

# Clinical Hypnotherapy A Master Certification Course



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## **Preface**

Hello and thanks for your interest in this incredible life-changing course. My life has been forever transformed for the better, by the information and techniques that lie ahead.

May your life be transformed for the better and may you bring healing and growth to everyone you touch.

Bless you and best of luck!

Joseph

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## The Preliminaries

### *Setting the Tone*

#### *Create Sacred Space*

The first important step in setting up for a Clinical Hypnotherapy session is creating a sacred space for you and your audience. Set the mood as if you are entering a grand cathedral.

Make sure the space is quiet and undisturbed and will remain so throughout the entire session. And of course, ensure it is warm, clean, comfortable, safe. Turn off all cell phones and electronic distractions.

Allow the lighting in the room to be subdued, not too dark and not too bright. Add meditation, ambient or nature music as a wonderful enhancer. Essential oils and aroma therapy are also excellent, to invite all the senses into the session.

#### *Meditative Posture*

Have your clients lie or sit with a straight back. Make sure arms and legs not crossed because that can inhibit energy flow.

#### *Background Noise*

Quiet is a critical element that helps ensure a successful session. So eliminate all background noises within your control.

However, sometimes you can't eliminate background noise. If that's the case, have your client briefly focus on the distraction, reminding them it will take them into a deeper state of relaxation. Use the background to enhance the experience. Flex your meditation muscles.

#### *Creating Trust*

Trust between facilitator and audience in Clinical Hypnotherapy is the cornerstone to successful sessions. You may be leading your audience into places they have never been before. The idea of healing and releasing trauma can be very unnerving for some, especially if they're unsure about you. Trusting you is crucial.

The best way to ensure trust is to be trustworthy. Set sterling ethical standards and live by them. If you do, then all you need to do is be yourself.

Listen with nurturing compassion and take time to be calm and relaxed yourself. Get yourself ready before the session begins.

## *Protection*

### *Other Worlds*

When we enter a deeply relaxed states in a hypnotherapy session, we open the doors to other worlds. There are all sorts of non-physical realities that exist beyond our limited, physical, 3D world.

### *Dark Energy*

It's not common but it's possible to open up to dark energy. I've had more than a few encounters with dark energy and I can't stress this point enough. Dark energy is nothing to play around with. It's potentially fatal (or worse).

### *Protection*

However, there is good news. There is protection that has proven effective over the course of history. It's blue light. It's the blue light frequencies within the white light spectrum. Historically, it's been referred to as Arch Angel Michael. Before beginning a session, set blue light energy for yourself and your audience.

### *Setting Protection*

To set protection, simply relax, breathe and imagine you are encapsulated in blue light. That's it. It sounds easy because it is. And it works.

Set protection regularly, until it's ingrained into your subconscious. After that, it only takes a couple of seconds. You may also set it for your clients or allow them to do it any time during the session.



## *Doing Your Own Work*

### *Your Issues Will Come Up*

When you decide to start doing Clinical Hypnotherapy, I guarantee you, at some point, it will bring up your own issues. Which is great, because it will present you with your own opportunities for healing. It's call growth.

To be an effective hypnotherapist, you must walk the talk. As the saying goes, "Healer, heal thy self.". If you're interested in taking people to the next level, you must be willing to go there first.

### *Self Love*

This brings us to the topic of self love. Doing hypnotherapy work is an offering of love. It's a sacred task to help people heal. And in so doing, you will be taking your audience into their greatest pain and fear. Or even better, you may connect them to their true essence.

However, to be the greatest conduit, you must love yourself first—or at least attempt to love yourself the best you can. It's an act of courage.

Self love will open you up and allow healing energy to flow through you. In so doing, you'll help your clients heal core issues such as, low self-esteem, unworthiness and unlovability.

## *The Three Rs (Relax, Release, Replace)*

The Three Rs are the standard format for conducting a successful hypnotherapy session.

### *Step One - Relax*

The first step is inducing a state of deep relaxation or meditation. Generally, you will start being taking your audience into a lightly relaxed state. This can be done with a script, a story, or a technique called progressive relaxation.

Next, you'll take your audience into a deeply relaxed state, often referred to as a trance or hypnotic state. This is where the doors to the subconscious open up. One visualization technique I commonly use is a countdown to an imaginary sanctuary place.

### *Step Two - Release*

The second step will be releasing an inhibiting emotion, thought, or belief that your audience can feel in their body. You'll locate this starting point in the pre-session interview and come back to visit in later in the session. Then you'll implement a specific hypnotherapy technique to complete the release.

### *Third Step - Replace*

Always end each session on a positive energetic note and replace the released emotion, thought, or belief with something healing. This can be done by creating a positive healing sensation in their body. They will take this sensation with them after the session is over, to complete the transformative effect of the session.

## *The Pre-session Interview*

### *Description*

The pre-session interview is a very important part of any hypnotherapy session. This is where you talk to your client before the session begins.

### *Let Them Emote*

When you ask your client what they want to work on, they will begin to emote and get their feelings off their chest. This is when the healing begins.

Don't interfere and try and try not to interact. This can be a challenge if you're a psychologist or a counselor. Also, don't let them talk too long. Keep it brief and get to the hypnotherapy.

### *Repeat What You Heard*

When they are finished, repeat back to them what they told you. Try to keep it somewhat vague and generalized. That will give their subconscious mind room to work with, when you get into the session.

For example, if they give you details of a divorce they are going through, repeat back to them something like this: "So, what I hear you saying is that you are distraught from your recent divorce."

### *Locate the Emotion In the Body*

Next, ask them where they feel the emotion in their body. This will pinpoint where they are holding the emotion. On rare occasions, the emotion will be outside of their body or over their entire body. If they don't feel any emotion, they may be dissociated from the trauma and may not be ready for hypnotherapy yet.

In the example above, you might say: "When you feel the distress from your recent divorce, where do you feel it in your body?"

### *Name the Sensation*

Once the emotion has been located, have your client name it with a word or two. This will give you a location and a name for the emotion, when you call it up for release, later in the session.

In the example above, you might say: "If you could put a word or two on that sensation, what would you call it?"

### *Start the Session*

Once you have a location and a name for the emotion, that's all you need. Begin the session immediately after you have that information.

In the example above, if the location was in the heart and the name of the emotion was heaviness, you might say: "Are you ready to release the heaviness you feel in your heart?"

If the answer is yes, begin the session.

## *Sample Script - Breath Meditation*

**Uses:** Relaxation, Stress Reduction, Creating Peace, Finding Your Center, Grounding

*Go ahead and lie down or remain seated, whichever is most comfortable for you. When you're ready, close your eyes and take a few deep cleansing breaths and just begin to go and let relax.*

*Before we begin, I'd like you to imagine yourself wrapped in a cocoon of blue light. (This is optional to say to your audience but make sure you do it yourself)*

*Pay attention to your breath. Gently breathe in and out. If thoughts or emotions come up, just let them. Allow them to drift by like passing clouds. Then return your attention to your breath.*

## Inducing Meditative / Hypnotic States

### *Inducing a Light Meditative State*

After you've set the tone and done the pre-session interview, it's time to begin the fun part. Here's where we enter the mysterious spiritual realms of the subconscious mind. Let's take a look at what's happening to the brain.

#### *Brain Wave Cycles*

Brain activity can be measured in Hertz, which measures cycles of brain wave speed. The higher the number, the more active the brain. What follows is the basic brain wave activity breakdown.

*Beta* (14 to 32 Hz). This is our 'awake', conscious state of mind. This is when we are alert and focused. We spend much of our waking hours in this state.

*Alpha* (7 to 14 Hz). This is a relaxed yet aware state of mind. This would correlate to taking our audience into the first, light meditative state.

*Theta* (3.5 to 7 Hz). This is the deep meditative, hypnotic, twilight or trance state. This is the state of mind we are aiming for to do deep healing work in hypnotherapy. This is also the state where profound spiritual awakenings can occur.

*Delta* (0.1 to 3.5 Hz). This is the deep sleep mode. It's a semi-comatose and unresponsive state of mind. If you've ended up here in a hypnotherapy session, you've gone too far.

#### *How to Induce a Light Meditative State (Alpha)*

Inducing the Alpha state of brain activity is the first essential step in a session. You can't do hypnotherapy without it. Here are a few tips.

##### *Voice*

Inducing a meditative state is not so much what you say but how you say it. It's best done with a slow, monotone voice with a soft, steady rhythm of a loving heartbeat. Your voice should be soft but not too loud. Also, don't let your voice taper off so your audience can't hear you. I still can have a problem with that, especially when I work with groups. Think of reading a bedtime story to a child.

## *Techniques*

One of the most popular techniques to induce a light meditative state is called Progressive Relaxation. It's simply talking your audience into relaxation by systematically relaxing their entire body. The reason it's popular is because it's so effective.

### *Script - Inducing a Light Meditative State*

*Start by taking a deep breath and begin to relax. Imagine a wave of relaxation coming down in through the top of your head. Allow it to enter your brain as it relaxes every cell in your brain. Feel the relaxation slowly moving down from your brain into the stem of your brain as it continues to work it's way down, all the way to the tip of your spine. Pay attention to how nice it feels to be so deeply relaxed...*

Continue by taking the wave of relaxation through the rest of their body, starting at the top of their head, slowly making your way all the way to their toes. The entire induction should take about 10 minutes. When you are finished, your client will be relaxed.

## *Stories*

Stories are wonderful, especially when you're starting out. It takes the pressure off of you to come up with your own technique. With that pressure off, you can focus your attention on matters of other importance, such as inducing a relaxed state and healing.

The best book of scripts I've ever run across is *Hypnotherapy Scripts* by Havens and Walters. It's a priceless hypnotherapy resource. See the photo below.

## *Compound Suggestions*

Compound suggestions really drive home the theme of deep relaxation and will put your audience into a meditative state more quickly and effectively. While inducing a relaxed state use words like relaxation, peace, calm, etc. over and over again. Sprinkle them into the inductions frequently for maximum benefit.

## *Go Into a Trance Yourself*

Going into a trance state yourself is an advanced technique and not recommended in this course. However, it is worth mentioning to perk your interest in pursuing deeper healing methods. Check out my next course, *Clinical Hypnotherapy Certification Course, Part Two*, when you're finished with this course.

SECOND EDITION

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# HYPNOTHERAPY *scripts*

A Neo-Ericksonian Approach to  
Persuasive Healing

Ronald A. Havens • Catherine Walters

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## *Inducing a Deeper Meditative State*

When we Induce a deeper meditative state, the brain will enter Theta (3.5 to 7 Hz). Theta is also referred to as deep relaxation, the twilight state, or a the trance state. This is where hypnotherapy goes into longer and deeper meditations. These techniques are equally effective on groups as they are in personal, one-on-one, healing sessions.

### *Physical Distortions*

After inducing a light meditative state, that we discussed in the previous lecture, we'll utilize a deepening technique. When your audience begins to enter this state of mind, they may experience, what I call, physical distortions.

They may feel like they are spinning, becoming weightless, floating on a cloud, drifting down a river, etc. If that happens, just take it as a very good sign. Encourage your audience to just let it happen and go with it.

### *Opening the Subconscious*

This is a signal that they are transcending the conscious mind and the subconscious mind is beginning to open up. At this point we are getting very close to effectively activating the imagination to access the power of healing.

### *The Countdown Technique*

This is a simple technique of slowly counting backwards to have your audience drift into the deeper levels of their psyche. You can have them image they are drifting down in elevator or escalator, walking down a staircase, or drifting down from the clouds You can also make up your own technique.

At the end of the countdown, make sure they end up in a very safe place, such as a sanctuary. This helps create a deep sense of security before the healing begins.

### *Sample Script - Inducing a Deeper Meditative State*

*What I would like you to do now is imagine yourself above some beautiful, safe and relaxing place; a sanctuary place. As I count backwards from seven, using the words down and deeper, I'd like you to drift down to this place and into a very deep, calm and peaceful state relaxation, as if you were actually there.*

*7 ... drifting down ... deeper and deeper ... 6 ... drifting down ... deeper and deeper ... , etc.*

## Finding The Starting Point

Here is where the real healing begins. At this point in the session, when your client is in a deep meditative state, you're going to revisit the starting point you discovered in the pre-session interview.

Depending on the intention you set in the pre-session interview, your session may be focused on healing, creativity, inspiration, or spiritual growth. Examples may include issues such as healing anxiety attacks or unworthiness, improving business, or connecting to Source.

### *Follow the Pain*

In a healing session, pain, emotional blocks, and resistance are the road map to follow. Painful emotions from the past that get suppressed into the subconscious will often express themselves as repeating patterns in the life of your client. These suppressed emotions can be felt in the body, as you discovered in the pre-session interview.

When your client is deeply relaxed, have them locate the pain and feel it in their body. Have them call up the emotion, 'not so it's overwhelming'. Next, have them describe it with a word or two. At that point, you'll begin the process of implementing your chosen technique.

### *Tips and Reminders*

Remember, your client's subconscious mind knows how to heal your client. It's infinitely smarter than you are. Never impose your beliefs or agendas on them. Even if you're a psychologist, no psychologizing!

Your job is to facilitate a process and protect your audience. You are not a healer, only a facilitator to unlock their internal wisdom.

And always remember to follow up by creating a positive emotion or experience, after any release of pain has been done.

### *Sample Script - Finding a Starting Point*

*I'd like you imagine yourself going back into the very recent past to when you last felt the feeling or thought you would like to heal. Just allow that feeling or thought to come up fully, not so it's overwhelming, but just so it has your full attention.*

*When it has you full attention, notice where you feel it in or outside your body. If you can describe it in a word or two, what would you call it? Gently allow your attention to rest on that area."*

## Transitions

Transitions are critical junctures that link parts in hypnotherapy sessions together. Those transitions include:

- Starting the Session to Light Meditation
- Light Meditation to Deeper Meditation
- Deeper Meditation to Finding a Starting Point
- Finding a Starting Point to the Central Theme
- The Central Theme to Ending

The importance of smooth transitions can't be overstated because they sustain the flow and pace of a session.

### *Clumsy Transitions*

Clumsy transitions can bring your audience out of a meditative state and compromise the effectiveness of the entire session. What's infinitely worse is clumsy transitions can reduce the confidence of your audience in your abilities as a facilitator.

If you find yourself fumbling and stumbling through a transition, simply stay calm and continue on in silence, until you regain your bearings. Remember hypnotherapy sessions are a form of guided meditation, so stretches of silence are Ok. In fact, they may be beneficial in ways you never intended.

**Sample Scripts** (Don't hesitate to make up your own)

#### *Starting the Meditation*

*Go ahead and lie down or remain seated, whichever is most comfortable for you. When you're ready, close your eyes and take a few deep cleansing breaths and just begin to let go ... (Next, begin to Induce a Light Meditative State)*

#### *From a Light Meditative State to a Deeper Meditative State*

*What I would like you to do now is imagine yourself above some beautiful, safe and relaxing place; a sanctuary place. As I count backwards from seven, using the words down and deeper, I'd like you to drift down to this place and into a very deep, calm and peaceful state relaxation, as if you were actually there ... (Next, begin to Induce a Deeper Meditative State)*

*From Deep Relaxation to Beginning the Healing / Creating*

*If you are now in your sanctuary, I'd like you to imagine yourself being there, as if you were actually there. Pay very close attention to all the details of this place ... the colors ...the weather ... the sounds ... the sensations. And with every detail you notice, just allow it to take you into a deeper and deeper place of calm and peaceful relaxation ... (Next, use a specific meditation technique for desired outcome)*

# Hypnotherapy Techniques

## *Free Style*

**Uses:** Exploration, Discovery, Fun

This technique can be great for first time clients and audiences who are new to hypnotherapy or meditation and just want to check it out.

If someone is just experimenting with hypnotherapy, set the initial intention to be very pleasant, positive or fun. This technique is also excellent for very experienced audiences who can readily direct their own process. Anything can happen during these sessions.

When your audience is deeply relaxed, have them visualize a path or some mode of travel leading away from their sanctuary. Have them follow it and ask every so often, "What's happening now?"

### ***Sample Script***

*In a moment, when I give you the signal, I'd like you to be aware of trail, path or method of travel that is most appropriate for you to explore your area of interest. Using your imagination and going with your first impression, I'd like you to follow the path now and begin your adventure". To keep them on track say from time to time ... "What's happening now?"*

## *The Curious Mind*

**Uses:** Detaching from thoughts and emotions, creating peace and new perspective, grounding, centering

### *Detachment*

The Curious Mind naturally cultivates a certain level of necessary detachment between you and an emotion, thought or belief.. All of a sudden it's not your anger, hurt, depression, etc.; it's only an emotion you're experiencing

In other words, your suppressed emotional charges are not you, they're only something that's happening to you. As you will experience, this creates a beneficial space between you and the emotion; a very helpful gap that enhances the release process.

### *Starting*

Start with a clear-cut intention to heal a specific emotional change completely. Have your client or audience sit or lie in a comfortable position and enter a deeply relaxed state.

### *Find the Emotion*

As you begin, have your client feel the emotional charge in their body, as related to the area of life they are trying to heal. It may be rage in their head, heaviness in their heart, tension in their stomach, etc.

It should come readily. If it doesn't, just have them pretend they can feel it (remember, the imagination is real, so pretending works). If you get bombarded with mind chatter or distracting thoughts, just let them come and go like watching clouds drifting by in the sky.

### *The Release*

Next, have your client simply pay attention to the charge as they experience it. Encourage them to be curious. As they focus on that experienced, they'll begin to feel a weakening, softening or letting go of the emotion.

As the release begins, they may feel the emotion beginning to spin or swirl and move out of their body. It may start to dissolve or let go. It may create interesting sensations in their body like tingling, warmth or deep peace. Whatever happens, keep their focus on what's taking place. Don't allow them to wallow in the emotion but stay with it, until it's gone.

That's it. The subconscious emotional charge is gone. If it returns, it will come back with less intensity and less frequency. Then, have them go through the process again on their own at home. It's like lighting a log on a fire. Keep burning it, until it's nothing but ash.

### ***Sample Script***

*As you continue to relax, I'd like you to call up your feeling, thought or belief you would like to heal and release today. Just allow it to come up to the surface, not so intense or overwhelming, but just so it has your complete and full attention.*

*Now, as you're experiencing that emotion or thought, observe it with a curious mind ... Say to yourself, something like, "Oh, isn't that interesting. How curious. I am not this thought or emotion. It's only something I am experiencing.*

*As you experience your sensation with a curious mind, you may begin to feel the emotion move, soften or release. Continue to observe and be curious. Allow the process to continue until the feeling is gone.*

## *The Flower*

**Uses:** First Meditations, Introduction to Your Audience's Internal Process, Removing Blocks & Emotions from the Past

### *Description*

The Flower is one of the best techniques to use on beginning meditators. It's symbolic and non-invasive. They don't have to reveal anything to you about their personal life, which is a real bonus if they're nervous. It's also very effective. They should notice a shift with events in their lives within the following week. However, it rarely nails the root cause, so it may only provide partial or temporary relief.

Have your audience imagine a healing flower in front of them and release an emotion/thought into the flower. Make sure the flower is has a powerful healing presence.

After you have found the starting point, allow the emotion to release from their body, into the flower. Allow it to dissolve, explode into color, disappear, transform into something positive, etc.

### *Sample Script*

*I'd like you to imagine a beautiful flower in front of you, as if it were actually there. Let it be as big as you can imagine. I don't want you to just see it but actually feel its presence. Notice its color, fragrance and everything about it.*

*Now this flower has an incredibly powerful healing ability and what it does is pull the feeling/emotion out of your body. Feel that flower pulling now. The stronger the flower pulls, the more and more you let go.*

*Feel the pull as you continue to let go ... As the flower pulls stronger stronger and stronger, the more effortlessly you let go ... When the flower is finished just breathe and remain in peace.*



## **The Verification Sheet**

*I have experienced:*

- Your Condition Improves
- Coincidences / Synchronicity / “Magic”
- Unresolved Situations Present Themselves
- Improved Outlook on Life
- Increase in Confidence
- Feelings of Being on Life Path
- Improved Focus in Life Direction
- You Know What to Do
- Increased Relaxation /Well-being /Less Stress
- Heightened Awareness of Senses
- Increased Creativity
- Amplified Feelings (Love, Anger, Happiness, Sadness, etc.)
- Physical Ailments Relieved
- Emotional Symptoms Disappear (Depression, Anxiety, Phobias, etc.)
- Vivid Dreams
- Increased Energy, Enthusiasm
- Other

On rare occasions, after an initial session, things may seem to get worse. This is usually a temporary experience. The subconscious mind is attempting to purge suppressed emotion. If this happens, experience the event, as detached as possible, and just let it happen.

- Your Condition Intensifies
- Emotional Symptoms Increase (Depression, Anxiety, Phobias, etc.)
- Physical Ailments Get Worse
- You Get Sick

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## *Creating a Positive Feeling / Thought*

**Uses:** Replacing a Released Charged Emotion / Thought

### *Description*

After your audience has released and transformed an initial charged emotion or thought, replace it with a new, healthy one that they create.

### *Sample Script*

*In the area of your body where you have just released that feeling, you may feel a void, hole or emptiness. Do you feel that? What I would like you to do now is fill that void with an incredibly powerful healing energy.*

*This energy may come to you as a feeling, tingling sensation, a color or warmth. Whatever it is you experience just allow that healing feeling to come to you now.*

*After the feeling runs its course say ... "I want to let that feeling sink in as much as you possibly can and know that this feeling goes with you permanently from this day forward and the only way you can make it change is when you decide to make it even better."*

## *Ending a Meditation*

### **Description**

Ending a meditation is very easy. Just be sure to do it gentle, slow and easy. Your audience may still be processing, remaining in a meditative state. long after the meditation is over.

### **Sample Scripts and Ideas**

- 1. You may now slowly open your eyes and release the meditation, returning to a wakeful state.*
- 2. You may now start to become aware of you body ... wiggle your finer and toes, if you like ... take a deep breath ... and when you are ready ... and you can take your time ... slowly open your eyes ... and gently drift back in to the conscious world.*
3. You may read a story.
4. You may play meditative music and have your audience end the meditation in their own time.

## Part 2 - Meditation & Healing Techniques

### Transitioning from...

#### PRE-SESSION INTERVIEW

*Script:* "Go ahead and lie down or remain seated, whichever is most comfortable for you. When you're ready, close your eyes and take a few deep cleansing breaths and just begin to let go."  
USE PROGRESSIVE RELAXATION, READ A STORY OR SCRIPT, ETC.

#### INDUCING A LIGHT MEDITATIVE STATE

### Transitioning to...

#### INDUCING A LIGHT MEDITATIVE STATE

#### INDUCING A DEEP MEDITATIVE STATE

*Script:* "What I would like you to do now is imagine yourself above some beautiful, safe and relaxing place; a sanctuary place. As I count backwards from seven, using the words down and deeper, I'd like you to drift down to this place and into a very deep, calm and peaceful state relaxation, as if you were actually there." DO THE DEEPENING COUNTDOWN.

7 ... Feel yourself going down ... deeper and deeper ... 6 ... Feel yourself going down ... deeper and deeper ... etc,

#### INDUCING A DEEP MEDITATIVE STATE

#### SANCTUARY

*Script:* "You are now in your sanctuary. Pay very close attention to all the details of this place...the colors...the weather... the sounds...the sensations. And with every detail you notice, just allow it to take you into a deeper and deeper place of calm and peaceful relaxation. CHECK ON DEPTH OF TRANCE (optional).

#### SANCTUARY

#### CHECK DEPTH OF TRANCE

*Description:* This is a useful technique for first time audiences. It gives them a simple meditative exercise and gives you a chance to evaluate their ability to relax. Have them imagine some type of measuring device to gauge their depth of trance and tell you what it is. If their level of relaxation is low, keep giving suggestions to relax them more deeply.

*Script: "When you are ready, I'd like you to imagine yourself looking up into the sky and seeing a number between 0 and 10. Zero would be no relaxation at all and Ten would be perfectly deep relaxation to do whatever it is you choose to do today. So, using your imagination and going with your first impression, let that number appear now and tell me what number you see...After they tell you the number... "Good, now just let that number fade away taking you into a deeper state of perfect relaxation."*

Transitioning from...

## SANCTUARY

**Possible Uses: Almost all sessions**

**Description:** A charged emotion, in most cases, is the underlying subconscious cause for most unwanted behavior, emotions and physical maladies. Releasing a charged emotion is the basis and focus for subconscious healing. Finding it is usually fairly easy and can be done in the pre-session interview. Listen to your audience and find out what area of their life is giving them problems. When they begin to describe their trouble, ask them if they can feel the emotional sensation associated with problem and where they feel it in their body. Then ask them to describe the feeling with one or two words. That's your starting point for the session. You will ask them to recall that feeling after they get to their sanctuary.

*Script: "In a moment, when I give you the signal, I'd like you imagine yourself going back into the very recent past to when you last felt that feeling of \_\_\_\_\_, maybe within the last week or so. Using your imagination and going with your first impression, I'd like you to go there now, as if you were actually there, and tell me what happens." When that feeling comes up say... "Do you feel that feeling now? Great. Just allow that feeling to come up fully, not so it's overwhelming but just so it has your full attention. When that feeling has you full attention just let me know... Does it have your full attention? Where do you feel it in your body? If you could name that feeling in one or two words what would you call it?"*

## SANCTUARY

**Possible Uses: Exploration, Discovery, Fun**

**Description:** This can be great for first time audiences who just want to check out guided meditation. If someone is just experimenting with guided meditation, set the initial intention to be very pleasant, positive or fun. This technique is also excellent for very experience audiences who can readily direct their own process. Anything can happen during these sessions.

Have your audience see a path or some mode of travel leading away from their sanctuary. Have them follow it and ask every so often, "What's happening now?"

Transitioning to...

## FINDING THE STARTING POINT

## FREE STYLE JOURNEY

*Script: "In a moment, when I give you the signal, I'd like you to be aware of trail, path or method of travel that is most appropriate for you to explore \_\_\_\_\_. Using your imagination and going with your first impression, I'd like you to follow the path now and begin your adventure". To keep them on track say from time to time... "What's happening now?"*

Transitioning from...

Transitioning to...

**SANCTUARY**

**CURIOS MIND**

**Possible Uses: Detaching from thoughts and emotions, peace, new perspective, grounding, centering**

**Description:** The Curious Mind naturally cultivates a certain level of necessary detachment between you and an emotion, thought or belief.. All of a sudden it's not your anger, hurt, depression, etc.; it's only an emotion you're experiencing. In other words, your emotional charges are not you, they're only something that's happening to you. As you will experience, this creates a beneficial space between you and the emotion; a very helpful gap that enhances the release process.

**Try This:** Start with a clear-cut intention to heal a specific emotional change completely. Sit or lie in a comfortable position and enter a deeply relaxed state. Next, feel the emotional charge in your body, as related to the area of life you're trying to heal. It may be rage in your head, heaviness in your heart, tension in your stomach, etc. It should come readily. If it doesn't, just pretend you can feel it (remember, the imagination is real, so pretending works). If you get bombarded with mind chatter or distracting thoughts, just let them come and go like watching clouds drifting by in the sky.

Next, simply pay attention to the charge as you experience it. Be curious. Say to yourself, something like, "Oh, isn't that interesting. I feel rage in my head, how curious." As you focus on that experienced, you'll begin to feel a weakening, softening or letting go of the emotion.

Now, here's where everyone begins to differ, so you'll need to develop you own method of experiencing and releasing charges. You may feel the emotion as it begins to spin or swirl and move out of your body. It may start to dissolve or let go. It may create interesting sensations in your body like tingling, warmth or deep peace. Whatever happens, keep your focus on what's taking place. Don't wallow in the emotion but stay with it, until it's gone.

That's it; subconscious emotional charge gone. If it returns, it will come back with less intensity and less frequency. Then go through the process again. It's like lighting a log on a fire. Keep burning it, until it's nothing but ash.

Transitioning from...

SANCTUARY

Transitioning to...

FLOWER TECHNIQUE  
BLOCK REMOVAL  
SYMBOLIC TECHNIQUE

**Possible Uses: Removing Suppressed Emotions, Blocks and Resistance**

**Description:** The Flower Technique is one of the best techniques to use on first time audiences. It's symbolic and non-invasive. They don't have to reveal anything to you about their personal life, which is a real bonus if they're nervous on their first session. It's also very effective. They should notice a shift within the week. However, it rarely nails the root cause, so it may only provide partial or temporary relief.

Have your audience imagine a healing flower in front of them and release the charged emotion to the flower. Make sure to have the flower and the feeling dissolve, explode into color, disappear, transform into something positive, etc. once the feeling has been released from their body.

**Script:** *"I'd like you to imagine a beautiful flower in front of you, as if it were actually there. Let it be as big as you can imagine. I don't want you to just see it but actually feel its presence. Notice its color, fragrance and everything about it. When you are aware of this flower just let me know. Now this flower has an incredibly powerful healing ability and what it does is pull the feeling of \_\_\_ out of your body. So feel that flower pulling now. The stronger the flower pulls the more and more you let go. Feel the pull as you continue to let go... Can you feel it? The flower is pulling stronger and stronger and you let go more and more effortlessly...When the flower is finished and those feelings are completely gone, just let me know."*

Transitioning from...

**SANCTUARY**

**Possible Uses: Root Causes, Deep Emotional Release, Trauma**

**Description:** Age Regression is an excellent method to get to root causes associated with primary family (mostly parents). It's especially good for all kinds of abuse and neglect that have created repeating behavior patterns. The idea is to discover the first time an event occurred and release it, thereby releasing all subsequent events.

Have your audience identify the charged emotion and go back in time to the first time they experienced that emotion. It may take a little detective work. The initial event probably occurred sometime between conception and 4 years old. Have them release the feeling to where it came from (usually the abuser) or someplace positive. This technique usually produces the biggest emotional explosions. Don't panic if they have a major emotional meltdown. Let them have it. They need it. Follow it up with Self Forgiveness or something very nurturing and soothing.

**Script:** "In a moment, when I give you the signal, I'd like you imagine yourself going back in time to the very first time you experienced the feeling of \_\_\_\_\_ that has everything to do with healing and releasing that feeling today. Using your imagination and going with your first impression, I'd like you to go there now, as if you were actually there, and tell me what happens." After they get there say, "Good. Now I want to use your imagination and ask yourself the question: is this the first time I have felt this feeling or is it a familiar feeling I have felt before. So, go ahead and ask the question and going with your first impression tell me the answer to that question."

If it is a familiar feeling keep doing the Age Regression until they get to the first time. Follow up by releasing the emotion with the Flower or Block Removal Technique.

**SANCTUARY**

Transitioning to...

**AGE REGRESSION**

**SELF FORGIVENESS**

**Possible Uses: Forgive and Accept Self**

**Description:** If someone comes for more than one session and is really intent on healing, don't skip this technique. It's probably the most powerful and positive healing technique I've come across. It's excellent to use after an Age Regression in the same session.

Have your audience imagine being born to the perfect parents in complete unconditional love. It can be anyone they imagine, including themselves. Make sure the parents say "It's not your fault". The parent can then hug the child and the child can dissolve into the parent.



*Script: "In a moment, when I give you the signal, I'd like you imagine yourself going back in time to when you were born, except this time you are being born to your image of your ideal parents. You are the complete expression and consummation of total unconditional love. Using your imagination and going with your first impression, I'd like you to go there now, as if you were actually there, and just tell me what happens. When you are born to your parents, I'd like the more loving of the two parents to hold you and look deeply into your eyes. Allow that to happen now. And as they look into your eyes with complete unconditional love hear them tell you from the bottom of their heart... 'It's not your fault...it's never been your fault...it will never be your fault...' Allow those feelings to sink in as deeply as you can feel and when you are finished, just let me know."*

**Transitioning from...**

**SANCTUARY**

**Transitioning to...**

**FORGIVENESS OF OTHERS**

**Possible Uses: Forgive and Emotionally Disconnect from Others**

**Description:** No one will ever be free without forgiving those who have caused them pain. It doesn't mean that they have to condone past behavior. However, they don't have to be emotionally connected to past events or people who have hurt them. The best way to disconnect is to see things from a different and honest perspective, which is what this technique facilitates.

Forgiving a perpetrator of pain can be very difficult for some audiences. Make sure it's something they really want to do. Have your audience do a regression to where they see the perpetrator of the pain as a small, child 4 years old or younger. Allow them to see the child through eyes of compassion and to recognize its vulnerability and innocence. If they can, have them tell the child that it's not their fault. Make sure to release the child to the past.

*Script: "In a moment, when I give you the signal, I'd like you imagine yourself going back in time to a place where you can see \_\_\_\_\_ as a child between 2 and 4 years old. Using your imagination and going with your first impression, I'd like you to go there now, as if you were actually there, and just tell me what happens. See them as they actually are...vulnerable, innocent...and when you're ready I'd like you to pick that child and tell them from the bottom of your heart...'It's not your fault...it's never been your fault...it will never be your fault...' Allow those feeling to sink in as deeply as you can feel and when you are finished, just let me know. Then you may hug the child or release it to the past, whichever is the most appropriate for you...and let me know when you're finished."*

Transitioning from...

SANCTUARY

Transitioning to...

SUBPERSONALITIES  
INNER COUNCIL  
SUBPERSONALITIES  
GESTALT

**Possible Uses: Insight, Internal Conflict, Indecisiveness, Direction**

**Description:** Each of us is made up of different subconscious parts. In meditation we can isolate parts and get information or create transformation (i.e. finances, relationships, careers).

Have your audience call up the part of him or her that is in charge of the area of their life they are interested in. They can then dialogue with that part of them self to get answers to questions or change the part to be more dynamic, creative, etc.

**Script:** "In a moment, when I give you the signal, I'd like you imagine yourself going to a meeting with a person or group of people who know everything about you and how perfectly heal \_\_\_\_\_. Using your imagination and going with your first impression, I'd like you to go there now, as if you were actually there, and just tell me what happens and what they have to say to you."

SANCTUARY

INTERNAL GUIDES  
GUARDIAN ANGELS

**Possible Uses: Help, Assistance, Security, Comfort, Protection**

**Description:** When I first started doing leading meditations, I thought the idea of Guides and Angels was sort of childish and cute. Now I know they are real. They can be tremendously helpful, transforming and of enormous benefit. I've had more than one audience whose progress didn't really take off until they discovered their guide. Some people have very intimate and real relationships with their guides.

Meeting a guide is very easy. Just have your audience imagine their guide while in a trance state. They're very close and easy to access.

**Script:** "In a moment, when I give you the signal, I'd like your Guide or Guardian Angel to come to you. This divine presence knows everything about you and is here to support you and protect you in every way possible and to help you heal \_\_\_\_\_. Using your imagination and going with your first impression, I'd like you to allow them to show up now and just tell me what happens and what they have to say to you."

Transitioning from...

**SANCTUARY**

**Possible Uses: Facilitate Physical Healing, Insight**

**Description:** I used this technique extensively with cancer patients. With this technique your audience can actually talk to the illness or condition to gain insights and information on healing.

Have your audience imagine the illness appearing and ask it what it wants or what information it is trying to communicate. I have found it more effective to work with the illness instead of trying to combat it. Amazing things can happen when the audience can actually embrace a relationship with the illness.

**Script:** "In a moment, when I give you the signal, I'd like you to imagine the emotion or condition of \_\_\_\_\_. Allow it to come to you with the intention of communicating to you so you may understand what it wants in order to facilitate your healing. Using your imagination and going with your first impression, I'd like you to allow that condition to come now and just tell me what happens and what it has to say to you."

**SANCTUARY**

**Possible Uses: Energy Sucking Relationships**

**Description:** This technique can be used if the audience feels emotionally drained, depleted of energy or involved in a parasitic relationship.

Ask them in the pre-session interview if they feel like someone is sucking their energy and where they feel the cord attached their body. When they're under just have them cut the cord and send it back to where it came from. Have them call any part of them self back that they have inappropriately given away. Make sure they visualize and feel some sort of protection so the cords can never re-attach.

**Script:** "In a moment, when I give you the signal, I'd like you to be aware of energy cords are attached to your body that drains your energy. You may or may not be aware of who they are attached to. Today we are going to release these cords and send them back from where they came. As you send these cords back call the parts of yourself back that you have inappropriately attached to them. Using your imagination and going with your first impression, I'd like you to release these cords now and just tell me what happens". After they release the cords have them make it so the cords cannot re-attach by use of a protective bubble or whatever they come up with.

Transitioning to...

**DIALOGUE WITH EMOTION,  
CONDITION OR ILLNESS**

**CORD REMOVAL**

Transitioning from...

SANCTUARY

Transitioning to...

LIFE CONTRACT

**Possible Uses: Taking Control of Life's Circumstances, Facilitate Healthy Change**

**Description:** This technique is best used for someone who wants to take control and initiate life change. The idea is that the life contract they have been under since birth has come to its maturity date. In the session the audience will review the contract, remove undesirable elements and write a new contract adding elements of their choosing. Items in the old contract may include karmic events and relationships that have fulfilled their purpose.

Have your audience imagine going to a meeting room with the existing contract open a table. Anyone can be in the room to be witnesses. Have them examine the contract, paying attention to names, words, pictures etc. They can destroy the contract if they choose. Have them write a new contract containing words, pictures, feelings, etc they want. Make sure they sign and date it that day. They can take it with them or dissolve it into their heart, etc.

**Script:** *"In a moment, when I give you the signal, I'd like to go into a meeting room. On the table of this room is your life contract. Today is the expiration date and it's time to renew the contract. Anyone of your choosing may be in the room with you. Next to the old contract is the new contract, which begins today. You may delete and part of the old contract you wish and put anything you want into the new contract. Using your imagination and going with your first impression, I'd like you to go there now and tell me what happens. After they make the new contract make sure they imagine themselves signing it.*

Transitioning from...

**SANCTUARY**

**Possible Uses: Unexplained Causes, Intrigue**

**Description:** I usually turn to Past Life Regressions when I can't figure what the hell else to try. I've always been a little skeptical toward this technique but it often produces amazing results. Some audiences will come in specifically for Past Life Regressions on an intrigue.

This technique is very similar to Age Regression. Just have your audiences go back to their past life and hang on for the ride.

**Script:** "In a moment, when I give you the signal, I'd like you imagine yourself going back in time into a Past Life with the intention of \_\_\_\_\_. Using your imagination and going with your first impression, I'd like you to go there now, as if you were actually there, and tell me what happens."

**SANCTUARY**

Transitioning to...

**PAST LIFE REGRESSION**

**Possible Uses: Long-term Out of Context Behavior, the Unexplainable**

**Description:** First off, Entities seem to be fairly rare. However, you must be very careful if you decide to use this technique. Before you go messing around with Entities you must protect yourself with brilliant blue or white light or whatever works best for you. Some of them can be a little on the angry side. Most of them are just lost and a little confused, usually due to their sudden physical death. They probably have just grabbed on to who was ever available at the time (i.e. your audience). If they are clinging on to your audience, it can make their life quite disruptive in way that seems completely out of context with their life. Entities usually just want to go home. They may see the Healing session as an open window and a way to get out. You could inadvertently be in the way.

Have your audience relax and let the Entity communicate to you through your audience. Ask it what it wants and try to work with it to get it to "Go to the Light". Don't make any deals. If the session is effective and the Entity was actually released, your audience's problem(s) as related to the Entity will miraculously vanish.

**Script:** "In a moment, when I give you the signal, I'd like to allow this energy inside of you that seems to not be you, to speak to me with the intention of understanding it, releasing it and healing you. Using your imagination and going with your first impression, I'd like you to go allow that energy to speak to me now, as it is enveloped in pure white, healing light. If a foreign energy comes through, ask it what it wants and send it to "The Light".

Transitioning from...

Transitioning to...

**SANCTUARY**

**HIGHER SELF**

***Possible Uses: Higher Internal Awareness, Core Self Discovery***

**Description:** I must admit I haven't used this one much because I've been more focused on emotional and physical healing and not on the realm of higher spiritual expansion. However, this technique can be used for self-awareness and the unfolding of spiritual gifts, especially in the psychic and intuitive areas.

Have your audience access their Higher Self by imagining their crown chakra opening to brilliant light. Information and sensual information can then be relayed.

**Script:** "In a moment, when I give you the signal, I'd like you imagine yourself opening up your crown chakra and allowing your Higher Self to enter in the form of brilliant light, with the intention of accessing higher levels of wisdom about you, your life and anything you so desire. Using your imagination and going with your first impression, I'd like you to go allow that to happen now, and tell me what happens."

**ANY PREVIOUS TECHNIQUE**

**CREATING A NEW  
POSITIVE FEELING**

***Possible Uses: Replacing an Unwanted Emotion / Thought***

**Description:** After your audience has released and transformed the initial unwanted emotion/ thought, replace it with a new, healthy one that they create.

**Script:** "In the area of your body where you have just released that feeling, you may feel a void, hole or emptiness. Do you feel that? What I would like you to do now is fill that void with an incredibly powerful healing energy. This energy may come to you as a feeling, tingling sensation, a color or warmth. Whatever it is you experience just allow that healing feeling to come to you now and tell me what happens. After the feeling runs its course say... "I want to let that feeling sink in as much as you possibly can and know that this feeling goes with you permanently from this day forward and the only way you can make it change is when you decide to make it even better."

Transitioning from...

**NEW CREATED FEELING**

Transitioning to...

**FUTURE PROGRESSION  
MANIFESTING**

*Possible Uses: Creating a Desired Future Outcome*

**Description:** Have your audience imagine going into the future to ‘try out’ their new created feeling. Take them to a time and place in the future where they would normally experience an unpleasant situation with the charged emotion that they just released. This time, allow them to experience the same imagined situation with the new created feeling. This is planting a very powerful post-hypnotic suggestion that they will live out in days to come.

**Script:** *“In a moment, when I give you the signal, I’d like you go into the future to try out these new healthy feelings you have just created. I’d like you to go into a future situation where normally you would have experienced \_\_\_\_\_. However, this time you will experience your new feelings in that situation. Using your imagination and going with your first impression, I’d like you go into that future situation now and just tell me how that situation has changed.”*

**ENDING THE MEDITATION**

**Script:** *“When you are finished experiencing \_\_\_\_\_, and take your time, I’d like to release this meditation, open your eyes, and slowly drift back in to the conscious world.”*

## Part 3

### Theory - Clinical Hypnotherapy and the Subconscious Mind

The following is an excerpt from my book *The Subconscious, The Divine, and Me*, published by Pine Woods Press.

#### *What is The Subconscious Mind?*

Underlying the conscious mind, in the human mind bubble, is the subconscious mind. By definition, we are not normally aware of this aspect of our being (*sub* means *under*). While we are busy going about our day, deeply engrossed in the conscious mind, the subconscious mind lies quietly beneath the surface. It's the home of the **non-physical** realms of the human experience. Some aspects include our dreams, emotions, ideas and imagination.

The following list is borrowed from Yvonne Oswald's book, *Every Word Has Power*, detailing features of the subconscious. The subconscious mind:

1. Operates the physical body.
2. Has a direction connection with the Divine.
3. Remembers everything.
4. Stores emotions in the physical body.
5. Maintains genealogical instincts.
6. Creates and maintains least effort (repeating patterns).
7. Uses metaphor, imagery and symbols.
8. Takes direction from the conscious mind.
9. Accepts information literally and personally.
10. Does not process negative commands.

In addition to what's listed above, the subconscious mind also holds our **perceptions**. These perceptions are subconscious beliefs of *who we think we are as people and how we think the world operates*. In other words, whoever we think we are as people and however we think the world operates, quietly lives under the conscious mind in the subconscious. They may be wonderful or they may be painful. The subconscious mind does not evaluate or judge these perceptions. It simply accepts them as truth.

Furthermore, the job of the subconscious mind is to play these perceptions out in the circumstances of our lives. Creating our perceptions is what the subconscious is designed to do. Whoever you think you are as person and however you think the world operates will be reflected back to you in the events of your life.

Whoa...wait a minute! The first time I heard that, two things went off in my head; one good, one not so good. First off, it made sense. Second, it explained why my life resembled a train



wreck. I felt doomed from the get go and helpless to do anything about it. If you feel the same way, hang on a minute. Don't panic ... yet. Keep reading, it gets better.

### *The Critical Faculty of the Mind*

The following is an excerpt from my book *The Subconscious, the Divine and Me*, published by Pine Woods Press.

Because the subconscious mind is such a continuously creative machine and the conscious mind is limited in its scope, it puts us all in a very vulnerable situation. If every subconscious perception we experienced was acted out in our daily lives, we would be living nothing but the Chaos Theory in motion! Just like traffic in India! Therefore, somewhere in the wisdom of creating the human experience, the critical faculty of the mind was established to prevent us all from going absolutely nuts.

### *What is The Critical Faculty of the Mind*

The critical faculty of the mind is an invisible, protective barrier living somewhere between the conscious and subconscious minds. Its function is to constantly evaluate perceptions that are projected in our direction; in thought, word or action. As perceptions are aimed our way, the critical faculty will judge them as yes or no. Yes, means the projection is in harmony with what lives in the subconscious mind. No, means the projected perception is not in harmony with what's in our subconscious. When a "yes" perception arrives, the critical faculty will open up and allow the perception in, thereby, allowing the existing perception to grow. When a "no" perception shows up, the critical faculty will remain up, rejecting the perception as an untruth.

### *Example*

Let me give you an example. If I teach a workshop and someone comes up to me and says, "Wow that was great. You're a wonderful teacher". My critical faculty will let down and permit that perception to enter. My subconscious perception of "I'm a wonderful teacher" (i.e. I'm a wonderful person) will grow and continue to manifest in the events of my life. However, if someone in my class is sitting in the back row thinking, "Boy, this guy's an idiot"; my critical faculty will remain up and reject that projection as an untruth. It simply does not fit my perception of myself or how I view the world.

## *The Critical Faculty of the Mind is Established When We are Young*

The incredibly strange part of the critical faculty is that it appears to be fully established by the time we're about four years old. **What?!?** The first time I read that I almost broke down and cried. What a gyp! You mean, by the time we're about four years old, whoever we think we are as people and however we think the world operates is nearly set in stone? And the shaping of us poor little human beings is totally at the mercy of our immediate families and environment? Afraid so. It's a case of karma. For some reason, God only knows, our immediate environment is *the* integral foundation of our human experience. It's where our learning begins.

## *The Nature of Emotion*

The following is an excerpt from my book *The Subconscious, the Divine and Me*, published by Pine Woods Press.

### *Emotions are Born to be Experienced*

Human beings are designed for growth and experiencing life to the fullest. That includes *all* of our emotions. Pain, jealousy, anger, enthusiasm, joy, contentment, etc., are all part of the human experience.

Look at small child who drops its ice cream cone on the sidewalk. A few moments of intense agony are guaranteed. However, in a few minutes, after the emotion has been experienced, the tears dry and the child is back to experiencing life in the moment.

When emotions are experienced fully, they dissipate. The problem arises when we avoid experiencing unpleasant emotions. We essentially put them in the closet to re-emerge at a later date...and they do.

How many of us know someone who has gone from relationship to relationship experiencing the same problems? How about the person who avoids conflict with authority to the point of becoming seriously ill? They are just avoiding unpleasant feelings. We've all done it. In fact, it's a natural response.

### *Unexperienced Emotions Get Suppressed*

Unpleasant emotions tend to get suppressed into the subconscious without conscious knowledge or intention on our part. When that happens, they get stuck in the subconscious. The subconscious then continues to re-create uncomfortable circumstances in our lives so the suppressed emotions can be experienced. Without awareness, this saga can last a lifetime.

### ***Emotional Charges vs. Random Feelings***

I'm a fairly sensitive guy. I have emotions running through me all the time. When I first became aware of my internal process, my big question was how do I know if I have an emotional charge or just a random feeling?

### ***Suppressed Emotions Create Repeating Patterns***

The answer is simple...repeating patterns. If you have difficult emotions repeating themselves in similar circumstances, regardless of the people you are dealing with, it's a subconscious emotional charge. Examples may include a woman from an abusive family who keeps finding an abusive partner; or a man with an impoverished father that can't ever seem to get his act together with finances. The combinations and possibilities are endless. There's a potential charge for every difficult life circumstance. It takes a certain commitment to honest *self-reflection to discover your repeating patterns are actually your own subconscious invention*

### ***Emotional charges are Your Creation***

Emotional charges are *never* about the other person. They are your creation and experience only. Other people who trigger your emotional charges are only props in your own one person drama.

## **Before a Session**

### ***The Free Consultation***

When you're ready to start advertising for clients, make sure to include free 15-minute consultations. Always remember to keep those consultations to 15 minutes or less, so people don't take up too much of your valuable time.

### ***Clients are Courageous***

Please keep in mind that when someone contacts you to inquire about a session, they're taking a very courageous step. First, they've admitted to themselves that they need help. Second, they're actually taking action and contacting someone they probably don't know. Always respect their act of courage.

### ***Have a Synopsis Ready***

When someone contacts you, they're checking you out. Have a synopsis of what you do, ready and memorized. Practice it so you can comfortably set your client at ease. Keep it as brief and concise as possible.

### ***Script Example for a Remote Session***

*In our session, I'll ask you to get relaxed and comfortable in a place where you will not be disturbed. Next, you'll dim the lights and silence your phone. When you're ready, I'll guide you into a relaxed state, followed by a deepening technique, to take you into a deep trance or meditative state.*

*This is where our session will begin. At that point, I'll ask you to recall an emotion from the past, that you would like to heal. Then, I'll use one of my many techniques to assist in that healing. Next, I'll follow up with a positive experience to create a very pleasant ending to the session.*

*You'll most likely remember everything and feel very relaxed at the end.*

### ***Verification Sheet***

Make sure your potential client will know that they will receive a verification sheet, at the end of the session. This will let them know that the work they have put in is actually working.

*See the lecture on the Verification Sheet to download your copy.*

### ***Book Your Client***

When someone contacts you to inquire about a session, they're about 90% ready to schedule a session. After you give your synopsis, always follow up with the question, "So, would you like to book a session?" When they say yes, be sure to have your calendar ready.

If you're working remotely, make sure your client pays before the session begins. Have your online payment method set up and ready to go!

## Some Frequently Asked Questions

The following is a list of frequently asked question I have received over the years.

### ***1. Can Clinical Hypnotherapy help me overcome emotional pain, like anxiety or panic attacks?***

Yes. High anxiety is a subconsciously suppressed emotion, which is readily identifiable in the physical body, and caused from trauma rooted in the past. Through states of deep relaxation, Clinical Hypnotherapy techniques can be applied to permanently release the underlying emotion.

### ***2. Can Clinical Hypnotherapy help me get off depression medication?***

Yes. Unfortunately western medicine prescribes depression medication too easily without realizing the subconscious mind may be an enormous contributing factor. Most depression has underlying suppressed emotion (commonly associated with past family circumstances) which may be a major source to the problem. Through states of deep relaxation, Clinical Hypnotherapy techniques can be applied to help release the underlying emotion.

### ***3. Can Clinical Hypnotherapy help me overcome cancer?***

Very possible. There are many contributing factors to the cause of cancer. One area that commonly gets overlooked is subconsciously suppressed emotion. When emotions get trapped in the subconscious, they look for an outlet. Sometimes the outlet is through the physical body in the form of a disease like cancer. I've worked with numerous cancer patients over the years and have seen Clinical Hypnotherapy consistently help cancer patients. I've seen healing and/or improvements occur in the following areas:

- Fear around dealing with cancer.
- Significant peripheral issues associated with family.
- Physical health.
- Spiritual growth and/or awakening.

### ***4. Can Clinical Hypnotherapy help me overcome unresolved grief over the loss of a loved one?***

Yes. Grieving is a normal part of life. When we lose someone or something we love, it can be very painful. The result is grief. It arrives in waves over a period of time. When you think you're finished, along comes another wave. It can take weeks, months or even years. The time frame is different for everyone.

When grieving seems to go on for an abnormal amount of time, it can cause problems in daily living. Usually unwarranted grief is the result of an underlying emotional charge, such as anger or the fear of being alone. Clinical Hypnotherapy techniques can be focused on relieving such underlying charges and establishing a sense of peace in relation to the lost loved one.

### ***5. Can Clinical Hypnotherapy fix my marriage?***

Maybe. It takes two to tango. The people closest to us will bring up subconsciously suppressed emotions we carry inside. Marriage is a prime example and can trigger some of our strongest charges.

It's easy to determine when an opportunity for healing and growth in a relationship is being missed. One or both of the parties will fall into the blame and defend ritual. If someone is blaming the other for their own charge (i.e. anger, sadness, etc.) then it's very difficult for healing to occur. Remember, suffering is never about the other person. Your feelings are your feelings. Other people are just helping you experience emotions that need healing. They are props in your own subconscious play.

When two people can come together and realize the other person is not the cause of their difficulties but only a catalyst; then true healing and intimacy can occur.

### ***6. Can Clinical Hypnotherapy help my financial situation?***

Yes. We're not all Bill Gates or Oprah. We all carry different comfort levels with money. Some of us are here to be rich, some not. We live in an abundant universe and attributes such as lack, poverty or struggle with finances usually carry an underlying emotional charge. Clinical Hypnotherapy can help you release suppressed emotion that may be causing your problems with money. When charges around finances are released, your financial situation will flow to your natural comfort level with money.

### ***7. How many Clinical Hypnotherapy sessions do I need to get better?***

Everyone is different. However, here are some general guidelines I have discovered in my years as a Hypnotherapist.

*One Session* - Introduction. The first session reveals how your internal process works. You'll be given a verification sheet and a follow-up email to monitor your progress.

*Three Sessions* - Results. By the third session, we'll be monitoring concrete results and developing an action plan to obtain what you desire. Includes follow-ups and verification.

*Five Sessions* - Breakthrough. By the fifth session, you'll be on the path to breaking through any limitations that have prevented you from pursuing yourself to the fullest. We'll also begin manifesting what you desire in your life. This package includes deep healing, action plans, follow-ups, and verification of progress.

*Ten Sessions* - Transformation. By the tenth session, we'll be delving into mysticism, spiritual awakening, kundalini experiences. and the development of your inner gifts. This positive transformation will rewire the very fabric of your being, as you open the doors to your sacred

destiny. This package includes verification, follow-ups, action plans, and advanced tools for self-discovery.

### ***8. How much are Clinical Hypnotherapy sessions?***

Price yourself similar to the rates of other professionals in your area.

### ***9. What is a Clinical Hypnotherapy session like?***

Clinical Hypnotherapy sessions last about an hour. I start by talking to the client to identify a subconscious emotional charge and where they feel it in their body. The client then lies on a massage table and I read a story to guide them into a deeply relaxed state.

The client remains awake and aware the entire time. It's a little like dreaming while being awake. When the client is deeply relaxed, I use Visualization, Meditation, Sound Healing and/or Hands-on Healing to release subconsciously suppressed pain. The sessions conclude with creating a positive emotion in the subconscious to be lived out in the day-to-day life of the client in the future. Sessions are deeply relaxing and very insightful.

### ***10. How do I know if a Clinical Hypnotherapy session works?***

What does healing look and feel like? That's a good question. After all, we're not just doing this for entertainment. First and foremost, is that suffering stops. Your intended areas of healing improve. Anxiety attacks go away, relationships mend, problems with money vanish, health recovers, awareness increases. In short, you feel better. Life gets better.

More specifically, the following is a list of things likely to occur the following week after a Clinical Hypnotherapy session.

- Your Condition Improves / Intensifies
- Coincidences / Synchronicity / "Magic"
- Unresolved Situations Present Themselves
- Improved Outlook on Life
- Increase in Confidence=
- Feelings of Being on Life Path
- Improved Focus in Life Direction
- You Know What to Do
- Increased Relaxation / Well-being / Less Stress
- Heightened Awareness of Senses=
- Increased Creativity
- Amplified Feelings (Love, Anger, Happiness, Sadness, etc.)
- Physical Ailments Relieved / Get Worse
- You get sick
- Emotional Symptoms Disappear / Increase (Depression, Anxiety, Phobias, etc.)



- Vivid Dreams
- Increased Energy, Enthusiasm

### ***11. Can Clinical Hypnotherapy help me lose weight?***

Maybe. When dealing with weight loss it's important to remember that the weight loss process is long term commitment to a change in lifestyle that includes three components: 1) healing subconsciously suppressed emotion, 2) diet and 3) exercise.

My specialty in helping client lose weight is to help them with the component of healing subconsciously suppressed emotion. Weight issues commonly include addiction, out of control behavior, abuse and/or low self-esteem. Clinical Hypnotherapy can permanently release these issues and restore peace in regard to a client's relationship with food and eating. I also have excellent referrals to assist clients in the areas of diet and exercise.

### ***12. Can I schedule a session for someone else?***

Ideally, no. Success in Clinical Hypnotherapy relies heavily on client participation and taking responsibility for their own circumstances. When someone schedules their own sessions, it's a small but helpful first step to take action in their own healing.

# Paperwork, Boundaries and Ethics

## *Paperwork*

Please download the attached resources of this lecture for documents I have used and needed to practice Hypnotherapy in the State of Washington, USA. They include:

- Registration
- Intake and Client Disclosure
- Professional Conduct
- Privacy
- Notes

## *Professional Boundaries*

Strong professional boundaries are absolutely necessary while working as a Clinical Hypnotherapist. Sloppy boundaries with your clients can absolutely ruin your business.

### *Rule of Thumb*

If someone comes to you and they're a friend, family member, neighbor, or colleague before the session, then that relationship may remain after the session.

However, if someone you don't know comes to you for a session, then they **may not** become your friend, boyfriend/girlfriend, or colleague after the session. Why is that? It's because when someone seeks you out for help, there's a natural power imbalance built into the relationship. There's the helper and the helped.

Deep intimate relationships between a client and a therapist do not transfer into the normal social world. You may know more about your client than their friends, family, or even themselves. Such knowledge needs to be strictly protected under the veil of confidentiality.

## *Ethical Conduct*

When I refer to ethical conduct, I'm referring to sexual or romantic attraction between you and your client. Any romantic or sexual interaction between you and your client is immoral, illegal and possibly criminal. **NEVER** engage with this type of activity with a client.

When a client comes for help they're opening the most vulnerable parts of themselves to you. Engaging in sexual or romantic behavior exploits that vulnerability and can do irreparable harm.

## *What Do You Do?*

On a practical note, what do you do if romantic feelings come up between you and your client?

### *Your Client is Attracted to You*

If a client has feelings for you, or falls in love with you, you probably won't recognize it initially. If the feelings become strong enough, your client may verbalizes it to you,. At that point, you have two choices.

1. *Terminate the relationship.* Be tactful and honest, and say something to the effect, "I'm sorry but I don't think I'm the best fit for you at this time ...". If possible refer them to someone else.
2. *Talk it through.* Say something to the effect, "I understand, I'm flattered but I don't sleep with my clients. It's illegal, immoral and possibly criminal. If we're both clear on that point and you feel comfortable, let's continue with the session." If the feelings persist after that session, terminate the relationship.

### *You are Attracted to Your Client*

If you discover you are attracted to a client, the first thing you **don't do** is tell them. After that, you have two options.

1. Terminate the relationship. Be honest with yourself. Acknowledge the feelings and decide if you can work effectively with the feelings present. If you can't, cut it off and tactfully refer your client elsewhere.
2. Go through the session with the feelings present. Conduct the session as normal with the feelings present. If the feelings persist, terminate the relationship.

## *Hypnotherapy is Intimate*

When you conduct hypnotherapy with your clients, you will develop close, fond and loving connections. The love energy created can be an extremely useful tool to assist in the healing process. However, you must be able to make the clear distinction between platonic love and romantic attraction, and **NEVER** cross the boundary.

## In-Session Challenges

### *Working from Home*

Conducting hypnotherapy sessions from your home can be a wonderful experience. First, it reduces your overhead and expenses. Second, you can create a comfortable workplace that's suited perfectly for you.

#### **Precautions**

If possible, separate the living and working areas of your home, with a different entrance into your office. During a session, you never know what a client may release into the room. You don't want any negative energies disrupting anyone in your living space.

#### **Screen Your Clients**

When working from home, be extra careful about who you let into your space, especially if you're a woman. Take the time and effort to screen your clients and don't book a client blindly from email or text.

If possible, meet the potential client in person, either over the phone, via video chat, or face-to-face in a public location. Trust your instincts. If working with a client doesn't feel right, politely decline.

### *Ideal Treatment Plan*

Before beginning your hypnotherapy practice, it's a great idea to have a treatment plan in mind for multiple sessions. In my experience, clients who go through multiple sessions tend to have the greatest results.

What follows is the ideal treatment plan that has consistently worked well for me. Please refer to my courses *Clinical Hypnotherapy Certification Course, Part One and Part Two*, for directions on how to implement the techniques.

Schedule five sessions over a 10 week period or less. Space your sessions out at least a week apart because there is an assimilation process that goes on in the subconscious. Within a week you will hopefully see shifts and results in the circumstances of their 3D world.

Schedule subsequent sessions in two weeks or less because there is a momentum component to healing and you want to keep the ball rolling.

**Session #1 - Symbolic.** This would be a session such as The Flower. Symbolic sessions are great starters because 1) they introduce your client to their own internal process, 2) you don't need to know anything about their personal life, and 3) they work.

**Session #2 - Age Regression.** These sessions will get deeper into your client's subconscious to begin the process of rooting out source causes to stop repeating patterns of suffering.

**Session #3 - Self-forgiveness.** These session can be extremely profound because your client is reframing their subconscious perception of themselves, into a version of their liking.

**Session #4 - Forgiveness or Cutting Cords.** These two techniques will release negative connections with other people and restore/increase their own energy.

**Session #5 - Past Life.** Past life session are somewhat of a subconscious X-factor. Things you haven't thought about may come into play and your client will be able to view their life and suffering from a new abstract viewpoint. These sessions can be powerful.

### *When Nothing Happens*

It's not common, but from time to time (especially in the beginning of your practice), you will have a session where nothing seems to happen. In my opinion, these sessions are the worst case scenario. If this does happen, keep in mind that every therapist goes through it and try not to take it personally.

#### *What to Do*

So what do you do when a client doesn't appear to relax and nothing you try seems to work? I tend to feel very awkward and self-conscious during these sessions and attempt to get the client to at least relax on some level, by the end of the session. The following are a few strategies to get through the session.

1. Go through another induction. Take you client through the initial relaxation and the deepening technique again.
2. Read a story or two.
3. Repeating relaxing phrases over and over again.

#### *Reasons Why Nothing Happens*

After a session where nothing seemed to happen, I usually feel fairly inadequate. If that happens to you, please remember there are extenuating circumstances to why it worked out as it did.

1. *Client's Resistance.* Your client may have very thick levels of resistance that you or any therapist may never be able to get through. There is a timing component to healing and perhaps your client was not ready.
2. *Your Client is not Wired for Hypnotherapy.* In my experience, it appears about 20% of the general population will do very well with hypnotherapy and about 20% will not. Everyone else

falls somewhere in between. It's possible your client did not have the personality suitable for hypnotherapy.

3. *You are not the Right Person.* Part of the success in hypnotherapy is based on how well the client and therapist hit it off. There may be an energetic or personality component between you and your client that just doesn't fit. If that's the case, refer you client on to another healer.

### ***Learn to Screen Your Clients***

To maximize the benefit to you and your clients, learn how to screen people out who you won't be successful with. This can take time and experience.

### ***Diagnostic Check***

To determine if you and your client are a good match, run the following diagnostic test in your free consultation.

1. With their eyes close, see if your potential client can imagine a flower in front of them. If so, it's a good sign, the more vivid the better. You may be able to work with them.
2. See if they can feel the presence of the flower in front of them, as if it were actually there. If so, it's a very good sign. You're a good fit and you'll likely have success.
3. See if they can smell the flower's fragrance. If so, they are probably empathic to a degree and will probably do incredible work in hypnotherapy.
4. If they can't do any of the above tests, ask them to think it over and to call you back in a few days. If they do, they're interested. Go ahead and book a session.

If you turn a potential client away, you will lose out in the short term because you didn't book a session. However, when you work with clients you know you can help, it will boost your success rate, confidence, reputation and referrals. That helps everybody in the long run.

### ***Dealing with Distractions***

In the course of your hypnotherapy practice, outside distractions will come up on occasion. Examples may include, the neighbor's barking dog, voices in an adjacent room, lawn mowers, passing sirens, etc. It's a good idea to know what to do before a distraction occurs.

### *Distractions May be Part of the Session*

Keep in the back of your mind that when a distraction comes up, it may be part of the session. You will not know if the distraction is having a positive or negative influence on your client. Your client may be releasing a suppressed emotion from the past, and it's having an immediate impact on the surrounding 3D world.

For example, one client I had came every Thursday morning at 10:00 a.m. At precisely 10:15 a.m. on each Thursday, a garbage truck came right outside my office and dumped our trash. It was all very symbolic for the amount of healing my client was going through. I'm not sure she ever noticed, but I looked forward to it every week!

### *What To Do if Distractions Occur*

1. *Terminate the Session.* This is rare. I've only had to do this once under extreme circumstances. I immediately rescheduled the session, with sincere apologies and no additional cost.
2. *Ask People to be Quiet.* If neighboring people are being noisy, quietly and quickly step out of your office and ask them politely if they could be quiet, for an hour or so. If you leave your client in a trance state, keep it brief, and let them know when you return they will be even more relaxed.
3. *Make the Distraction Part of The Session.* This technique can work very well and even strengthen your client's meditation muscles. Have your client gently focus on the external distraction and let them know the distraction is taking them into an even deeper state of relaxation.

### *When a Client Pops Out of a Trance*

On rare occasions, your client may pop out of a trance in the middle of a session. Their eyes may open wide, they might sit up, they may even say something—possibly incoherent.

### *Your Client is Still In a Trance*

Please be aware that when your client abruptly pops out of a session, they're probably still in a very deep trance. Don't let them get up. Gently convince them to close their eyes and lie back down. Chances are, they may not even remember they popped out.

Next, finish the session as normal and take extra caution to have them come out very slowly. Make sure they're all back together before the session ends.

## *Emotional Releases*

It's not uncommon in the course of a hypnotherapy session, to have clients shed a few tears. Sometimes a new client will actually explode into tears during the first session. What they're doing is releasing pent up emotion from the past.

### *What To Do*

When someone enters into an emotional release, just let them. Offer support and encourage them by saying something like, "It's OK, this session is the place to let it all go."

When the session is over, your client may feel self-conscious or embarrassed. If so, let them know releasing pent up emotion is excellent, to facilitate deep healing. It's a road that leads to freedom, by releasing emotional burdens from the past.

## *No Response*

During a session, you will take your client into a relaxed state, a deeply relaxed state, and then a technique. On rare occasions, they may not respond.

### *What's Happening*

When your client isn't responding, they've entered a very deep trance state. They've essentially check out of the conscious world. However, their subconscious mind is still alive and well. What I recommend is continuing the session, as if they are fully alert. Their subconscious will get what it needs.

### *End of the Session*

If you end the session and your client is still not responding, gently but firmly remind them it's time to come up. If that doesn't work, say their name a little louder. If there's still no response, gently wiggle their arm or foot, while reminding them it's time to come up.

## *Sleeping*

In all my years of doing hypnotherapy, I've only had one client sleep through an entire session. If you keep your cadence and engage intermittently through a session, long sleeps will be rare. However, it's quite common for clients to briefly doze off and wake themselves up again.

### *What To Do*

If someone dozes off during a session, just let them and carry on with the session as normal. Sometimes clients are extremely stressed when they come in and dozing off is the best thing for them.



## *End of the Session*

At the end of the session, if your client is still asleep, just use the same technique as if a client is not responding, discussed in the previous lecture.

## *Convulsing*

On rare occasions, clients will have unexpected body movements. They can range from subtle twitches to severe spasms. I had one client flop around so hard, I was certain he was going to fly right out of his chair!

In my opinion, they're going through some type of deep release and you want to let it happen, as safely as possible.

## *What To Do*

If your client starts to go into convulsions, allow the process to continue, making sure neither of you get hurt. The convulsions I've seen usually last around 10 minutes maximum. After that, the client will most likely go into a deeply relaxed state. Then, finish the session as normal.

## *Entities and Negative Energy Influences*

Encounters with entities and/or negative energy influences are not common. However, if you choose to engage in this sphere, your practice in hypnotherapy will go up a notch in intensity.

## *What are Entities?*

Entities are dis-embodied life forms that attached on to someone's energy field. When someone has an entity attached it can seriously disrupt the circumstances of their life and possibly make them physically ill.

Keep in mind most entities are benign and want to go home to *The Light*. However, some entities are dark forces with evil intent. Extra care must be exercised in dealing with these creatures. *I highly recommend avoiding them all together.*

## *How Do People Get Entities?*

1. *They are Born with Them.* Over the course of someone's life, repeating patterns of events that seem out of context can indicate the presence of an entity.
2. *Trauma, Shock, Accidents.* When someone goes into a state of shock, the Critical Faculty of the Mind will let down and open the subconscious. If entities are in the vicinity, they may latch on.

3. *Hospital and Prisons.* Hospitals and prisons are surrounded with death and trauma. In my experience, it appears entities may lurk in these locations.

### ***How Do You Know If Your Client has an Entity?***

If your client has an attached entity, they will most likely have concerns about behavior that's out of context. Things just don't seem right; they don't make sense.

If such is the case, ask them in the pre-session interview to answer the following question. Have them answer with their first response, without thinking about it. The question is: "Does this problem feel like it's yours?"

If their answer is a very strong, 'No', they may have an entity.

### ***How To Conduct an Entity Session***

1. *Protect Yourself.* First and foremost protect yourself with blue light, ascended masters, etc.
2. *Release the Entity to the Light.* When in a trance, simply ask your client to release the entity to *The Light*. Or call *The Light* into the room to absorb and remove it.
3. *Allow the Client to Channel the Entity.* I've never done this. However, I've seen videos where the therapist converses with the entity and negotiates a release to *The Light*. This type of interaction is not recommended by me.

### ***How Do You Know if You Pick Up an Entity?***

Immediately after a session, you won't feel right. You may be dizzy, nauseous, or unusually fatigued.

### ***What To Do if You Pick Up an Entity?***

1. *Get Help.* The best thing to do is immediately seek help. Find a healer who has experience in releasing entities.
2. *Release It Yourself.* You can attempt to release the entity with the techniques you've learned in hypnotherapy. However, this is usually more difficult, especially if you feel sick.
3. *Pristine Running Water.* I had the good fortune to discover that by placing my feet in pristine glacial water, negative energy influences immediately release. Nature is a healing force. Feel free to experiment.

### *How Do You Know if an Entity Releases?*

If an entity releases from your energy field, you should feel better almost immediately. Once they're gone, they're gone. Make sure to protect yourself afterward, so they do not re-attach.

### *Working from a Trance State*

In the early days of my hypnotherapy practice, I naturally gravitated to entering a trance state while I was conducting a session. It didn't take long to find out, my effectiveness as a therapist dramatically increased. I didn't understand at the time, but I was transcending the world of hypnotherapy, into the world of energy healing.

I wouldn't recommend working from a trance state while you're learning hypnotherapy. Instead, master your skills and techniques until they become second nature, then start dabbling with the art of working from a trance state.

If you decide to work from a trance, make sure you're protected. Then, you'll need to learn the art form of conducting a session with 'one eye open and one eye closed'. That means you'll need to operate from the conscious and subconscious minds simultaneously. This mystical technique is often referred to as 'holding space' for your client.

While you're 'holding space', you can channel or call in divine presence, the universal life force behind all healing. At that point, you'll turn the session over to that presence, while continuing to 'holding space' until the session is complete.

## Ending a Session

### *Clearing Your Energy*

Clearing your energy is very similar to protecting yourself at the beginning of a session. The only real difference is that you do it at the end. The principle of protection is also the same. You don't want pick up anything someone has released, such as, beliefs, thought forms, and entities.

I like to implement clearing techniques as the client is coming up out of the session, while their eyes are still close. Ideally, I don't want them to see me do something they may not understand.

### *Techniques*

1. *Zippering Up Your Energy Field* - Imagine a zipper exists from the base of your spine to the top to your head. Use one of your hands to zip up the imaginary zipper. Hopefully, you'll also be able to feel your energy field close.
2. *Close the Door to Your Energy Field* - Imagine two sliding doors in front of you and use both hands to slide the doors closed.

### *Energies can Linger*

It's not uncommon to have energies, thoughts, emotions, etc. linger in your space after a session is over. For some reason, I can sense them above my body and usually to the left.

One technique I use for lingering energy is the face of Jesus. I simply rest my attention on his face in the remaining energy field, until it's gone. It usually only takes a few moments.

This technique has worked consistently for me over the years. Feel free to experiment and find your own.

### *Your Client is Still in a Trance*

When you complete a session, please keep in the back of your mind, your client may be in a trance for up to an hour after the session is over. Check with your client and make sure they feel ok, grounded, and back in their body, especially if they're going to be driving a car. It's for their safety.

Events of a session usually need time to assimilate into the subconscious mind, after the session is over. Make the recommendation to your clients to take it easy for the remainder of the day, if possible.

## Accessories

### *Sound Healing*

Sound can be a very magical technique to enhance meditation and accelerate healing. I was introduced to sound healing as a chiropractic patient. The chiropractor I was working with was magical at applied kinesiology (muscle testing).

At the end of the session, he gave a tuning fork a whack and waved it over my entire body. My body immediately lurched and it felt my entire aura had some type of major adjustment. At that moment, I realized Sound Healing was pretty powerful medicine. I've been using it in my healing sessions ever since.

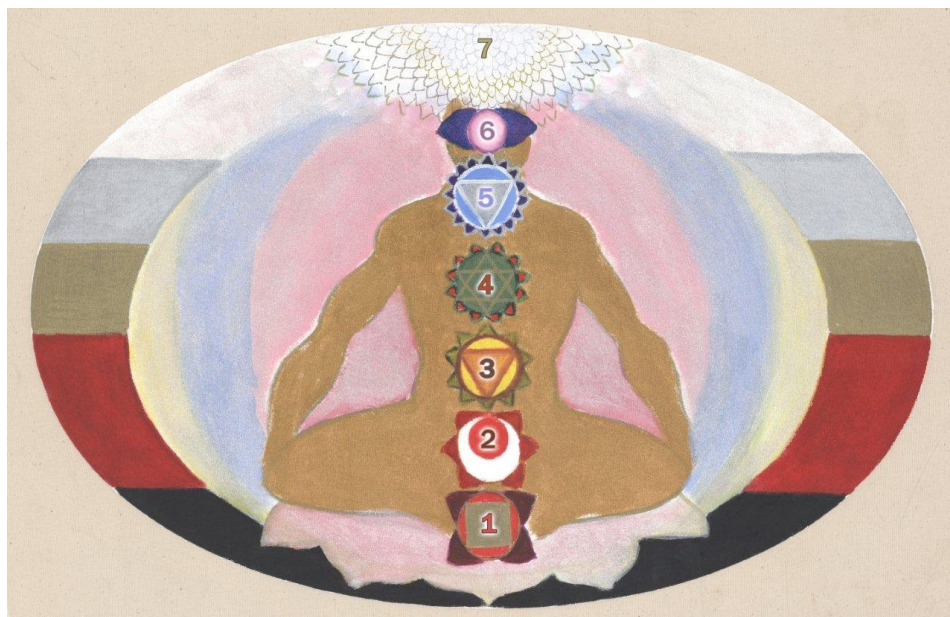
### *Chakras*

Like planet Earth, humans have a surrounding electromagnetic energy field, called an aura. Within the aura are seven main centers of spinning energy, located along the spine. These are called chakras. The chakras receive, assimilate, and transmit life force energy.

Each chakra contains measurable patterns of electromagnetic activity and reflects essential aspects of human consciousness. Each chakra also resonates to a specific vibrational frequency and corresponding musical tone.

When a chakra carries pain or unpleasant emotion from the past, pure tone (i.e. sound) that resonates to that particular chakra, can facilitate healing by releasing the emotional pain. Sound resonating with the chakras can also soothe and create a state of peace.

The diagram below is a simplified map of the human chakra system.



## *Sound Healing Tools*

There are numerous instruments and tools used in sound healing. Some of them include sound bowls, tuning forks, rain-sticks, rattles and chimes. Meditation music, ambient music and/or nature sounds can also greatly enhance a meditation experience.

The photo below is a small sample of available tools which include a Tibetan sound bowl, single chime, multi-tone chime, and rainstick.



## Group Events and Retreats

### *Group Events*

The beauty of group meditation events is that they are nearly identical to conducting one-on-one private sessions. Once you have the mechanics of running one-on-one sessions perfected, you can turn around and share your gift to groups.

The only significant difference is in the beginning of a group event. Instead of conducting a pre-session interview, pick a topic or theme (i.e stress reduction, productivity, creativity, etc) and give a brief pre-event introduction or presentation.

The meditation event then runs as a one-on-one session, as listed below.

1. Subdue the lights
2. Put on some background music
3. Implement light relaxation
4. Implement deep relaxation=
5. Use a technique
6. Create a positive feeling
7. End the session

I highly encourage you to take your work out into the world and make a positive difference, by leading group meditation events. With the assistance of technology and live streaming, you can literally benefit anyone in the world.

### *Retreats*

If you ever have the opportunity to participate in leading a retreat, take it! Some of the most powerful and transformative events I have ever experienced have been in a retreat setting. That's because they generally run for a period of days, the intent is quite focused, and the energy can be very intense.

If you ever run a retreat, here's a few suggestions.

1. Make them at least three days long.
2. Have them in a quiet location, preferably in a nature setting.

3. Take your audience into deeply relaxed meditations, at least three times per day.

If you follow the above steps, by the third day, participants will remain in a meditative state for the remainder of the retreat. When that happens, the doors are open for some very powerful transformations, awakenings, and spiritual experiences.

The themes and topics of a retreat can be as varied as the people leading them. I suggest utilizing your strengths and collaborating with others who have different but complementary talents.



## Part 4 - Advanced Issues and Techniques

### *Deep Grief*

Life is a never-ending parade of hanging on and letting go. Letting go and hanging on. In fact, to be happy, healthy and well-adjusted, we need to learn the art of letting go. It's imperative to learn how to grieve.

At some point in life we discover, to be human means to be broken-hearted. We love and we become emotionally attached. When we lose someone or something we love, it can be very painful. The result is grief. It can be over anything; a person, an object, our innocence, a pet, a part of ourselves, circumstances, etc. It arrives in waves over a period of time. When you think you're finished, along comes another wave. It can take weeks, months or even years. The time frame is different for everyone.

A variety of emotions are experienced during the grieving process. They may include shock, denial, sadness, loneliness, depression, anger, and at some point hopefully, acceptance, a decision to move on, forgiveness and peace. Problems arise when we don't allow ourselves to grieve. This can be due to lack of awareness or flat-out refusal to experience difficult emotions. In either case, the suppression of emotion will create an emotional charge in the subconscious. The charge will then continue to repeat itself over time, until it's experienced.

There are times when life can be difficult. Grieving is one of them. In the framework of spiritual growth, grieving is not a time to shy away from the work that needs to be done. It's a time to allow yourself, as gently as possible, to feel the feelings of loss and let them go. It's an act of honoring yourself and what you have lost.

### *Hypnotherapy and Grief*

#### *Accelerating the Grieving Process*

Hypnotherapy can be absolutely brilliant at accelerating the grieving process. By going into a deep meditation state and releasing the pain associated with grieving, a client can take the grieving state from a period of years to a matter of months.

#### *Healing Unresolved Grief*

Hypnotherapy can also help a client who has been in the grieving process too long to move on with their life. It's a loving exercise, through deep meditation, to help them let go of the past. Often, there is a timing component and a client can more easily let go when they are ready.

#### *A Technique for Grieving*

\*Before using this technique, be sure to get your client's permission before the session begins.

When you have your client in a deep hypnotic state, have them call in the object of their grief. It may be a deceased loved one, an ex-spouse, a place, a pet, or even an object. Once the object of their grief has their attention, have them dialogue with it, with the intention of healing and resolving the situation completely. Allow them to take as much time as needed.

Be aware if your client calls in someone who has died. It's possible the deceased may actually show up in the session.

## *Death and Dying*

For some unusual reason, I've have a natural inclination of being drawn into situations that involve death and dying. It doesn't a happen a lot but when it does, it's quite noticeable.

### *My Background with Death and Dying*

The most obvious place I was exposed to death was in the cancer unit, where I spent six years working as a Clinical Hypnotherapist. For as many patients I helped with 'miraculous' healing, there were just as many I helped prepare for a peaceful death. Sometimes I would know a client was going to die from cancer, even before they did.

In my private practice as a hypnotherapist, I had several remarkable experiences helping clients transition from this life to the next. If you'd like to listen to the story of the most remarkable experience, enroll in my course Clinical Hypnotherapy - A Certified Podcast Seminar and watch the video Lev and the Placebo.

I was also commissioned with sacred task of assisting both of my parents in their dying processes.

### *Where You May Work with Death and Dying*

The most likely place you may be called upon to assist in dying is in your own family. Generally, one person in the family will naturally take on the roll of caregiver. Because you are drawn to hypnotherapy and healing, don't be surprised if that person turns out to be you. Take the task on with dignity.

Like me, you may also work with terminally ill clients in your hypnotherapy practice. Or, you may feel the call to work in an organization like Hospice, which works exclusively with patients at the end stages of life.

### *How to Deal with Death and Dying*

When I'm confronted with clients or a situation that involves death and dying, I automatically slip into a deeply calm and relaxed state. I feel as if I'm in the center of an orb of stillness. I can feel it inside and outside of my body. From there, I emit the vibration of calm to influence everyone around me.

Many times, families need a dis-interested third party to help everyone involved let go. You may be called in to give private hypnotherapy sessions. Or perhaps, all they may need is your presence.

### *Techniques for Death and Dying*

At some point in your work with a dying client, it's a great idea to talk to them about death. I've discovered, most dying clients want to talk about death and rarely get the chance. Family, friends and health care professionals all tend to shy away from the topic. If the opportunity presents itself, don't force it, but gently open the topic with a question like, "So, what do you think about death?"

Make sure to include in your sessions with a dying client (if they are willing), the experience of their future death, followed by an experience of their afterlife. I've seen the fear of death absolutely evaporate after these types of sessions.

## ***Unworthiness and Shame (Not Good Enough)***

Unworthiness, shame, rejection, insecurity and feelings of not being good enough, run deep. Almost all of us get at least one helping of it, because it all stems from the lack of love.

### ***Not Enough Love***

None of us get enough love. It's just not possible. We enter this world completely dependent on someone else, physically and emotionally; twenty-four hours a day, seven days a week. There has not been one set of parents throughout human history who have had the ability to satisfy the insatiable needs of an infant. It really takes a village to raise a child. Add another kid or two into the mix and forget about it.

We grow up competing for love and attention. We'll do anything to get it. We'll be perfect, troublesome, depressed, sick, hurt, or even a superstar. Throwing in some parental neglect and abuse on this ravenous need can produce some deeply seated emotional charges.

Furthermore, some people unfortunately grow up unwanted and unloved. It can happen through choice or circumstance, as in the case of children of addicts and abortion attempt survivors.

### ***Expressions of Unworthiness***

Unworthiness can be expressed in a variety of ways but the two most obvious expressions are the extremes, under and over achieving. It's not just limited to jobs and careers but it can also spill into relationships. Examples may include a workaholic executive always vying for supervisor approval or someone who continues to sabotage seemingly healthy intimate relationships. The underlying message is the same, "I'm not worthy".

### ***Techniques for Unworthiness***

The two techniques I highly recommend for unworthiness are 1) Age Regression and 2) Self-forgiveness / Rebirthing , and 3) Future Progression. Use Age Regression and Self-forgiveness in separate sessions. Tag on Future Progression at the end of each session to 'try out' their new feeling of being loved and worthy.

Please refer to Clinical Hypnotherapy Certification, Part 2 for directions on how to implement these techniques.

Use Age Regression first to release any remembered trauma. Depending on how the session goes, that may be all you need to do. If necessary, follow up with Self-forgiveness / Rebirthing. This will take your client through the reframing their birth and into the experience of the perfect parents. Remember to have the parents remind your client that "it's not your fault"

## ***Abandonment***

Abandonment is the twin sibling of Unworthiness. As we discussed in the lecture of Unworthiness, we are born absolutely dependent on others for our survival. It's no wonder the fear of being left alone is instinctual. We're not designed to be isolated. We can't survive by ourselves. In a way, being alone isn't really human.

Ironically, we come into this life alone and we go out alone. We must also face every life transition by ourselves. Sooner or later, everyone gets kicked out of the nest. To fully mature, we have to stand on our own two feet and it's not always easy.

In regard to abandonment, subconsciously suppressed emotion can be created when there isn't a loving presence guiding us through early phases of childhood. We're too vulnerable, innocent, and ill-equipped to understand or handle initial life transitions on our own. When we're forced to do so, the resulting subconscious fear that gets created can cause debilitating circumstances in our adult lives.

### ***Techniques for Abandonment***

The three techniques I highly recommend for Abandonment are similar to Unworthiness. They are 1) Guide, 2) Age Regression and 3) Self-forgiveness / Rebirthing. Use the Guide in all sessions. Use Age Regression and Self-forgiveness in separate sessions.

Please refer to Clinical Hypnotherapy Certification, Part 2 for directions on how to implement these techniques.

In the first session, call in a protective Guide to be with your client at all times and in all sessions. Remember, their deepest fears in life are a result of being left alone. Having a constant spiritual protector can be an enormous comfort.

After the Guide has arrived, implement Age Regression, to release any remembered trauma. Depending on how the session goes, that may be all you need to do.

If necessary, follow up with Self-forgiveness / Rebirthing. This will take your client through the reframing of their birth, to the experience of the perfect parents. Also, remind your client in the session that the difficult circumstances of their life is not their fault.

The combination of these techniques can be absolutely life transforming for your clients. Remember to remind your client that their Guide is always with them. All they need to do to invoke their Guide's presence is to think about them.

## ***Relationships***

This section focuses on close, one-on-one intimate love relationships. However, the principles can be applied to all relationships (family, friends, neighbors, co-workers, etc.).

### ***The Sacredness in Relationships***

Relationships are sacred. Why? Because they can take us far beyond ourselves and help us be the highest vibration of who we are meant to be. Emotionally, we can transcend ourselves in a union that feels as if we're connecting to the Creator itself. Support from a loved one can also help us achieve goals beyond our wildest dreams. In the context of life itself, intimate relationships can produce the ultimate outcome of creativity—children.

### ***Relationships are Mirrors***

In their purest form, relationships are mirrors. We're all an accumulation of everyone we've ever loved or hated. We carry bits and pieces of them inside. They've created a reaction and a response inside of us that has formed us into who we are today. If we don't like something about someone, it's likely something we don't like about ourselves. If we admire someone, it's something we have yet to develop. Love relationships, because they are close, are the truest mirrors to our inner soul.

### ***The Law of Attraction***

Like attracts like. We pull people into our lives who reflect our strengths and weaknesses back to us. That includes the good, the bad, and the beautiful. To find the perfect mate, you must be the perfect mate.

### ***Relationships and Healing***

Relationships create opportunities for healing and take sacred to a whole new level. After the initial love wears off, your partner will eventually begin to push your buttons (fear, insecurities, anger, sadness, etc). Why? Because your buttons exist. Your partner, at some point or another, will trigger your suppress emotion from the past.

### ***The Blame and Defend Ritual***

When one or both partners project suppressed emotion on to one another, it creates a dance I call the Blame and Defend Ritual. It's a result of not having awareness, or refusing to take responsibility for your own emotional situation. The Blame and Defend ritual can go 'round and 'round forever, and true intimacy is unlikely. If one of the partners leaves the relationship and begins a new one, the same patterns are more than likely to recur.

### ***True Intimacy***

True intimacy can occur when both people take responsibility for their own emotional state. Healing can then begin with meditation techniques introduced in this course. However, this

path requires awareness and effort. If the other partner provides support and allows space for healing to occur, the results can create a very deep bond.

It's important to remember, you cannot change the other person, you can only experience them as they are. The only person you can change is yourself.

When two people have the awareness and the effort to create true intimacy, the living of timeless virtues can take the relationship into the realm of a deeply sacred connection. Some of these virtues may include interdependence, freedom to be who you are, commitment, loyalty, support, dependability, and trust.

### *Healing Strategies and Techniques*

When working with relationship issues, I highly recommend not working with couples. This is hypnotherapy, not psychology. Unless you're a trained marital therapist, you'll most likely get lost in the dynamics of co-dependency, enmeshment, and the complexities of communication dynamics. Refer couples on to a trained and experienced marriage counselor.

Instead, work with clients one-on-one and focus on healing inner suppressed emotion from the past. As pain from the past is healed, repeating patterns will stop or subside and relationship issues may sort themselves out naturally.

Any applicable technique from Clinical Hypnotherapy Certification, Part 2 can be used. Just be sure to use the correct technique for the suppressed emotion coming up in your client.



## ***Addictions***

It came to my attention several months ago, I've been surrounded by addicts my entire life. Being raised by alcoholics, I experienced quite a bit of pain. I spent years learning about, and healing from, the impact of addiction. With all the healing work I've done on myself, addicts still hang around on the periphery of my life. They're like subconscious projections of ghosts, reminders of what could be.

People can get addicted to anything. Drugs, cigarettes, alcohol, sex, work, electronics, food. If something exists, there's an addiction for it. They're generally fueled by unusually strong past trauma that get stuck in the subconscious. The situation increases in complexity with physical and/or chemical dependency.

In my observations, the foundation of many addictions are based in unresolved grief. Usually, it's a grief rooted in the loss of self. Somewhere in the course of living, many addicts have lost a part of themselves. It's as if a giant internal hole has been created. They use whatever available means available to try and fill that abyss, and bring themselves back to wholeness. Highly sensitive people seem to be particularly vulnerable. The internal hole created by past trauma is just too much to bear and they use anything to numb the pain.

On the other hand, some people come into this life experiencing addiction as their karma. It's their life path, up to the very end. For some, the power of addiction may be too strong to overcome their genetic or chemical pre-disposition. It's just easier to die than deal with the depth of the problem.

### ***Techniques for Addictions***

Healing addictions is tough business. Not only is there deeply suppressed emotions to heal, but there's also a physical addiction. Therefore, addicts require extra special care, as outlined below.

1. *Addicts Need Support* - Addicts need continual support from a community (family, organizations, support groups, etc).
2. *Addicts Need to Quit for Someone or Something Else* - Be it a child, a family member, or God, addicts need to quit for someone or something outside of themselves. Most addicts have low self esteem, so they usually can't quit for themselves.
3. *Addicts Need to Quit* - It's essential that addicts get off whatever they're addicted to as soon as possible. Hypnotherapy can be helpful for some with direct suggestion, using behavior modification. However, behavior modification only scratches the surface and results tend to be so-so. Real healing requires addressing deeper trigger emotions.

4. *Techniques* - Use everything. You'll want your client to heal past trauma, reframe their perception of themselves, forgive others and themselves, clear past lives, invoke divine healing, and re-build themselves from the inside out.
5. *More information* - Check out Clinical Hypnotherapy Certification, #2 for mechanics on how to implement techniques.

## ***Sexual Abuse***

When I started out as a hypnotherapist, I was quite naive. Back then, my hypnotherapy clients were primarily women. As I worked more and more with women, I was shocked to discover how many had been sexually abused. Most of them had experienced everything from inappropriate comments and touch, to non-consensual sex, to flat out rape.

### ***Sexual Abuse and Healing***

Healing emotions regarding sexual abuse is a delicate matter. First off, many clients may not know they have been sexually abused. Denial and the inability to remember are necessary survival mechanisms to protect them from the horror that goes with sexual abuse.

Some clients may have a vague notion or suspicion that they may have been sexually abused. However, they won't be able to face the issue until they are ready. There is always a timing component when working on emotions associated with sexual abuse. If you push your client into confronting the trauma before they are ready, you may do more harm than good. Be patient. Let them decide when it's time.

### ***Techniques for Sexual Abuse***

When your client is ready, start off with a symbolic technique, such as The Flower. This is a great starter technique, because you won't need to visit your client's past. A few days after the session, check for results. If it was effective, it may be the only technique you will need to use.

If your client desires to go deeper and visit the past trauma directly, use Age Regression and Self-forgiveness / Rebirthing techniques. Make sure to reframe the past, so it turns out the way they desire. These sessions can be intense sessions, so be ready to be supportive.

Also, add strong Positive Feeling energy at the end of each session. Combine it with a Future Progression to set those new feelings strongly into their future. Also, use a Guide to add further reassurance. These techniques can add substantial inner strength that your client will need to face the outer world.

## ***Stress***

### ***The Definition of Stress***

The definition of stress is 'A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances'.

In the rapidly moving 21st Century, we're all stressed. What that means is, we're all placed under adverse and demanding circumstances.

### ***New Stresses***

Technology is speeding everything up for everybody. No one can keep up. However, there's an unspoken and underlying expectation that we're all expected to. That's stressful.

Furthermore, because technology can copy everything instantly, we're placed under the expectation of perfection. Typos, imperfections in sound, video quality, and computations, are all taboo. The only problem is, we're all human. We're not perfect. We aren't designed for perfection. Having that expectation over us all the time is stressful.

Let's not forget overpopulation. In my lifetime alone, the population of the world has more than doubled. More and more of us are competing for a limited number of resources. We're already seeing the impact it's having on the planet. That creates an air of uncertainty about our collective future. That's stressful too.

What's even more is that these stresses are all relatively new and placed upon the old-fashioned, pre-existing normal stresses. I call them Traditional Stress.

### ***Traditional Stress - Different Types***

I've boiled traditional stress into three basic categories.

#### ***Unavoidable Stress***

Unavoidable stress is the product of life circumstances—the unexpected occurs, traffic grinds to a halt, we raise kids, deadlines get moved up, we relocate, workloads increase, a family member dies, life happens, etc., etc., etc.

There's not much we can do about this type of stress. Our only control is how we deal with it. There are all sorts of ways to alleviate such pressures, such as meditation, recreation, exercise, hobbies, talking to friends, dealing with a problem directly, or even some type of therapy

#### ***Avoidable Stress***

Avoidable stress is the type of stress that can be dispatched with a little internal awareness. These stresses are caused by suppressed emotion from the past and/or chatter from our monkey minds. They tend to cause repeating patterns of the same stress over and over again.

### *Not Living The Life You Were Born To Live*

One of the deepest (and more subtle) causes of stress is caused by not living the life you were born to live. All of us are here to be and do something specific. However, due to conditioning from our families, society, religions, and the media, many of us get directed away from the knowing voice that lives within. The result of living someone else's version of who we are meant to be can leave us quite empty in the inside.

### ***Stress Relief Benefits of Meditation***

#### *Health*

The health benefits of meditation (and reducing stress) are numerous and well documented. A few benefits include a regulated heart rate, balancing hormonal levels and fortifying the immune system.

#### *Healing*

Meditation can be a wonderful tool to assisted in releasing suppressed emotion from the past. By entering a deeply relax state, unwanted emotion can effortlessly be released. Stressful repeating pattens that accompany those emotions will stop and improve the quality of our lives.

#### *Life Purpose*

As you become more and more committed to your meditation practice, you will start to lead a more peaceful life. As you engage in your healing, clarity of your life direction will start to emerge, lighting up the path of the life you were born to live. At that point, all you have to do is live it.

### ***Techniques for Stress***

When someone comes to see you for stress, don't worry about doing any deep healing work initially. People who are stressed, generally want immediate relief. They may not have the awareness or the desire to take it any deeper than just relaxing.

In your first series of sessions, just help them learn to relax. Use Progressive Relaxation, Stories, and The Deepening Technique. There's no need to take it any further. If they fall asleep during the session, that's fine. It may be what they really need.

I also highly recommend recording a ten-minute relaxation audio, that you can send home with your clients when the session is over. That will help them learn to relax on a regular basis. Hopefully, they'll start to recognize some of the numerous health benefits of meditation.

If their stress persists and they continue to return, then it's time to go into the hypnotherapy tool box and pull out your arsenal of techniques. Hopefully by then, you'll have educated your client on the dynamics of suppressed emotion, which may be contributing to (or creating) their stress in the first place. Then you can go about the business of deeper and permanent healing.

## ***Cancer and Other Serious Illnesses***

Suppressed emotions can often be felt in the body. Perhaps a client can feel stress in their stomach, rage in their head, or sadness in their heart. Emotions want an outlet, so they may be experienced and released. If left suppressed, sometimes emotions will find an outlet through the body in the form of an illness.

I've worked extensively with cancer patients and both of my parents died from cancer. In the process, I've learned some of the dynamics, similar to all who suffer from a serious disease.

### ***Your Clients and You***

When someone gets diagnosed with cancer, or any serious physical illness, everything changes ... immediately. Decisions on treatment must be made, family members need to be notified, finances become a concern, and questions of death come to the forefront. Priorities come sharply into focus. Emotions surface, sometimes powerfully.

Your job will be to assist patients through the subconscious emotional mine fields that come up during their treatment. Some want healing, both emotionally and physically. Some want to connect to their God. Some you'll prepare for death.

At times, I've seen nothing short of miracles and at other times, I've seen people go very quickly. Working with cancer patients has shown me the resilience and frailty of life. I'm constantly reminded I am not the one who is in charge. That comes from a much higher source.

Cancer patients are some of the most remarkable people I've ever met. Survivors of a life threatening illness will be forever changed. Whether they seek therapy or not, those who recover go through an enormous internal transformation. With a massive amount of courage, you can help them face their darkest demons.

### ***Common Theme - Lack of Love***

I've noticed one common subconscious theme with some cancer patients. It concerns issues around unworthiness and lack of love but at a whole new level. As mentioned previously, many of us have emotional charges concerning unworthiness, because in childhood there wasn't enough love to go around—even in the midst of a loving family.

Some cancer patients have experienced a lack of love not only through circumstance but through actuality. They simply were not loved as children; they weren't wanted. The realization of that truth can be a very bitter pill to swallow.

### ***Themes of Survivors***

I've also noted parallels of those who survive cancer. Many have a very positive attitude and a willingness to be involved in their recovery. Some see cancer as the best thing that ever hap-

pened to them by bringing wonderful new people into their life. Others view it as a wake-up call, teaching them what is really important. Many learn about healing. Some connect to their God.

I've seen too much success to doubt if there is a connection between the subconscious mind and illness in the physical body, especially when it comes to serious illness. When forming a comprehensive plan into the treatment of a life threatening disease, it's an extremely good idea to incorporate the healing of a potential contributing factor...the subconscious mind.

### *Techniques for Serious Illness*

The following are techniques I have used with success while working with cancer patients.

#### *Family*

As soon as someone is diagnosed with a serious illness, resistance to suppressed emotion gets stripped away. Unresolved issues within families can come up with vigor. It's a perfect time for healing. Healing family emotions may enhance their physical healing. Use Age Regression and all the Forgiveness techniques for family issues.

#### *Dialogue with the Illness*

I've seen miraculous breakthroughs when patients have spoken to their cancer. Sometime the insights are profound and agreements can be made with the cancer to facilitate physical healing.

#### *Kill or Love the Disease to Death*

Some of my clients have done very well by visualizing and/or personifying the disease, then killing it or loving it to death. Which visualization technique you use will be dependent of the personality of your client.

## ***Vision and Success***

I've had the incredible opportunity to work with some very successful entrepreneurs. The first thing I learned about them is that they are not normal.

Entrepreneurs make up about 5% of the population. They are not focused on the past, but on the future. And they want to create that future, as big as possible. Because they're very comfortable with living life on the edge, they're natural gamblers and calculated risk takers. They're also born to make life happen, so they're all about action.

### ***Hypnotherapy Techniques for Entrepreneurs***

If you're lucky enough to work with an entrepreneur, keep in mind, their focus is on the present and the future. They won't have much interest in healing suppressed emotion from the past. So don't expect to go there. Instead, tap into their natural visionary inclinations and help them create a picture of their future.

Here are a couple of techniques I highly recommend to launch your entrepreneur.

First, use Future Progression to create possible visions of what their future could be. Have them go into the future and experience it, as if it already exists. Make sure to amp it up with passionate feeling and 'divine' presence, if that is in the framework of their belief system.

Second, try the Free Style technique and leave the session wide open to their subconscious imagination. Entrepreneurs are creative by nature and these types of sessions can be powerfully dynamic. Your client may conjure up insights they have never even thought of before.

There won't be much need to help them with an action plan. Entrepreneurs are born to do that on their own. However, don't forget to follow up to see how they're doing. You may be surprised at the change you helped them facilitate!

For instructions of how to implement the above techniques, please refer to Clinical Hypnotherapy Certification, Part Two.



## ***From Hypnotherapy to Energy Healing***

So far, through the progression of our last four courses, we've learned a great deal about subconscious techniques and how they can be applied for deep and permanent healing. However, if you haven't figured it out yet, as you progress and evolve in your practice, you'll grow beyond the techniques of hypnotherapy, into a world that is far more vast.

Sooner or later, if you work in the subconscious long enough, something will happen to change your perception of reality. It will probably come in the form of experiencing an energetic sensation. It will be in you, yet beyond you. Then you'll understand you're not the one doing the healing. In fact, you're really not a healer at all. You've become a facilitator.

### ***Healing Energy***

Call this energy what you want, God, the Divine, the Universe, Your Higher Self, Chi, The Collective Consciousness, or whatever. This is the source of true healing energy. Once you experience it, you'll never forget it. Then you'll be able to use it in your sessions, by channeling it with intention to to your clients.

### ***What's Is Healing Energy Like?***

You may experience healing energy as tingling, warmth or peaceful sensations. You may see it as color, images, or symbols. You may sense movement and be able to channel this presence with your voice, eyes, intention, hands, imagination, thoughts or will. How you channel it, will be for you to discover. Because as you experience and utilize healing energy, you'll be on a soul-evolving journey, that's unique for you.

## Meet Joseph



I'm a leader in meditation and healing and a four-time, award-winning author with a mission that is quite simple: To assist people of all ages in becoming the greatest version of who they are meant to be.

I've been working in the worlds of Meditation, Healing, and Spirituality since 1991. Six of those years I spent perfecting my craft by working with cancer patients in a radiation clinic in Bellingham, WA., I've performed over 2,000 private sessions, led numerous seminars, workshops, on-line courses and retreats, and published an assortment of books for adults and children.

I was also born with a deep spiritual connection to nature, which led me to earn a Master of Science degree in Geology. I spent 9 years as a mineral exploration geologist, exploring some of the most beautiful and remote parts of the planet, via helicopter.

In my spare time, I'm a jack of many other trades including, musician, artist, and whitewater paddler.

### *Education*

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