



Times Little Helper



By: Lisa Zaccheo
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For all of us who have suffered the agony of a broken heart – whether from a break-up or the passing of a loved one – we’re told that only time will heal our wound. And yes, time does heal all wounds – but do you really want to wait, months, years or decades? You certainly can if you want, but if not, there is a wonderful way to speed the healing of your broken heart. One former resident of the heart-break hotel will share his story in a minute but before he does let me share with you a few things about heartbreak. Let’s approach the topic from two angles – perception and emotion. Our perception or thoughts about our experience creates our emotional reaction to it. If we think “He broke up with me because I’m not _____ enough.” (Insert good, smart, pretty, skinny, etc.) “I’ll never find someone to love me.” “I’ll be alone forever.” “I can’t manage alone.” We’ll feel a lot more pain than if we think “I think he’s feeling insecure about himself be-

cause I’m hard to hold a match to.” or “The universe just did a really nice job of narrowing my search because we’re obviously not meant to be.” “We’re both good people it’s just not the right time.” “I’ll find someone more compatible.” “It will be kind of nice to have some by-self time.” Different perceptions of the same break-up will absolutely create a different emotional outcome. On the pure emotion front – most likely the intensity of the pain you’re feeling about a current break-up or loss doesn’t have everything to do with it. There’s a wound of hurt inside most of us and when we experience a break-up or a loss it’s like the scab gets ripped off and we feel all our old pain in addition to the new pain. So a break-up at the age of 30, let’s say, is really a collection of your heartbreak from 1st love forward. OUCH!! Thankfully your subconscious mind has the ability and desire to help you not only become aware of your perceptions and change them to more positive ones, it can literally find and clean out that old emotional wound and help it heal completely.

Lawrence’s Story Feeding Hills, MA.

“I recently found myself knee deep and floundering in agony, another broken heart. I knew from several previous experiences what the cure was - Time. This go-around, however, I was determined to do something about it...I was determined to somehow

speed up that Time process. But how?

A friend suggested hypnosis. I never would have thought of it, but suffering will certainly give you a more open mind. I had always associated hypnosis with quitting smoking or losing weight - but to help mend a broken heart? A bucketful of tears later I decided to give it a try. I searched the Internet, contacted a few hypnotherapist’s in the area, and eventually was referred to Lisa. A couple weeks later I was in her office feeling excited and hopeful.

It was literally a “Trip”. With my eyes closed, I followed, and visualized, and felt all of the suggestions that Lisa led me through. She acted as my tour guide and traveling companion.

The intensity of the experience, and the imagery detail, is too much to recount, but let me say that we started from my very first love and progressed through each subsequent love in my life, each time reaching in and pulling out old pain and unresolved agony, finding the pebble of learning and leaving the rest behind. By the time we were done, I had a bag full of what I now believe are precious pebbles and was amazed by what I was able to see and understand in hindsight.

Had it worked? All day long, after the session, my mind was a swirl of images and sensations. My emotions were anesthetized - so much so that I literally did not realize that I was NOT going through the usual daily cycles of heartache.

It was not until I woke up the next morning that I perceived something was different. When I had my first thought of the woman who had broken my heart, I felt NO pain... and NO agony. It was just the opposite - I felt great! But it was confusing. It made me want to talk to her and make sure it was for real...that I was completely free of any future pain. In fact, knowing I had a follow up session scheduled for one week later, I did just that. I contacted my Ex, we had dinner and we talked. And it DID! It worked! I am now a complete believer in the power of hypnosis to help and heal!

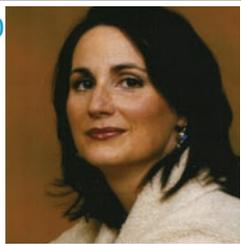
Today is exactly two weeks to the day since my first session with Lisa, and, although I do still often think of my ex, I feel no agony at all when I do... no more devastating and con-

stant pain.... no more tears... no more ‘only if’ daydreams. As a seasoned pro at this horrible game, I am truly amazed. I found a peaceful closure that typically takes six months to a year, or longer - and in only two weeks! It’s incredible. And so, yes, I AM moving on. In fact, I have a date tonight with a woman I just met yesterday! Why not, right?”

Lisa Zaccheo is the owner and senior hypnotist at Mind Matters Hypnosis Center in Canton, CT. She has additional certifications in Complimentary Medical, Clinical, Child & Adolescent, Forensic and Regression Hypnosis. For more information or to schedule an appointment, call Mind Matters Hypnosis Center at (860) 693-6448 or visit MindMatters-Hypnosis.com.



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