

Q: Could you just describe how you thought the process was from your perspective, and the benefits that you've seen.

A: Well, what happened is I came in blocked and concerned and worried, and felt that there were things in life that I wasn't getting past. I feel that in the past I've tried hard and I've put structures in place to change and to do the best I can to get to the next level in my career or in my relationships. Life has actually been really good. At the same time, I've reached a plateau, or a limit to what I could achieve in terms of my personal effectiveness.



I started to get really upset at not going beyond certain levels that I felt that I could. I came in here initially with the sense of that for my career and in my relationship with myself. What I found is that the first several sessions were real breakthrough sessions. They were sessions that initially I was afraid to do because I didn't know what to expect.

What I found is that, it occurred for me like I would say, the word is breakthrough. I found that there was nothing to be afraid of. Quite the opposite. It's like arriving in a place of perfect centeredness or peace, that in some sense the hypnosis process is just guiding me to what I always knew to do, but I just didn't know how.

I feel like that the first few times I reached this kind of breakthrough, and then I got back into my life. It's a matter of practicing and that I was given the tools to do that, that you gave me the tools to do that.

Q: When you first got in touch with me, you clearly had the attitude that you understood that this wasn't sort of a passive type of thing, where you just sat there and listened to positive thoughts. It was something that you actively participated in. Even outside of the office, you put in the work to do this.

A: Oh, yes. Absolutely. Well, part of the reason is because I think if you live long enough on the earth, and I am in fact middle-aged, I have tried different kinds of things over the years... and found that everything is a matter of building a discipline or a practice. It's also something you commit to. It's sort of like, there's dating and then there's marriage, and they are distinctly different commitments. That's the attitude I have toward the process of hypnosis.

What I found is that in the tools that you gave me to go home into my life with, it was my job to do those things. At times I was really kind of scared. For example, one of my common things throughout my entire life has been to wake up afraid, for a sort of undisclosed fear. I don't know why.

I'd wake up afraid and have this sort of punch in the gut, oh, here's another day. I don't know where that came from, but since that has been an occurrence of life, I thought, no, I don't want to keep waking up like this. What I found is that after the initial sessions, I still woke up that way at times.

What I did is I... practiced. I processed the information and I practiced in my own room until I felt clear, a clarity, and I stopped being afraid. I realized that it's not magic. I'm aware that as I've gotten some tools, it's my job to do it. It doesn't feel like a burden. In fact, now I look forward to it because I know that it works.

Q: A lot of people sometimes can be on the fence, not sure if this can be something that can be useful to them.

A: Well, I'll tell you in terms of results if you want to know something that happened afterward. After the initial sessions, I found that for whatever the reasons and the circumstances were, I wound up being actively pursued by different parties professionally, and flown out to different cities to interview for dream jobs.

That wasn't something I imagined could happen to me. I actually wound up turning down one recently because I realized that the real dream is something else... and that it's OK to really go for that. That's actually what the next thing is that I'm going to do.

It's to go for the dreams, just to pull out all the stops and go do that. That's what I'm going to do now.

Q: Fantastic. Thanks so much for letting me help you while you do that.

A: You're welcome. I appreciate it.