



From Colorful Gum to Lasting Love: Mo's Journey Through Hypnosis and Healing

When Mo first came to me, his goal was simple: he wanted to stop smoking. Through the power of hypnosis, he accomplished that in just one session — a testament to his determination and the power of his subconscious mind. But our work together didn't stop there.

Encouraged by his success, Mo opened up about deeper struggles in his life, particularly in his relationships. He had recently been involved with a woman from India, despite being from Pakistan — a pairing that faced deep cultural resistance, especially from her family. The mother of the Indian woman

disapproved strongly, a reflection of the historical tensions between their two countries. Ultimately, this pressure led to the painful end of their relationship.

After that, Mo seemed to jump from one relationship to another — first a Mexican woman, then a Hawaiian woman, and on and on, each from a different background and culture. It was as if he was searching, tasting different experiences, never quite finding the right match.

Sensing a deeper pattern at play, I decided to take Mo back through regression hypnosis — a journey into his subconscious, to uncover the root of his restless searching. What we found was both profound and illuminating.

Through hypnosis, Mo regressed to a memory from when he was just five years old, in a Target store with his father. As they waited at the counter to pay, young Mo was captivated by a display of colorful gum — the same vibrant gum he had seen advertised on TV. *U This early recollection is of utmost importance because it gave rise to diversity and relationship. In a moment of childhood impulsivity, he grabbed the gum, ran off, and hid under racks of dresses, happily sampling the bright, sugary pieces. His father searched frantically with the help of the store manager, and after an hour of fear and confusion, finally found Mo hidden, tasting all the different colors he had craved.

This seemingly innocent moment planted a powerful seed in Mo's subconscious: a belief that exploring different “flavors” — whether gum or relationships — was thrilling, desirable, and necessary. It was no wonder that, as an adult, he found himself bouncing from one culturally different relationship to another, always seeking something new, colorful, and exciting.

Recognizing this pattern was the first step. Through focused hypnotic work, we helped Mo reframe this early memory, understanding that while the experience of diversity was exciting, true fulfillment could be found in something deeper and more grounded.

With this newfound clarity, Mo returned to his roots. He traveled back to Pakistan, where he met and married a woman from his own culture — someone who shared not only his heritage but also a sense of home and understanding. It was as if he had finally found the one flavor that satisfied him, the one he didn't need to keep running away from.

Mo's story is a powerful reminder of how our earliest experiences can shape our adult lives in unseen ways — and how, through the right guidance and inner work, we can break free from patterns that no longer serve us and find the happiness we've been seeking all along.

In addition Mo gave up sugary drinks, as well as two packs of cigarettes each day.