

Self Esteem

Loving yourself is the hardest thing to learn because we are conditioned by our parents to do the opposite. The tendency of the mind is to criticise, to doubt, to fall prey to fears and anxieties. When we criticise others, it is often an aspect of ourselves we don't like. This becomes the unconscious trait that determines our lives. Thoughts are powerful conductors of energy. Being unhappy can stem from having a shaky foundation of self esteem. Strong self love is not selfishness, but offers you a bedrock of support throughout life's ups and downs. Hypnosis helps you to catch when this shakiness is happening and to gradually learn to undo the damage of years of well meaning advice and reassert your birthright a happy and contented life.

