

HYPNOSIS IS NOT WHAT IT USED TO BE!

People used to think of hypnosis as something they would see on a stage with someone dancing like a monkey. Stage hypnosis was a kind of a magic show where a hypnotist selected a few very enthusiastic members of the audience to participate – people who would probably dance like a monkey anyway. The hypnotist gave them suggestions and away they went.

There are two hypno-therapists in our building: Lauren Hall and Vickie Barkley. Neither Lauren nor Vickie learned stage hypnosis. Rather, they are serious professionals who help clients with smoking, anxiety, confidence, procrastination and weight loss. Clients come away with empowering thoughts: I am enough; Everything is available to me. No dancing monkey stuff!

Lauren established her practice here in November 2020, in office 407. Soon after, she appeared in this newsletter and introduced many of us to Modern Day Hypnosis, which is the



Lauren Hall (front): Vickie Barkley (back)

name of her business and a descriptor of the service she provides. Today Modern Day Hypnosis continues to thrive, and Lauren now has marked ten years of success in hypnotherapy. She invites new clients as well as people who want to discover more about hypnosis to give her a call: 336-638-1163.

Vickie Barkley is a certified hypnotherapist as well as a women's health nurse practitioner with experience in allergy elimination and bioenergetic synchronization. She recently moved to the building to offer hypnotherapy in her new practice in office 307. However, she also is accepting clients for allergy elimination and bioenergetic synchronization which a technique that restores the body to balance after stressful periods. Vickie uses a biofeedback machine to identify stressors that need to be treated. For more information, call Vickie at 336-303-0850.

**THE GUILFORD BUILDING WILL BE CLOSED ON MONDAY,
SEPTEMBER 5, 2022, IN OBSERVANCE OF LABOR DAY HOLIDAY.**