination / Family Relationship]

“Hypnosis helps me to be more aware of my inner thoughts. Whenever I feel nervous and anxious it help to calm me down. When I’m face with the problems that I’ve decided to change, Hypnosis will remind me that “Hey you decided not to do this and that”. Somehow I will be reminded by “someone” to think positive and to do the right thing. Generally I find that hypnosis did help me to achieve some self-control. Really do have to keep practicing to strengthen the “inner voice”. I would like to thank my therapist who helped me through my six sessions. I will continue to work on it. Thank you.”

Ms Y L - 30 years old (28 Oct 2008)

[Conditions: Confidence building / Eating disorder]

“After going all the six sessions, I can see positive changes to my life, both at work and at home, I can better articulate my ideas as compared to before and talking to people have become easier. I have also become aware that not all tasks have to be done perfectly and this has greatly reduced my level of stress while pursuing my endeavors. Also, I’ve become less self-conscious and this really help me to focus my thoughts on things that matters in my life rather than on the unnecessary chatters that’s running through my head. All in all, it has been a wonderful and positive experience throughout all these sessions with my therapist.”

Mr R T - 28 years old (24 Oct 2008)

[Conditions: Confidence Building / Self- Esteem]

“I have gained back my sleep and I am more in control of my life. The self-destructive thought patterns are slowly losing grip of my life and for the first time in my life, I feel that life has hope. I have learned to face stresses and overcome them through self-affirmation that I can do it. It is a wonderful experience in going through hypnosis which I have subconsciously learned to relax and be more positive and optimistic towards life. Thanks to My therapist! Now I’ve known the path and way to a successful life and being a loving, caring and confident person.”

Mr L K F – 29 years old (11 Oct 2008)

[Conditions: Confidence Building / Insomnia / Stress Management]

“Dear therapist, I feel more relaxed nowadays, am able to focus on my work. I practice being happy, being relaxed day to day. I hope my skin conditions will improve over the days. Thank you very much.”

Ms P T K (13 Sept 2008)

[Conditions: Skin Problems / Anxiety / Relationship / Confidence building]

“Thank you for the 6 sessions of hypnotherapy. The sessions made me feel much more self-aware. I could ‘see’ more and more in my mind’s eye what I needed to do to achieve better relationships at work and socially. I felt subconsciously that blocks I was placing on myself were removed.”

Mr A F – 21 years old (1 Sept 2008)

[Conditions: Confidence Building / Relationship / Stress Management]

“Since I did hypnosis with my therapist, I have been really feeling great. I am more confident and in general more relaxed and less stressed. I think I might have even lost some weight during the last six sessions. I am glad that my mum brought me here because I feel happier now than I did before.”

Mstr C S - 13 years old (14 Aug 2008)

[Conditions: Sport Performance / Confidence Building]

“It helped me because now I can relax easier and longer and I can fall asleep quicker than before hypnotherapy. When I lose, I don’t get as mad as before and I am more confident.”

Mstr B S - 10 years old (14 Aug 2008)

[Conditions: Confidence / Sports Performance / Anger Management]

“Thank you for helping me. Now I can join in my mother’s friends’ conversation! They were very shocked because I have always been very shy. And I also can stay in the kitchen all by myself, my mother was very happy. She said that before therapy, I did not dare to stay anywhere alone but yesterday was the first time staying alone!”

Miss L L - 10 years old (11 Aug 2008)

[Conditions: Tics / Confidence Building / Fear of Darkness]

“I am glad that I read about hypnotherapy for my daughter’s tics. I was more aware after attending the first consultation and more informed of how it can help her. Amazed to see the results even after the very first session – she is more confident and cheerful. By the 5th session she is quite a changed personality – she dotes on her sister (not before) openly and not afraid of darkness. Though we came for her facial tics – hypnotherapy has worked on her overall well-being it seems. And her facial tics seem to have gone if not much less.”

Mrs L M L – mum of Miss L L (11 Aug 2008)

[Conditions: Tics / Confidence Building / Fear of Darkness]

“After my sessions with my therapist I have found strength and direction and am more confident. I can now face my fears, regrets, future goals etc. I have also learnt not to over analyze my thoughts and actions no matter how hard it is.

Time is an important factor but so is awareness. Both will help me be a happier, stronger, caring individual towards myself, my loved ones, my friends, colleagues, and others I will encounter in my life.”

Ms D J - 39 years old (29 Jul 2008)

[Conditions: Anxiety / Confidence Building]

“Before my hypnosis sessions my mind was crowded with thoughts of what might go wrong, what mistakes could happen and a myriad of distracting thoughts about irrelevances. Now I find I can concentrate on the task in hand, focus on what I am trying to do, identify what is important and what it is I need to do to achieve the effect I am after. I no longer hip myself up – I am able to start with confidence and finish completely.”

Ms A H - 53 years old (28 Jul 2008)

[Conditions: Confidence Building / Anxiety]

“I have an anger problem. It arise when my wife who suffered from obsessive compulsive disorder. It affected our family life and my mood changed for the worst as the stress from looking after her and having to put up with her abnormal demands took a toll on me. I can begin hitting her when we had our disagreements. We both went counseling for 2 years. Her condition improves but we still had our disagreements and I still laid hands on her. We met up with my therapist in June this year to address her problems. She improved but he realized that I still had my anger problem so I decided that I undergo hypnotherapy with him to address my anger issues. Within 6 sessions, I had overcome my problem of violence and I have totally stopped hitting her for more than a month. We still do have our disagreements, but the heated arguments are a thing of the past and we amicably solve our problems. I feel so at peace and calm now and focus on building a happy home environment despite our struggles. My therapist stops the problem of me hitting her when 2 years of counseling have failed.

The other problem I had was in premature ejaculation while having sex with my spouse. I had to be on medication to solve the issue. As I wanted to be completely free from having to take medication and to choose to have sex at anytime I like so I decided to undergo hypnotherapy sessions with Hypnae Center to address this PE problem. Within 10 sessions, I have been able to have successful sex sessions with my spouse to more than 10 minutes without ejaculating prematurely. The hypnotherapy sessions has helped calm down and handle the stress in this area.

Thank you so much for all your help and I would not hesitate to recommend anyone who has struggles in these areas to undergo hypnotherapy by Hypnae Center.”

Mr P N - 45 years old (25 Jul 2008)

[Conditions: Anger Management / Confidence Building / P E]

“In the first two therapy sessions, I remain skeptical as of whether the therapy does work for me or not. But after a few more sessions, I feel that I am able to remain calm and relax more easily than before. I also learnt to see things in a different view right now.”

Mr T H K - 21 years old (23 Jul 2008)

[Conditions: Confidence Building / Anxiety / OCD]

“Dear therapist, during my therapy session with you, I gained a lot of insight about myself. You emphasized that one needs to feel good about themselves, no matter what. You make me feel good about myself and also somehow guide me in making a right decision. You make me see the beauty of the life again, and most importantly, to have

faith in myself again. Words cannot express my gratitude, I will pray for you and your family always, for you have guide me in a special way... by Faith. God Bless you and your family... always.”

Ms T B - 32 yr old (18 Jul 2008)
[Condition: Confidence Building]

“我觉得治疗师对我有帮助，亲切，友善，我很满意。谢谢。”

Mdm S G - 49 years old (18 Jul 2008)
[Condition: Confidence Building]

“Dear therapist, I can come here on 28th May 2008. You help me with my problems like my schoolwork. I strive to do better this year. Thank you! I also did well in my readings and my English. Thank you for helping me Uncle Dino.”

Ms N H - 10 years old (29 Jun 2008)
[Conditions: Study Performance / Stage Fright / Confidence]

“I would like to conclude that the five hypnosis session in a conducive and relaxed environment has imbued in me a sense of confidence which I never thought I would ever possess in life. This is because hypnosis is an art which greatly helps the mind to calm down such that it performs in an optimal level. It has helped me to re-program the mental imagery which I have of myself and instilled in me great life lessons that I would always remember.

In all, I am grateful for my parents and hypnotherapist for granting me this opportunity in life. That is, to give me a greater sense of confidence that I can achieve whatever I believe in life as long as it is humanly possible and the process does not hurt the welfare of others.”

Mstr L Z D - 19 years old (27 Jun 2008)
[Condition: Confidence Building]

“I have enjoyed the experience of hypnosis therapy. I feel great and more confident each time I step out the door after a session. And it then continues through out my day and into my home and family. It has given me the confidence to be positive in all circumstances in such a gentle way. I look forwards to trying out my new life without “claustrophobia” and without it controlling me. Thank you for your services and expertise.”

Ms D M – 48 years old (24 Jun 2008)
[Conditions: Confidence / Claustrophobia]

“Dear therapists, thank you that you help me in myself. Thank you that you have changed my attitude and character and helped me in everyday of my life. The things that you have taught me, I will apply and really thank you for helping me. I wish that you guys will help other people too. All the best! ”

Mstr I L - 12 years old (19 Jun2008)
[Conditions: Confidence Building / Study Performance]

“Hypnosis has been a very positive experience to me. I feel much better with myself and in the interaction with others. Especially with regard to my children, I feel more emotionally in touch with them. On a general note I feel a greater well-being and free of previous lapses of depression and occasionally feeling of despair. What I specially

like about hypnosis is that it has been emotionally stress-free. I have previously tried counseling which I felt very uncomfortably about as I had to pull out emotions that I disliked. Hypnosis has for me been a relaxing way to feeling better and achieving some of the goals important to me. I am very grateful and also surprised about the result.”

Ms B J – 42 years old (16 Jun 2008)
[Conditions: Depression / Confidence Building]

“The hypnosis sessions have helped me to feel more confident and I am using the technique I have learned here to help me achieving my goal. Thanks to my therapist, for your great guidance.”

Mr W C H – 39 years old (07 Jun 2008)
[Condition: Confidence Building]

“Since I did hypnosis with my therapist I found inner peace and calmness. Things that got my adrenaline pumping before, I take it much easier and it doesn’t affect my emotions as it did before. I also see the world with new eyes especially nature.”

Mdm A S – 46 years old (28 May 2008)
[Conditions: Confidence Building / Anxiety]

“Since I did hypnosis with Hypnae Center, I have gained a great deal of confidence. It helps me to be happier and also less stressful. Although I was skeptical at first when hypnosis was introduced to me, it must be a good decision I have made so far. The sessions help me improve every aspects of my life in every way.”

Ms R S – 32 years old (28 May 2008)
[Conditions: Confidence / Phobia of Cats]

“Dear therapists, thank you for all your great time and care during the six sessions. I have benefited much from able to be more relax, feeling less anxious, pause and taking time to breathe whenever I’m stress. I am feeling more confident of myself too. I am also able to control my bladder and feel good to wake up less often to go to toilet. Thanks.”

Ms E P – 53 years old (22 May 2008)
[Conditions: I B S / Anxiety / Confidence Building]

“Through this programme, I can see some improvements in my son’s behavior. It appears to me that he has become more cheerful. However, I still would like to monitor his progress going forward. I appreciate the effort that Hypnae Center has done.”

Mdm L K W – mum of Mstr L Z F (17 May 2008)
[Condition: Confidence Building]

“I have become more confident and I also learnt how to relax”

Mstr L Z F - 12 years old (17 May 2008)
[Condition: Confidence Building]

“When I phoned the Hypnae Center the first time for information I at once felt welcomed. The lady on the phone was friendly and helpful. That feeling carried on when I arrived at the center for my first appointment. My therapist made sure that I knew exactly what hypnotherapy was all about, before I started my first session. Since

then, I have not looked back. I feel more confident, less stressed and I am starting to manage my weight.”

Ms P A S - 48 years old (15 May 2008)

[Conditions: Confidence Building / Stress / Weight Management]

“Since I started doing hypnosis I feel more confident, balanced and relaxed. My stress level decreased and I became more aware of my feelings and my inner strength, I learned to appreciate who I am and feel strong to live daily life and to go after the things I value and wish for.

I am in balance with myself and believe that I have a right to live my own life and do my own mistakes.”

Ms A P – 40 years old (07 May 2008)

[Conditions: Stress / Confidence Building]

“My therapist has helped me to clear my thoughts and not be overwhelmed by too many issues, especially the negative ones. He has helped me to be more positive and able to manage my work and life better. There are still many steps to take but I’m glad that he has help me to take the first few steps to improve my life and overall well-being. In our busy lifestyle, it’s not easy to have enough ‘my time’ and hypnosis allowed me to do that and be guided along by a trusted friend.”

Mr A C - 33 years old (14 Apr 2008)

[Condition: Confidence Building]

“I took five sessions of hypnotherapy. I feel better now. I improved, intensely changed as I expect. I got good confidence level. Thanks to Hypnae Center.”

Mr A A – 28 years old (08 Apr 2008)

[Condition: Confidence Building]

“The past 6 sessions have changed me totally. I’m now more focused, disciplined, hardworking and more patient. It’s sad that it’s over now but I wish that I could go for more sessions. I’m told about my symbol which is a sword. An ex-student of my therapist helped me find out what is my symbol. My symbol has great meaning as it has given me a mission to accomplish, a goal to achieve and a new view on life itself. I wrote down on a piece of paper in school on what I thought of my symbol. ‘Protect the world. Motivate those who are down. Lead those who have lost their way back to the right path.’”

Mstr M H - 16 yr old (03 Apr 2008)

[Conditions: Confidence Building / Study Performance]

“Dear therapist, your hypnotherapy sessions have made me more confident about my abilities, and less conscious of my ‘problems’.”

Mr E O – 41 years old (19 Mar 2008)

[Condition: Confidence Building]

“Since I have done hypnosis with Hypnae Center, my life has improved remarkably! I first came to Hypnae Center when I had been suffering from IBS for over a year. Within the first three sessions I had no more diarrhea and nausea and began to feel so much better. My self confidence grew and I began to feel so much better about myself as a whole. One session my vomit phobia was cured, something that has dogged me for

years. All in all I have enjoyed my time with my therapist immensely and can never thank him enough for curing me.”

Miss G G - 15 years old (17 Mar 2008)

[Conditions: I B S / Confidence Building / Health & Wellness]

“Dear therapist, before coming to Hypnae Center, I was quite apprehensive because I thought that with hypnosis, I will not know what’s happening. But after 3 sessions, I am very impressed that you could communicate with my subconscious mind. I feel more relaxed and confident and not so easily upset over small matters. I look at situation more calmly. I always looked forward to these sessions as I could feel relaxed and recharged after each session. I also want to thank you for talking and advising me about some personal problems. Thank you very much for helping me and being so patient with me.”

Mdm S C – 56 years old (10 Mar 2008)

[Conditions: Confidence Building / Anxiety]

“Dear therapist, Thank you for the help. When I first met you I was not confident at all. Now thanks to you I am a much more positive person.”

Mstr S P - 11 years old (05 Mar 2008)

[Condition: Confidence Building]

“This is my second block of hypnotherapy session. I thoroughly enjoyed myself during each session as I am able to relax during and after. I have learnt to be more positive and to also believe in my abilities to handle any future tasks or obstacles encountered. I am more confident and self-assured when I interact with others. Even though I haven’t had the opportunity to present, I’m sure when the time arises; I would be able to do it well in front of a group of audience. I know I can achieve anything I set my mind on. Thanks to my therapist!”

Ms C F – 28 years old (04 Mar 2008)

[Conditions: Stage Fright / Confidence Building]

“Dear therapist, I have been here for weight loss, temper control. It’s built up confidence in me, for controlling my over-eating. “make me eat less”, make me feel good and getting much better.”

Mr Y C Y - 31 years old (22 Feb 2008)

[Conditions: Weight Management / Confidence]

“Since coming to Hypnae, I feel much more in control of my life and circumstances. I feel better prepared and able to deal with challenges that come my way. I feel able to relish these challenges as they give me an opportunity to demonstrate my true capabilities.

Following treatment with Hypnae, I feel a more relaxed and contented person with more confidence.”

Mr M H - 30 years old (21 Jan 2008)

[Conditions: Confidence Building / Stage Fright]

“Got many 'tools' to work with, which probably will come handy later on. The first 2-3 sessions made a huge impact on feelings, and attitudes after the sessions. The later

sessions did not provide such positive mood changes and ease but did provide, I guess, a more substantial change in underlying patterns and questions/thoughts. There, I hope, will have a long lasting effect on everyday life, I have to work with this..."

Mr M J - 35 years old (19 Jan 2008)
[Conditions: Confidence Building / Anxiety]

"I felt very much improved after taking hypnosis sessions. I believe that what we can not do intentionally with much efforts, our subconscious mind can make it happen. Gaps between two consecutive sessions were good to exert and see the differences.

Thanks to Hypnae Center for inducting positivity in me to bring back my charm, communication skills, relationship building, positive outlook and feeling relaxed. Things as outlined in my original expectations have improved a lot. I needed this momentum and kick start. Thank you Hypnae Center for your time and efforts."

Mr R K – 35 years old (12 Jan 2008)
[Conditions: Public Speaking / Confidence Building]

"I have benefited a lot from this treatment after six sessions of hypnosis. Nowadays, I noticed I no longer feeling down or angry over little things easily. I am feeling calm, steady, confident and generally good mood most of the time. My wife has noticed a big change in me too. Thank you, Hypnae Center. You have helped me to become a better and happier person."

Mr L B H - 38 years old (02 Jan 2008)
[Conditions: Confidence Building / Anger Management]