

"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 Hypnae therapist, 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: Self Confidence / Weight Management / Smoking Cessation / Stress Management / Procrastination / Family Relationship]

"Dear therapist at Hypnae Center, thank you very much in helping me get through the hard times. You have given me confidence and courage to do the things that I have no confidence to do on my own. You have helped me to sleep better and guide me through difficult times. With your advice, I am able to solve the problem at hand and lead a new life. I really thank you for all your support and encouragement."

Mr H F W - 29 years old (10 Dec 2008)

[Conditions: Recurring nightmares / Smoking Cessations / Relationship]

"Since coming to the Hypnae Center and after undergoing hypnotherapy with my therapist, I have been feeling more confident and less negative. It feel that since my self confidence has improved that I am better able to communicate my feelings, needs and wants. I am also less anxious and fearful of what may or may not happen in the future. In short, I feel more in charge and less helpless. Thank you."

Mrs A W - 42 years old (18 Nov 2008)

[Condition: Relationship]

"Results of the therapy sessions:

- learn several techniques to *keep calm and have* a good piece of mind. I am able to focus better in many aspects too.
- The best thing is that these techniques seem to happen naturally.
- No longer feeling *guilty/*bad/*self-pitiful about my life all the time.
- started doing many things that I have been wanting to do all these years.

Thank you, Hypnae Center. Your sessions have certainly changed my life for the better. I'm very glad that I have made the effort in coming to see you. Once again, thank you (super grateful loh, haha)"

Mr J A – 29 years old (01 Nov 2008)

[Conditions: Anger Management / Relationships]

"Dear therapist, Thank you very much for giving me the opportunity to address my fear. The reason I came was because of a growing fear of flying which now seems so secondary to the fear I have really overcome. Yes, I feel that I can get on a plane and feel completely relaxed. But far more importantly, I feel I have taken back and perhaps taken only for the first time – control over my life and even my own decisions and choices. I am very clear now about how to support and trust my daughter, but only because I have learned to support and trust myself. As they say on an airplane you have to put your own oxygen mask on first before assisting others, and I now really do understand why! "

Ms P D (27 Sept 2008)

[Conditions: Fear of flying / Relationship]

“Dear therapist at Hypnae Center, 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]

“Dear therapist at Hypnae Center, I would like to extend to you my deepest and sincerest thanks for guiding my wife through this most difficult time. You have protected her, shielded her, stood next to her, walked with her, guided her and in the end helped her rediscover and harness her very unique inner strength. You now watch her walk forward- proudly, I’m certain.

I want also to thank you for considering my hurt and anger, and reaching out to me. I want to tell you that I have only very little, ebbing hurt and even less anger. These feelings, however insignificant, are not part of the self that is myself.

And whilst I deeply appreciate you extending your hand, you must understand that the continuity of reference that my own self needs to offer, as I walk through life, must not be changed.

Nothing that has ever happened has changed the one who is me.

I have no hate and I am a strong enough man to forgive him.

I have already forgiven my wife absolutely and without qualification.

What happened had happened for a reason. I understand why it happened. This understanding has contributed greatly to my inner peace at this time.

Bones sometime break but in time, with the right care and nurturing, they heal. In the future we will every so often feel a twinge of pain or a tingle which reminds us of that once broken bone. But the healed bone is always stronger than it was before.

May God continue to bless you and the work you do for your fellow human beings.”

Mr S J (05 Aug 2008)

[Condition: Family Therapy]

“My therapist’s gentle and patient approach to handling the crisis in our marriage was extremely helpful in helping us to focus on what is important and worth keeping us together.

The 10 meeting process over the past two weeks has allowed us to have a comfortable and secure environment to touch on many of the issues we’ve been hampered by in our relationship and given us a forum to discuss these issues openly and honestly.”

Mr F W – husband (27 Apr 2008)

[Condition: Family Therapy]

“I felt that my therapist was able to bring me from a very irrational state to a status of clear thought and rationality. After each session I was able to visualize a more positive and healthy outlook for the whole of my family. He helped me to stop reacting as a selfish ‘child’, and rather as an adult with a lifelong impact on my children and my husband.”

Ms A W – wife (27 Apr 2008)

[Condition: Family Therapy]

“Everything is great, but not great enough. We have some nice conversation. It was quite inspiring for most of the time and it leads to many part of uncharted place which I never touch before. My therapist is indeed a thoughtful person that I rarely met in my life. I did learn a lot of stuffs from him, however I believe that was not enough, I desire more. I really hope that I can improve for more beyond than this.”

Mstr A Y C - 20 yr old (18 Feb 2008)

[Conditions: Anger / Relationship]

“To my therapist at Hypnae Center, I started taking hypnosis because I was very naughty. I liked to come home late and rarely listen to my mum. I also got angry very fast even though it was not worth getting angry and I never wanted to talk to my mum. After hypnosis everything change well almost everything, I’m very close to my mum now I tell her everything. My studies are improving I’m passing all my subjects with good marks and still can go higher. I feel way happier in life now.”

Miss A N - 14 years old (11 Feb 2008)

[Conditions: Relationship / Study Performance]

“Dear therapist at Hypnae Center, you have been wonderful throughout the sessions and I am so pleased with the results. I appreciate what hypnotherapy has done to guide my daughter and myself to have a better happier relationship. Hypnosis works!!”

Mrs S A – mum of Miss A N (11 Feb 2008)

[Conditions: Relationship / Study Performance]