



# How is your Amazing Mind?

Celia Gadd meets up with Charmaine Lane (Licensed Master Practitioner of NLP and Hypnosis) to find out how she is helping people overcome their fears, phobias and generally improve the quality of their life through Neuro Linguistic Programming and Hypnosis.

Charmaine is a modest, friendly and very approachable person who came across this method of working with people after realising that she was becoming more and more uptight with her own riding and finding situations fearful for no 'apparent reason'.

"My horse is sensible, well behaved and really does nothing wrong", explains Charmaine, "and yet I found myself getting more and more nervous about doing the most simple things with him. I saw Paul McKenna on TV working with people with other phobias and 'the penny dropped'. I felt compelled to go and find out more".

After an initial course that included a 'phobia' day it became apparent to Charmaine that there were lots of similarities here with riding, and that there were many people out there who were letting their nerves spoil the chances of them enjoying their horses and their riding.

Having now completed her training to become a Licensed Master Practitioner of NLP and Hypnosis Charmaine is willing to help people overcome their fears and anxieties, by helping them increase their

confidence on and around horses...

She trained with Dr Richard Bandler, (co-founder of NLP), Paul McKenna, (International Hypnotist), Michael Neil,

an enjoyable, eyes closed relaxation process that allows different parts of your mind to be accessed; it is very much like day dreaming. You remain totally in control and can end it whenever you wish to.

NLP uses the language, pictures and thoughts that are in your mind and helps to rearrange them to produce better feelings, pictures and thoughts and

behaviour patterns that you desire. After a session you are able to achieve whatever you would like. Because different feelings and thoughts are associated, and your brain processes information in a new and more useful way for you. Because learning happens at a sub-conscious level the results are very quick and easy to achieve.

I have always been quite open minded and have never taken part in any sort of hypnosis sessions but after having spoken to Charmaine I have booked a session for a month's time as I can really see it's potential. We are going to start with a weight loss programme, and then I can see there being all sorts of issues we can work on...

*Watch this space...*

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(International Success Coach) and John La Val, (International Communication Expert).

As well as helping people with sports performance, Charmaine is also trained to help with stopping smoking, weight loss and general examination and driving test nerves.


The really amazing thing about this concept is that you will only need one or two sessions to really make a difference and Charmaine has many happy testimonials on her website from people she has already helped.

During an initial consultation with Charmaine you can discuss what you would like to achieve, sort out or improve, and then she will use a combination of hypnosis and NLP techniques. Hypnosis is

Using your

## AmazingMind

to benefit you and your horse



Using NLP and Hypnosis to help you  
Charmaine Lane Master Practitioner  
trained by Paul McKenna

Call or email to find out more and book your free initial consultation  
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[www.Amazing-Mind.co.uk](http://www.Amazing-Mind.co.uk)