

healthy living

Make a difference to your mind and body

Institute of Hypnotism. By entering the relaxed state of hypnosis, your body “sleeps”, but your mind is sharper than ever and this allows you to follow the suggestions of the hypnotherapist as you literally “go with the flow” and work with the emotions and images that come to mind.

‘I went to Claudia Klein, my therapist at the Institute, with a specific issue, and I walked away as a confident and empowered woman, realising that I have the power within me to do or be anything I put my mind to. After talking to me for a while and affirming that my real issue lies with my lack of self-respect and self-worth, Claudia took me into hypnosis in a standing position, symbolically rooting me to earth. This reconfirms how you are completely aware of what goes on around you and that you are fully in control of your body.

‘My journey took me to a peaceful place where I was surrounded by angels and drawn to a beautiful woman. As she embraced me, an overwhelming feeling of unconditional love moved me to tears. The session gave me back my freedom and empowered me to feel like a goddess. Not only do I value myself now, but I feel strong, sexy and beautiful! I have become assertive, something I have struggled with my whole life, which in turn helped me take up the reigns in my career and allowed me to start moving away from my comfort zone.

‘After only two hypnotherapy sessions, I am now studying to become a certified hypnotherapist. If I can help others the way I have been helped, I will do everything in my power to do so.’



Women just like you

Inky Frost, 38, mother of three, runs a media relations business in Jo’burg

‘I got up, threw my ciggies in her bin and off I headed...’

‘A good friend of mine stopped smoking using hypnotherapy, and I was shocked and amazed as she was a big smoker. I thought she’d never quit! As I was seven months pregnant with my third child and still smoking – I had tried all methods of giving up, I decided to try hypnotherapy even though I wasn’t wild about the idea. Furthermore, I was quite nervous and uncertain that I believed in it.

‘I visited my therapist on July 29, 2006. She had

that my muscles couldn’t move. I was completely aware of everything and had no fear or stress. I did register her voice and the water fountain and music in the background... but it was in a different, more aware state. After about 45 minutes in this dreamlike state I was “awoken”. I got up, had some water, said my farewells, threw my ciggies in her bin and off I headed on the long trip home. I still didn’t think it had really worked and at the back of my mind I thought I’d stop at the Engen on the highway for a new box. I still haven’t bought that box of

‘I thought I’d stop at the Engen on the highway for a new box. I still haven’t bought that box of ciggies – almost 15 months later’

me do a little homework – taking note of how many ciggies I smoked per day, when I smoked them and what the reasons were. My therapist spoke to me for about two hours about my smoking – why I’d started, how long I’d been doing it – and then told me to sit back, covered me with a warm blanket and told me to close my eyes. There were no crystals or things swinging to and fro in front of my eyes – just her wonderful, resonant, warm voice. The next thing I knew I was stuck to the chair like superglue – I was so relaxed

ciggies – almost 15 months later – and I never will.

‘I visited her again last week to ask for help with weight – after the babies, a sedentary lifestyle in an office chair, little exercise, giving up smoking and a penchant for Nigella-inspired cooking, I was on the way to looking like a sumo wrestler. She did the same sort of treatment but this time I went into a deeper form of hypnotherapy and have full memory of everything. At no time did I feel threatened, scared or worried. Something tells me I’ll be back in the future...’