

"The sessions have given me tools to deal with the overwhelming feelings that I have been having due to the difficulties in conceiving. The tools will help me not only in this particular situation but also in general. The positive self-reinforcement will continue to help in my daily life.

It will be unfair to gauge the success of these sessions by us reaching our goal (conception of a baby) but the sessions have helped me focus on the goal which I believe can result in us achieving our goal. Thank you."

**Mrs Y J (29 Dec 2007)**

[Conditions: Fertility / Confidence Building]

"Having visited Hypnae Center, I felt a more positive outlook on life, less concerned about wanting to control any aspect of my life and confident about being the person I want to be. Your therapy has helped me provide tools to strengthen confidence and boost a "Yes, it is going to happen" attitude and reduce fears."

**Mr H J (29 Dec 2007)**

[Condition: Confidence Building]

"Thank you for the time we shared and for giving me the constant encouragement that I can do it. It has been a pleasure talking to you before and after every hypnosis session. I do enjoy very much every session as I feel very relaxed and good, listening to your positive suggestions.

I also appreciate the constant reminders for telling me to have more self-confidence and to be specific in what I want to achieve. Last but not least, thanks for your listening ears and making me understand that the case of success must be found in the individual and nowhere else. I will do my "homework" faithfully and I will become a very successful financial adviser. Cheers!"

**Ms A K (20 Dec 2007)**

[Conditions: Self Esteem / Confidence]

"I am really thankful that fate brings me here to have met my therapist. I feel refreshed and confident each time after my therapy. Love talking about my problems because my therapist seemed to understand me better than myself. The sessions helped me to build my self-esteem and confidence back. And now I have recovered from depression and drug-free. I will recommend anyone to hypnosis because it really helps a lot in many ways."

**Miss J X J - 19 years old (19 Dec 2007)**

[Conditions: Confidence / Substance Abuse]

"I resumed my relationship with Hypnae Center after a couple of years. The reason being my problem came back again. It has been a nice relationship over the period of 6 sessions. I felt nice and confident after each session and could confidently say that there has been improvement in my condition."

**Mr L H C - 80 years old (12 Dec 2007)**

[Conditions: Anxiety / Confidence Building]

"After three sessions, my wife is feeling very much better. And I could see that she is controlling the pain and building up confidence. Initially, she didn't want to be alone in the room with the therapist because of her lack of confidence. But now, she has gained her confidence and she is going to come alone tomorrow for the last session. In my belief, I feel that there is a lot to hypnosis that cure one's mind."

**Mr T A on behalf of wife (28 Nov 2007)**  
[Conditions: Confidence Building / Relationship]

"I feel more relaxed and aware of my negative feelings. It was good to have these sessions. My therapist has been very professional and his suggestions are clear. I guess there are some subtle changes that are on the subconscious level. I am more determined to carry on with the improvements that I already have through your assistance and to overcome other issues I have with my life. I am glad that I have come to Hypnae to have sessions as I believe that hypnosis works."

**Mr L K (27 Nov 2007)**  
[Conditions: Confidence & Anxiety]

"We feel that my son has taken a step forward in the way he handles the day to day routines. He seems more in charge of himself and has been able to make better choices regarding his behavior and school related work. Finally, but not least, he is much calmer than he used to be and conscientious about his abilities and how to further them. He is also aware that he is a great child but needs to continuously accept responsibility for his actions and improve himself. He knows that he can do it."

**Mrs R- mother of Mstr J R who is 8 years old son (13 Nov 2007)**  
[Conditions: Confidence Building / Study Performance]

"Thank you so much for all you help and guidance. Helping me unlock what is already deep down within me; and that I can draw strength from within easily at anytime and that it is always with me. I feel now that I can do great things in life; I feel purposeful that I will continue to grow and be strong and help those around me. Studies no longer worry me because I know that it's just a part of my life and that there's so many more things and joy around me that has always been there. Thank you so much. God bless always and may other persons benefit from what you have taught me."

**Mr G Y (07 Nov 2007)**  
[Conditions: Study Performance / Confidence]

"I was a very unhappy person before I came to Hypnae. My therapist is a very caring and understanding therapist. She will listen to all my problems and she will explain to me and tell me where I go wrong, what I should not do and what is good for me. After six sessions, I feel that I am slowly getting back my confidence and am more certain about what I want for myself."

**Ms K C (06 Nov 2007)**  
[Conditions: Confidence / Relationship Issues]

"It is too early for me to identify specific effects or breakthrough, but each session has been enjoyable, relaxing and will hopefully provide improvements in key areas of my life. The next couple of weeks will provide me with a better perspective on the value of the treatment in my personal and professional life."

**Mr D P (01 Nov 2007)**  
[Condition: Confidence Building]

"Dear therapist, this is to let you know that I enjoyed the hypnotherapy sessions and am confident that it has played a big part in my journey to self-discovery and awareness. Thanks very much."

**Ms C S (25 Oct 2007)**  
[Condition: Confidence Building]

"Dear therapist, my experience as your client has been very positive. I truly enjoyed the therapy. I have been feeling great since I started and my confidence level has been growing with each session. I always felt I have been taken good care of, thanks to your constant attention and excellent hypnosis techniques. I also enjoyed your professionalism which is reflected in all aspects of Hypnae Center. Thank you."

**Mr J W (03 Oct 2007)**  
[Condition: Confidence Building]

"I was apprehensive about the therapy initially. But my therapist's easy-going personality soon put me at ease. I was completely relaxed. I noticed an improvement in my attitude, more confident and assured of myself. I look forward to many more improvements in my life."

**Ms L P (27 Sep 2007)**  
[Condition: Confidence Building]

"I am very glad that I made the decision to try hypnosis. I managed to find answers to a lot of issues that's been bothering me. My sleepy habits and concentration at work improved tremendously over just a few sessions. I would never have known that many things in my past could affect me so much even until today if I had not tried hypnosis."

**Mr C Y (21 Sep 2007)**  
[Conditions: Confidence Building / Insomnia]

"Hypnosis puts me into deep relaxation mode which I had not experienced since my teenage year. I had this warm and calm feeling after each session which makes me feeling wonderful. I had been more positive, confident after my session. I may take some time to get to my goal. A positive, confident, calm and relaxed person as I wanted myself to be. But I know I will reach there soon. I will continue with self-talk and I'm glad I give hypnosis a try. I'm also less stress and could look at the brighter side of life and take them as day goes by."

**Ms C K L (20 Sep 2007)**  
[Conditions: Confidence Building / Stress Management]

"I can't describe how amazing this experience has been. Like all people, I've carried my baggage around all my life and my therapist helped me to understand and release it and then build up my inner self-worth. The power of the subconscious is undeniable and a huge thank you to My therapist for helping me with things I thought to be irresolvable."

**Mr T Y (13 Sep 2007)**  
[Conditions: Confidence / Relationship Issues]

"It's my 10th session and I have noted a stronger belief in my relationship, moved on from "bad thoughts", become more calm and secure than before. I have been able to express my thoughts, feelings and needs better. I learnt how to "manja more" :) And have had some of the best conversations I have had in recent memory :) Thanks very much and I do wish you all the best. Cheers."

**Ms J L (22 Aug 2007)**

[Conditions: Confidence / Relationship Issues]

"I do feel much calmer. I am able to deal with agitation. I feel like I made a breakthrough with my emotions. My therapist is exceptional. He makes me feel very comfortable, even from the very first session. Most importantly, my heart does not beat as much as before even when I am in a panic attack. Last but not least, thank you."

**Mr A S (11 Aug 2007)**

[Conditions: Anxiety / Confidence Building]

"I am now a much more confident person. I have overcome all my fears. I am also now a better person compared to the day before I came. I am now not afraid of anything that comes in my way. I have followed all the things I must do everyday. I hope I would still follow the tools that I need to do. Thank you very much for making me a better person."

**Miss V H – 11 years-old (04 Aug 2007)**

[Conditions: Concentration / Confidence Building]

"Your therapy has been good for me. I must admit that I had my reservations when I first started it but after seeing results on my first session, I began to enjoy them. I feel that whatever situation and emotions I had come to for help were resolved or at least I was able to address them better. I wish to take this opportunity to thank you."

**Mdm J K (31 July 2007)**

[Conditions: Confidence / Anxiety]

"Thanks to my therapist, after this programme, I feel that I am a much better person and I am a more confident person. My mother has sensed that I am more polite towards her and she found that my attitude towards her has changed. I am no longer so rude and rebellious towards my parents and before this programme, I used to harbor thoughts of committing suicide and running away from home but after this programme, I learnt to love myself and not think of any negative thoughts. So once again, thanks a lot."

**Ms S C (14 Jul 2007)**

[Conditions: Confidence / Relationship issues]

"Thanks so much for all the help you have given me. It has been many years since I've felt overloaded with various problems. However, the past six sessions have helped me to become more aware of my emotions and how to overcome the issues. They have helped me to build confidence and the ability to face and handle life with more confidence than before. Last but not least, thanks again for all your help and I truly appreciate it."

**Ms A K (25 Jun 2007)**

[Conditions: Confidence Building / Relationship issues]

"I think after going for hypnosis, it has helped me in different ways. I have been feeling happier and less moody nowadays. I also feel that I talk a little more, as I am more open to others when they talk to me. It also helped me boost my confidence level as I usually think more positively instead of the negative thoughts. I am generally happy after attending these sessions with Hypnae Center."

**Miss W M G- 15 years old (22 Jun 2007)**  
[Conditions: Confidence / Public Speaking]

"I find it very helpful after coming for 6 sessions of therapy. It helps me to relax a lot than before and I also learned to correct my breathing habits. Therefore, I get better out of my problems. Indeed, I was more positive than before I came. So I am really happy to achieve this much out of everything. I am also very grateful to my therapist was very sincere in listening and guiding me all this while. Therefore, I am able to make such progress out of the sessions I had with him. I am really heartened to be able to find such alternative, relaxing type of therapy to help myself and give myself this chance to re-discover what was missing in my life. In short, the sessions were self-recovery. I think I am more strengthening than before. I want to thank all the people that make this possible for me."

**Miss L W T – 19 years old (02 Jun 2007)**  
[Condition: Confidence Building]

"I was initially skeptical of hypnotherapy, although aware of the great potential of positive thinking. In the 6 sessions I had, I learnt an incredible amount about myself and thanks to my therapist and this therapy; I no longer view my body as a 'defiant enemy'. Furthermore, I no longer feel that I 'need' the extra weight and why I felt I did in the first place is still a mystery to me. I know now that I can and will lose the excess weight and feel simply wonderful!!!"

**Ms A F (26 May 2007)**  
[Conditions: Weight Management / Confidence Building]

"I'm so glad to have come to Hypnae Center for help. Thanks for sharing your compassion and passion and faith in your job. Having been practicing meditation for 5 years, I have been observing the nature of my mind. I feel the ups and downs in life, could be more obvious and instead of reacting favorably to myself and others, I let the negativity wins. The result of the therapy has been astounding since the first one. I'm in control without "forcing" and "denying" myself to be in control. It happens naturally. My observation and awareness are still sharp but now I'm naturally focusing on positive sides. And be more forgiving with the less positive sides. I hope hypnotherapy will be more accepted and known by the public because each of us can help ourselves."

**Ms C S (24 May 2007)**  
[Conditions: Confidence Building / Anxiety]

"Thank you for helping me to become a more confident being. You have helped me to improve my well-being and I am in control of my emotions. I now believe that I can handle any situation and I look forward to my future with hope and joy. Thanks so much for sharing the joy of living with me!"

**Ms L N (19 May 2007)**  
[Condition: Confidence Building]

"Hypnosis sessions at Hypnae Center have been a great help to me in terms of clarifying my thoughts. In a "magical" way, I've been feeling more positive and confident about myself over the course of the past 6 sessions. Each therapy session has been like a treat for my soul where a part of me receives a sweet-tasting medicine from you without actually realizing it. Looking back, I believe therapy sessions have been helpful for me and through my conscious conversation with you, I've also start to

**understand myself better. Thank you and may you continue to help other people around you."**

**Ms T S F (30 Apr 2007)**  
[Condition: Confidence Building]

"Since I did the program, I have been feeling more confident in myself. I find myself improving vastly in all subjects in school and am able to accept myself for who I am. This program has taught me to be more cheerful and less stressful as will. I now find myself being able to attempt my exams with a positive attitude and deal with whatever results more positively as well as to see the bright side of any occurrence in my life."

**Mstr B L - 15 yrs old (28 Apr 2007)**  
[Conditions: Study Performance / Confidence]

"I came to Hypnae Center out of curiosity. I was looking for different options for self-improvement, not having any set expectations. Little did I know that I was about to go through a life-changing experience. Over the following week, my relationship, my marriage broke down, I broke down. Those were some if not the darkest days of my life. My therapists shared those times with me. Perhaps through the sessions or perhaps through the spiritual support, I found strength and I found myself, and I found direction. I feel I did become a bigger and much better person at the end of this journey (which is only beginning). Thank you very much Hypnae Center and I'm sure our paths will cross again.....God Bless!"

**Ms J W - wife (27 Apr 2007)**  
[Conditions: Confidence Building / Family Therapy]

"I would like to thank my therapist for the 6 sessions that I attended with her. I have benefited a lot and already my parents and I have begun to notice changes in me. I'm less negative and more relaxed and focused in the things I do. I'm looking forward to the future with more hope. I was able to concentrate much better when studying for my exams. My negative thoughts have reduced A LOT. I'm learning how to treasure and focus on my present... and let go of the past. I deal with situations much more positively than before, especially when talking with my parents. I've had talks with my parents and we were discussing my progress. We feel that a lot has been achieved in therapy. I am really grateful for the time and effort you have invested in me. Thank you for your support."

**Miss P R - 20 yrs old (26 Apr 2007)**  
[Conditions: Confidence Building / Anxiety]

"Having going thru the sessions, I feel better about myself, life and things around me. I am able to feel more relaxed and when faced with undesired situations, I am able to release negative thoughts & focus on how to best solve the situation. I am definitely more focus and happier than when I came in. Got more than what I bargained for too. Thank you."

**Ms F M L (25 Apr 2007)**  
[Conditions: Confidence Building / Anxiety]

"I did hypnosis with Hypnae Center and found it very helpful in improving my happiness, confidence and general outlook. The sessions were effective and helped me to relax very much. My therapist is very kind and I am very glad I came to see him."

**Ms D N (23 Mar 2007)**

[Condition: Confidence Building]

"I definitely feel more confident about myself and my relationships with other people. My attitude towards life in general is more positive, and I feel I can achieve what I want to a much greater extent nowadays. I'm also much more accepting of the negative side of myself and feel I can do something to improve it. These sessions have helped me enormously."

**Ms E M (21 Feb 2007)**

[Conditions: Confidence Building / Public Speaking]

"Honestly, it really helped me to de-stress. Self confidence has improved though not 100%. I am able to put my "troubled" issues aside when necessary. Then work on it later. Thank you."

**Mr B W (09 Feb 2007)**

[Conditions: Confidence / Stress Management]

"Honestly, I was quite lost before I came for the Hypnosis therapy but after the first session, I found a lot of calmness and less anxiety. Even though the anxiety does not disappear completely but I felt much better than before. After the second and third sessions, my self-esteem and confidence have increased. I even talked to my husband about these sessions and he has also shared the same thought and feeling as me. He has noticed some positive changes in me and also highlights to me what are the areas to further improve on. So I went through those feedback and observations from my husband with my hypnotist. He will then give me more positive suggestions on these areas for me to improve and I'm glad that I'm now feeling much more confident and no longer fear of standing in the public to do a presentation. I am glad with my decision to come to Hypnae Center to work on my fear."

**Ms P C Oh (27 Jan 2007)**

[Conditions: Confidence / Stage Fright]

I came looking for therapy "in a mess". Left each session with a smile on my face, feeling happy and more confident in handling my day to day problems. I have also taken a more positive view and way of handling my relationship with my loved ones especially my boyfriend. I have also within 6 sessions with my therapist, managed to lose 1 and 1/2 kg over two sessions and maintain that weight loss over next couple of sessions. Hypnotherapy has motivated me to keep healthy and maintain a healthy life style that I have adopted. Thank you Hypnae Center for your warm hospitality and care."

**Ms E C (06 Jan 2007)**

[Conditions: Confidence / Weight Management]