

Client Experience



Karissa Barker

1 review

★★★★★ 2 months ago

My hypnosis sessions with Tamelynda Lux exceeded my expectations! I have struggled deeply with past hurts and mental health issues, including a random compulsion to cut my hair when under stress. I've had other therapy and medical ... [More](#)

... in past (mostly negative), and decided years ago I was the ONLY person who could correct my issues. I've fought hard to make positive life changes/also was finally so close to having long hair. Two months ago, I impulsively chopped that length. Looking in the mirror hurt. Despite working so hard there was deep-rooted identity/self worth issues I questioned if I could ever truly conquer, and the hair length a physical reminder of my shortcomings.

Desperate for change, I googled "hypnosis near me" to try a new method of professional help. Tamelynda's website was the first I stumbled upon, and I admired the aesthetic + uplifting tone of it. I left Tamelynda a voicemail that Saturday, and my call was promptly returned as the business week started. She was lovely to chat with! This phone conversation made me confident to proceed with purchasing a 3-session hypnotherapy package. The night before the first session, I was pretty anxious. As a spiritual person, I was concerned about potentially having some 'strange spiritual influence' from an individual with whom I did not know. My mind raced with all kinds of wild outcomes. I was fearful to what/who I was opening my energy, mind, etc., to. It is difficult to be vulnerable! Luckily, there was nothing to fear.

Tamelynda is safe. She is the real deal. The sessions are 100% worth the rate. Both sessions resurfaced memories of events which I had no idea were still presently affecting me. **I was able to forgive others, myself, to love myself, to relax, to feel safe, secure and ultimately find my voice and gain control of my life.** It will take time for my hair to grow, though from just one session, I experienced other lifestyle changes I was not at all expecting! I smoked a lot of weed, on a daily basis. Especially at night. If I didn't smoke, I didn't sleep. I saw no problem with the habit, as throughout recent years was able to lose 100+ lbs, maintain my profession, maintain single parenthood, etc. I saw weed as my safe haven. Since the first session, I decided to try sleeping without using. A number of days went by that I was only smoking during the day, and able to refrain using before sleep! I found I was falling asleep easily despite no smoke. Recently, I had the following epiphany so strong that I literally spoke the realization outloud: "I don't need weed anymore. I no longer have any issues." **Today officially marks a full week without smoking whatsoever. The crazy part is, I did not plan on quitting, and I have not missed or struggled with the fact that I suddenly have stopped, after 13 years of this addiction smoking morning, night and everywhere possible in between.** Although I temporarily quit in past, it NEVER felt like this (was complete struggle town). This time its been so effortlessly easy, with zero urge to smoke. I have felt happy, inspired, clear headed, and am enjoying sound sleeps.

Beyond that, there have been other shifts, including relational shifts with family members. In general, **I am feeling confident and happy.**

I believe if you are at a place where you are sick of suffering, stuck in the same BS patterns, and are willing to do the work to change your life, that hypnosis is a tool to boost that process x 100. The changes and growth, and rate and speed of how quickly transformation has taken place has been exceptional. Yesterday was my second session, and I cannot believe from the time yesterday to end of today, the amount of work I have done. So many things have been checked off my to-do list. I am confident this momentum will continue.

Hypnosis has been easy, fun, and inspiring. I am so grateful I took a chance on Tamelynda/look forward to our final session in the new year! **If you want a life changing transformation, you should definitely consider Tamelynda's hypnosis services.** You are worth it. ❤️ ~ Karissa Barker, Ontario (December 2021)