

Sydney's Leading Hypnotherapist Lyn Megan Macpherson wins ThreeBestRated Award 2020

Sydney, 03/12/2020 - Gone are the days when people around the globe debated about scientific connections and the benefits of hypnotherapy. Over the years, the world has witnessed an increase in the number of people having gravitated towards hypnotherapy. Hypnosis is a significant therapeutic technique employed in evoking a sense of positivity in individuals. Most people choose hypnotherapy as a path to self-realization to heal from their daunting past. And what awaits at the destination is positivity, and the power to overcome bad habits.

Despite several proven benefits and positive results, a lot of people have misconceptions about hypnosis. ThreeBestRated® has understood the need to send out proper information about hypnotherapy to the world. So, Three Best Rated® has interviewed a ThreeBestRated® Award-winning hypnotherapist from Sydney, NSW, and discussed several factors about hypnosis.

Lyn Megan Macpherson (M.A., M.Ed., Adv.Dip.Clin.Hyp., Adv.Dip.NLP & Psychotherapy) - HARMONY HYPNOTHERAPY

Lyn is one of the best hypnotherapists in Sydney, NSW. She is a double Masters Degree qualified Master Clinical Hypnotherapist and Neuro-Linguistic Programming (NLP) Master. She has discovered the incredible power of the unconscious mind to generate often instant and permanent change that is not even conceivable at a conscious mind level. That led her to take up a profession in hypnotherapy.

Lyn understands the mind at a master level as she has a decade of experience in empowering thousands of clients through hypnosis. She is also a published author and an accomplished speaker.

Lyn says, "According to several acclaimed studies and research, published by Professional Hypnotherapists of Australia Inc., hypnotherapy is notably more effective than current mainstream treatments for a variety of conditions such as anxiety, smoking, weight loss, migraine, Acute, and Chronic Pain, Drug Addiction, and a lot more."

She further explains, "Within often as little as three sessions of working powerfully at both the conscious and unconscious level, one can overcome, resolve, and dissolve these long-standing problems."

Hypnotherapy yields astonishing results. Every day Lyn feels privileged to witness people overcome a lifetime of fears, phobias, unwanted urges, unhealthy habits, or patterns of behavior, trauma, unresolved childhood blocks, and an array of anxiety-related issues. "Almost all anxiety-related issues are deeply rooted in the unconscious mind, which communicates in a different language to the conscious mind. When you can communicate with the powerhouse within, incredible and inconceivable transformation is enabled.", says Lyn. And that is only achievable through hypnotherapy.

While talking about the misconceptions, Lyn said, "Some call hypnosis a weird type of alternative practice. But the truth is that hypnotherapy has been around since Roman and Egyptian times."

Lyn says Clinical Hypnotherapy is most effective when used in combination with a variety of other psychotherapy techniques including NLP (Neuro-Linguistic Programming), EFT (Emotional Freedom Techniques), CBT (Cognitive Behavioural Therapy), and other forms of Psychotherapy.

Bottomline:

Lyn feels honoured to be listed in ThreeBestRated® as one of the best hypnotherapists in Sydney. She encourages people to try out hypnotherapy to attain ground-breaking and life-changing results in their life.

Please Note: It's important to check for professional credentials when choosing a Clinical Hypnotherapist – such as those with university grade qualifications.

CONTACT INFORMATION

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