

Hypnotically Speaking

HYPNOSIS
HAVEN



Late Summer 2026



THE NEW CHAPTER ISSUE

There are seasons when things seem to happen quietly for a long time, and then suddenly you look around and realize how much has changed.

That is where Hypnosis Haven is right now.

This September marks ten years in practice.

Ten years of hearing, “I know this logically, but...” Ten years of watching the body hold what the conscious mind thought it had already settled.

Ten years of listening to people describe things they could not always explain.

Anxiety. Sleep. Habits. Fear. Grief. Sound sensitivity. Pain. Relationships. Medical experiences. The strange ways the subconscious tries to protect us — even when the protection itself has become exhausting.

And now, after ten years, Hypnosis Haven is opening the doors to a dedicated office of its own.

This issue gathers some of what has been growing alongside that change: new writing on anxiety, nervous-system regulation, palliative care, the evolving science of hypnosis — and a Healing Lexicon that has become much larger and more reflective than I expected.

*Its word is **Trust**.*

And I decided not to hurry it.

Thank you for continuing to read, share, ask questions, and make room for this work.

Suzana

In this newsletter
you can expect:

[Why Scientists
Once Doubted
Hypnosis — And
What's Changed](#)

[Back-to-School
Anxiety Does Not
Always Look Like
Fear](#)

[When Comfort
Becomes Part of
the Treatment Plan](#)

[Nervous System
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10 Years in Practice

Why I Created the
Healing Lexicon

The Quiet Work That Speaks for Itself



Why Scientists Once Doubted Hypnosis

A look at how research, brain imaging, physiology, attention, and clinical study helped move hypnosis from spectacle toward something science could actually examine.



Back-to-School Anxiety Doesn't Always Look Like Fear

Sometimes it says:

My stomach hurts. I can't sleep.

I don't want to go.

From separation anxiety in younger children to perfectionism, social stress, IBS symptoms, anticipatory anxiety, and college overwhelm, the body may begin reacting before a student ever says, "I'm anxious."



When Comfort Becomes Part of a Treatment Plan

Palliative care is not the same as giving up.

This piece explores where hypnosis may fit as thoughtful complementary support alongside appropriate medical and palliative care.



Nervous System Regulation Is Not the Same As Being Calm

A healthy system is not one that never reacts.

It is one capable of responding, recovering, and returning.

VOLUME 5: TRUST - COMING SOON

THE HEALING LEXICON: VOLUME FIVE

A Booklet of Reflection,
Vocabulary & Grace



BY SUSANA PADILLA, CHT |
HYPNOSIS HAVEN

The Healing Lexicon

Vol. 5: Trust

COMING SOON



I thought this volume was going to be about learning how to trust other people again.

It became something much more complicated.

What happens when trust is broken and the wound turns inward?

When we stop asking only,

How could they do this?

and begin asking,

How did I not see it?

Why did I stay?

Why did I believe them?

Can I trust my own judgment now?

That second wound can become almost as painful as the first.

Volume Five moves through trust, intuition, doubt, betrayal, self-silencing, shame, forgiveness, discernment, boundaries, resilience, and finally the slow return to self-trust.

One thought became central as I worked through it:

Strength can unintentionally become permission to tolerate what discernment is asking us to address.

Sometimes we remain because we are afraid we cannot survive leaving.

And sometimes we remain because we already know that we can survive almost anything.

We think:

I have rebuilt before.

I can handle this.

If everything falls apart, I will find my way back.

That may all be true.

But the ability to recover does not create an obligation to keep being wounded.

And that is where the image of the bird entered this volume.

A bird can rest on a branch.

The branch matters.

It offers support, shelter, and a place to pause.

But the bird's safety was never contained entirely within the branch.

It also had wings.

The bird does not refuse the branch.

It simply remembers its wings.

The Healing Lexicon: Volume Five — Trust is still being completed.

Slowly.

Because this one deserves the room.

WHY I CREATED THE HEALING LEXICON

I kept noticing how often people were trying to heal experiences they did not yet have language for. We use words like “sadness”, “anger”, “trust”, “recognition”, “grief”, “forgiveness”, and “no” as though they are simple.

But the experience beneath the word rarely is.

Sadness can contain grief, loneliness, disappointment, longing, resignation, or relief.

Anger can contain humiliation, injustice, fear, resentment, exhaustion, or a boundary that has been crossed too many times.

Trust can hold hope, reliance, vulnerability, expectation, intuition, betrayal, self-doubt, discernment, and the question of whether we are still willing to believe ourselves.

Language gives us a way to separate what has become emotionally tangled.

Sometimes the moment we find the right word, the experience changes.

Not because the word fixes it.

Because suddenly we can see it.

And once we can see something more accurately, we can begin relating to it differently.

Long before I became a hypnotherapist, my first college degree was in English.

I wanted to write.

I never imagined then that these two parts of my life would eventually meet this way.

But perhaps that is what The Healing Lexicon has become:

A meeting place between language and healing.

Between the words we use and the experiences beneath them.

Between what the conscious mind can explain and what the deeper mind has sometimes been carrying without a name.

Each volume takes one word and slows it down.

Not to overcomplicate it. To give it enough room to become honest.

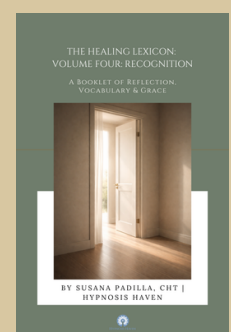
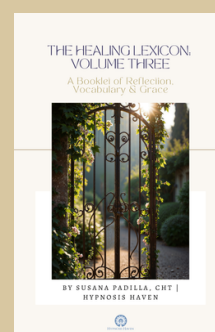
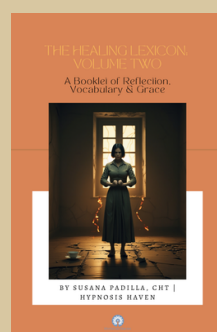
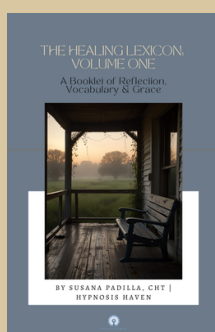
These are not meant to be read quickly.

They are meant to be paused over.

Written in.

Returned to.

Sometimes one sentence is enough for a day, and if a person reaches a page and thinks, “*Oh. That is what I have been feeling.*” Then the language has already done something important.



10TH ANNIVERSARY SERIES

This September, Hypnosis Haven celebrates ten years in practice — and opens the doors to a dedicated new office.

To celebrate both milestones, I have set aside ten private anniversary openings for a focused three-session hypnosis series.

THREE INDIVIDUALIZED PRIVATE SESSIONS \$575

Available to new and returning clients.

The series may be appropriate for goals involving anxiety, sleep, habits, confidence, emotional overwhelm, misophonia or sound sensitivity, and other subconscious or mind-body patterns suited to hypnosis.

Adults, teens, and children age 10+ may be appropriate for hypnosis, with parent or guardian involvement for minors.

Reserve by October 31, 2026, or until all ten openings have been filled.

A NOTE BEFORE YOU GO

As I think about these first ten years, I keep returning to gratitude.

For the clients who trusted me.

For the people who referred someone they loved.

For the physicians and therapists willing to consider another form of support.

For everyone who read something I wrote, listened to a recording, shared a post, left a review, or quietly told another person, *“You might want to talk to Susana.”*

Thank you for helping Hypnosis Haven become what it is.

Susana

