

“Mental Blocks”

Do you ever wonder why when you begin to think of something that you immediately forget? Well one reason may be that there is too much activity in your mind. Stress, worry and just the day's events can crowd your mind. Like a cup that is over flowing, it can be difficult to find that thought or memory that you were looking for. Many, many thoughts all at the same time are existing in our mind at any given moment. Even as you read this you may have many distracting thoughts! Hypnosis can quiet the mind and teach you how to reach that quiet each and every time you might need it. During an exam, while beginning to tell someone something important or just looking for your keys, you can use a post-hypnotic suggestion that will quiet your mind and bring back the thought that you had. It is easy and anyone can learn this technique to enhance your recall skills.