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# Write Now, Write This Down: Handwriting Will Unlock Your Secrets



Nicholas Pollak / September 29, 2014 /

OP-ED <http://www.thefrontpageonline.com/category/op-ed>

Typically, my new clients are nervous and anxious visiting a hypnotist for the first time. They usually have exhausted all other options and are desperate.

Many have the attitude a hypnotist can control them and their mind to gain the changes they want. This, however, is far from reality. The perception results from movies, TV shows, even a hypnotist's stage show.

Importantly a hypnotist never can make anyone do\what he or she does not want to do. There must be a willingness to allow hypnosis to occur, or it does not work. The client must be willing to follow the suggestions to ensure hypnotherapeutic success.

I try to help clients to relax and be open. to their hypnosis. Analyzing their handwriting is a wonderful icebreaker. Persons handwrite in cursive what they would like to resolve using hypnosis.

197 different characteristics. This helps me to understand the person.

Most love this technique. I am 90 percent accurate in my read of their personality. While having fun, I get to know the essence of their issues.

Handwriting analysis has been used for 120 years, coming to prominence in France. The FBI uses handwriting analysis to gauge the characteristics of criminals and as a background for creating profiles.

Handwriting analysis, many-sided, shows almost the full spectrum of a person. Here is a list of what I find and look for:

- Are they open to meeting new people or are they quiet and solitary?
- Are they open to new mental or material ideas?
- How high is their self-confidence, self-esteem?
- Go-getters or procrastinators?
- Health problems?
- Are they sympathetic or empathetic?
- Do they want a large amount of personal space or prefer lots of people around all the time?
- Is there average give-and-take between themselves and others?
- Honest or deceitful?
- Is their communication literal or inferential?

After we have completed the analysis, I ask if there is anything in their handwriting they would like to change. They look puzzled while I explain an issue can be resolved by handwriting.. When we write we do not think about how we write, only what we are writing. Like tying a shoe lace, it is difficult at first but easier every time until the process is locked and stored in the subconscious. When the eyes see a shoelace, the subconscious sends the appropriate commands. YYou tie the lace without conscious thought.

Writing became subconsciously automatic, and so you write. Writing shows the character. When you write the letter “t,” the length of the “t” stem shows a person’s self-confidence. Where the “t” stem is crossed shows self-esteem. The higher the “t” crossing, the higher the self-esteem.

Here it becomes interesting. If you wrote the letter “t” to indicate you have high self-esteem and did it consciously every time you wrote anything, after a while you will no longer be thinking consciously as

Write Now - Write This Down! Handwriting that Will Unlock Your Self-Esteem. You are now writing it as if you have higher self-esteem.

Shortly you will notice your self-esteem rising. You feel better. This is among numerous examples how handwriting can help you to be better.

To have your handwriting analyzed, contact me by telephone or email.

***Do not hesitate to contact me by telephone, 310.204.3321, or by email at [nickpollak@hypnotherapy4you.net](mailto:nickpollak@hypnotherapy4you.net) (mailto:nickpollak@hypnotherapy4you.net). See my website at [www.hypnotherapy4you.net](http://www.hypnotherapy4you.net) (http://www.hypnotherapy4you.net)***



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