

Divine Connection:

*Hypnotherapy & Numerology for
Healing & More*

The Power of Clinical Hypnosis

Written by Donetta Huffman

Hello, friends!

A couple of years ago, I completed my Clinical Hypnosis certification at the Edgar Cayce Center, and since then, I've had the privilege of helping others experience the transformative benefits of hypnosis. I wanted to share a little about what hypnosis is, how it can help you, and why it's not as mysterious as many people think.

What is Clinical Hypnosis?

Clinical hypnosis is simply a deeply relaxed state where you're more open to positive suggestions. It's not about being "controlled" or "under," as some may think. You're always in control and can come out of the relaxed state anytime you want. Think of it like being lost in a great book or movie—you're focused but still aware.

Why People Hesitate

Many people are hesitant about hypnosis because they fear losing control. The truth is, hypnosis is just a safe, natural state of deep relaxation and focus. You remain fully aware and in control, making it a safe and effective tool for change.

WHAT'S IN THIS MONTH'S ISSUE:

- The Power of Clinical Hypnosis
- April Announcements and Specials



How Hypnosis Can Help

Since becoming certified, I've helped people use hypnosis to:

- *Quit Smoking:* Break old habits and reduce cravings.
- *Lose Weight:* Reprogram your mindset around food and exercise.
- *Reduce Stress & Anxiety:* Relax deeply and manage stress more effectively.
- *Enhance Athletic Performance:* Boost confidence and mental focus.

How Can It Help You?

Hypnosis is a powerful tool for anyone looking to make lasting changes. Whether it's breaking a habit, reducing stress, or improving performance, I'm here to guide you through the process. Feel free to reach out if you'd like to learn more or explore how hypnosis could work for you!

Wishing you a peaceful and empowered month ahead!

April Announcements & Specials

Coming Soon: Numerology Speed Dating in Indianapolis!

I'm excited to announce that Numerology Speed Dating is coming to Indianapolis! This isn't your typical speed dating event—participants will connect through their numerology charts, exploring life path numbers and personality traits for deeper, more meaningful conversations.

I've hosted this event in Los Angeles with great success, and now I can't wait to bring it to Indy!
Stay tuned for more details!

Would you be interested? Let me know!

April Specials

Clinical Hypnosis Sessions:

To kick off April, I'm offering a special deal just for you: **Get \$20 off your Clinical Hypnosis session** when you book this month with the code **APRIL20!**

Whether you're looking to reduce stress, quit smoking, lose weight, or improve performance, clinical hypnosis can be a powerful tool to help you achieve your goals.

Don't miss out on this limited-time offer—book your session today and take advantage of the savings!

Numerology Party Experience:

Grab your girls, pour the wine, and discover your life path, personal year, compatibility, and power months for 2026.

Perfect for birthdays, spring gatherings, retreats, or just because.
Limited spring dates available.

Use code: "PARTY" for \$30 off.

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