

Know that you can be free from any information that limits you and that you don't like, and change it into information that benefits you and helps you develop the personality you want to be.

But you must also know that in order to effect in yourself the ultimate change '*and Become what are meant to Be*' there is work to do, for in order to become unlimited, all of us have to learn how to free ourselves from what limits us, and that is not easy, because that's who we think we are. For just as a caterpillar tired of just crawling, goes into its cocoon to become a beautiful butterfly and fly free into an unlimited field of experiences; we, in order to recuperate our true Identity, must introspect and clean our limiting mental image of who we are and the programs that stump our growth. This and more is what we learn to do when we open up to change through 'The Art and Science of Self-Transformation.'

Have you heard of the Center of Choice and Will?

Have you ever viewed yourself from your Center?

Have you experienced that place from where you can view your mind, your emotions and your body and help yourself to change, heal and take clear, strong, action about anything?

Have you ever made changes from that point of view - the view of '*The Ultimate Observer in you*' - the 'I' who you truly are?

If you never heard of this, you are in the right place to find it, and to find out how to do it. Be grateful that your angels have guided you this way, because this is the best thing you can do for yourself and the quality of your health and your life.

(click on testimonials link here:

<http://ysatisdesaintsimone.wordpress.com/testimonials/>

Know that entering your mind to change what clogs it up with past unwanted information is the only way to get to know who you truly are and experience the life you dreamt for yourself to become a reality.

That is why, to learn the 'Art and Science of Self-Transformation' is the greatest discovery there is.

There is nothing better you can offer to yourself than to get rid of all the back luggage that you did not chose to carry and its negative influence in your life and Be your True Self; to enter into the mystery of your own unlimited mind, understand yourself and know what moves you.

This Center is the magic wand you wave while designing the life you envision for yourself, making the program of impossible dreams vanish and your dreams become reality. There is nothing you can't do.

Know that you are actually immersed in an Ocean of Unlimited Possibilities; this is not just an opinion, it is today's science who says

so. The fact that you are not aware of this is for the simple reason that you have been conditioned to believe in limitations. Those limitations were not even chosen by you. You didn't stand a chance. They were imposed '*by others who educated you*' and set them up for you, and sometimes even forcefully imposed them on you.

Those '*others who educated you*' didn't even create those limitations, they were probably imposed on them and they just accepted them without question. By accepting them, they set up limits, fears of expansion and by their acceptance now they strive to impose on you '*that this is the way things are*' because that is what is true in *their* own minds and of course in the minds of those who later on '*they educate.*'

This is why the findings of 21st Century Quantum science, which points out to us that the Nature of the Universe is Mental and an Ocean of Infinite Possibilities limited only by the view of the observer make the case for Regression therapy stronger than ever was.

Only this form of therapy can liberate the human mind from its old conditioning in a safe and natural way, by removing the limitations of old programs, self image and wrong conditioning received during childhood and even those limiting character traits brought back from other lives.

In other words, Hypnotic Regression forms of therapy have become '*The must have Tool for human health, self-empowerment and growth.*' It is indeed the best way known to eradicate psychosomatic symptoms, habits, etc., and

for transforming human beings conditioned to accept old limits, fears, and ideas - which they didn't even choose - into free human beings with unlimited minds, capable of creating their own chosen reality, and design their lives as they choose and will to.

I know that the therapy that does this in a safe, natural, direct and effective manner is: Hypno-Analysis, which I practice. It is the deepest, most profound and effective therapy known for stress removal, freedom from any psychosomatic problems, unwanted habits and/or unwanted character traits. Hypno-Analysis therapy has taken a giant leap and a new and powerful dimension in the self-growth field - that of being the ultimate 'Art and Science for Self-Transformation' for it is for now the best known tool for effecting in ourselves the highest mental alchemy possible.

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