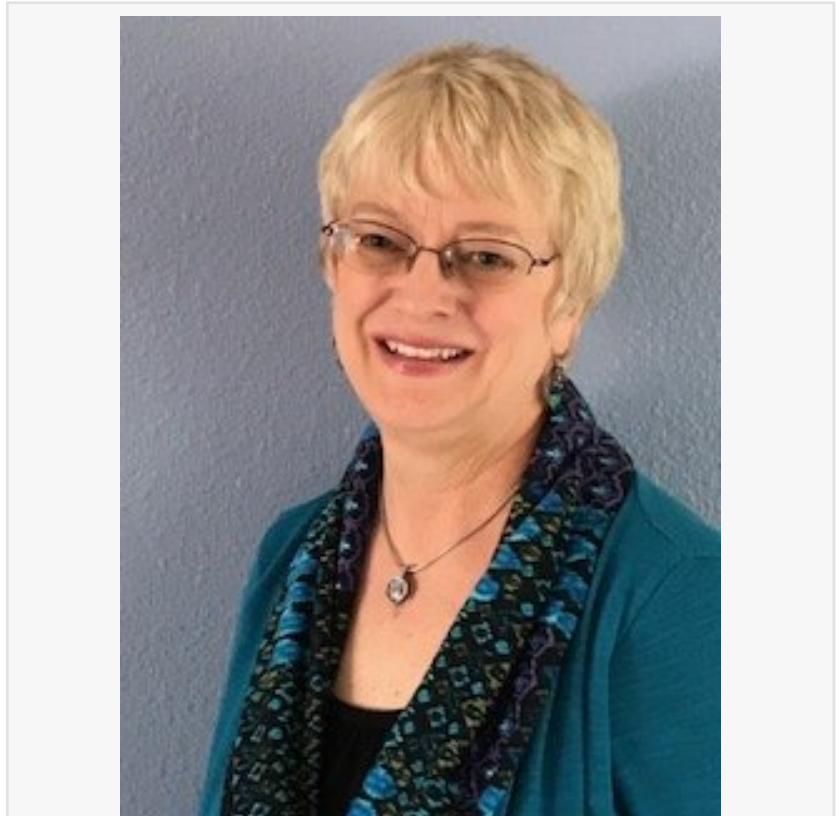


# Cynthia Crossman of Blue Heron Hypnosis to be Featured on CUTV News Radio

BEND, OREGON, UNITED STATES, October 26, 2017 /EINPresswire.com/ -- Bend, OR- When we think of hypnosis often we imagine it as a mystical mind game where people are forced to do things against their will or are trapped in a deep trance. We associate it with what we've seen in Hollywood movies or on TV.

Cynthia Crossman is a hypnotherapist, and founder of Blue Heron Hypnosis. She utilizes hypnosis to help people with a wide variety of issues – from anger management and lack of self-confidence to chronic pain and insomnia. Two of the most common reasons clients approach Cynthia are for help with weight loss and quitting smoking.

“Many people have misconceptions on what hypnotism really is,” says Cynthia. “Much of that is based on scenes from scary movies or stage hypnotists who make people do embarrassing things for entertainment. Unfortunately, these are misrepresentations. I always point out that when you are under hypnosis, you do not lose consciousness or relinquish control. In actuality, it's a state of focused awareness and attention, and you are fully cognizant of what is being said to you and what your responses are. Hypnosis is perfectly safe.”



Cynthia's inspiration to help people began in her teen years when she had a deep desire to do something meaningful with her life. In her early 20s she joined a yoga ashram, and for many years she helped guide people all over the world on how to meditate and lead a spiritual life in our confusing world. After the ashram Cynthia held several different corporate jobs, but she found this type of work did not make her feel as if she was fulfilling her life's purpose.

By chance she discovered hypnotherapy and the method resonated with her as a wonderful way to be of service in helping people improve their lives.

“Hypnosis works primarily with the subconscious,” says Cynthia. “When you engage the subconscious using hypnotic techniques, it is easier to change ingrained habits or beliefs that were holding you back. You are then much more likely to succeed at making the positive changes you have tried but failed in the past. Often people try hypnosis as a “last resort” and wish they had done so sooner.”

Another very effective use of hypnosis is to help people with chronic pain. Thousands of people suffer from chronic pain, and many don't want to depend on medications, especially in light of the current opioid epidemic.

“Many people have found great relief and I'm so excited to have learned methods that help chronic pain sufferers return to a more normal way of life.”

CUTV news will feature Cynthia Crossman in an interview with Jim Masters on October 30th at 4pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest call (347) 996-3389

For more information on Cynthia Crossman visit <https://www.blueheronhypnosis.me>

Lou Ceparano  
CUTV News  
(631) 850-3314  
[email us here](#)

---

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2017 IPD Group, Inc. All Right Reserved.