

Reinvent Yourself, It's Totally Possible



Yes, it is totally possible but first we need to clean our emotional house. **We all have deep-rooted, unresolved memories and emotions in our subconscious mind which continue to negatively affect our behavior and our life and often keep us stuck.** The subconscious mind obscures these from our conscious mind to protect us.

Our experiences and the emotions they elicit - anger, fear, happiness, sadness, love, hate – become part of the baggage we carry, and it can get heavy. **As adults the habits and beliefs from childhood remain with us and continue to determine our behavior.** Many times we are not even aware of how much they control us.

So many of these belief patterns were imposed on your younger self by parents, teachers, family and even friends and neighbors. So, this information and life experience can lead you to create beliefs about yourself and the world, which may not necessarily be true, yet continue to determine how you behave.

Have you ever asked yourself, 'Why do I keep doing that?' or "Why do I react that way"? Well, the answers probably lie with your past.

The only way we can change the things that our conscious mind doesn't like, is to **communicate directly with the subconscious mind and change it.** We need to **bring it into alignment with what our conscious mind wants.**

Imagine leaving those limiting beliefs behind - how much clearer, cleaner and lighter you would feel.

If you knew a child who was distressed and needed help wouldn't you try to help? I bet you would. So, what about your own younger self? **With hypnosis you can go back and give that child comfort and help change erroneous beliefs that the child might have. This is a profound emotional detox.**

Some of us might say, "Oh that thing that happened with my dad was a long time ago and I'm over it". But you know what, that's not necessarily so. **That little one needs help or the load you have been carrying might just get heavier with the years.**

You can push things down and away for your whole life but that does not mean it still doesn't have a hold on you. These unresolved feelings from childhood can be an unconscious limitation on your present life. **It can affect all the areas of your life – relationships, family, love, money, self-esteem and even your health.**

Why not choose to be free of those burdens so you can make meaningful progress? Why not neutralize the unhelpful patterns that keep repeating? Why not move forward feeling lighter and realize a happier, more successful life?

Emotional detox with hypnotherapy is a powerful way to welcome Spring and truly clean up your act.

Until you make the unconscious conscious, it will direct your life and you will call it fate. - Carl Jung