

Journal of Psychology and Psychiatry

The healing of chronic anxiety by reprogramming the unconscious mind: An integrative approach with clinical hypnotherapy, rapid transformation therapy, yoga and quantum science healing

Nirasha Ramlugan*

London College of Clinical Hypnotherapy, London, UK.

Correspondence to: Ramlugan N, London College of Clinical Hypnotherapy, London, UK, Tel: +44 7737495666, E-mail: nirasha@justsimplychange.co.uk

Received: June 10, 2025; **Manuscript No:** JPPC-25-4462; **Editor Assigned:** June 12, 2025; **PreQc No:** JPPC-25-4462 (PQ); **Reviewed:** June 20, 2025; **Revised:** July 04, 2025; **Manuscript No:** JPPC-25-4462(R); **Published:** July 28, 2025

Citation: Ramlugan N (2025). The healing of chronic anxiety by reprogramming the unconscious mind: An integrative approach with clinical hypnotherapy, rapid transformation therapy, yoga and quantum science healing. *J. Psychol. Psychiatr.* Vol.1 Iss.1, July (2025), pp:3.

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DESCRIPTION

Chronic anxiety is a pervasive mental health concern, imposing significant burdens on all ages of our global society. My practice elucidates an interdisciplinary therapeutic approach designed to manage and heal chronic anxiety by focusing on the reprogramming of the unconscious mind and the upgrading of the inner child. The intervention employs a multifaceted strategy, encompassing Hypnotherapy, Rapid Transformational therapy, Yogic science and Quantum healing methodology. Working in this field since 2009, the inception of chronic anxiety in my clients/patients are deep rooted cognitive and emotional patterns. Hypnotherapy and Rapid Transformational therapy play a crucial role in this approach by accessing and reshaping the subconscious and unconscious beliefs and thought processes that underpin chronic anxiety. This intervention seeks to create lasting psychological transformation by addressing the core issues that perpetuate anxiety. Incorporating the principles of yoga science further complements this therapeutic approach. Yoga and breath work practices contribute to physical and mental balance, enhancing relaxation and emotional resilience. This dimension of the intervention recognizes the mind-body connection in anxiety management and healing. The unique addition of Quantum science healing introduces an energetic perspective to anxiety management. It aims to promote overall wellbeing and restore harmony within an individual's subtle energy systems, with the goal of releasing toxic chemicals from the cellular level that floods the body through Anxiety. This interdisciplinary

approach recognizes the multi-dimensional nature of chronic anxiety, addressing its cognitive, emotional, and energetic components. By targeting both conscious and unconscious levels of the mind, this comprehensive therapeutic framework offers a promising pathway for individuals to manage and heal chronic anxiety, fostering enduring personal transformation and improved well-being. This research underscores the potential of integrated therapeutic strategies in the realm of mental health and psychological healing.

CONCLUSION

This work highlights the effectiveness of an integrated, interdisciplinary therapeutic approach to managing and healing chronic anxiety by addressing its root causes across multiple levels of human experience. By combining Hypnotherapy, Rapid Transformational Therapy, Yogic science, and Quantum healing, the intervention offers a holistic model that targets the subconscious mind, emotional imprints, and energetic imbalances.

Drawing on over a decade of practice, this framework goes beyond symptom relief to enable deep psychological and emotional transformation. It acknowledges the complexity of chronic anxiety as not only a mental health issue but a mind-body-energy phenomenon. Techniques such as breathwork and yoga nurture resilience and physical balance, while subconscious reprogramming tools help dismantle long-held beliefs and patterns that fuel anxiety.