



Masters of the mind

NANCY HO explain how by harnessing the power of your mind you can alter your reality, overcome obstacles and achieve goals you never thought possible.



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Business established: More than 20 years

Niche: Clinical hypnotherapy

Regional Hypnosis Center believes in the power within you and helps you reconnect with your inner wisdom to find the answers you're looking for, rediscover powerful choices and make lasting changes. Hypnotherapy is a key service provided to facilitate fast and dramatic transformations and enable you to access the amazing power of your mind to change your life for the better.

TF: What does hypnotherapy do?

NH: Hypnotherapy helps to determine the root cause of your emotional and psychological issues by accessing your subconscious mind. During this process your old negative emotions are neutralised to accommodate new positive behaviour. It also ensures you'll no longer view any similar incidents in the future negatively.

TF: What happens during a hypnotherapy session?

NH: Hypnotic induction is performed to relax your mind and body, allowing you to "let go" and slip into an altered state of consciousness. At this point your subconscious mind is in the forefront and enables the therapist to get to the root of the issues, neutralise your negative emotions and help you understand its irrelevancy in your life. Positive suggestions are then applied to boost self-esteem using key words such as confidence, courage and feel good affirmations. Sometimes the best remedy is to forgive someone who's caused pain, which can also be done during hypnotherapy.

TF: Can you share any success stories?

NH: I had a client who suffered from low self-esteem causing her to live in constant fear of almost everything.

During hypnotherapy we worked through her belief system and strengthened her core values. She discovered new found strength to live the life she truly deserved and was able to take her relationship with her family and friends to a deeper level. She now lives a more balanced life filled with purpose and fulfilment.

TF: Hypnotherapy has had its share of criticism. What are your thoughts on this?

NH: I feel perception has changed over time as more people realise the power of hypnotherapy. It constantly delivers positive results – many resort to it after trying a host of other methods to overcome their struggles. Once they become converts, they're more than happy to refer family and friends.

TF: Best part of your job?

NH: The sense of fulfilment when I witness my clients living a more confident and positive life.

