

## Discovering a hidden treasure in Hypnotherapy

By Yvette Troyna and Carolyn Hoppe, C.H.T.

While I readily embrace adventure, I've kept myself at a safe distance from hypnosis, for fear of clucking like a chicken against my will! My stereotypical ideology melted instantly, however, when I met Carolyn Hoppe, C.H.T. With her conservative nature and genuine warmth, Carolyn is the kind of woman you'd meet in church or at PTA. She shattered my image of a beady-eyed little man swinging a mesmerizing watch, surprising me further when I learned that I would be awake and in control of my faculties throughout the session.



Carolyn asked me to think about what I would like different in my life. The session began with a thorough interview about what I wanted to change and what I wanted my ideal life to look like. During that process I gained amazing insights into reasons why I felt "stuck." The gentle, step-by-step guided tour into my subconscious mind made it safe to let go of a lifetime of fear, anger and emotional pain—cleaning out the junk, in a sense, that had disrupted a lifetime of personal and professional success.

After the session, I breathed relief as heavy weight lifted from my shoulders, leaving me charged with a new sense of energy. My fear of clucking like a chicken has changed into respect for a powerful healing modality that helped me immediately with stress, limitations and goals in every area of my life! I am amazed that in just one session of hypnotherapy I was able to accomplish so much so easily. It's like the real me is finally free to reach my dreams! Carolyn helped me rid myself of a lifelong pile of emotional garbage that I simply didn't know how to throw out on my own. I felt free and empowered to do so much that had been unattainable just two hours earlier!

I learned that my past's emotional wounds caused misconceptions and false beliefs about both myself and life, greatly limiting my full potential. With hypnotherapy, I was able to unleash my stress with dignity and grace without an unscheduled meltdown around my loved ones. Part of what kept me from dealing with difficult issues was the "negative" impact I assumed such therapy would have on my family. I was sure I would shut down. Hypnotherapy helped me to dissolve my lifelong blocks in such an immediate and profound way. I now have a natural smile on my face and a lilt in my step as I have discovered inside myself a buried treasure!

If you feel that the traumas or neglect of your childhood has limited your health, your motivation and your success in life, you can now begin to do something about it. The powerful new technology of Alchemical Hypnotherapy has been transforming thousands of lives since its creation in 1983. You can now experience this work with its founder, David Quigley and Carolyn Hoppe, at Spirals of Life in Arcata March 31-April 2.

In this experiential weekend you can learn to build self confidence, improve your relationship skills, and end bad habits through transforming childhood memories stored in the subconscious mind. Each participant will experience several healing processes. Additional upcoming weekends include past life regression and healing addictions. Professional training and CEUs for nurses, psychotherapists, and hypnotherapists available. Visit [www.alchemyinstitute.com](http://www.alchemyinstitute.com) for complete details. What do you want different in your life? Contact Carolyn Hoppe, C.H.T. for a fast, effective, and truly enjoyable healing process. 840-9443 [www.feelpeacehavejoy.com](http://www.feelpeacehavejoy.com).



**Empowerment Coach**  
Holistic solutions to greater well-being

**Carolyn K. McGraw, MA, CHT**  
Speaker, Educator, Poet, Hypnotherapist

**(916) 844-6136** cell



[inharmony11@gmail.com](mailto:inharmony11@gmail.com) [carolynkmcgraw.com](http://carolynkmcgraw.com)