

# Tired of feeling stuck and trapped with guilt and shame about failure to get your goals? By Jay Luck

Everybody has felt wronged at some time or another. We all experience unfair and unjust treatment throughout our life. For some people they are minor and easily healed, for others they are deep and brutal. It is understandable that people hold on to resentment, bitterness, guilt, shame and anger when they feel abused and taken advantage of.

One thing is certain: resentment, guilt, shame and anger have a detrimental effect on our health. It can be a complete revelation for people to realize that something that is going on inside their

brain or a particular way of thinking is causing them physical and emotional pain.

People who have a loving attitude experience great benefits to their health. Lower blood pressure, better relationships, stronger immune system and better cardiovascular health. That comes from the Mayo Clinic, not just our own observations. If those benefits arise from a positive outlook and letting go of resentments, guilt and shame; just imagine what resentment and vengeance cause our body to experience. Overweight, bad habits and attitude, tobacco and vape/e-cigarettes, etc.

Dr. Carsten Wrosch of Concordia University in Montreal states that anger and resentment compromises your immune system and causes a hormonal cascade that harms your body with excessive cortisol production. When we harbor resentment over a long period of time then our body quite literally begins to consume itself. Autoimmune conditions are far more likely in people who have post-traumatic stress disorder (PTSD) according to new research in the Journal of the American Medical Association. Arthritis, psoriasis and Crohn's disease occur more frequently in these people as compared to people who do not have PTSD.

Our brain is the master control center for our body, and when our mind is poisoned, unwanted signals are sent throughout our body that leads to an increase in physical pain, development of new symptoms and diseases, and chronic conditions. It is therefore essential to identify long-held anger and resentment and work to eliminate it as soon as possible.



Often times these emotions are simply a habit, pattern or belief. Holding on to a resentment can feel like an addiction. When confronted by others we can get defensive or lash out and think our anger is perfectly justified. I have worked with thousands of clients to teach them powerful self-hypnosis techniques to let go of resentments, guilt and shame and to forgive those who harmed them. Forgiveness is not easy, but when combined with special hypnosis techniques and un-hypnotize un-useful habits, patterns and beliefs, it can grant you a new lease on life with newly self-hypnotized useful patterns, habits and beliefs.

Forgiveness lessens pains and allows the body to heal. Positive emotions and beneficial hormones can course through your body and make you feel alive again. The filters that obscure the beauty of life can be removed and we see clearly once again. Our relationships become a source of joy and we can bring in new experiences. We are no longer emotionally shut down and can live life to the fullest.

Hypnosis is an extremely effective method because we can go back to the painful event without re-experiencing it. Learning to put the past in the past and not bringing it into our present is a core component in professionally guided hypnosis. It teaches people to get the goals they have wanted and felt were just too painful to try to get. By letting go of the past we allow our brain and body to heal and we come back to the state of wellness that is our birthright.



**"Grandmother goes from a painful size 24 to an 8 and has kept it off 10+ years so far."**  
— Bev F., Green Bay

**"Teacher loses 8 inches and 40 painful pounds."**  
— Mary T., Burnsville, MN

**"Horrible migraines gone after 3 sessions."**  
— Jim M., Green Bay

**"Nurse quits 40-year smoking habit."**  
— Nancy B., Appleton

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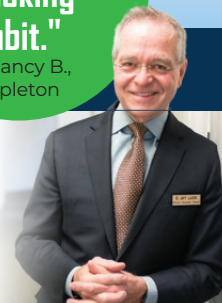
1111 North Lynndale Dr.  
Appleton • 920-954-1277



[applevalleyhypnosis.com](http://applevalleyhypnosis.com)

**MINNEAPOLIS**

201 West Travelers Trail  
Burnsville, MN, 55337



**JAY LUCK**

Master Hypnosis Society  
Author, Trainer, NLP practitioner,  
Change Warrior, Public Speaker  
As seen on ABC, NBC and  
other television Interviews