

SOUTH NEPEAN THIS WEEK

Serving the communities of Barrhaven, Davidson Heights, Longfields, Chapman Mills and Hearts Desire

Hypnotist can make you feel better

ANDREW BERGLAND
NTW Staff

You are getting sleepy. Your eyelids feel droopy. You are completely relaxed.

You may have done this before but this time you won't end up doing the chicken dance at the office Christmas party.

After a three count and a snap of the fingers, will have you on a road to mental and physical health.

The act of tapping into the subconscious called hypnotism has been a subject of great interest for thousands of years.

It's only in the last 50 years though that it has been recognized as a medical tool and used worldwide by doctors, psychologists and hypnotherapists.

Despite this acceptance, misconceptions make-up a large part of the public's knowledge on the subject.

In the Ottawa area, people are discovering hypno-

tism's possibility for healing and helping through the work of a few dozen practitioners.

You will now come back to a waking state. You are no longer sleepy. On the count of three and a snap of the fingers you open your eyes to see Wendy Armstrong-Hauraney, a certified master hypnotherapist.

Based out of her Barrhaven home, Armstrong-Hauraney has been helping people, access their subconscious since 1999.

She works with clients from as far away as England.

She even had a recent visit by Tanzanian family who had heard about her talent.

"There are so many misconceptions that come from what we see in movies and when hypnotism is used as an entertainment venue," said

Armstrong-Hauraney who explained that contrary to popular belief, a person who is in a hypnotic state still has complete control of themselves.

Armstrong-Hauraney explained that hypnosis is completely natural and people experience it daily without even knowing it.

"How many times have you driven to work in the morning but were unable to recall much of that trip," she said.

While slipping into these states is a common occurrence in most people's minds, it takes an expert to know how to tap into the phenomenon, and use it.

Armstrong-Hauraney said she uses hypnotism to change habits, such as smoking or gambling, help people get over fears, or remember where they placed a lost item.

She also explained that putting someone into a

hypnotic state is not even necessary to help someone use the subconscious.

Armstrong-Hauraney, even helps people deal with pain.

"One of my specialties is pain control and pain management as the power of the subconscious mind can be used to control this," she said.

Those who wish to contact Armstrong-Hauraney in order to receive more information on this misunderstood practice can contact her at 823-3316 or at www.wellness-centre.com.



ANDREW BERGLAND PHOTO

Wendy Armstrong-Hauraney wants to tap into your mind and make you better.