

Divine Connection:

*Hypnotherapy & Numerology for
Healing & More*

May Momentum: Racing Season & the Mental Edge of Clinical Hypnosis

Written by Donetta Huffman

May in Indiana is all about racing. With the excitement and energy that fills the air throughout the month, it's a time when focus, endurance, and peak performance take center stage. Whether you're an athlete, weekend competitor, or simply pushing toward personal goals, this season is a powerful reminder that success isn't just physical—it's mental and emotional too.

As we touched on last month, clinical hypnosis can be a valuable tool for enhancing performance on every level. Just like a race car needs precision tuning, the mind plays a critical role in how we perform under pressure.

The Mental Edge

Hypnosis helps sharpen concentration, block out distractions, and build confidence. For athletes, this can mean staying locked in during high-pressure moments and maintaining clarity when it matters most.

Physical Performance

Through relaxation and focused suggestion, hypnosis can support better body awareness, improved recovery, and even pain management—helping athletes stay in peak condition.

WHAT'S IN THIS MONTH'S ISSUE:

- Racing Season & the Mental Edge of Clinical Hypnosis
- May Announcements and Specials



Emotional Control

Racing—and life—comes with adrenaline, nerves, and high expectations. Hypnosis can help regulate those emotional highs and lows, keeping you calm, centered, and in control.

Whether you're on the track, in the gym, or navigating your own personal race, May is a perfect time to focus on the connection between mind and performance. Clinical hypnosis offers a way to strengthen that connection and unlock your full potential.

If you're curious about how this approach could support your goals, I'd be happy to connect and share more.

May 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!

May Specials

Clinical Hypnosis Sessions:

This May, get race-ready from the inside out with a “Hypnosis Camp” designed to sharpen your focus, confidence, and performance. Use code **INDY500** to receive **15\$** off any session booked during the month of May.

Past Life Regression Session:

This May, tap into the momentum of racing season and explore your inner journey with a Past Life Regression—uncover insights that may be shaping your present path and performance. Book this month and use code **RACING** to receive **15\$** off your session.

**Stay focused, stay steady, and enjoy the ride
this May—your finish line starts in the mind.**



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