

If something provided a 93% recovery rate after 6 sessions would you do it?

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INTRODUCTION

How do we get to the root of the problem? For many of my clients, the story they tell me when they walk in the door is completely different than the story their subconscious mind believes. It is through regression work that I see seemingly miraculous transformations happen consistently for my clients. It is through the use of the subconscious mind that these changes are made and accepted easily and effortlessly resulting in positive changes and outcomes.

AIM:

Participants will learn what hypnotic regression is and its practical uses

Participants will get to experience for themselves the rapid effects of hypnosis

Participants will get to see for themselves the connection between thoughts and the immediate effects that they have on our body.

MATERIALS AND METHODS:

The connection between the mind and the body is undeniable. Our thoughts affect us physically, emotionally and spiritually. When we have healthy thoughts, it will spill over into a healthy body and a healthy life. When our thoughts are unhealthy it will not only affect our mental health and self esteem but it also affects our physical body causing ailments and disease.

Creating change is simple and effective when it is done properly and utilizes the proper state of the mind. The subconscious mind is like a store house of information. Our subconscious mind remembers everything we have ever experienced and it stores these memories and feelings deep inside of us causing habits, beliefs and emotions to rule our lives.

The way to change, how we feel, what we do and how we think of ourselves are all things that when changed at a subconscious level have a powerful conscious impact. The connection between our past and our present is undeniable. When we change our mind, we change our life.

CONCLUSIONS:

Hypnotic regression changes lives in a powerful and rapid way. The behaviors we have that we deem unacceptable by us, CAN be changed easily through the use of hypnotic regression. These changes are sustainable and have a dramatic positive affect on the lives of those experiencing them.

KEYWORDS: Hypnosis, hypnotic regression, transformation, life changing, simple and effective methods, weight loss, anxiety, depression.

BIOGRAPHY:

Since originally being certified through the National Guild of Hypnotists in 2015 Michelle has helped guide hundreds of her clients have seemingly miraculous transformations in their lives. Michelle has many advanced trainings through the AHA and is a certified trainer through the International Certification Board of Clinical Hypnotherapists.

Michelle is the author of the book *The Way to Peace* and has been featured on Access Tv and in local news papers for her work. She also does live talks and hypnosis education classes at conferences and around her local area.

Michelle Sinclair is a certified consulting hypnotist and hypnotist trainer with a focus on hypnotic regression. She is passionate about helping her clients experience the amazing transformations that come from healing the subconscious mind of past trauma and past negative programming.

Her passion lies in working with weight loss, anxiety and depression issues. Her clients travel from hours away to come and experience her services. Now with online services available she has been able to expand her reach and now serves her clients on a global scale.

