

EMOTIONAL FREEDOM PROGRAM

Hypnotherapy honors the ‘self’ or as often referred to, the spirit, the life force, the soul, the subconscious, the unconscious, the ‘gut feeling’, ‘the sixth sense’ and a host of other names. Whatever name one chooses to call these feelings and their source, positive and negative feelings are channeled within us about a limitless range of things in our lives. If this energy is consistently negative, our thoughts and therefore behavior understandably reflect this inner unhappiness and impacts our lives in unhelpful ways. Even if one’s behavior is considered ‘stellar’ by society’s standards, an individual may feel the effects of their unhappiness in the form of negative self-talk, low self-esteem and self-worth, self-sabotage and physical ailments.

It is important that the individual experiencing them dissolve and release all feelings they feel are unproductive. Hypnotherapy is about healing feelings. It is irrelevant what those feelings are referred to or named. In fact, we believe that, like all name-calling, the labeling or ‘diagnosing’ of a child is something to be avoided at all cost. [[see Children, Hypnosis and Holistic Parenting](#)].

GracePlace Wellness™ does not subscribe to the ‘disease’ model as it is understood in western medicine or in the need for labels to be assigned to a client - labels that ‘stick’ to that person, sometimes for a lifetime. We believe in the ‘*unhappiness*’ model and that chronic unhappiness and dissatisfaction can indeed be dissolved and that all healing of human beings is ultimately a result of self-healing.

No one enjoys or feels empowered when told they are ‘failing’ at life, or not ‘normal’. At the very least, without the benefit of Hypnotherapy, one may spend a life-time trying to learn what ‘normal’ is, when in fact normal is defined by the individual themselves for themselves.

‘Normal’ is a personal thing and is whatever state of being that the person themselves deems to be happy, self-fulfilling and satisfying. Some people are unhappy though they are millionaires; others are happy with little material wealth. By society’s current standards, both would be labeled not ‘normal’. Thus, what society thinks is irrelevant. This probably sounds like common sense, however, how many of us make decisions every day based on what others think, might think and do think about us?

As the public is becoming understandably skeptical about taking medication to ‘manage’ but not ‘cure’ emotional ailments, as well as about the cost effectiveness of months and years of psychological and psychiatric therapy, which at best can only provide temporary relief if the root cause is not dissolved, they are searching for an opportunity to discover and understand their deeper issues and heal themselves permanently. More informed people are now realizing that in order to resolve an issue within them, they must search it out and dissolve it in a way that honors all aspects of their being...mind, body and spirit.

People are becoming increasingly aware that anger, frustration, low self-esteem, shyness, phobias, fears, and all other limiting behaviors are only the *symptoms* of an unproductive belief about themselves which is rooted deep within their subconscious mind.

Folks are coming to realize that we are all ordinary people with ordinary problems...we are not alone in our experiences of the millions of emotions available to us. *Thus hypnotherapy is all about ordinary people resolving their everyday emotional problems in an all-natural, non-invasive, non-judgmental, permanent & alternative way.*

How do I know when I am emotionally free?....

You know you are emotionally free when you feel

- consistently content and accepting of yourself, empowered by and confident in your connection with the driving force within you;
- in control, supported by the Universe and more powerful than ever before;
- regardless your station in life, have an abundance of self-acceptance, self-esteem and self-respect... no longer driven to 'prove' yourself;
- acting in your best interests comes naturally and easily;
- there are no goals which are beyond your reach... no longer feel a victim of life
- you have thrown off that heavy backpack and are now free to run through the meadows of life, accepting every opportunity for positive development that presents itself;
- permanently lighter, happier, optimistic and well, reacting to unpleasant events in life with confidence and self-assurance.

Emotional freedom does not mean you won't feel frightened, fearful, anxious or a range of many other unpleasant emotions from time to time. What it means is that you now have a clear mind and positive belief system working for you, allowing you to identify, acknowledge and let go of these unproductive feelings.