



Look Good. Feel Great!
Hypnotherapy - mind over matter

Relationship boosters!

Dr Casey Chua of HYPNAE CENTER reveals how hypnotherapy can enhance relationships.

Are you looking for your perfect partner, or trying to build a successful relationship with a family member, friend, colleague or romantic interest? Consider hypnosis. It has long been used - with great success - to enrich and cultivate relationships.

CONFIDENCE Hypnosis helps people who are uncomfortable around others, to be confident. Once you experience a positive relationship with yourself, self-confidence increases and others feel comfortable around you - particularly those of the opposite sex.

FEAR OF COMMITMENT A fear of commitment often allows a potentially beautiful relationship to slip away. This fear can cause potential partners to feel immensely frustrated, as they cannot understand why you find it impossible to love them. Hypnosis helps you identify the reasons for your behaviour and encourages you to make balanced judgments about when to commit.

OVERCOMING PAST HURTS Hypnosis can help heal a wounded heart. It enables you to re-experience past memories in a more positive way, allowing you to gain a new perspective. You are then free of any emotional baggage and can face the future anew, learning to love again *and* receive love.

INSECURITY Feelings of unworthiness can sabotage an otherwise sound relationship, leading to its downfall and a lot of unnecessary heartache. Hypnosis can help you avoid such a scenario by developing your feelings of confidence and self-worth.

FRUSTRATION Many times, we do actually find the person we want to spend the rest of our lives with - someone with whom we share similar interests, dreams, values and ideals. But issues and conflicts can arise unexpectedly and problems viewed from opposing perspectives can seem impossible to resolve. Frustration is often felt because we know we can salvage the situation, but feel we cannot ask others for advice. Hypnosis allows you to reappraise key events. By looking at situations from a completely different perspective, you can gain an appreciation for someone else's position. Strained relationships between friends, colleagues, family members and even spouses can then be salvaged.

REIGNITING PASSION If the sparks of passion in your marriage have dimmed, you can reignite the flame. Hypnosis *can* help you recall how you once felt about your partner, allowing you to rediscover that wonderful glow all over again. ■

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USEFUL WEBSITES

- www.hypnos.info/cds/cd08.html
- www.hypnosis.me.uk/pages2/relationships.html
- www.hypnosisdownloads.com/scripts/relationships/insecurity
- www.hypnosisdownloads.com/cat/relationships
- www.deeptrancenow.com/harmonious_relationship.htm