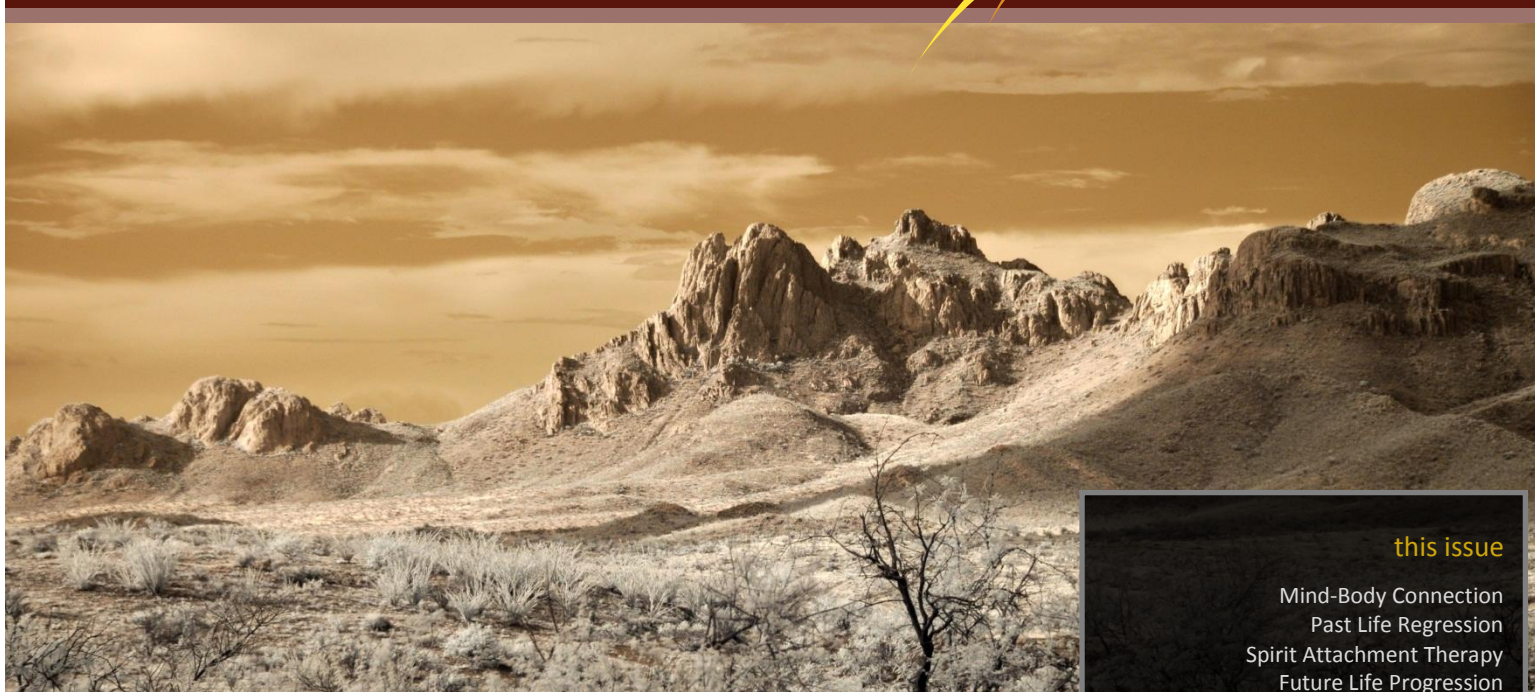


The Hypnotherapy Report

Information on How Hypnotherapy Helps to Live a More Fulfilling Life

ISSUE 2



this issue

Mind-Body Connection
Past Life Regression
Spirit Attachment Therapy
Future Life Progression

Regaining your Healthy Body through Hypnosis

Too often in the fields of medicine and psychotherapy we treat symptoms as if they were the disease. We diagnose the problem by describing the symptoms, and the cure is equated with removal of symptoms. For example, back pain is seen, not as symptomatic of a deeper problem, but as the problem. We treat it with surgery or muscle-relaxing medications. Depression is seen to be the problem to fix and Anti-depressants is the treatment of choice. Asthma? Allergy shots. Heroin addiction? Methadone. We are overlooking the cause. Specialists divide human function into physical and psychological ailments. The symptoms observed in one realm are treated in isolation from the other, rather than being seen holistically. What is the secondary gain from back pain and how would resolving that effect remission of the symptoms? What emotions are kept suppressed through the depression, and how would releasing them effect a "cure" more permanent than medications. In a particular individual, many apparently isolated symptoms may in fact be intricately related to the same source. An alcohol problem, poor relationships, low self-esteem, ulcers, and diabetes may all be symptomatic of insufficient neonatal bonding. Treating and resolving the symptoms as a system rather than in isolation from each other may be the most effective approach. And the methods of treatment that combine the physical and psychological, spiritual, the body and mind, may be the most effective tools to use. Somatic symptoms that are caused by emotional trauma are best treated psychologically. Research shows that recovery of trauma memories begins with recovery of lost procedural memories, followed by recovery of occasion specific memory.

WHAT YOU DON'T KNOW CAN HURT YOU

The deeper we delve into the unconscious, the greater the healing possibilities. We root out the remnants of old unresolved traumas, one memory at a time. The unconscious becomes conscious and the physical/emotional link becomes clear. Each repressed memory recovered and resolved becomes integrated. The suffering component to it, previously locked in, is dissolved away.

THE PAST LIFE METAPHOR

Some people have a belief system that does not accept past lives as reality. The beauty of past life work is that a person can do that work without that belief. They can accept any past life memories as a metaphor for issues in the current life. The belief is not necessary to resolve the issues in this life or learn the lessons available with the past life material.

Past Life Regression Therapy

Resolving Current Life Issues through Past Life Work

Many people reject the idea of looking into a past lifetime for problems as they claim to have enough troubles in the present life. This sounds reasonable; however, in clinical practice, clients discover that present life conflicts and problems often stem from traumatic events in prior lifetimes. Past life memories may come to us in many guises: The déjà vu experience; recurrent dreams, either of a specific location, or of a frightening event; or a crippling phobia or unexplained, groundless fear. People who fear water, public speaking, or heights often uncover the memory of a death by drowning, hanging or burning at the stake before a crowd, or falling from a high place. As these past life traumas are explored and resolved in therapy, the phobias cease to exist for the clients. Also, present relationship issues can be the result of past life relationships that led to agreements being made in that past life.

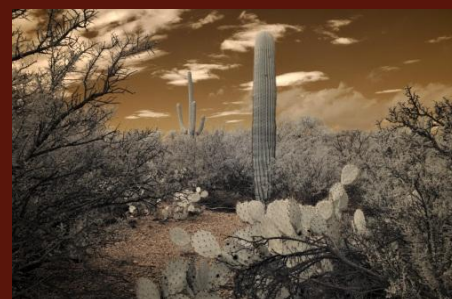
The process of pastlife therapy is being used effectively by mental health professionals in many countries. Through the emotional feelings and body sensations associated with an identified present life problem, the client is prompted to locate the source or cause of the problem. This leads to the discovery of a pain-filled memory in a past life. The client is assisted in resolving any remaining emotional issues, any unfinished business in the past life and to integrate the experience into the present life situation. Many emotional problems and conflicts are quickly and effectively resolved through past life regression therapy, usually in far fewer sessions than with conventional therapy. Many physical ailments are considered to be psychosomatic, and these conditions may

begin to diminish or cease altogether through past life regression therapy.

Another level of past life work is working through a death experience in a past life. It is good therapy because death, whether traumatic or not, is an accumulation point of all the negative feelings, thoughts, and wrongdoings of a past life. Undergoing a visionary death, with all of its fears and sublime qualities, is so intense an experience that it permits the individual to detach consciously from painful emotional patterns that have built up in that lifetime or over many lifetimes. The person goes through a catharsis, an ego death, by separating from the identification with this false self which has been controlling or governing his or her thoughts and actions.

The purpose of reincarnation is to create a level of spiritual awareness that consistently embraces the application of divine will, intellect, love and divine intuition. To achieve this objective, we must cleanse our blood of egotism. The physical blood is our soul's tally sheet. It is the key to the soul's development. When the blood flows through the heart all our karmic images enter the blood stream and flows to all parts of our body.

There are a number of cathartic processes around that relieve difficulties originated in past lives, but the positive abilities encysted within those past lives are rarely recovered. A deeper part of the past life process is to recover past life talents and abilities. Bringing those into the present life can improve the quality of life the client has now.



Future Life Progressions

Noted Past Life Regression Therapist Dr. Brian Weiss explores future life progression work in his book "Same Soul, Many Bodies: Discover the Healing Power of Future Lives through Progression Therapy." In this book he describes how his clients are able to go to both past and future lives.

There is no time when we are not in our bodies. All of our lives happen now. Therefore, we do not have to wait to access the wisdom of our future lives. Through hypnosis we can do so immediately.

I have also worked with clients whom it has been beneficial for them to progress to a life in our future along our perception of the timeline. One client did their past life work and then moved to a future life. The knowledge and insight gained through accessing that future life made this client determined to work through the issues of their current life so they would be ready for that next life. They saw that life as fulfilling and important and realized the process they needed to go through to prepare for their "future" work.

In Dr. Weiss' book one client was able to resolve current life issues because they experienced a future life where they repeated the same pattern they had in this life and in some past lives. That glimpse into another time has been extremely helpful for many clients.

Books by Dr. Brian Weiss

Many Lives, Many Masters
Through Time Into Healing
Messages from the Masters
Only Love is Real

Books by Michael Newton, Ph.D.

Journey of Souls
Destiny of Souls
Memories of the Afterlife



Spirit Attachment Therapy

The condition of spirit possession – that is, full or partial takeover of a living human by a discarnate being – has been recognized or at least theorized in every era and every culture. Extensive contemporary clinical evidence suggests that discarnate beings, the spirits of deceased humans, can influence living people by forming a detrimental physical and or emotional conditions and symptoms. Earthbound spirits, the surviving consciousness of deceased humans, are the most prevalent possessing, obsessing or attaching entities to be found. The disembodied consciousness seems to attach itself and merge fully or partially with the subconscious mind of a living person, exerting some degree of influence on thought processes, emotions, behavior and the physical body. The entity becomes a parasite in the mind of the host. A victim of this condition can be totally amnesic about episodes of complete takeover.

Many spirits remain in the earth plane due to a lack of awareness of their passing. And often these confused spirits attach to someone because they need energy. Also, spirits of people with addictions may intentionally stay around to attach to people who will indulge in those same addictions.

Spirit Releasement assumes that rather than being evil the attached or earth-bound entity is confused, addicted, or somehow

attached to early pursuits like unfinished business. Therefore, the spirit attaches itself to a living person of similar characteristics. A psychiatrist in West Virginia has performed many spirit releasement therapy sessions and she has recorded a 90 percent cure rate in clients who suffered with chronic depression. There are many other ways that clients have been affected by attached entities.

Rather than assuming these entities are evil; the approach used is to have compassion for the entity and realizing they are confused or have some other issue that interfered with their moving on. This precludes setting up an adversarial relationship with the entity and this makes releasing the entity much easier. When the therapist assists the entity to resolve its issues it can be more easily released.

We have done spirit attachment sessions many times over since 2001. And they have always been successful – releasing the attached spirit and sending them to the light. Occasionally an entity takes more attention and work to release, but through compassion for the entity they have always responded positively in the session and gone to the light releasing the client from the effects of their presence.

SOUL RETRIEVAL

Another aspect of soul work is Soul Fragmentation. There are several categories of soul loss or fragmentation – Soul, Mind or Physical Fragments; Sub-Personalities and Alter Personalities; Shifting (severe dissociation); Fading (people who fade into the woodwork or do not engage in life); Separation (a significant percentage of the soul-mind has escaped due to severe trauma); Evacuation (fragment evacuates and attaches to another living person); Pre-Natal Fragmentation (sentient portion of a person splits off from baby during fetal development); Soul Theft (occurs because one person desires power over another person).

In some cases, people who are Possessive controlling lovers or disenchanting lovers have vowed to possess the heart of their lovers eternally via dark energies (anger, resentment, hatred, revenge, bitterness, etc.) The recipients of these dark forces have described feeling as if these people still held their hearts. The purpose of this process is to maintain energetic control over another.

Many of the world's industrialized cultures display an odd split between life and death. In these, society's death is believed to be the final event in a long series of events called life. On the one hand, these people express the belief that the soul survives this death to enjoy a glorious afterlife. On the other, they regard death with grief and mark it with mournful ritual. However, there are places where no such contradictions exist. In this world the soul is eternal and life and death are not separation of the soul from the body while still alive. These spiritual deaths occur when pieces of the soul separates from our bodies due to physical, mental and emotional disease or trauma.

Commonly referred to as soul retrieval is facilitated by the hypnotherapist the recipient of the soul part participates directly in visualizing the journey as well. This dual aspect of this approach to Soul Hunting (finding fragmented soul parts) dramatically increases the effectiveness of the session. This direct experience helps maintain the presence of this retrieved soul part long after the session is completion...for most, a lifetime.



Upcoming Events

Enlightenment Dyad Nights

These nights are an introduction to the Enlightenment Intensive and a way for those who have attended Intensives to continue their practice.

Enlightenment Intensives

The Enlightenment Intensive is a modern answer to the question, "Where can I go to directly experience the true nature of life, others and myself?" With one foot rooted in the ancient tradition of Rinzi Zen and the other in the modern dyad process of communication, the Enlightenment Intensive is a three-day retreat capable of producing deep spiritual awakenings at the core.

Life Transformation Intensives

This is an EXPERIENTIAL WORKSHOP designed to give you the answers you have been looking for. It meets for six weekends over a six-month period, providing a loving and accepting environment for the challenge of profound personal growth.

The Life Transformation Intensive supports you in your spiritual path, whatever that is. Through the use of a variety of Heart-Centered trance techniques, you will learn to open up to Soul Work and to discover a much broader aspect of who you really are and what your purpose is at this time on earth.


Master Sessions

Spend an evening with The Masters bringing in their information for our members to enjoy. We have invited Friend; a Master that has been channeling through since 1983. Friend will speak about future times and special spiritual theories. He'll then bring in other Masters that will guide us through our special evening. The topics will range from developing businesses to personal growth and metaphysical issues. Friend also guides us in an adventure meditation. The Masters then go into a more esoteric range of topics on the paranormal and prophecy. Our members always walk away from the experience with wonder and excitement for their own and the planet's future.

Next Issue

Our next issue is about regression work for deeper healing, the four core existential issues most of us are dealing with and the Hero's Journey.

The Hypnotherapy Newsletter
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