

Mind. Body. Soul. The Missing Link.



The Science Behind Soulful Transformation Through Hypnotherapy and Guided Meditation

It's Time to Turn A New (Be)Leaf

How many different routes have you explored to solve your problems? Have you read every “self-help book”, checked every meme, and scoured every forum for the inspiration you need to silence your inner-critic and take control of your life? If none of these methods have worked, it's not your fault – you simply haven't been lucky enough to hear about what it takes to dig into your subconscious mind.

It's time to change that, so breathe – you're in the right place.

The road to healing is filled with potholes, speed bumps, and hazards. But want to know the good news? You already have all the tools you need to navigate past them as they emerge.

Sounds simple enough, right?

Unfortunately not.

You see, too many of us are blinded by traumas and indoctrinated beliefs ingrained in us as children – so much so that we can't see what's putting us in danger...let alone overcome it. What you need to remember is that your subconscious mind is – and always has been – there to protect you. Sadly, this can also be just the problem. Whatever happens to us as children leaves deep wounds on our psyche, influencing the way we react to external stimuli as adults every...single...day.

To change the thought and behavioral patterns that have been so deeply ingrained into our minds, we must get to the root of them – starting with the events that built them in the first place.

It's time to open your mind and accept that you can – with the right support – make sure nothing keeps you from your intrinsic joy ever again. It's time to heal past pain, remove barriers, and rewire harmful behavioral patterns that no longer serve you – and never have. It's time to silence your self-sabotaging inner-critic and become the version of yourself you are destined to be. Are you ready to finally find out what's stopping you from genuinely enjoying your life? Read on.

The Inner-Child Enigma

What is trauma? It's more than an emotional problem. It manifests mentally and physically – and can quite literally deplete your energy and cause disease (that's why it's called dis-ease, because you're not at ease...). Do you feel you can't control yourself or the ways in which you respond to external stimuli? It's not your fault...

The thing about trauma is that it is literally stored in the body, blocking channels of energy that must flow freely through our meridians if we want to experience holistic wellbeing mentally, physically, and spiritually. In Bessel van der Kolk's book, "The Body Keeps Score", the author talks about how overwhelming life experiences can impact the development of the brain and mind – not to mention body awareness. All of these things are intricately intertwined, and when they're not in balance, the result can be "derailments" that profoundly impact our capacity for love, work, and joy.

When something traumatic happens to us as children, it creates a fracture in our psyche which influences how we respond to adverse events for the rest of our lives – unless we make a change.

By ignoring your past traumas, you are only setting yourself up for a perpetual cycle of failure, disappointment, and heartache. It will be impossible for you to achieve your goals, because you are shackled down by anxiety, panic attacks, isolation, PTSD, and subconscious coping mechanisms that are quite literally programmed into every fiber of our beings.

Trauma also often results in an unrealistic and unsustainable demand for perfectionism contrasted by an ironic lack of motivation. We firmly believe that we cannot succeed because we are resource-limited. "We don't have time. We don't have money, skills, or inspiration". We believe the lies we feed ourselves – but the good news is that this can all be reprogrammed.

Are you ready to dig deep and get to the root of these fractures? In doing so, the impact will reflect on every aspect of your life. Newfound energy will flow through every open chakra and feed every cell of your starved body, mind, and soul. You will selectively choose who you allow into your circle, and you will command respect from people who understand, support, and truly love you just the way you are. You will know who you are, and that you have always been good enough. You will accept that, while you can't change others, you can change yourself. Your purpose will bubble to the surface, because you will finally be connected with your higher self. All because you chose to listen to your inner-child and fix the damage inflicted by generations before you.

...Ready to hear how I can help you move forward?

What is Hypnotherapy?

You can only read so many “self-help” books before realizing that your problem goes deeper. If you’ve ever wondered why confident people have so much self-esteem, it’s usually because they believe they deserve it – and that’s subconscious. Childhood trauma can make you believe you are not worthy of joy and peace, meaning we unconsciously punish ourselves without even realizing it and inadvertently become our own worst enemy.

Hailed by Forbes for its staggering 93% success rate, Hypnotherapy, put simply, is placing you into a state just south of consciousness but just north of unconsciousness. You are fully awake and aware, but you are given the opportunity to connect with your subconscious mind to understand what damage has been done and what needs to be done to fix it.

The goal of hypnotherapy is to create lasting change in your life by transforming negative habits and limiting beliefs to change the way you respond to external stimuli. By understanding and rewiring years of indoctrination, you will find the energy, drive, and motivation to achieve anything you set out to do – be it making more money, building a loving family, traveling the world, losing weight, feeling beautiful, the list goes on.

Is Hypnotherapy the Same as Hypnosis?

Hypnotherapy and Hypnosis are not terms that can be used interchangeably. In fact, not even standard hypnotherapy is necessarily enough to give you what you need. Reading a script is not enough to genuinely override the deep-seated beliefs and defense mechanisms that were ingrained in you and your psyche as a child and refined over years and decades of “practice”.

While these thoughts and behavioral patterns may have served you in the past – “helping” you cope with life events – is simply not sustainable. As we grow older, we must understand that, in order to best serve ourselves and solve our unique problems, we need to find better ways of dealing with things. Hence, we need hypnotherapy – not hypnosis. But not just any hypnotherapy either...

As a unique hypnotherapist, I do more than slap a Band-Aid on a bullet hole. By asking a range of carefully-crafted questions, I can help you find the answers that already exist within, literally overriding old belief systems instead of replacing them with temporary crack-filler that dissolves the

second you leave your session. I will help you genuinely become the best version of yourself by discovering your intrinsic gift of self-love and self-esteem.

Are you ready?

The Science Behind Hypnotherapy

Altering your thought patterns – and in turn, your behavior – takes more than an overnight decision to make a change in your life. It all boils down to science, and by literally manipulating your neural pathways, you can reorganize the “data” stored in your mind to elicit genuine, positive change in your behavior.

Brain cells, or neurons, are the basic building blocks of your mind. There are billions of them, each connecting with hundreds of thousands of others to send and receive information via neural pathways. Throughout our lives, these “patterns” are determined by our thoughts, which has been proven through MRI scans that show what happens to the brain when we think about different things.

Think about a baby learning to walk for the first time. The first step builds neurons that connect the brain and muscles. The second step strengthens the neural pathways, as does the third, and the fourth, and the fifth... Eventually, walking is something you don’t even think about. It’s automatic, but unfortunately, the same can be said for any other behavior.

So, what does it take to break it...? Let’s find out.

A Natural Path to Self-Esteem

If you grow up believing you are not good enough and that you are worthy of punishment, this belief will be so second-nature that it manifests every second of every day. The good news is that destructive behavioral patterns can be “unlearned” to make room for neural pathways that actually serve you with more positive beliefs and behaviors, but only at the hands of a professional hypnotherapist – not a hypnotist who fails to dig deep enough to reconstruct the root of the problem. The neural pathways.

As a Board-Certified Hypnotherapist, my job is to help you climb inside your mind and rewire the pathways that have been there for decades. You will be a survivor, not a victim. A problem-solver, not a complainer. You will finally know why confident people are so confident – because you'll be one of them. You will radiate positivity and self-esteem from the inside out, and you'll face every challenge life throws at you with instinctive resilience. That's what I'm here to help you achieve.

Are you ready to discover what it takes to live a life with purpose and boundless joy?

About Lin Shlonsky

Lin Shlonsky is a New York Hypnotherapist Board-Certified by the International Association of Counselors and Therapists. Lin practices what she preaches and lives by what she teaches, adhering to a strict Code of Ethics for practitioners in the field. Every client that walks through Lin's doors (physical or digital) is guaranteed the same level of respect, integrity, and support in navigating the subconscious mind and removing the shackles that are holding them back.

Lin helps her clients and friends grow and thrive in a safe and nonjudgmental atmosphere, going beyond what any hypnotist could provide or even many standard hypnotherapists. She equips people with the tools they need to identify and heal their own problems – while having fun every step of the way!

Lin's mission is to showcase and celebrate the intrinsic power of an art and science as ancient as hypnotherapy, using her own turbulent history of tribulation to help others overcome their unique hurdles. While Lin's journey is still paved with challenges, she continues to learn and expand her own skills every day to help not only herself, but the people she works with on the daily.

If you're ready to translate the language of your emotions and become the master of your subconscious mind, let Lin help. This is your chance to fast-track your voyage towards the goals you're desperate to achieve, and it all begins with rewiring and recharging your subconscious mind. You won't believe what you're capable of. Ready to find out?

Call today +1 (347) 377-0012