



Hypnotherapy

Hypnotherapy is a therapy that uses Hypnosis, or a trance-like state, to relax the conscious mind and allow the subconscious mind to be more open to suggestions. Hypnosis itself is a natural state that we all experience every day.

For example, you may have experienced Hypnosis when you were so focused on a book or movie that you were completely unaware of your surroundings. This state of focus and relaxation is what Hypnotherapy aims to achieve. When you are in a trance-like state, your mind becomes more open to suggestion, allowing therapeutic techniques to be more effective.

Hypnotherapy can be a powerful tool for addressing various psychological and emotional challenges. By inducing a state of deep relaxation and focus, hypnotherapy allows individuals to access their subconscious mind and make positive changes. Whether you're dealing with anxiety, phobias, or simply seeking personal growth, hypnotherapy may offer a valuable solution.



Benefits of Hypnotherapy

- Phobias and Anxiety
- Addiction

- Relationship/Family/Work Conflicts
- Sleep Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Grief and Loss of a Loved One
- Chronic pain or stress
- Symptoms of attention-deficit/hyperactivity disorder (ADHD)
- IBS – Irritable Bowel Syndrome.

Note: Those with psychotic symptoms, such as delusions, hallucinations, or even depression, should speak to a qualified psychologist to determine if this therapy is right for them.

“Thinking of disease constantly will intensify it. Feel always ‘I am healthy in body and mind.’-Swami Sivananda

If you are interested in Hypnotherapy, **contact us** & Email Us : info@antaratmahappiness.com



[Terms and Condition](#) [Refund Policy](#) [Privacy Policy](#)

F O L L O W U S



© 2024 -All Right Reserved Antaratma Happiness Centre.