



**Look Good. Feel Great!**  
Hypnotherapy – mind over matter

## Improve knowledge with hypnotherapy

***DR CASEY CHUA of Hypnae Center reveals how hypnosis can assist both children and adults in attaining excellence when studying.***

**Q** *I hate mathematics. How can I learn to like the subject?*

**A** Languages can be very simple. Be it English, Mandarin or even the language of “mathematics”, languages are often a natural skill – your grammar and vocabulary often develop almost without effort.

There are so many languages to learn. But your ability depends heavily on your willingness to learn. And this willingness has to be motivated. I myself am a classic example of this. I never thought I would learn a new language. But I was once “trapped” in Angeles – a provincial prefecture in the Philippines – due to the volcanic eruption of Mount Pinatubo. The prefecture was encased in volcanic dust for four weeks, making departure impossible. I was soon forced to learn a dialectical tongue of Tagalog – the Filipino national language – known as Ilocano. Although I had no knowledge of either language, within four weeks I had learned it – albeit a “pigeon” version – in order to receive my daily provisions. My driving motivation was I wanted to remain positive in my quest to return to Singapore.

Another language is mathematics. In fact, mathematics is one of the easiest languages to learn. It is logical – one plus two must equal three – therefore there are no surprises, everything means what it says it means. A grade of A+ means higher than A, it cannot mean less than or it would be A-. Likewise, letters and numbers are words, equations are sentences, and solutions to problems are paragraphs. The beauty of language is present in mathematics, and once your brain is “trained” to see this, you will continue to see it even more clearly as you study.

Statements such as “Micah is a good boy”, or “his car is a Mini,” are merely verbal equations showing that one side is equal to the other. “Micah” is equal to “a good boy”, or “my car” is equal to “a Mini”, are considered “truth” statements. Therefore:

$$1+1 = 2, \text{ or}$$
$$A+B = 2, \text{ or}$$
$$X+Y = Z$$

With a learned facility for language guiding you, you’ll see the language of mathematics more and more clearly. As this principle becomes friendlier and easier to understand you’ll then become a lover of mathematics! **F**



*Dr Casey Chua*