

Spahealer

writer **Christina Cheung**

julien willm

Born and raised in France, Julien Willm was immersed in the corporate business world for 10 years after completing his BA in International Business Management. Studying and working in Paris and in Toronto at the French Chamber of Commerce eventually led to a move to Hong Kong in 2003, where he developed his passion for alternative therapies and finally found his true calling as a hypnotherapist. Here, he demystifies hypnosis and provides a better understanding of an often misunderstood form of healing.

imagine feeling such a deep depression to the point of wanting to jump off the ledge of a tall building. Julien has received referrals from GPs for patients who have felt this way. They arrive in his office looking 40 years older than their true ages and end up smiling and changing their outlooks on life upon leaving the office after one session of hypnotherapy.

When Julien and his wife first arrived in Hong Kong eight years ago, his wife had many health problems which conventional medicine could only diagnose but not treat. Their GP recommended they look into alternative therapies, which opened up a whole new world for Julien. "When I started to witness the changes in my wife's health – she is now free of all of those health issues – I quickly became interested. This led me to learn different healing modalities in my free time, which became a hobby at first," he explains. Julien studied and mastered Reiki and emotional release therapy with kinesiology in his spare time and eventually decided to take the leap and switch careers.

"I wanted to do something more meaningful with my life. I had a very 'traditional' corporate background in sales and marketing," Julien remembers. "I was always fascinated by hypnosis, and I had always wanted to learn it, but never had the opportunity or the time to do it. After leaving my job, this became possible." He had already met his mentor, Dr Casey Chua, and was invited to train with him at his hypnotherapy centre in Singapore. "I learnt a lot from him. He was a very generous and supportive teacher, and an inspiring mentor," reflects Julien.

Describing hypnosis as the state of consciousness between sleeping and waking,

Julien likens the process of 'going under' to hyper-aware daydreaming. "Contrary to popular belief, hypnosis is not a state of deep sleep," he explains. "It does involve the induction of a trance-like condition, but when in it, the patient is actually in an enhanced state of awareness, concentrating entirely on the hypnotist's voice. In this relaxed state, the conscious mind is suppressed and the subconscious mind is revealed; the brain wave vibration rate slows down, giving the subconscious the ability to accept positive suggestions, ideas, concepts and lifestyle adaptations given by the hypnotherapist." Julien further explains, "The subconscious mind is not as rigid or as analytical as the conscious mind, and not as limited either. It tends to have a more global view, and this is the part of the mind that hypnosis works on primarily."

Julien feels hypnotherapy is more effective at helping people deal with their issues than pure willpower alone. "It can help with anxiety or panic attacks, self-esteem issues, depression, addictions, habit breaking, phobias and insomnia. Hypnosis is unlimited in the scope of what it can be used for," says Julien. "By aligning the conscious and subconscious minds, it makes it easier to achieve quick, easy and lasting changes in one's life."

He likens addressing the subconscious mind to updating software on a computer, and in general, believes most problems only take one session to resolve, such as quitting smoking (however, the person must genuinely want to quit). It is rare for him to have regular patients, as one or two sessions are usually enough to help them. Julien jokes, "It's actually not very good for business!"

Julien has offices at Balance Health and Holistic Central in Hong Kong, where he finds many of his patients have difficulty coping with the fast-paced stress of frenetic city life. "Hong Kong is particularly stressful, and anxiety states and panic attacks are quite frequent here," he observes. "I often teach simple yet powerful self-hypnosis tools to my clients, which can be used in their daily lives to access their own innate healing abilities on the spot, giving them self-empowerment."

Confident in the power of hypnosis to shift thought patterns in a positive way, Julien has complete faith in the process. "We all have the ability to heal. Just as our bodies regenerate regularly without our conscious intervention, our minds can do the same." He enthuses, "Witnessing people change and resolve their issues so quickly and easily is the most satisfying part of what I do."

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