

## 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)