



LUDHER MIND-BODY HEALING CENTRE

Mental Resilience for Success

The Law of Attraction states that we create our own reality. And we consciously and subconsciously create realities that can be either fabulous or a downright nightmare. The difference of both outcomes is how we perceive the world, and how adeptly we align ourselves to our dreams and goals which are just within our reach.

Imagine a world where you dictate where you want to go, who you want to be and what you want to achieve. And eureka... it happens. Ajit Ludher, Founder and CEO of Ludher Mind-Body Healing Centre and with 27 years of successful clinical experiences in treating people with depression, stress, low self esteem, addictions & many medical challenges, says he can help you achieve that eureka moment.

“Clinical hypnotherapy is widely used in major hospitals in developed countries to give people the best support in their health issues and I am on a mission to help people improve their physical well-being by strengthening their mental states.

pressure, insomnia, strokes, heart attacks, and even worse – suicide.

What we actually need to do is to treat the fear. And that’s where hypnotherapy helps.

Today, we are so engrossed with Western medication to solve our problems that we forget that most of it is designed to deal primarily with bodily ailments. This causes us to seek pills to solve issues that may have stemmed from just having a negative state of mind.

Hypnotherapy is a practice that dates back a millennium. It is a form of psychotherapy that uses relaxation, extreme concentration, and intense attention to achieve a heightened state of consciousness or mindfulness. In my 27 years of practice, it has proven useful in helping many of my patients achieve mental resilience.

When these issues aren’t solved internally, it often leads individuals to rely on mind-altering substances such as alcohol and drugs to function properly. These are short term solutions and do not deal with the root causes, and so eventually their health, lives, and relationships will be affected.

Sometimes we all just need a little bit of help in aligning ourselves back to being the best version of ourselves. To ‘reprogram’ ourselves with positive beliefs and traits. Once we are able to handle the rigours of everyday life; we attain inner peace and contentment.

In highly stressful environments, our various fears affect the body, causing high blood

So as we face new challenges this year and in the years that follow, it is important that we gain control of our minds and address the problems that exist deep inside us.

If you can train your mind, it is possible to manage any situation. The state of your mind always, always determines the state and condition of your body and your life. ”