

"My therapist has been very understanding with my issues and problems. I have learnt to take frustrations calmly and with more confidence. My therapist has practiced counseling besides hypnotherapy on me. That has also helped me to deal with my kids and other relationships in a more relaxed manner. Thanks very much for these past weeks and months. Really appreciate the efforts in bringing me out of some dark moments. I will return to seek more help as and when needed."

Ms J Q (29 Dec 2007)
[Condition: Relationship Issues]

"We came to here with our relationship at crisis point. My therapist was immediately able to give us direction and hope for a positive outcome. At a very stressful time, he was able to help us articulate our feelings and help us appreciate each other. Hypnosis helped our self esteem at a very low time. We would highly recommend Hypnae Center therapists to anyone experiencing similar problems."

Mr & Mrs S J (18 Dec 2007)
[Condition: Family Therapy]

"I was a person that cannot control my own feeling before I come to Hypnae Center. I did not know anything about hypnosis until my friend told me about what hypnosis can do. After my therapy sessions, I am now able to control myself and I feel more confident and know what I want to do. My therapist has given me a lot of advice and let me realize what the mistake I made is. I certainly recommend my therapist to anyone who is in distress."

Ms K S (11 Dec 2007)
[Conditions: Relationship Issues / Depression]

"Before I came to Hypnae Center, I was having a lot of negative emotions and easily feeling upset. I was so affected by my emotions that I wasn't able to sleep well and was easily distracted during work.

After attending just 1 session of hypnotherapy at Hypnae Center, I could feel an immediate change in myself. I was feeling happier than I was usually and did not entertain the many negative thoughts. The frequency of the negative thoughts decreased tremendously and I became a more positive person. I was able to greet strangers with less anxiety and able to communicate more openly with people I just met. I am appreciating each day with a more positive outlook and am less fixated on my doubts and worries. Thanks to my therapist!"

Ms C F (01 Dec 2007)
[Conditions: Relationships / Public Speaking]

"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]

"Indeed, it was a helpful decision. Thank you for helping me to balance my emotions and giving me the skills to feel calmer, more relaxed and at ease with my decisions. I am missing the deep relaxation hypnosis gives to me. This is such an enriching and valuable skill besides doing yoga or meditation. The impact on me and the people around me was worth spending the expensive costs. Nevertheless it would be great if you had "Booster" session for extension e.g. at half price or so. Though, I always would recommend you to my friends!"

Mrs G W (14 Nov 2007)
[Condition: Family Relationships]

"I enjoy the sessions tremendously and I look forward to the sessions each time. My therapist has been great, very patient and also insightful. The sessions have been progressive and I would like to believe that it has calmed me in ways that have made me feel better. The sessions with you have always been liberating and surely I look forward to seeing you again."

Ms A C (06 Nov 2007)
[Condition: Relationship Issues]

"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]

"Thank you. I do see some positive changes in myself after the few sessions with you. I've become more calm, relaxed and less depressed person. I'm able to focus on my work and think better. Generally, I've no regrets coming to Hypnae Center. You really helped me to become a better person and I don't view life as something negative as before! As for the letting go issue, I know it's all up to me. The decision is in my hand. Probably, I just feel it's not the right time yet but I do believe that if there's a day when I'll have to let go. I know I'll be fine and I'm able to handle it well."

Ms A W (04 Oct 2007)
[Condition: Relationship Issues]

"The hypnosis program has helped me improve my relationship with my family and my wife. I feel I am able to open up more, feel more comfortable and relaxed in their presence and want to spend more time with them not because I'm obligated to, but I actually want to and enjoy the company better. Instead of telling myself that I have to give them a call, I subconsciously do it without thought. I suppose the important thing is that I wanted to be better and not be resistant to change and suggestions. Hypnotherapy is a tool that I have chosen to use and it was beneficial. Thanks to my therapist".

Mr T E J – husband (28 Sep 2007)
[Condition: Family Therapy]

"Ever since the therapy at Hypnae Center, I am more positive in my thoughts. I've also seen changes and improvements in the relationship that I have with my husband and am looking forward to more greater moments with him from now on."

Mdm M O – wife (28 Sep 2007)

[Condition: Family Therapy]

"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 Building / Relationship Issues]

"My therapist's voice was very soothing. I quickly allowed it to transport me to another place. After the first session when I imagined myself in Kyoto and my therapist told me that where I was afterwards, I really felt the benefits of the connection. I imagined intimate things with my girlfriend and most of all revealed in her satisfaction. More than anything else, the sessions made me change my view of situations that I previously had associated with fear to become ones that were natural and only associated with opportunity. The tiger and the rainbow were how I remember my sessions the most."

Mr B H (05 Sep 2007)

[Condition: 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 Building / Relationship Issues]

"Thanks, I am feeling more at ease with my own emotions. I do not get angry or frustrated that often. I am more aware of how I feel and acknowledge my weaknesses. My friend has even told me I am behaving differently in a positive manner compared to one month ago when we last met. I am learning to relax more and also to heal the past. I will do more sessions from now for a while longer to see how things will change further."

Ms J Q (31 Jul 2007)

[Conditions: Relationship Issues / 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 Building / Relationship issues]

"The counseling and hypnosis sessions have helped me to be more self aware of some of my emotional needs.

It has helped me subconsciously made a few major decisions of how to move forward with my relationship in my troubled marriage.

Now is bridging the gap between the final decision consciously verses the subconscious thoughts. My therapist was able to relate to some of personal emotions very well, and point to a positive direction after the sessions."

Ms A C (12 Jul 2007)

[Condition: Relationship Issues]

"Thank you for all the changes I've witnessed over the past two weeks. As far as I could recall (even though it's a "negative time" that's best left behind), when I first came to the center, it was at a time when I was best described as "at wit's end" about my anger towards my partner. It was taking a toll on my physical and emotional health and I could not see how it could change.

Today, my partner told me he loves me and I no longer question him over a well-intended expression like this anymore. I talk clearer, walk taller, laugh happier and believe that peace and love (without fear) is possible. Maybe it's all in the mind but that's the significance of it – it's all in the mind. And then it spreads.

Thank you to my therapist at Hypnae Center."

Ms J L (10 Jul 2007)

[Conditions: Relationship Issues / Anxiety]

"I came in without any idea of what to expect. I leave feeling that we experienced a great deal of understanding and kindness.

My wife and I had some issues to work out. We experienced an environment that made communications easier."

Mr G R - husband (06 Jul 2007)

[Condition: Family Therapy]

"Thank you for your insight, my therapist at Hypnae Center. I feel I have a better understanding of my feelings and why I was so distressed. And with the new understanding, I feel confident I can let go of my hurt and anger and truly begin the healing process and forgive."

Mrs C R - wife (06 Jul 2007)

[Condition: Family Therapy]

"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]

"Dear therapist, I would like to express my gratitude for the profound impact therapy undertaken with you had on my life.

As a busy global executive I face many daily pressures – as a result of having many employees depending on my decisions I lost sight of the important things in life. This resulted in the near destruction of my marriage coupled with the recent death of a loved one and a pending move of countries for work it was starting to build up.

When I came to see you, my marriage was over and I was so burdened by pressure that I was unsure what I needed to change. Thanks for the counseling sessions with you as well as the hypnotherapy, I was able to gain clarity and prioritize the important things. The hypnotherapy was a unique experience which truly helps me let go of past sorrows and regrets and allowed me to look to the future with optimism. The end result is that my marriage is the strongest it has ever been – I am a better person and am able to give more of myself to those that are important to me. Everyone in my life including myself is much happier as a result. I now make better decisions and am happier in life. This is having a reciprocal effect on those around me both personally and professionally which in turn adds to my healthy outlook. Thanks again."

Mr W P – husband (27 Apr 2007)

[Condition: Family Therapy]

"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 therapists at 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]

"Thanks for being my therapist. I really enjoyed the 6 sessions. Before therapy, I used to think bad and negative thoughts and even cut my wrists. I would do many things and make my parents angry. But after the 6 sessions, I realized that unconsciously, I have been more positive. My MSN nicknames were happy statements. The things I write on my table and even the "hate" word on my hand were no longer there. My parents treat me better and life at home is more peaceful. I've started to do homework and go for tuition. Unlike previously, I used to skip lessons and quarrel with teachers. My friends realized my change and praised me. This program made a big U-Turn in my life. I'm glad I came. I did not regret. TQ"

Ms K C - 15 years old (17 Mar 2007)

[Conditions: Study Performance / Relationship]

"Before I begin, I wish to thank my therapist for his time with my husband and me for the hypnosis. We came to know your centre through my nephew, Freddy Wee who recommended us when he knows of our marriage problem. My husband did not see things the way I see and we frequent quarrel and sometimes fight.

After we have gone through two sessions with my therapist, he improves a lot in attitudes, more loving and smoking less. It also helps me to de-stress and more calm now.

May I wish you success for Hypnae Center to help one like me, able to see things in the brighter side now and not take things so seriously. Life is with sunshine now.”

Mrs V T - wife (01 Feb 2007)

[Condition: Family Therapy]

“I sincerely appreciate my therapist. After all my hypnotherapy sessions, I have improvement in my living lifestyle for the 18th years of marriage on the relationship with my dearest wife Veronica. Thank you.”

Mr W T - husband (01 Feb 2007)

[Condition: Family Therapy]

“Relationship wise has been great after therapy sessions. Trust has been growing. A lot of differences have been overcome. Family life is improving as well. Feelings between spouses are growing as well. Trust between spouses is better as well. Patience is also a lot better. Most important of all, I guess loving each other is a lot easier now.”

Mr R S - husband (06 Sep 2006)

[Condition: Family Therapy]

“Hypnosis has helped me to be more aware of the things around me. It also helped me to be focus in what I want to do. My relationship with my husband has improved tremendously after the sessions and we are also more sensitive to each other’s needs and wants. Thank you to my therapist for your help in bringing us together and to find each other again.”

Mdm D T - wife (06 Sep 2006)

[Condition: Family Therapy]