Secrets for Brilliant Hypnosis:
Hypnotherapy Techniques, Tips and Inspirations

Marilyn Gordon
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Marilyn Gordon

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I wrote the chapters in this book over a number of years, so here you have years of information and wisdom. No matter how many years have gone into the production, the material is still evergreen and is as applicable today as it ever was.

The material applies primarily to Transformational Hypnosis that considers all levels of human consciousness, all levels of mind—especially the conscious mind, the subconscious mind and the superconscious or divine mind. It’s important to know that we can reach all these levels with hypnosis, and on these pages we show you how it’s done.

You’ll have access to tools, techniques, philosophy, inductions, guided visualizations, and forms—a variety of material that will assist you to improve the quality of your work with all types of people.

At the end of this book, you’ll find links for Resources. This will assist you to go more deeply into many of the topics here.

You may use any of the materials here for your own use, including the inductions, as long as you don’t resell them.

Please note: Some people in some areas call it “hypnotherapy”—and others call it “hypnosis” or “consulting hypnosis”—or whatever is current in their area. Where I live, “hypnotherapy” is the most used word. I vary the terms in this book.

Thanks to all those who’ve assisted me in many ways to get this work into the world. I am grateful for the teachings, input, assistance and inspiration of many on the way.

I do hope you find this book both uplifting and helpful. Thank you for your interest, and many blessings to you.

With love,
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What is Hypnosis?

A Definition You Can Use

Hypnosis is an altered state of consciousness. While one is in hypnosis, or trance, the conscious mind becomes quiet, allowing access to the highly suggestible subconscious mind. Research has shown electrical changes in the brain during hypnosis, where the brain waves become slower than when one is in the normal waking state. Hypnosis is a state of deep relaxation with focused concentration in which relaxed brainwave states of alpha, theta, and delta can be reached. We naturally go into hypnosis when we daydream or watch television without distraction. There are varying degrees of hypnosis; some people go deeply and some go lightly. Most people are right in the middle. One misconception is that people who are hypnotized are unconscious. This is false. While in hypnosis, one maintains control and awareness. Hypnotherapists use hypnosis as a tool to assist those who desire positive transformation in their lives.
Three Insider Secrets for Creating Excellent Hypnosis Sessions

There are some ways of doing superb hypnosis work that are worth knowing about. In fact, if you use them, you may just stand out from the pack and make your clients very happy as well. There are specific words that you can say and guidelines for actions that you can take that will make your hypnosis sessions truly great.

**What to Do if They’re Not Getting Anything**

If you do interactive hypnotherapy, you may ask clients what’s going on inside their deep inner minds. Some clients see images or feel feelings or have memories of past events – but some clients don’t get anything at all. In this case, you have a few possible responses:

- Say, “If you *could* experience something, what would it be?” You’ll be surprised that they may have all kinds of experiences that are triggered by this hypothetical question.
- Say, “Just imagine that you’re getting something.” This may be all the stimulus they need.
- Ask them, “What’s that ‘nothing’ like?” Then ask them to describe that “nothing,” and see if a description of something can come out of that “nothing.”
- Ask them “Okay, what are you experiencing in your body?” If they have a pain or a tension somewhere, let that be a step toward understanding what’s going on inside.

**How to Prepare Clients for Hypnosis Sessions**

Say to them,

- “Some people relax very deeply. Some relax very lightly. Most people are right in the middle. You’ll have full awareness and full control, and you’ll get what you need.”

This will assure that they know that even if they’re in a very light state, they’re still in hypnosis. Some people worry about it if they’re in light states, and they ask you, “Was I really in hypnosis?” By letting them know that hypnosis depths are on a continuum in which some are light while others are deep, they’ll have more
understanding of the nature of hypnosis depth. By telling them that they’ll have full awareness, you’ll help eliminate their fears. Telling them they’ll get what they need is a pre-hypnotic suggestion that is highly positive.

**Use the Present Tense**

If you’re doing hypnotic regression, say “What are you experiencing?” rather than “What were you experiencing?” This makes your sessions more immediate and powerful. Your clients will go into true experiences rather than into memories.
Phrases to Avoid When Using the Language of Hypnosis

On TV one night, Milton Berle stumbled over his words, and with a shrug of his shoulders and a sheepish grin, he said, “Sorry, I have loose vowels.” This is an ailment none of us can afford to have. We need to be aware of our language. Because hypnotherapy is largely a verbal art form, awareness of language is a major key in how we do our work. Before I became a hypnotherapist, I was an English teacher, and I have a natural inclination to pay attention to words. It’s actually fascinating to take some close-up views of the ways in which we use our language in our work. A few men have even created an entire healing modality by studying language and its impact; they came up with neurolinguistic programming or NLP by studying how Fritz Perls, Milton Erickson, and Virginia Satir used words. But that isn’t what I’m going to do here. I’m going to talk about several common uses of language and how they impact the work of hypnotherapy.

Every hypnosis word we use has meaning. It’s well known that when we describe something to a person in hypnosis, that description can become a deep suggestion: “Your hand is becoming very light, floating in the air like a balloon.” Other suggestions are powerful, “You feel very peaceful.” Or “Your body is healing perfectly.” But this kind of well-known verbal skill is just the tip of the iceberg with hypnosis. Let’s dive even deeper. Let’s take a look at authoritarian vs. permissive language; at the use of negativities, and at the use of only visual language.

The “I want you to...” Conundrum

It never ceases to amaze me how many practitioners use the words, “I want you to...” when asking their clients to take the next action. It’s truly an instinctive use of language, and yet it is very significant. It, in fact, tells the client, “I’m not really interested in what you want, but here’s what I want you to do. And I’m your boss, so here’s what I want from you.” The significance of this is that the practitioner and client have a relationship that says, “I know what’s good for you, and therefore, I have one up on you.” But there’s another truth that this point of view misses; it’s that our clients have real wisdom, that they often know what is good for them, and that they are worthy of great respect. Milton Erickson knew this deeply. He rescued the old authoritarian hypnosis from its own language – and from itself. So grew the popularity of such phrases as: “Just let yourself...” or “You may find that you want to...” or “If you would, just go ahead and...” Some clients and hypnotherapists rejoiced at this. Others paid little or no attention and kept on with “I want you to...” language. The upshot of this is that sometimes clients are treated with a paternalistic attitude that implies that the hypnotherapist is a demigod. So, if that is what floats your boat, there are then all kinds of practitioners with many variations of behavior. If you are one who uses authoritarian language and would like to
see what a new way might be like, I’d like to suggest just becoming aware and trying on a new hat and a new way of using language – if you like.

**Negative Language and Negative States**

I was taken by surprise one day when I heard a very skilled and wonderful hypnotherapist use this suggestion: “When you feel your anxiety, just breathe deeply.” That sounds innocuous, but think about it. If we use a word like “anxiety” in our positive suggestions, it may make a client anxious. Not only that, it also implies that the client will keep on feeling the fearful state. So it might have worked better if this hypnotherapist would say, “Whenever you want to or need to, you can always breathe deeply.” This doesn’t bring up the negative states, and it offers a possible action just in case the client needs to do something for healing. And yet, I’ve heard many hypnotherapists who give such suggestions as, “You don’t feel so tired anymore.” Or “Your tumors are not so painful.” Well, in addition to using the word “not” – there’s also the very negative words and concomitant images that are evoked.

It’s a well-known fact that negative language can create negative states. My dear friend Dianne Kathryn Short, a marvelous hypnotherapist, created a list of commonly used phrases that can create unwanted manifestations:

1. “That eats my heart out.”
2. “I need a break.”
3. “That’s driving me crazy.”
4. “That’s to die for.”
5. “It makes me sick.”

So when you listen to what your clients are saying, you may find negative words or phrases that may be contributing to their current issues. Hopefully the words you, yourself, use will contribute to the process of healing instead.

**You May Not be Able to See It**

It’s also good to remember that not all people are visual. Many hypnotherapists and others who do visualization assume that everyone has the ability to see things inside their minds. But as NLP so aptly taught us, only some people are visual. Others are auditory or kinesthetic or olfactory or whatever other sense is their dominant mode of experiencing.

This may sound rather basic, and yet how often do you hear an induction that starts out saying, “Just picture yourself on the beach on a beautiful day.” Not everyone can see that kind of picture. And not only that, some people don’t like the beach, so you’ve got two strikes against you if you go that route. One way to circumvent all of this is to use non-visual inductions – like counting or letters of the alphabet or progressive relaxation. Or you can ask the client to tell you their preferences before you even go into trance. Or you can use visual pictures with non-visual language: “Just imagine yourself on a beach. You may see it or feel it or just know it’s there – any way that is best for you to experience it.”

The great Walter Sichort, master of the ultra-depth trance, once told me that he never
used visual inductions because they made people think too much. He said that it was
good to take people to more primitive parts of their brains, and so he used numbers and
letters and, of course, his voice. It’s good to be sensitive to different peoples’ varying
modes of experiencing life and to choose appropriate language.

Other applications of this conscious use of language can be at various phases in your
session. When you’re done with a session, there’s something more effective to say than,
“If that doesn’t work, we can do another session.” You can say, “If you need to for any
reason, it would be good to return to see what else we may need to look at.” The great
Dave Elman, in teaching dentists and doctors to speak wisely to patients, tells them calls
what they do “procedures” – not “shots.” Marie Mongan, founder of HypnoBirthing,
knows the power of words full well. She never uses the word “pain.” Instead, she talks
about “surges.” She might even say, “You’re feeling only pressure.” Marie likes to point
out how the words “pain” and “labor pain” have affected the lives of millions of
needlessly suffering women.

**Powerful Words**

Our words have power. We create much of our experience by the words we speak. Words
have vibration and energy, connotation and suggestive influence. By watching our
words, we also watch our intentions. What do we want to send out? What do we intend to
create? How can we say things so that they create the highest results? How can assist our
clients to experience what is inside of them instead of what we say we want them to
experience? I don’t suggest that I want you to go walking on the beach feeling your pain
about this; nevertheless, choosing your words with care is something important to
consider.
8 Tips for Brilliant Hypnosis Sessions

Here are some tips and pointers I’ve gathered along the way. Some of them were given to me by ingenious people. Others I’ve developed myself. Take a good look at them and see if you get the feeling, “Yes! This is just what I need.” Here are some additions to your tool box that can make a big difference in the lives of others.

- **Use this to avoid hearing the comments from clients “Was I really in hypnosis?”**
  Some people think they’ll go into a stupor when they come for a hypnosis session. They’ve seen the stage shows in which hypnotees are apparently under a spell, and they think that’s what’s in store for them also. Anything less than a coma state might mean to them, “I’m probably not in hypnosis.” Here’s how to avoid that phenomenon:
  Before going into hypnosis, you say the following to your client:
  “I’d like to do some hypnosis with you. Some people relax very deeply; some go very lightly. Most people are right in the middle. So you see, it’s a range of experiences that people have. You’ll have full awareness and full control, and you’ll get what you need.”
  There’s a lot here: They now know that even if they go into a light state, they’re still in hypnosis. They understand that they’ll know everything that’s happening, and in a pre-hypnotic suggestion, they’ll “get what they need.” This technique can work wonders.

- **Use numbers and letters to help people go more deeply.**
  A long time ago, the great Walter Seichort told me that instead of visualizations, he always used numbers and letters, and he recited them very slowly. He felt that visualizations were more from the intellect, and numbers and letters were from the more primitive reptilian part of the brain. He’d count backwards very slowly, sprinkling hypnosis patter in between. It might sound like: “Going very deeply now. More and more relaxed.” He felt that this was more mesmerizing than relaxing on the beach. Now, there’s nothing wrong with visualizations, and they’re also deeply relaxing. But everyone can understand and relate to numbers and letters, whereas some people will not relate to your specific visualization, especially if they don’t like sunshine, water or sand.

- **Make recordings for your clients.**
  Clients love their recordings, especially if they’re custom made especially for them. These aren’t recordings of entire sessions. They contain a relaxation induction and positive suggestions that are created for your clients’ own issues, suggestions that arise from what has taken place in the session. The recordings can be short, 15 or 20 minutes long. They can have soft relaxing music on them. You can make them during the session or afterward, though it’s good to learn to

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make them during the session to avoid giving yourself a lot of homework. You conclude the recording with comments about how the material on the recording is penetrating into the client’s inner mind and having a powerful effect. You can bring your client back with numbers also. I count upward from 1 up to 5, and my voice gets louder as I go.

- **Use a questionnaire.**
  We send the questionnaires by email or regular mail and ask clients to bring them to their sessions. We go over the questionnaires with clients when they come to their sessions. We have separate questionnaires for smoking, weight, and healing. Here are some typical healing questions on one of our questionnaires:

  * Have you ever had a hypnosis session before? Was it a positive experience?
  * What’s the issue that brings you to your hypnotherapy session?
  * Briefly describe the history of this issue.
  * What’s going on right now regarding your issue?
  * What would you like to accomplish in your hypnotherapy session?
  * What would you like to see for yourself and your life in the future?
  * Do you have any particular spiritual path that can assist you in transforming your issue? Please explain if you like.
  * Is there anything else you’d like us to know?

All of these questions assist us to know our clients in greater depth. Of course, leave room between each question so they can answer, and put your contact info at the top.

- **Create rapport.**
  That’s the first thing you do when a client comes to you. You can even small talk with a client at first. “How’s your day been today? Did you find it here easily?” It helps you both to come into a greater connection with each other. If you want to just go into your routine with clients and simply do suggestions, you may be missing a personal link with them, and you may not know how to individualize your suggestions for them. Building rapport builds trust – and this is a significant factor in your hypnosis success.

- **Help your clients come back fully from hypnosis.**
  Here’s a technique that works every time. I learned it from someone, and I don’t know who that genius was. But here it is:
  If you find that a client is woozy after a hypnosis session, tell him or her that you’d like to clap a few times in front of their face. Then you clap your hands together in the air 5 or 6 times, saying as you clap: “Coming back fully now. Wide awake and feeling great. Coming on back.” You then ask your client, “Are you back now?” The answer will usually be “Yes!” and you’ll often see a great big smile.
• **Observe absolute, complete confidentiality.**
  Let your clients know in a client consulting agreement form that you maintain professional confidentiality. Make sure you never tell anyone the name of anyone you’ve worked with. If you tell anecdotes about client sessions, make sure they’re completely anonymous, and names and places are changed to protect the innocent.

• **Ask this question and receive profound answers:**
  The question is “What would your Wise Mind tell you about that?” Everyone has a Wise Mind, and it is brilliant. The reason it’s brilliant is that it’s a part of the infinite wisdom of the universe. You might be amazed at what comes forth from clients when you ask this question. If you’d like to know more about this, take a look at my book, *The Wise Mind*. The Wise Mind often indicates the significance of particular experiences of our lives and invites us to move into new dimensions of understanding. The Wise Mind gives an expanded view and shows us how to transform the problems and issues of life.

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Words for Your Clients:
What Happens When You’re in Hypnosis?

Here Are Some Ideas You Can Give Your Clients About Hypnosis

When you’re in hypnosis, your life can be transformed. Have you wondered what it’s like to have a hypnosis session? Though everyone is different, there are some things that usually happen when you’re in hypnosis.

First of all you get very relaxed, and yet most people feel focused and awake. While you’re in this deeply relaxed state, your deep inner mind is brought to the forefront, and your conscious mind is quiet. So when you’re relaxed, you have greater access to material that is more deeply embedded inside of you.

When you’re in this relaxed state, you’re also often highly suggestible and responsive. Your attention is focused, and it’s almost as if your body is sleeping while your deeper mind is fully aware and awake. You may feel light or heavy in your body, or you may feel various sensations, such as tingling, floating, relaxation or deep peace.

How Deeply Do You Relax?

In hypnosis, some people relax very deeply and some relax very lightly. Most people are right in the middle. You have full awareness and full control, and you can get what you need no matter how deeply you relax. Some people are under the impression that they need to go into a “stupor” to have results, but that’s not the truth. There are all different levels of relaxation or “trance.”

What Do You Do in Hypnosis?

There are different types of work you can do while in hypnosis. One is that you and your hypnosis practitioner can interact. You can talk about whatever might be going on inside of you. Another way that hypnosis works is through suggestion. Because your subconscious mind is highly suggestible, you can receive suggestions about whatever you want or need to experience.

What if You’re Not a Visual Person?

The suggestions appeal to your deep subconscious mind. And you can also do some visualization. Not everyone is visual. Some people are kinesthetic and basically like to move around a lot. Other people are auditory and can hear things easily. If you can see bright images in your mind, then you’re visual.
How Do You Get into Hypnosis?

To get relaxed, there are many methods. Some practitioners use healing touch, and many use relaxing voice tones and words. When you go inside, if you’re taking a look at what’s in your deep inner mind, you may find old thoughts, pictures, feelings or patterns, and you can transform them with the help of a practitioner. When you’ve completed that process, then the positive suggestions can begin. Remember, however that there are as many ways of doing hypnosis as there are hypnotists, and you will experience something different from each one.

What’s it Like to Do Self-Hypnosis

You can also do self-hypnosis. One way is to say relaxing words to yourself, such as counting numbers backwards to bring yourself into a state of relaxation, and when you relax, you can find anything that needs to be transformed, and you can transform it. And you can imagine anything you’d like to imagine. You can also give your deep subconscious mind any suggestions you’d like. You have miraculous power in all aspects of your inner mind, and you have the power to truly transform your life here and now.

Some people have immediate transformation, and some people need to keep on doing their self-hypnosis regularly. Whether your transformation comes right away or after some practice, you can have great results as longer as you have a sincere intention to do so. Remember always to use positive words, especially when you make suggestions to yourself.

You can transform habits, emotions, old thoughts and patterns, and you can truly shift the course of your life for the better.
More Info You Can Give Your Clients

The trance state seems like an exotic experience, but it’s as natural to you as sleep. You view sleeping as a perfectly normal activity. You don’t find it strange that you put on special clothing, lie flat on a horizontal surface, turn off the lights, close your eyes, and switch into another state where you can often see pictures dancing inside your closed eyelids. Conversely, the trance may seem unusual, but it’s really as natural as sleep itself. Both sleep and trance quiet the waking mind and take you deeply inside yourself.

What Does Hypnosis Feel Like?

When you come to think of it, you’ve experienced hypnotic trance often and in many daily activities, like when you’re running down the track or watching a film or making love or wildly dancing or daydreaming – or even driving your car – and you’re not aware that you’re “doing” the activity. You become absorbed in it so fully that normal thought processes seem to cease for the moment, and for that time, you’re elevated, uplifted, and freed. This hypnotic trance is a natural state of consciousness.

What Happens when You’re in Trance?

While in this deeply relaxed state, your deep inner mind is brought to the forefront, where your everyday or conscious mind is usually found. So when you’re relaxed, you have greater access to material that is more deeply embedded inside of you. This state has often been looked upon as esoteric, strange, mysterious, “altered;” yet it’s a simple and natural state in which the deeper layers of mind are freed from their normal limitations. It is, in fact, a state of mind you normally spend a lot of time experiencing.

What Can You Do in Hypnosis?

When you’re in this relaxed state of trance, you’re often highly suggestible and responsive. Your attention is focused, and it’s almost as if your body is sleeping while your deeper mind is fully aware and awake. You may feel light or heavy in your body, or you may not experience having a body at all. You may feel various sensations, such as tingling, floating, relaxation or deep peace. You’re able to bypass your normal waking consciousness and cross the bridge into the often buried parts of yourself.

The trance state is also the hypnotic state, and it has many uses. You can connect with the subconscious mind and the higher or superconscious mind. You can get in touch with creativity, spirituality, your past and future and especially become more aware of the
present moment. You can look at your motivations and emotions, and with your innate abilities.

How Do People Talk About the Hypnotic State?

Everyday language views the trance state as magnetic and compelling: “He has hypnotic eyes” or “She’s got you hypnotized” (and therefore under her power) or “That’s the cultural trance he’s under”. And yet the trance state is actually a state of deep relaxation, well-being, and natural responsiveness. The trance state is a gateway or channel to self-knowledge and is a gift given to you as an evolutionary tool. The trance state is connected with your “essence.” It’s a native state, “home base” – a meditative state that has all the comforts of “home.”
7 Things to Do if Hypnosis Clients Don’t Seem to be “Getting Anything”

Here are some steps you can take if you’re doing interactive hypnosis, and your clients come up with “nothing.” Hypnotists often think they’re not “doing it right” or clients are “resistant” if clients say to them, “I’m not getting anything.”

If this happens, you can say to them:

• “If you did experience something, what might it be?”
• Or you can say, “I’m going to hold up your arm and release it onto your lap. As I do this, the experience will come right to you. You’ll be able to see or feel or hear or know it.”
• Or you can say, “What’s that nothing like? Tell me about it.”
• You can also say, “What are you experiencing in your body (or your emotions) right now.” You can begin there. You can also become more directive, “Let’s go to a time when you were a child experiencing this.” Or “Let’s go to the source of your____(name the issue).”
• You can also say, “Use your imagination. Pretend you know.”
• Or “What is coming to you now?” If it’s darkness, explore the darkness. If it’s tension, get into it. Find out what qualities it has.
• You can ask, “What would your Wise Mind tell you about that?” Almost everyone has an answer for that question.

Just get into what’s going on. Whatever’s coming up is the issue and can be explored. In this sense, there is no such thing as resistance. Whatever is there is the material for your session. And remember, if clients tell you they’re not “seeing” anything, they might not be visual people. They may hear it or feel it or just know it’s there. The art form is for you shift your client’s mind around and see things from another angle. So much is possible when you open up to greater possibilities.
Working with Both You and Your Client in the Hypnotic State

Hypnosis is not just for your clients. It’s for you too as a practitioner. The ability to work with clients while you too are in a trance state makes it possible for you to do wondrous things. As you relax more deeply, along with your client, you become more attuned to your client and the forces at work in your session; you become more creative and intuitive. You quadruple your ability to do great work. You can pay attention to your client’s well being, to what you need to say, to the time on the clock – while at the same time going into your own deep state.

What is this trance state like? It’s a deeply meditative state of focused consciousness in which you feel profoundly relaxed and connected with your inner being. We all know this state. It is not difficult to come to this state once you know the techniques. You come here in order to access greater parts of yourself so that you can do your work with more sensitivity and awareness.

When you’re very relaxed as a practitioner, you send that relaxation state non-verbally to your client. Your vibration communicates itself to your client, just as it would if you were angry or elated. When you are supremely relaxed, your client can be relaxed as well. There is a special feeling that you transmit when you work in trance. Your client automatically goes more deeply, and you are in touch with the most profound parts of yourself: your intuition, your wisdom, and your love.

Being in trance in your sessions gives you decided advantages over working in ordinary waking consciousness. First of all, not only does your client get to relax, but you do as well. Then there are the other advantages of being open to receiving guidance from forces that transcend the ordinary mind. You establish within yourself these internal guidance systems, and you make certain that they are coming from a place of purity, and then you can rely on them as you work. They give you knowledge about your client and about what to do next. They open the qualities of compassion and love in you as you work.

It helps if you, yourself, have a practice of self-hypnosis or meditation that is separate from your work with clients. Regularly dipping into deep states of your own makes you more adept at experiencing these states when you work with others.

How to Do It

It is possible to work in a trance state while simultaneously taking care of business. Of course, you need to make sure that your client is comfortable, to pay attention to his or her reactions, to make certain that the session is running on schedule, to know what to say next, to remain present and grounded, and to take care not to take on your clients’ issues. You can do all this at once and still go into trance. It’s a delicate dance, and you learn to do the choreography.
One way of achieving this trance state while working with others is to be fully conscious that this is what you’re planning to do. Some practitioners naturally go into trance states as they work. Others need to create this more consciously. I, for one, like counting during inductions. I find that counting numbers backwards (from 10 to 1, 5 to 1 and 3 to 1) and is a powerful induction method when combined with other inductions. As I’ve already mentioned, the great ultra-depth hypnotist, Walter Seichort, consistently used numbers in his inductions. I spoke with him once and he said to me that he liked to do non-cognitive inductions. He liked counting and doing progressive relaxations more than visualizations. He said that he found that going beyond the intellect into the more primitive parts of the brain worked well for him in inducing trance. This is not to say that visualizations are not good to do. On the contrary, they are powerful. Nevertheless, you may want to open to the possibility that working with less mental processing can more quickly and effectively access the reptilian brain, the non-cognitive primal and basic centers of the human being.

Ormond McGill is another “national treasure” who, himself, works in trance states. When you observe him at work, you see that he is so connected with a transcendent state that he is able to simply gaze at his client, and the client will become deeply relaxed. He has so much power in his intention that his suggestions have an energy behind them. When he says, “Sleep!” – it is not simply a word. It carries with it the energy of trance. He is there too.

**Going Very Deeply**

So, let us say that you are using a counting down process in your trance inductions. Here is the time when you can take the cue to deepen your own trance connection. As you count down, you can close your eyes and allow yourself to relax very deeply. You can train your own inner mind to go more deeply into trance along with your client whenever you count those numbers down. You also train yourself to be aware of what is going on with your client. From time to time, you may open your eyes. You listen to the sound of your client’s breathing. You pay attention, and yet you go more deeply. You may want to even consciously suggest to yourself that you are relaxing very deeply now and remaining fully aware of everything that is taking place.

You may want to call in a presence that is very loving – a guide, a helper who will be a vehicle through which you can do your work more effectively. This you can establish within yourself, and you take the opportunity to call upon this healing force as you count the numbers down. When you’ve completed this and you’re ready to begin, you find that you’re in a highly receptive and responsive state for doing the work. You can now also include other processes in your induction. You can play gentle chimes and do healing touch. You can also include progressive relaxation and even visualization.

As you go into trance, you may notice that your voice will change. It will become softer. You may notice that something opens up in your heart, which translates into the ability to give more love to your client. You may notice that you know what questions to ask. You may find that you have insight into what is going on with your client, and you can preside over the session with greater sensitivity. If you make tapes for your client, these can
come right through you instead of being from your mind only or from a script. They can be inspired messages that come forth from a place that is beyond your ordinary awareness.

In the same way that you work in trance with clients, you can also extend that practice to times when you’re writing or creating some work of art or even organizing your office. You are able to access a state of being that allows the words to flow through you or helps you to know what colors to paint or which papers to file in which folder. It’s about leaping into a state of being that brings you into an experience of flow. Here there are possibilities that extend beyond the ordinary. This is a remedy for creative blockages. It is also a way of doing highly creative hypnotherapeutic work.

Just imagine that you are going deeply into trance with your client. Imagine that as you count the numbers down or go through each muscle group relaxing it, you are also speaking to yourself, telling yourself, “I’m relaxing more deeply now. I’m experiencing my breathing and paying attention to my client now. There’s a loving presence surrounding both of us. Let us both feel an arm of love around us as we work.” At the same time, you’re keeping your eye on the clock when you need to and keeping another watchful eye on your client. You stride both worlds as you skillfully facilitate your session.

We are fortunate to have been given inner gifts. These came with us at birth. It is both our challenge and opportunity to take these gifts off the closet shelves of our consciousness and put them to good use. These gifts of love and brilliant wisdom not only serve others, but they help us to become the enlightened beings that we came to this earth to be. How lucky we are to have work that reminds us of our ultimate purpose here.
What’s the Difference between the Subconscious and the Superconscious Mind, and How Can They Both Help You with Healing?

Your subconscious mind is the place in which everything that has happened to you is stored. It’s like Google, a universal search engine in which all the “documents” of your life are kept in searchable files. This includes losses, habits, and traumas, and it also includes subpersonalities like the inner child. You can put it on “search mode” and find out many answers to your life’s questions – like “Why do I keep on doing this thing that I don’t want to do – over and over again?”

The Storage Place of the Mind

In the subconscious mind are collections of beliefs and perceptions – a Public Storage of Consciousness where you keep all the old furniture of your mind and life. You also store patterns of your mind like, “I’ll never be any good” or “I’m better than everyone.”

The Transformation System of the Universe

Your superconscious mind is just the opposite. It’s your higher self or Wise Mind, and it’s the transformation system of the universe. The qualities of this state – wisdom, love, peace, light, forgiveness, and enlightenment – are gifts given to you to help you to become your greatest self. The superconscious state goes above and beyond every other feeling, thought, pattern, or tendency in your body and mind, and your awareness of it shifts the very core of your life itself.

Your subconscious mind is a repository of the dilemmas or illusions, and your Wise Mind is the representative and voice of the soul, an inborn remedy of transformation.

Getting in touch with your superconscious returns you to wholeness and is the basis of prayer, meditation, transformational understanding, and ultimate healing. It is ultimately practical, as it consistently reminds you of the wholeness that’s at the core of your being and that we can consistently return to for comfort and peace.

Think of Yourself in Expanded Ways

Your superconscious mind reminds you to think of yourself in expanded ways: “I’m not poor or dysfunctional or ugly. In truth, I AM something more, and when I understand this, I can move myself out of anxiety and fear, doubt, seeming failure, and limitation. I
can remember that I’m a radiant being of the universe, graced with an innate power that is who I really am.”

**Our Reality Influences Our Work**

All of this profoundly influences the kind of work we do to assist in our own growth and the growth of others. We can “hang around” in the problems till the cows come home, or we can leap into the solution, the connection. On a practical level, we can consistently help ourselves and others to move into more advanced states of consciousness where the remembrance of the infinite reality exists. You can help yourself and others to remember that:
You are infinitely abundant.
You are beautiful.
You are loved and loving.
You are graced with gifts and talents.
You are filled with happiness.

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More About Your Brilliant Subconscious and Superconscious Mind Powers: Fascinating Info about the Inner Workings of Your Mind

There are three important parts of your inner mind: your subconscious mind, your conscious mind, and your superconscious or Universal mind. All of these parts of your mind are crucial to your functioning, and all have different roles. All, in fact, are of great significance, and it’s good to understand them.

Your Subconscious Mind

Here are some of things the subconscious mind does:

- It supervises the workings of your physical body – your digestion, assimilation, elimination, glandular secretions and more. It directs your heart to beat and your muscles to work. It repairs your body.
- It perceives by intuition. It can read the thoughts of others and communicate with other minds.
- It receives and absorbs suggestions.
- It’s the “Google” of the bodymind, a storage or filing system of everything that has taken place in your life. It can be put on “search mode” to find out significant incidents.

Your Conscious Mind

Your conscious mind directs your voluntary functions, as well as logic and reason and everyday activities. Your conscious mind helps you navigate the world, do math, study history, engage in law or government. Yet, if you also allow your life to include understanding that you get from the other parts of your mind, you’ll enhance all the experiences of your life.

The Superconscious or Universal Mind

The Universal Mind or superconscious (of which the Wise Mind is a part) is a conduit for Universal Intelligence. It is all-wise and all-powerful. It brings about manifestation of your aspirations, as you ask or pray. There are many powers in this part of your mind. There’s love, peace, light, and wisdom. It can help you solve your problems. It’s actually the voice of your soul.

You Have Inner Powers
The subconscious acts as a conduit or vehicle to send messages or energy to the Universal superconscious mind so that you can fully use your inner powers. When you know you have these powers, you can reach deeply within yourself to find them, and this will assist you to transform your life. Just allow yourself to relax enough to calm your conscious mind, and you can have access to a new world of your inner mind that will bring your life to a higher level.
The Wise Mind Answers Your Questions

Your Wise Mind is the capacity to access the part of yourself that carries wisdom. Absolutely everyone has this same capacity. It’s not the same as the conscience, the Jiminy Cricket on the shoulder, which carries a moral or value judgment. It’s an innate capacity of the superconscious state that people carry within as a part of their birthright. It’s a homeopathic remedy in the soul that understands the wisdom in any given life situation. You may be given specific things to do about the situation. You ask, “What would my Wise You tell me about this?” As soon as you ask this question, you find yourself in another level of your consciousness. You may be moved to a more elevated state from which you can see the situation in new ways. You come to know the larger picture into which your own life situation is set, and that instantly transforms the situation, itself.

The Wise Mind is the higher faculty of advanced consciousness, wisdom, or guidance that is innate in the human organism. Through it, you bring forth experiences that arise from an inner source. “What would my Wise Mind want to tell me about this?” is a life-altering question. Perhaps your Wise You would like to tell you what an entire experience in your life has meant to your growth. It may want to offer you a transformed way of looking at the entire experience. It may show you an answer to a dilemma. It may give you ancient wisdom to put your own situation in perspective. It may show you a way of living your life that puts you on a more fruitful path. Connecting with the Wise Mind is an ancient art. The healing temples of ancient Greece and Rome are perfect examples.

Ancient Healing Temples

Ancient healing temples of Greece and Rome are fascinating. These great temples are one of the predecessors of modern healing. There was an extraordinary order of priest-physicians around 1200 to 1000 BC. Their great leader was Aesclepius, and their accomplishments were miraculous. When Aesclepius died, temples dedicated to him were often built near healing waters, like the spas of today. Temples were places of beauty and sacred dignity.

In these healing temples, patients were diagnosed and treated according to dream experiences that they had there. Supplicants would come to the temples and be prepared for the healing process. They’d be clothed in white garments, and they were brought onto couches, where they were instructed to dream a healing dream. In the morning, the patients told their healing dream to the priest-physicians, who then prepared the formulas for them. Amazingly, the patients recovered. Blind people recovered their eyesight. Scars were removed. A boy recovered his speech. People were cured of all kinds of ailments.

Like the ancient ones, we too acknowledge that there is an inner “medicine” that we can find within ourselves. We can find answers in the deep resources of our inner mind. We
recognize the wealth of information that lies in the Wise Mind, and we can honor what comes forth as the rich material of our healing process. In this sense, we are our own priest-physicians.

Every human being is equipped with an inner source of wisdom. When you ask yourself, “What would my Wise Mind tell me to do about this?” a brilliant answer might emerge from the depths of your consciousness. While it’s good to look in books to find precedents for healing one issue or another, there’s another place you can go. It’s not the library. It’s not the Internet. It’s the great temple of healing that lies at the core of your own inner world. Each time that we make this connection is an opportunity for an experience of the divine.

**Looking at Deep Stress**

A man, the head of a growing company, looked at his feelings of stress. His stomach bothered him. His sleep was fitful. He was frequently grumpy and irritable. He looked deeply at the knot in his stomach, allowing himself to feel the constriction. He noticed that his heart was beating faster than he knew it should. He asked his Wise Mind to give him some understanding of what was going on:

First, his Wise Mind pointed out that the donuts and fast eating weren’t helping at all. Next he began to receive wisdom about the dynamics of his work life. He saw that he had people around him who were not supportive, who tended to undermine him—not everyone, but enough so that it was a huge drain on his resources and energies. His Wise Mind told him to look on an even deeper level and notice the pattern in his life. He looked and saw that his own family didn’t support him in fundamental ways; there was always some undermining that went on in their dynamics together. This was actually so familiar to him, that it seemed like a “comfort zone”—but it was truly not comfortable at all. His Wise Mind prompted him to attract supportive people into his life, to make significant changes, both within and without.

**More from the Wise Mind**

One woman wanted to let go of judgment, especially self-judgment. In hypnosis, her Wise Mind said to her: “You don’t have to judge others to make you feel better. Forgive yourself for being judgmental. You don’t have to make it wrong to judge. ‘Discern’ instead of judge.”

Another woman felt intimidated by one of her relatives. You Wise Mind said to her, “In the deepest part of you, you know who you are. You relative can’t go there. You’re safe in your own inner place, and you can release your responsibility for her. You have both been freed.”

**The Healing Mind is Brilliant**
Not only are the challenges inside of you, but so is the remedy. The Healing Mind is that part of the self that is able to stand back and see from a greater perspective.

Transformational Wisdom is within every human being. The Wise Mind is a part and parcel of the Universal Source, as it exists in microcosmic form within us. God spoke to Jeremiah and said, “Call to Me, and I will show you great things that you do not know.” You can do this. The question you may want to ask to help you to get there is: “What would my Wise You tell me about this?” You can ask this question in or out of hypnosis. You may be stunned at the answers you can receive.

Miracles of Inner Healing
for Cancer and Other Illnesses

There is an inner power of healing so great that it can shift matter and transform illness. The mind, together with the powers of higher consciousness, can shrink tumors, cause blood to pump faster or more slowly, and create great mind-body shifts. Here we’ll look at how personal and creative inner imagery, metaphysical healing, connection with the healing power, and transformation of attitude—together with nutritional and other life changes—can heal life-threatening illnesses.

The mind is electromagnetic. It has magnetism and vibration, and it can magnetize or draw in healing events via healing thoughts. This is how it can shift matter. And because we all have creative capabilities, we don’t need scripts or stock visualizations to heal. There is healing imagery in the imagination of each individual. This is personal, intrinsic healing, and it has great power.

Bob Cisowski’s situation is a perfect example of how this has worked skillfully in a challenging situation. In 1994, Bob had an inoperable cancerous tumor in his right lung. He had stopped smoking one year before this, and he had just begun radiation when he came to hypnotherapy for healing. Bob knew that the first thing he needed was to strengthen his ability to stay in a healing consciousness. It was not always easy, as he had a lot of anger and frustration, but he knew that attitude was his first prerequisite for healing. He wanted to go more deeply into meditation, to understand the mental healing process more fully and to be in touch with his spirit. He had a natural spiritual connection and wanted to relate it to this major challenge of his life.

The Metaphysical View

The purpose of radiation was to shrink the tumor away from the spinal column. Because it was so close, it was inoperable. We made Bob a tape, and he imagined the radiation to have healing beams eliminating the cancer cells. We then began a special metaphysical healing technique, which had three steps:

- Close your eyes, and say to yourself, “With the wisdom of my Higher Self and the power of my healing mind, I am healing myself now of all traces of cancer. All the cells of my body are helping now to bring me to perfect health.”

- Visualize the healing process. He chose to visualize the white blood cells coming in and carrying away all traces of the cancerous cells. Then he saw the growth shrinking, and he finally experienced it as gone.
• Then Bob imagined himself going to his doctor. The doctor said, “It’s some kind of miracle. Your cancer is completely gone.”

• Next Bob spoke to the consciousness of the cells, saying, “Compete healing is happening in all my cells. You are all working in perfect harmony now.” Bob then imagined a pool of healing water, which was just the right temperature and depth. As he waded in it, he washed away anything his body didn’t need and brought new life to all parts of his body and mind.

He then decided he wanted to envision himself in robust health holding his great grandchildren, feeling joyful, full of faith and life, knowing he’s been blessed with healing. He chose to say “I am healing myself now,” while at the same time putting his thumb together with his index finger. This was a phrase he could use at any time of the day or night. If any difficult thoughts would come up, he could use this phrase and put this thumb together with his index finger to trigger relaxation and reconnection with the power of healing.

Mind-Fields of Healing

By May of 1995, Bob found that he was getting better. His white cell count was normal. He felt as if he’d stepped into a healing consciousness. Now he needed to look more deeply at some of the attitudes that were present when he became ill. At that time, he’d gotten burned out on his job. He had stresses that were getting to him, and he knew he needed to make even better contact with his spirit. In hypnosis, he saw a blue light, and he worked with a divine healer and angel. This helped him to sit more firmly in a healing state.

He was taking a number of supplements prescribed by his alternative doctor, and he’d begun to eat more healthfully and walk more regularly. He decided to create more visualization tools for himself. He imagined himself looking at an x-ray of the tumor, erasing the tumor with a computer-like tool. Then he heard a voice saying, “Your x-ray is totally clear.” He decided to go back into the healing water to wash away all the toxins, flushing them out and completely healing his body. He also directed a beam of light on his body, specifically on the area in need of healing. The beam lifted his spirits and put him into a high healing vibration. Again he did the Metaphysical Healing Technique: “With the wisdom of my Higher Self and the power of my healing mind, I am healing myself now. All the cells of my body are helping now to bring me to perfect health.” He again visualized the growth shrinking and then gone, and once again he spoke to the consciousness of his cells: “You are all healing and working in perfect harmony now.”

By January of 1997, Bob was doing extremely well. He wanted to look more fully at his emotional life and dive even more deeply into his spirit. He was still taking in many nutrients, and his body was becoming strong and alive. He realized he carried anger in him, frustration that he wasn’t allowed to express himself and perfectionism that plagued him. His sickness showed him that it didn’t matter whether he did things perfectly or not.
Getting sick made him look at his anger as well. After he got sick, he knew he needed to keep his anger at bay. He realized that the anger was mostly at himself and at things in daily life that didn’t go as planned. His sickness was a blessing for him, as it gave him a handle on his anger. He’d also resolved his fear of death.

**Resources in the Spirit**

And time, he wanted to work with even more of his spiritual resources. In his deep inner mind, he went to meet his spirit guide, and he experienced the light of healing all around himself. He made a strong connection with the Healing Power, which was continually moving within him, assisting him, bringing healing and love to every part of his body and mind. He realized that he was a part of a vast universe – a perfect working part of something huge, and he knew that he had within himself all the qualities of the spiritual universe—including wisdom, love and light. He felt connected with his favorite animals: the bald eagle, the tiger, and the orca. And gave him power, and he felt relaxed, happy and at peace.

By February of 1997, he began to solidify his plans for the future—to start traveling with his wife, to get a trailer and drive. He went inside himself again to a forest, where he again met his Guide. And opened his heart to great love and total peace. And energy level that came from him was profoundly peaceful.

By June of 2001, he had just turned 63 and was doing great. He had yearly blood tests and x-rays, and everything was fine. He did many things, including radiation—nutrition, some lifestyle changes, and to him the greatest gift was a shift in attitude and his connection with his spirit. He had established emotional stability and spiritual guidance. And cancer had been inoperable, but it shifted in other substantial and incredible ways.

And so it is, with the wisdom of your Higher Self and the power of your healing mind, you can create miracles of healing and shifts in consciousness that profoundly alter the course of your entire life.

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Six Reasons It’s Good to be a Hypnotherapist and Have a Certificate for Doing Work You Love

Before I became a hypnotherapist, I knew I wanted to do work that could help people transform their deepest difficulties and become more free. I had a number of skills that I learned along the way, but I had no way to put them together into a viable profession and hang a shingle on my door. I prayed for it for quite a while, and finally I met a woman who told me she’d been certified, and I asked her what she did. She told me, and I said to her, “You’re kidding! I do that!” That was when I knew that I could get my certificate too. What I wanted to do was to make my contribution to the world and have a grounded profession so I could do the work I loved. And now I finally knew how to do it, and I became a Certified Hypnotherapist. So here are 6 reasons why that’s a good thing and why you might want to do it too.

You have a certificate to help people.

Most people want to assist people to grow and move beyond the troubles of their lives. How great to have a certificate you can put in a frame and put on your wall that gives you the green light to help people with just about anything they’re dealing with. It’s fulfilling to know that you have tools to help people with their fears, habits, aspirations or spiritual development.

You help people with a great variety of life issues.

It’s really exciting to have the tools to assist people to stop smoking or overeating. It’s great to help people overcome their fears of public speaking or taking tests. It’s wonderful to help people lift themselves out of their sadness or creative blocks and to help them reach new levels of spiritual awareness in their lives.

You work with people on a very deep level.

You go deeper than the ordinary everyday conscious mind as you move into the subconscious mind and higher into the superconscious mind. You can find out what might be going on deeply inside of people, and you can also make powerful suggestions to people when the conscious mind is finally quiet enough that the suggestions can be heard.

You don’t need to have a physical workout in your profession, as this work is primarily verbal.
Some people have had labor-intensive work to do, such as massage therapy or some retail work. Hypnotherapy is primarily verbal (and energy) work, so you can get more rest for your body as you dive into the depths of the profound inner mind.

**You get to connect with people.**

Some jobs can be alienating, if you work primarily with machines or scholarly research. But when you work with hypnosis, you work with people, and you connect with them on profound levels. This is highly nourishing to your life as well as to theirs. Many professionals in other modalities barely have time to hear their clients or patients, but you can have a listening ear, and you can also bring your own wisdom into your work with people as well.

**Earn an income from doing what you love.**

So not only is there gratification from working deeply with people, but you also add to your bank account. And that’s gratifying too. And there are also “multiple streams of income” that you can find to express your work with people through a number of media: writing, speaking, product creation, teaching, and so many more income streams.

You can become certified if it’s in your mind and heart to do so. It can offer you bounteous rewards as you expand the way you make your contribution to people’s lives and to the world.
Hypnotherapy and Spirituality

Hypnotherapy helps you to get in touch with your spiritual core. Because it’s so relaxing, hypnotherapy quiets your mind enough for you to go deeply into your innermost self where there are profound treasures. Some people are astounded at the love they feel. Others find that the great wisdom there is guiding them to resolve their most difficult issues. Still others feel safe and protected, as if a blanket of peace and inner light has been wrapped around them. Hypnotherapy is akin to meditation and prayer, and many people report that they experience the force of life itself when they’re in the relaxed state. The experience is non-denominational, and yet people are able to contact their own type of spirituality while in hypnosis. Some have experiences of Jesus. Others find the Buddha or Moses or Allah. Some find that they’re in touch with inner guides or angels. All of these experiences are rich with value and healing power.

The Spirit of Healing

When you’re able to contact this part of yourself, great healing is possible. People find they can move from their darkest inner states into the light when they make this connection. Fears fall away, anger turns into compassion, unwanted habits are released, pain lifts off, old difficult traumas are transformed. Everyone has the capacity to make these shifts, as everyone has been given the inner spiritual remedies as their inalienable rights. Even skeptics have found that during hypnotherapy they find a part of themselves that lifts them to a level of spiritual experience that changes their lives.

How This is Done

When hypnosis is induced, you become deeply relaxed. The depth of this relaxation varies from extremely deep to very light. Most people are in the middle of this continuum. No matter what the depth of your relaxation may be, the very act of relaxing takes you to a focused state within. Because there are no distractions, you are able to get in touch with your subconscious or deep inner mind, the repository of all that has taken place in your life. You’re also able to get in touch with your superconscious mind, the place within you that is centered and whole and filled with healing power. This is a natural ability, which is enhanced by hypnosis. It helps you to contact this superconscious or higher mind because it is rich with inner remedies. It’s a natural remedy of the soul.

A Deep Spiritual Experience

Joan’s husband of fifteen years told her that he was in love with someone else, and was going to move out. He admitted all the lies he had been telling Joan for so long. She felt worthless, betrayed, and abandoned. In hypnosis, she was able to first experience her deep feelings. Then she began to transform inside herself. She was able to get in touch
with her Wise Mind, a part of her higher self. Her Wise Mind began to transform her vision for her own life. She received this message from within:

Instead of feeling all alone, do art. Be with friends, and laugh. Have adventures, new beginnings. It wasn’t your fault. You did everything you could. Change is good. You need to change, and it’s okay. Trust yourself, and you’ll trust what’s trustworthy. It’s okay to feel all your feelings, and it’s okay to feel good too.

This was actually monumental for her, as she hadn’t seen any other options than feeling anger, loss and grief. The idea that she could have freedom and adventures and that change was good was something entirely new. This helped her to feel worthy and gave her hope. She knew that the reason she was experiencing this in her life was because she needed to wake up – and that she did!

A Vehicle for Transformation

Some people receive practical guidance, as Joan did. Others find more esoteric parts of themselves through hypnotherapy. It’s a superb vehicle for personal transformation, and therefore it’s a way to make powerful changes in the quality of our world. It’s through these shifts in consciousness that our world can hope to be transformed.

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How to Understand the Meaning of Transformation

Transformation is a process of moving from darkness into light. Through it you can make dynamic shifts in understanding to move pain, grief, anger, sadness, and trauma into new ways of being. Ultimately, you can move into the true essence of strength, love, healing, and positive redirection. There is emotional and physical healing as well as support for spiritual transformation.

You first pay attention to the difficulties, experiencing how they feel or sound or what they look like, and then releasing and transforming them by making this connection with a more transcendent state of consciousness. This helps you to view your difficulties differently by shifting your level of awareness.

What are the Different Levels of Consciousness?

As we’ve mentioned earlier, the first of these levels, the conscious mind, is the thinking part of consciousness. Its job is to judge, be logical, evaluate and take in the facts of the world through its own interpretations. Too often it gets mired in these interpretations, when it appears that a rope it sees is a snake or when it thinks that everything must be judged. It’s the conscious mind, and we live here a great deal of the time. Through hypnosis, we can view the ways our minds are looking at events see if there’s a way to view them differently.

The next level is the subconscious mind, the data storage or filing system of consciousness. Everything that has happened to you is stored here and cataloged. This includes, losses, pain, habits, traumas, and it also includes subpersonalities like the inner child. You can put it on “search mode” and find out a lot about what’s going on. You don’t have to dwell in this area, and yet it holds its own fascination as the great search engine of the inner being. You can put it on “search mode” and find out the possible origins of current issues.

The unconscious mind stores records of all your patterns that you’ve brought to this lifetime, such as tendencies to feel “I’ll never be any good” or “I’m better than everyone.”

The energy field is your aura or electromagnetic field. Tapping the code of your energy field can create healing and great relief from pain and suffering.

The crown jewel of states of consciousness is the superconscious state. This is the remedy for all the issues and difficulties of life, the challenges from every other level. In the superconscious state or higher self, you find the Wise Mind, along with love, peace, light, forgiveness, bliss, healing and enlightenment. When we work with the Wise Mind, we tap into the vast pool of the superconscious healing system of the universe, for it is set
up so that we can become enlightened and healed by recognizing its profound offerings to
us.

What Are the Three Stages of Healing?

They are: **Experience, Release, and Transform.** The first phase of this healing work is
allowing yourself to fully experience your experience, to come to know what’s inside. The second is to release the experience, and the third is to transform it.

As you move through the stages of “Experience, Release and Transform,” you first allow the full experience of the experience, to come to know what’s taking place within. Next, you’re able to release the experience, and then you can transform it.

The “Experience” Stage

Every experience of life has value. Paying close attention is the first step in the process of inner knowledge. It is a process of looking with an inner microscope or magnifying glass and just seeing what’s there. It’s about looking, for example, at current experiences that are taking place in the body – pains, constrictions, tingling, holding – whatever is happening in the moment. It’s also about looking at the mind and emotions – seeing whether there is sadness or rage or tightness or shame. It’s about looking even more deeply at the experience, possibly finding the roots. The roots may be in childhood, or they may go all the way back to the womb. Or they may go to another lifetime, or to a belief or a tendency of the mind. Even as you pay attention to the deep experience, transformation is taking place, for whatever you pay attention to naturally transforms.

The “Release” Stage

Sometimes release happens naturally as a direct result of “looking deeply” or “paying attention.” This second stage is a natural process. Clouds release raindrops when it’s time to let the rain come. Boils on the skin release foreign matter when it’s time to heal. Other times, we can assist in the release process by using techniques such as energy therapy (EFT), which taps away old traumas, fears, resentments, guilt, grief, shame, anger and emotional trauma, and there are other release processes which we’ve looked at in other articles and will talk about in more detail in future ones.

Release is a clearing out of consciousness. It’s like cleaning out closets and drawers, releasing old correspondence or outworn clothes. As these are discarded, you invite in a new level of life. You initiate an opening of a reality that had previously been either closed or unknown.

The “Transform” Stage

This third stage comes when there’s a readiness to shift consciousness to a new level, an opening to see with different eyes. Sometimes the transformation will lead to places
suffused with light. Or a profound wisdom may come forth. You may find that deep compassion is flowing or that there is an upliftment into the experience of love.

Going through the three levels allows the process of transformation from the deepest places to the highest ones. One person found a lotus at the bottom of a murky pond. Another felt as if she were experiencing a birth process through a very dark tunnel and out into an experience of light.

We remember that healing is a cyclic process. We know that in this process we continue to transform darkness into light and to experience love, compassion, forgiveness, wisdom, the ability to stand back and see with greater perspective, and the ability to know the great power of healing.

Some Questions You Can Ask to Assist in Transformation

Experience:
“What is it that I’m experiencing about my situation? It may be a picture, a feeling, a thought or an impression.” (Ask yourself questions to vivify the experience…”) What’s happening now? Tell me about it. Where am I? How old am I? Is anyone else there? What do I feel in my body? Do I see anything? Tell me more.)

Release:
“Am I ready to release this now?”

Transform:
“What does that part of you need? (Or how can you bring more love to this?)” –Or-
“What resources do you have within you that can help you with this?” –Or-
“What would your Wise Mind like to tell you about this?” –Or-
“What is this here to teach you?”
(Other transformational experiences: love, comfort, compassion, guidance, (inner healer, spiritual guide) forgiveness, wisdom, witness, soul lesson, light, reframing.

The Trials of Life Become Transformational Experiences

In addition to perceptual shifts, you also find that there is an understanding of the life of the spirit in greater depth. As you move through darkness and into the light, you understand the trials of life as transformational experiences. This is felt emotionally, physically and spiritually. There is a lifting into lighter emotions, a lifting up spiritually so that the great source of great power that lives within is understood experientially. This is the nature of transformation. We are working, as you remember, with all levels of consciousness. All of these are the components of a healing system that moves you gracefully from darkness into light.

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More About the Ancient Healing Temples as Origins of Hypnotherapy

There’s a good reason why the ancient healing temples of Greece and Rome are so fascinating to many of us. It’s that these great temples are one of the predecessors of the healing work we’re doing. If you also feel like you’ve been to these ancient temples yourself, you may have been a priest-physician or even a supplicant in another incarnation. Suffice it to say that these ancient paragons of healing have been our inspiring ancestors in the great work of healing.

There was an extraordinary order of priest-physicians around 1200 to 1000 BC. Their great leader was Aesclepius, and their accomplishments were miraculous. When Aesclepius was finally killed by the “establishment” because he began to raise people from the dead, he was elevated to the status of a demigod, and many healing shrines were dedicated to him. These shrines were often built near healing waters, like the spas of today. The temples were places of beauty and sacred dignity.

In these healing temples, patients were diagnosed and treated according to dream experiences that they had there. They would come to the temples and be prepared for the healing process. They’d be clothed in white garments, and they were brought onto couches in the presence of a statue of Aesclepius where they were left for the night. In their sleep, they saw Aesclepius come to life; he spoke to them and prescribed the necessary remedies. In the morning, the patients told their healing dream to the priest-physicians, who then prepared the formulas for them. Amazingly, the patients recovered. Blind people recovered their eyesight. Scars were removed. A boy recovered his speech. People were cured of all kinds of ailments.

Similarities with Hypnotherapy

There are many similarities in the work we’re doing with hypnotherapy. Like the ancient ones, we too acknowledge that there is an inner “medicine” that our clients can find within themselves if they have the right environment, the right frame of mind, and enough encouragement. We acknowledge that there are elements beyond conventional medicine that help people to heal: elements of faith, suggestion, intuition, inner seeing and deeper knowledge.

Like the priest-physicians of old, we prepare our clients for the healing work that we do. We “initiate” them into our ways of working, invite them into our healing environments, and provide an influence for them to get in touch with their rich inner resources for healing. We, too, instruct them to “dream a healing dream” – only for us it is the state of hypnosis. In this state, they can find answers in the deep resources of their inner minds. We recognize the wealth of information that lies in the subconscious and the superconscious minds of our clients, and we encourage them to honor what comes forth.
as the rich material of their healing process. In this sense, everyone is his or her own priest-physician.

**Modern “Healing Temples”**

A woman named Deborah came to one of our modern “healing temples,” a hypnotherapy office. She had an issue of depression and she’d cry at the drop of a hat, anytime anywhere. The problem got worse when she broke up with her fiancé eight years ago. She didn’t want medication, didn’t feel that was what she needed. She instinctively knew that she needed to look inside. There she found a little scared dark-haired girl from the 1900’s. She had on a short dress and was hugging her stuffed animal very close to her. She was in the attic alone and felt very frightened. Everyone had left her; her parents and grandparents were nowhere to be found. She’s immobile with her sense of abandonment. After experiencing this, she instinctively knew what the “cure” was for her. She needed to bring this isolated fragment of herself back into the whole. She needed what everyone needs – love and kindness, tender loving care. She found out how to receive it from within herself, and she began to glow with healing energy. She now saw the little girl dancing around in the park, now free and experiencing love.

This example is something that many hypnotherapists naturally do. They bring disconnected parts of the self back home into the warmth and comfort of the soul. The ancient ones did it as well. Shamans of every culture have brought out the healing from within – Ancient Egyptians, Native Americans, Hindus, Sufis, Buddhists, Christian and Jewish mystics, alchemists, mesmerists, teachers of the mystery schools, and so many others throughout the ages. We know we’re not doing something that’s new. Even though it may be revolutionary, it is time-honored with a rich tradition.

Certainly scientific medical practices have their place, but we are constantly shown that the mind and its power - and especially the power of spirit – are principle factors in the process of healing. There are countless examples of serious ailments transformed through the power of deep inner healing, and fortunately the priest-physicians are now entering the mainstream of modern medicine. This is an exciting development in our times.

Every human being is equipped with an inner source of wisdom. If you, as a hypnotherapist, ask a client, “What would your wise mind tell you to do about that?” – you will most often be amazed to find that there is a brilliant answer that emerges from the depths of your client’s consciousness. To trust that this is so is empowering for both you and your clients. While it’s good to look in books to find precedents for healing one issue or another, there’s another place you can go. It’s not the library. It’s not the Internet. It’s the great temple of healing that lies at the core of each client’s inner world. Likewise, the same core of wisdom exists within us as practitioners. We have the good fortune to do the kind of work that brings out the very best of the gifts we’ve been given, and each time that we use them is an experience of the divine.

You can also find out more about the history of healing from Manly Palmer Hall’s *Healing: The Divine Art.*
After she was badly hurt in a car accident by a drunk driver, Amy sat in her hospital bed with a patch over her eye. Though she had difficulty breathing and felt the pain of broken bones, she said that she was stunned at how she was excited by life, excited to be alive. She was feeling something new to her – the ability to live on a level of openness and intensity and even joy. The accident had literally cracked open her shell.

**Everything as an Opportunity for Waking Up**

This opening happens to many people – not only through cataclysm, but also through the daily awakening process that every one of us is undergoing. Everything, when truly seen in its most transparent level of truth, has a particular purpose in the scheme of things. Everything we undergo and everything we feel is an opportunity for awakening. When you look back at the events of your life, you may see in hindsight how the pieces of the puzzle fit together, how experiences that have grieved you or made you angry or terrified were exactly what you needed to both deepen you as a soul and help you to move on in your growth. A relationship that ended might have been just the chance you needed to move to a different city or to another person, and to find something with which your soul is more aligned – or at the deepest level, to awaken you to the essential experience of your Self.

Things can pierce us so strongly that they actually blow us open. Wounds of the heart, for example, can be just the piercing we need to unlock our deepest feelings. It’s good to honor these experiences of ripping away the obstructions in our consciousness so that we can truly remember that ultimately they’re opening us to God-realization and higher life. At the same time, we don’t have to wallow in any of our feelings. We can experience them, release them, and transform them as we move to increased levels of wisdom and light. We all have emotional patterns that are scripts we came here to experience. Some of us are very angry. Others are cowering and fearful. Some are very controlling. Still others are filled with deep sadness and grief. Some of us feel all these feelings, though usually some theme predominates. Most of us were born with these feelings (called “samskaras” in Sanskrit), and we came here to transform them.

**A Built-In System of Transformation**

Ultimately, everything is a part of God. Everything is made of the energy of the Universe, including all of our feelings. Rightly understood, considering that everything is made of the fabric of the Universe, there’s a great plan, a built-in system of spiritual transformation and emotional healing in everything we experience. Sadness can open us to the heart of all of humanity. Anger can give us power. Fear can protect us in many circumstances. Even depression can show us the underbelly of its opposite sunny reality.
so that we can balance the dualities of life and eventually move beyond the duality to the Oneness of all things.

**Opening to Higher Levels of Consciousness**

The main problem occurs when emotional experiences prevent us from functioning – or when they linger on and on. Yet even here there is opportunity for awakening, as we at some particular time, come to an “Ah hah!” of decision in which it becomes clear that we can step into another level of seeing. It’s as if suddenly (or even gradually) the sky opens up and another level of living is revealed. We might see that through our own suffering we can now feel profound compassion for people all over the world who are suffering. We might feel a profound wisdom that shines a laser beam on the meaning of some experience in our lives. Maybe that divorce, for example, is exactly what both your souls need for greater growth and self-knowledge. It is more than likely that the death of a dear one or the loss of a job or a physical illness are all teachings, opportunities to move away the clouds, to be more present and more awake.

**Opening up the Frozen Pictures in the Soul**

At 31, Maria knew she needed to do something drastic. She felt like she’d cut herself off from her feelings, she really wanted to be married, and she was having a hard time recovering from a massive blow she’d received at age 16. That’s when her father had jumped from a fourth story balcony and killed himself. She carried around a constant undertone of sadness. She wondered why her high school years couldn’t have been “normal.” She never expressed any of her deep feelings to anyone. She just acted as if everything were okay – and so the experience hung on inside of her. She wanted to know how this horrible thing could have happened to her family. She knew more than anything that she wanted to open her heart up and heal.

She was carrying around what we call “frozen pictures in the soul” – a freeze-frame picture taken at a significant moment, frozen in time, eternally magnetizing the same feelings that Maria felt in the stunning moment years ago. She watched her mother come to terms with what happened, but as for herself, she felt completely stuck.

When Maria came to a healing session, she relaxed very deeply and saw a picture in her mind of her high school track and field. She knew that she was being taken back to that time to visit that cataclysmic period of her life. She experienced herself as being in a fog, going through the motions and being overwhelmingly and all-consumingly sad. When her dad jumped off that building, she shut herself down. She was ashamed to admit to anyone what had happened.

But now it was very different. She was 31 and ready to allow herself to feel and to untie the knots within herself. In her mind’s eye, she saw the sixteen year old girl that she’d been – sad and ashamed. This time, she shifted the picture of that girl and allowed her to say, “Help!” She allowed herself to be listened to and understood. She allowed tears to flow. She allowed herself to breathe, and finally her Wise Mind spoke to her. It said:
“It’s okay. It was no one’s fault. All people go through ups and downs and sadness. Dad didn’t want it to happen either – but he was extremely sad. His physical thyroid problems ran in the family, and the problems overpowered him.”

She communicated with her dad: “I’m so sorry it had to happen. I wish you could be here with me.” In her mind’s eye, she and her dad showed each other their love. Her Wise Mind again spoke to her: “He’s with you on another level. Sadness has opened your heart to another level of living. Don’t be afraid to feel it and write about it, and as you do, it lifts from you and there is rebirth – springtime.”

That word, “springtime,” came to be Maria’s word of healing. She felt light and warm, good and open. She knew that this healing had to have gone beyond her intellect, to the deepest place in her soul. All her past migraine headaches ended, and she entered a much happier phase of her life.

**Three Healing Steps: Experience, Release, and Transform**

The steps in deep inner healing as mentioned here are: experience, release, and transform. First allow the experience of your experience. So often we want to run away from our experience. Our culture offers palliatives, drugs, escapes, and entertainment so we don’t have to experience ourselves. And yet, there is great value and richness in allowing ourselves to come to know what is the true content of our lives.

Next we can release the experience, using special techniques or just awareness and breathing. And then we can transform by taking a leap in consciousness to an expanded level of knowing, in which we’re in touch with love, wisdom, light, peace, forgiveness, witness consciousness, and compassion. This ability to move our consciousness is a gift we’ve all been given. It’s a seed inside that can bear fruit when we take good care of the higher gift of healing potential and expanded understanding. We came here to know this other level of life, often through our deepest trials, and to ultimately rest in the knowledge that we are all made of the same Infinite Energy.
Hypnosis and the Brilliant Light of Healing

Lead me from darkness into light
Lead me from death to immortality.
From The Upanishads

In Star Wars, Obi Wan Kenobi wielded his powerful light saber and said to Darth Vader, “Even if you slay me, I shall still be more powerful than you.” Such is the power of the light. It can be called forth, visualized, and affirmed, and the more the light is present, the greater is the force to overcome any darkness.

The essence of transformational hypnosis is the movement from darkness into light. To be able to bring more light to your body, your mind and to any situation is to set it in vibrational harmony with the healing power, the sacred energy, of the universe. If you are a healing practitioner, you can ask your client the powerful question, “Can you bring more light here?” You might phrase it in other ways: “Would you like to bring light to this situation right now? What would it be like if the light surrounded this issue? What if the light infused this? What if there were light within and without you?”

Let is a Living Spirit

Let great Master Omraam Mikhaël Aïvanhov has said:

“Light…contains all the qualities and virtues of God…so concentrate your thought on light, rest in light, melt into light, soak yourself in light and picture the entire universe bathed in that light. Little by little as you do this, you will find that all the elements of your being begin to fall into place, that this light is bringing you true knowledge, lasting peace, inner balance and power…. Light is a living spirit.
(Omraam Mikhaël Aïvanhov Light is a Living Spirit; Editions Prosveta 1988; p.58)

The light within you has profound healing power. You can imagine the small lonely child inside bathed in a blanket of light, healed and whole. The little girl who was abused is cleansed and healed with beams of light. A wound or tumor can be bathed in light. Even chemotherapy can be perceived as beams of light that are sending healing rays. Pain can be infused with light beams, and can melt away. A warring relationship can be touched with the magic of the light and transformed. You can shine light on the various “parts” of self, the inner child, the hurt teen, or any part of the self that has been hurt or traumatized in any way. When you shine the light, you give these parts a taste of “enlightenment,” and you show them that there is another road. They can now wake up from their worlds of suffering. You can send the light to another, and you can bathe the entire world in illuminating beams.
You may experience the light as gold or white. It may be a violet light or any of the colors of the Seven Rays, seven multicolored streams of energy which create all the occurrences of everyday life. It may come from a beam that originates in the universe, or it may originate from within. It may be warm or have no temperature at all. It may just be light. See it, feel it, know it, and let the light shine on all the darkness of the universe.

It is no accident that alternative healers who work with higher vibrations are called “Light Workers.” Many of them have been able to illuminate and heal the deepest negativities of their souls with light. The thought of light has the power to heal the mind of profound negativity. It is more powerful than the forces of the darkness. So when we concentrate on it and let it shine, we come to know the luminous presence that is here for us at every moment.

“This Little Light of Mine, I’m Gonna Let it Shine”

The inner light is a microcosmic experience of the great outer light. We too are embodied versions of the infinite energy of the universe. We come from this light, and we return to it after the body is finished with its earthly work. Connection with the light can cure depression and many kinds of illnesses. There are various frequencies of light, which can raise the level of vibration. The more powerful and positive is our thinking, the greater is the intensity of the light we emit. Because the light is electromagnetic by nature, the greater is its ability to attract to us health, abundance, and happiness when it is emanating from us in its greatest illumination. Our aura is made of light, as are our chakras, also called “Wheels of Light.” These energetic aspects of our being react to feelings and thoughts, and they reflect the state of our emotional and physical health. Chakras reflect the health of our love, relationships, communication, creativity and connection with the Source. When you’re illuminated, you can go beyond mind and thoughts into the Infinite and into the power of healing. Let is where the true power of transformation lies.

The Healing Room of Light

If you’d like to do a special process with a client or with yourself, you may imagine a healing room of light. There is golden white light beaming from the ceiling, walls, and floor. You, your client, or some chosen person may sit in the center of the room. You can get in touch with current difficulties, and you bring them forth for the light to touch and heal. The light beams on you and on the difficulties (any kind of difficulty – emotional, physical, or mental). And as the light beams, you experience your vibrational power increasing, and the light brings you into harmony with the higher powers.

The Ball of Light

There is a process that has become well-known, originally brought forth by Israel Regardie in his tiny volume, The Art of True Healing. Experience a luminescent brilliant ball of light twirling and rotating through the various chakras at the base of the spine, the pelvis, the solar plexus, the chest, the throat, mid-forehead and the top of the head. As the
light vibrates and dances though each chakra, it clears it and cleanses it and brings it into harmony with the highest levels.

**Bringing Light to the Darkness of the World**

As we know all too well, the earth is going through great cataclysms. There is great travail in the physical world, and profound losses are overtaking millions on our planet. There is another side to this story. The world is both darkness and light, expansion and contraction, yin and yang. It is fierce and idyllic, blinded by darkness and filled with eternal light. As we project images of a beautiful world, so we can send out possibilities for the world’s ultimate transformation even in the face of its difficulties. There are floods and other great challenges, to all of which we can send the light.

Naimy, the author of an older obscure book called *The Book of Mirdad*, forewarns that there are more floods to come – great ones. Of these he says, “An earth engulfed in waters is an earth pregnant with promises of spring.” He says the floods come not to wash out the earth but to “bring out the heaven in the earth.” They come not to erase human beings but to “uncover God” in them. Naimy says that human beings will go “into the forge” as humans, but they’ll emerge as gods. He counsels us to be ready and to prepare to bring light to the darkness. He says, “You must be ever luminous that you may guide the walkers in the dark.”

The message is ultimately hopeful, and the work to be done is clear. Beyond the dualities of darkness and light is a world of supreme perfection and brilliant light. Let’s go there in our minds and in our hearts and bring healing wherever there is need.
One important way of understanding illness, darkness and suffering is to see these states as processes by which an individual becomes a healer. Called the “wounded healer” paradigm, it is for many a process of initiation and of connection to a more expanded way of life. Of course, not everyone who enters difficult times becomes awakened by them. But for some who do, it is a process of metamorphosis.

You may have your own personal history with this. You go through something very difficult. Perhaps it is a great physical or psychological illness, such as cancer or depression. Perhaps it is alcoholism or another addiction. It may be a great loss of an important relationship. You may even be called to the brink of death. And then something happens. You may hear voices speaking to you, telling you of the possibility of moving into another level of your life—or you may have another way of being “called.” Something moves you into another stage of yourself, and your life changes. Your personality and interests change. You may be led to work with others to help uplift and heal them. You cannot go back to the life you once led. You are operating on an entirely new level.

A Process of Initiation

This is the transformation of the “wounded healer.” You may have seen this process happen not only within you—but within your clients as well. Often by the time your clients come to see you, they’ve been hanging out in their own forms of darkness for too long—and they’re ready for you now. They’re ready for you to help them tap that voice inside of them that is beckoning them to a new life. If you can see their process as just that—a process in which they are becoming initiated and transformed, you can help them to shift their suffering into epiphanies of insight and new ways of being.

A long time ago, I read a great book, which is unfortunately no longer in print. Called Healing and Wholeness by John A. Sanford, it discusses the rebirth of healers from their own personal states of darkness. Sanford describes dire illnesses of shamans in which they’d often be on the brink of death, they’d be in touch with an inner voice telling them that a new life was on the horizon, they’d understand the mysteries of their particular predicament, and then they’d awaken to a new life.

Sanford describes a woman named Dorcas who lived in an African tribe. She became extremely ill. She said of herself, “I was so sick! I lay in bed for three years. I could not eat or drink or even walk. I just lay there day after day, and at night dreams would come!...My spirit would see so many things in the night. And then, in the morning, before the sun would come up, my spirit would return to my body, and I would lay in bed another day.” Dorcas went to many doctors of all kinds. Finally one doctor said to her, “You must go to your own doctors. They can help you, and we cannot.” And then in a
dream, her grandfather came to her and said, “You are not sick. You are going to help your people. I like you very much, and my spirit will enter your body, and you will do my work.” Dorcas kept hearing these voices and seeing visions. One night, they told her to get up and sing. They said, “Wake up—you must wake up and teach!” Soon she did just that, and she let those “voices” work through her as the voices of spiritual healing.

Sanford says that there is something of the shaman in every person, and there is something shamanistic in every illness. If we allow ourselves to become conscious of the meaning of our illnesses (including our predicaments and life challenges), we can awaken from them and go to the other side of them—into states of healing and wholeness.

The Wise Mind

It is with this understanding that we can guide ourselves and our clients through these experiences to the other sides of whatever we may be experiencing. I often ask clients in their sessions, “And what would your Wise Mind like to tell you about your situation?” Clients channel their own wisdom and find ways to awaken from their suffering. If we just give them a pill, they never get to know the essence of their challenges, and they may not have the opportunity to know their experiences as opportunities for awakening.

This is also why we spend time in sessions exploring the specific difficulty. “What is it like? What is happening? Tell us as much as you can.” This is a way for people to come to know the details and the meanings of their challenges so that they can see them as ways to transformation.

As practitioners, embracing the wounded healer paradigm gives us a sense of the truth behind our experiences. The same attitude helps us in our view of our clients. We understand that whatever is taking place is a necessary experience on our path. We understand that the greatest difficulty may be the very moment of darkness that is the springboard for ultimate illumination. This kind of understanding goes beyond the idea of controlling habits or getting rid of symptoms. This way of seeing knows that healing is a process in which consciousness is being awakened.

And if truly the difficulties in our lives are initiations for a higher calling, then it becomes easier to forgive whatever seemed to bring the difficulty upon us. It’s really about even more than forgiveness. It’s about reframing the entire experience of our challenges by seeing the perfection in them, seeing that they are necessary steps toward transformation and wholeness.

What you eventually come to understand is that you’ve been given the opportunity to dissolve an old part of your personality, an old way of being, and through your connection with higher consciousness, you emerge as someone new. You learn about the healing process, and you gain faith in the perfect way that it’s working. You gain empathy for others who are ill. You gain the ability to go on an inner journey with them to help them to emerge. And you gain a special inner quality that is the mark of a transformed life.
Manly Palmer Hall, in his book *Healing: The Divine Art* (which, fortunately is available) has said, “Plato taught by his example that man possesses within himself the power to cure the diseases of his body, that in the end, every man is his own priest, and every man is his own physician. Wisdom is a universal medicine and is the only remedy for ignorance, the great sickness of mankind. This is the doctrine of the mystics, the doctrine which they learned in the old temples, the doctrine which someday must be the foundation of all enlightened therapy.”

By paying attention to our experiences, learning the ways of releasing them, and understanding the art of spiritual transformation, we can lift up all woundedness and enter the realms of light.
Transformative Powers of the Higher Self

It’s possible to bring forth the advanced capacities for healing and transformation that already exist within. This advanced or higher mind has radiant healing powers, powers of love, knowing, compassion, peace, light and more. In the process of transformational healing, you move from darkness into light. You first travel through the darkness, learn from it, and you continue on out into the light of expanded perception. When you reach this level of mind, you have the ability to release old patterns and transform your greatest negativities into enlightened understanding.

There is a great Sanskrit prayer, which says:

Lead us from darkness into light…
From the unreal to the real…
From death to immortality.
Om shanti, shanti, shanti.

In the universe, there is a great cosmic dance in which darkness naturally unravels to reveal light. At the core of everything, even the bleakest darkness, is light. As you allow the experience of darkness to present itself, you travel even more deeply within, and you may experience a light that calms you. You may experience a voice of your highest wisdom telling you that everything is working out, as it must and that some great transformation is taking place in your life. You may find yourself filled with great peace and divine spirit. Perhaps some image appears before you as a symbol of your own highest healing powers. This happens because you’ve allowed yourself to fully experience your predicament, and now the doors naturally open to profound healing.

The transformation of your consciousness means that you are able to uplift your understanding of existence. It means that there is a shift in the way you see and perceive. Healing, in fact, is the profound connection with the transformational power, the Healing Power itself. Our inner ills are the result of a lack of connection with these advanced qualities of being. In getting back in touch with them, healing takes place on every level.

The teacher White Eagle, in a book called Heal Thyself, has said:

“Every soul seems to suffer; but if you can see that suffering in its right perspective, you will see that it brings a rebirth. Through limitation and suffering, the soul emerges into the divine life and light, just as the insect emerges from the chrysalis stage into a beautiful winged creature in the sunlight.”

Activating the Healing Qualities of Mind
We can ask questions to unveil the transformational healing experiences: · How can I heal this? · Can I experience more love here?

* Can I step back from this and see it in a different way, from another perspective?
* Can I quiet my mind? Experience more peace?
* Can I have more compassion here?
* What am I learning from this?
* Is there a particular part of myself that needs healing?
  What does that part of me need?
* Is there a particular way I can release this?
* Is this about my ego? Can I take any steps beyond this?
* Can I experience more light here?
* Can I forgive in this situation?

Let’s take a brief look at these questions:

**Can I experience more love here?**

Love exists within, independent of an external source. It is dancing in every cell, in every molecule of our being. It is the essential substance of the universe. It can be experienced as a feeling of caring, as ecstasy, as a divine force field, as a transcendent healing power. When it is not experienced, it is because it is often covered over with experiences of limitation. In addition to the ills of the body, the absence of the experience of love is the greatest cause of the difficulties of human existence. Replaced by ego and separation, its insufficiency is the cause of war, discord and great human suffering.

You can open your ability to experience love by healing your experience of separation, contacting your source of Wisdom, and making a connection with the powerful force field in which love is all pervading.

You can allow yourself to come to know what’s in the way of the experience of love, and you can call to the healing power to open you. You can affirm,” I Am the power of love. I am healing myself now.”

Anyone who has love carries the love vibration and can assist you in opening your own. Any great being who is unfettered with negativity can open you to the experience of love. Any friend or relative, past or present, alive or passed on, who has an open heart can heal the experience of separation in you, can open you up to knowing the expanded power of love.

In your healing process, you can ask yourself, “Can I experience more love here?” And you can see what grace or miracles come to you to help you to move beyond the limitations you’ve been experiencing. You can imagine a healing person loving you or a loving, healing energy coming either to you or from you.
Seeing a previously distressing situation with eyes of love can be extraordinarily healing. One woman had food compulsions. She binged frequently, and she also drank more than she knew was good for her. When she looked at what was happening inside of her, she saw that when she was little, she used to steal money from her parents to buy food, as there wasn’t enough food around, and she wasn’t allowed to ask for anything. She had shame around there not being enough food, and she had guilt around stealing. She spent a lot of time alone as a child, and it felt like food and later, alcohol, were her best friends. When she asked to experience more about this, in her mind’s eye, she saw a very little girl. She’d like her adult self to be with her, just to sit with her and have her eyes, ears and heart open to her. She became filled with love, and her Wise Mind told her to write about this, “to put the unspoken language of her heart into words.” She felt so much love within herself and within the little girl. She knew she’d have to do more healing, but she no longer had a desire for alcohol, and she felt much more relaxed about food.

Can I step back from this and see it in a different way, from another perspective?

This is also called “witness consciousness,” and it is a profound state for healing. It is the ability to step out of the mire of the experience and to see it from a greatly expanded point of view. It can be called “cosmic vision” or “standing back.” Whatever you wish to call it, it is a powerful state for healing. Your Wise Mind can give you the understanding so that you can move back from the “pea soup” of your experience, and you can see in new ways.

Seeing an experience from an expanded point of view shifts it. While you’re in it, it may seem like pure suffering. But when you stand back, you may see powerful growth opportunity there, or you may see it as a necessary part of your inner path. This is the “lemonade syndrome,” the ability to make it from lemons, the ability to see with greater wisdom and insight.

You might see how deaths needed to take place because there needed to be space for other life events to happen. You might see how accidents needed to happen to set you on a new path. You might see how loss of an older version of “self esteem” gave you the opportunity to re-develop your character. You might notice how being “left out” gave you the ability to be with yourself. You might see how having had physical disabilities has helped you to develop a deeper sense of the inner life.

Standing back gives you perspective, and it helps you to see a situation with a different focus. It’s like putting up a picture on the wall. It’s hard to see if it’s straight when you stand very close, but when you move away, you can see exactly how to position it.

One man was constantly angry with his boss. He saw him as a petty tyrant. He stewed in his anger, so much that he was developing a skin ailment. It was something akin to hives, which involved an eruption of redness, and which he knew was his anger externalized. He also knew that he’d have to make some changes in his perception, as this was starting to affect him in powerful ways.
When he looked at his boss from an expanded point of view, he saw that his boss was still a child in many ways, bullying his way through life. He imagined him as a child, and he experienced that the boss had been bullied throughout his childhood. This relieved the man of a great deal of his anger. He simply moved back to see his boss more clearly. In stepping back, he was also able to view the panorama of the experience at work. He saw that this was a “setup” by the universe to get him to heal his own childhood and his own anger. He felt sorry for his boss. The emotions didn’t affect him any longer, as he moved into a space of the “observer.” From this, he soon found he didn’t need to be working with the boss any longer. He could move on in his life as he had moved on in his consciousness.

**Can I quiet my mind? Experience more peace?**

We all know that the mind is constantly thinking. That’s its job, and it thinks incessantly. What we may or may not know is that the constant parade of thoughts obscures the light inside. Your thoughts may be sad or angry or achievement-oriented or worried. This is determined by your own destiny and programming. When we can go “underneath” the thoughts and feelings, we can find a blanket of peace. One woman said in a session: “Underneath my sadness is a landscape of me.” In her mind’s eye, she had seen rolling hills, carpets of green grass, breathtaking flowers, and she felt peaceful, calm, relaxed and centered. Her sadness was like a storm cloud – thick and gray and dismal, and underneath it was an airy, light, sunny carefree experience. She said that this was the most positive experience she’d ever had. This came from doing a deep relaxation/meditation process, in which she was able to go to a very deep place within herself, a sanctuary in her own soul. Here there was perfect peace.

To be able to see peace with regard to the difficulties in your life involves that same process – going deeply inside to the core of pure peace and see how the difficulty appears in this context. When you come here to this central core, you listen or feel, or watch, and healing is given. You are given the opportunity to be more peaceful and calm about your finances or your health, to see what solutions arise from the center of your being.

Underneath all the vicissitudes of life and the challenges of deep feelings is “a landscape” of you. Here you can rest in green pastures, beside still waters and restore your soul. Here the wars have ended, in this place of the deepest peace.

**Can I have more compassion here?**

Compassion is about caring for the well being of another. It is your heart reaching out to see that all beings are suffering and that each one is living out his or her script on the stage of eternity. When you are able to step back and see this, you have solved a major portion of your difficulties in relationships. Relationships based on compassion rather than competition or putting others down are of the greatest value. The monk, Thich Nhat Hanh talks about this compassion as it might play out in relationship. He writes the possible words of one person in relationship to another.
Those words might be:

Darling, do I understand you enough? Or am I making you suffer? Please tell me so that I can learn to love you properly. I don’t want to make you suffer, and if I do so because of my ignorance, please tell me so that I can love you better, so that you can be happy. (p. 80. Peace is Every Step, Bantam Books, 1991)

Mother Theresa, too, in her compassion, assisted the indigent of Calcutta, loved them in what she called “their distressing disguise.” Truly, everyone and everything is the universal life force in disguise.

In your own healing process, you can first have compassion for yourself. You’ve been working so hard, doing what you can do to make your life and the lives around you be a good as possible. You can have compassion for the fact that you may have excess baggage, which comes form your early programming or your own karma and destiny. You may have had very difficult experiences that have left deep marks upon you.

And you can take your compassion even further, as you see that the people around you, past and present, including perpetrators of even unspeakable things, have been doing what they knew how to do at the time, living out their scripts in the divine drama. No, it doesn’t excuse the unspeakable acts. They might have been very hard to bear. Still they have been the very wounds that have pierced you open to a higher life.

That man whose anger shattered your peace and hurt your heart was also hurting. He was hurting so very much that he couldn’t restrain himself. That woman who punished you was cut off from her own inner love. She was living in a mire of illusion and pain. Many people haven’t reached a point in their lives in which they could say to you, “I don’t want to make you suffer, and if I do so because of my ignorance, please tell me so that I can love you better, so that you can be happy.”

Compassion for yourself and for others helps to bring peace, love, and healing to your life. Here you can drop the barrier to your own deepest connection with the transcendent. Here you can clear the airwaves for direct contact with the divine.

What am I learning from this?

When you have a sense that there is meaning in the events of life, that though illusory, they are instructive and instrumental in our evolution, you look for the teaching in all of your experiences. This doesn’t necessarily mean that you are reprimanded by the events of your life. It doesn’t mean that it’s a pedagogical experience in which you’re told to “live by the Golden Rule” or some old adage. It means that you can look for the wise understanding. This step in healing overlaps with our question, “What would my Wise Mind tell me about this?” You simply pose the question about what you’re learning from this. What am I being asked to notice about this situation? What is its significance in my life?
We know that events come in patterns. We repeat situations in one form or another until we get the healing. Then we can release, unless we have to work something out at an even higher level. When we see that something is repeating itself over and over, we can look to ask, “What is this doing in my life? What am I learning from this?”

If you’re finding that you comfort yourself with food all too often, you might want to pose the “learning” question. What is your need for comfort all about? What are you truly craving? What can you do to get your need for comfort satisfied so that you don’t reach for things that aren’t for your highest good? How can you take care of yourself better?

If you’re finding that you have difficulty with money, you may ask what you’re learning. Are you learning the value of money? How to be wiser with it? How to think in terms of greater abundance?

What are you learning in relation to the issues that are challenging in your life? How is this making you great and strong? How is this ultimately contributing to your evolution as a conscious being? What truly are you learning from this?

Is there a particular part of myself that needs healing?
What does that part of me need?

As you look within, you may find old parts of yourself, what I call “frozen pictures in the soul.” These are parts of self that live unhealed within the great “database” of the soul. When you find them, you can bring great love and healing to them. They exist in the present moment, even though they’re parts of self from various stages in your life. They are calling out to be recognized and brought into the center of your being. There may be a young woman or man who was rejected in relationship. There may be a teen who felt lonely and out of place. There may be an infant who was unwanted and who is craving for love and attention. There may be a child who was severely reprimanded or shamed and who exists suspended in time, waiting for the opportunity to be healed.

When you find these parts, you bring healing and love and peace to them. They can be awakened, and they can come with your transcendent self into your center. Then they are made whole by being touched by the hand of enlightenment and love.

When you ask yourself, “What does that part of me need?” – it is almost always attention and love. You can give this to your own self, from the wellspring inside.

Is there a particular way I can release this?

You may find that the very act of paying attention to something releases it immediately. Bringing awareness to anything shifts it profoundly. You may also find that contact with your Wise Mind releases your issue right away. Any of the healing states can also bring release.
You might also find that a special releasing step is needed. There are times when you can simply say, “I let go of this; I release it now,” and it vanishes. Sometimes this doesn’t seem to do it. There are other ways of letting go. We’ll look at a few in a moment.

Sometimes, though, you think you’d like to let go of something, but if you really look deeply inside, you’d rather hang onto it. It’s familiar; it’s strangely comfortable. It’s what you’ve known for so long, and it’s keeping you from taking the next step – which could be scary or risky or a step out into the unknown. Keeping a burden may validate your inner thoughts that you aren’t worth the effort, and you may think you’ve done so many things wrong in your life that you must pay for them in one way or another, in this case, by hanging onto the ball and chain.

Yet when you really look at it, you’re not truly safe or comfortable at all with it. It’s a mere illusion, and one day you reach the “I’ve had it” moment, and you find the key that unlocks the ball and chain, and you’re ready to let go. You take off the manacles, throw them away, and you set out on a path in which you learn how to take the next step and be free. You realize it’s not worth it anymore to hold yourself back. It’s finally time to release.

In addition to the approaches we’ve been talking about here, you can also do specific release techniques. You can do visualization, affirmation, energy therapies or other release processes.

You may want to “see” yourself free of your burden, to imagine yourself without it. If you’re not a visualizer, go ahead and experience it from whatever modality works well for you. Feel it, hear it, smell it, or just know it. Experience yourself in whatever state brings you freedom. Close your eyes, and give your experience time and space to happen.

Your words are also powerful in helping to set you free. One of my favorites is, “I AM the power of healing, and I AM healing myself now.” The “I AM” is a call to the universal healing life force. It is a true affirmation and call to the highest transformative energy and power. You can find your own way of affirming that you truly have completed whatever your last step has been – and that you’re now moving on. This takes place, of course, after you’ve paid full attention to whatever has been your difficulty, you’ve asked your Wise Mind about it, and you’ve asked how to heal it. You are fully able to release when you’ve given your issues focused attention and care.

There are many kinds of energy therapies that can assist you to heal. Some use the laying-on-of-hands. They work with the field of energy in the aura, and that energy can be shifted in many circumstances. Working with the meridian energy points on the physical body is a powerful way to release. Ancient Chinese medicine has been working with these stress relief points for centuries. You find ways to tap on them or use needles with them, in the case of acupuncture. Doing this removes obstructions in the pathways for positive energy to flow.
How do you wish to release? By contacting your own wisdom source, you are given the keys.

**Can I experience more light here?**

Because the essence of transformational healing is the movement from darkness into light, this is a most significant step. To be able to bring more light to your body, your mind and to any situation is to set it in vibrational harmony with the healing power, the sacred energy, of the universe. Obi Wan Kenobi wielded his light saber and said to Darth Vader, “Even if you slay me, I shall still be more powerful than you.” The force of light is a gift of the spirit. It can be called forth, visualized, affirmed, experienced in a flash of a moment or over what seems to be time, itself. The lighter you are, the more attuned you are to the Beings of Light who are out of our normal visual range, but who live on many levels of our consciousness. The more the light is present, the greater is the healing. The question, “Can I bring more light here?” is a powerful one. “Can I bring light to this situation right now? What would it be like if the light surrounded this issue? If the light infused this? If there were light within and without?”

The great Master Omraam Mikhaël Aïvanhov has said:

> Light...contains all the qualities and virtues of God...so concentrate your thought on light, rest in light, melt into light, soak yourself in light and picture the entire universe bathed in that light. Little by little as you do this, you will find that all the elements of your being begin to fall into place, that this light is bringing you true knowledge, lasting peace, inner balance and power.... Light is a living spirit. (Omraam Mikhaël Aïvanhov *Light is a Living Spirit*; Editions Prosveta 1988; p.58)

The light within you has profound healing power. You can imagine the small lonely child inside bathed in a blanket of light, healed and whole. The little girl who was abused is cleansed and healed with beams of light. A wound or tumor can be bathed in light. Pain can be infused with light rays. A warring relationship can be touched with the magic of the light saber and transformed. You can send the light to another, and you can bathe the entire world in illuminating beams.

You may experience the light as gold or white. It may come from a beam that originates in the universe, or it may originate from within you. It may be warm or have no temperature at all. It may just be light. See it, feel it, know it, and let the light shine on all the darkness of the universe.

It is no accident that alternative healers who work with higher vibrations are called “Light Workers.” You are likely one of them yourself. Some people look as if light is oozing from their very pores. You can feel it coming from their eyes. It is because they have been able to illuminate and heal the deepest negativities of their souls with light. The thought of light has the power to heal the mind of profound negativity. It is more
powerful than the forces of the darkness. So when we concentrate on it and let it shine, we come to know the luminous presence that is here for us at every moment.

**Can I forgive in this situation?**

Only when you are ready, is it time to forgive. Premature forgiveness takes away your time for processing what’s happening and what your Wise Mind might say about how you can heal this. When you’ve looked at every angle and peered around every corner, you can forgive. A Course in Miracles says, “Forgiveness gives me everything I want.” This is because when you forgive, the weight of the burden that you’re carrying is no longer present, and you are finally able to experience spaciousness, light, pure air, and healing. To hold onto an old wound is to hold onto illusion. First of all, if you accept that what’s happening is for your highest good, then what has happened has somehow been a part of your path to self-awareness and ultimate enlightenment. Some of the difficult experiences have come to burn off your karma and to pierce you open so that you could be on the path of light. It is highly likely that the person who abused you in many ways was a harbinger of good fortune, as you now had cause to heal yourself through a transformation of your mind and life. This is not to say that it was the “right” thing for an abuser to do – just that, because it did take place, it now serves as your stroke of awakening.

Forgiveness can also come through compassion. You see that the person who made life difficult for you was living in darkness, was unhappy and living in a state of pure ignorance. To understand this lifts your eyes and your heart toward the knowledge that you need not continue on with the suffering. You can understand, and when you are ready, you can forgive.

“Forgiveness is the key to happiness” is another aphorism from A Course in Miracles. Negativity comes from the land of illusion, according to this book and others, and therefore, doesn’t even exist. In this respect, there is nothing to forgive. The only truth is Love.

Whatever may be your way of working with illusion and reality, darkness and light, suffering and healing, allowing yourself to move on from old unforgiven places in the old cellars and attics of consciousness, there is always the possibility of turning on the light switch. When this happens, the dark critters that have meandered out from the woodwork all scamper away.

**Anchoring Your Healing**

The last step is to anchor this state. You may want to find a word, phrase or image that symbolizes this altered experience. Then you may want to create a gesture, such as putting your thumb together with your index finger while experiencing this word, phrase or image. Each time you put your thumb together with your index finger and experience the anchor, you’re able to bring yourself back to this state of being, the resource state of comfort and ease. When working with such samskaras or tendencies of the mind, it is
important to have something to carry into daily life to reinforce the healing experience, as these tendencies don’t just get pulled up like a bunch of turnips or radishes; they are deeply ingrained. This is why it’s important to have a tangible anchoring experience that can be used on a regular basis, in addition to the process of paying full attention to the difficulty.

One young woman had a habitual tendency to put herself down or to feel put down by others. She was, in a word, insecure. Paying attention to it, she found knots in her stomach, tightness in many places in her body. Her Wise Mind showed her a bird of freedom taking away her burdens. She felt light and free. She put her thumb together with her index finger, saying, “I am lightness.” This is something she could do consistently in the context of her life to keep centering her if the pattern resurfaced.

Another woman had great childhood pain and sadness. In paying attention, she felt the sadness all through her body, bracing herself for something terrible to happen, always waiting for the other shoe to drop. Her Wise Mind showed her the great resource she had for healing this sadness: the love of her grandmother. She put her thumb together with her index finger, experienced herself together with her grandmother, as she said, “I am loved.”

Still one more woman had a paralyzing fear of going to the dentist. She paid attention to a feeling of panic, like she might pass out. She remembered a dentist from when she was ten, a man who had been cruel and who’d hurt her. Her Wise Mind gave her two angels – one of Courage and one of Peace. She anchored with her thumb and index finger, seeing the angels and saying the words, “Courage and Peace.” Her next visit to a dentist was ecstatic and beautiful. Not only had she uncovered a root cause of her distress, but also she was also able to shift her consciousness to a state of comfort and peace.

It would be ideal if all you had to do were to do this once, and it would last forever. That can happen, but often patterns recur. As you meet them with awareness and perseverance, you build your healing and enlightenment step by step. It is your good fortune that you have a healing technique that you carry around with you at all times, something that is innate in your being. When you pay attention, invite in your Wise Mind and the healing resources, and you anchor the resource states, you are able to be more consistently in touch with your radiant and loving essence.
Contacting the Power of Healing

The force field of healing – the universal energy, the great healing power – is a vibratory level, a beam, a state of being, in which you’re in touch with the transcendent and radiant power of the universe. Some people experience it visually – and others perceive it as a feeling or a kinesthetic experience. I might experience it as a ray that pours down into me – especially through the top of my head, or one that radiates from me – as emanations of light from my entire body. Sometimes I experience this healing power more on a mental level – a thought that a force in this universe is always directed toward healing.

The beauty of this contact with the “Force” is that it can be the fuel for the healing of all aspects of your life. Strange, but the dark forces need no invocation. They come as they will. The healing powers need to be invited in.

When they enter, these powers can heal your childhood, your relationships, your emotions, your work, your body – your life. It’s a question of how to call them in.

Years ago, I was experiencing some emotional upheaval. It was triggered by a sudden loss that was not major, but that grew into a much larger experience. For several months, I felt worthless, insecure, grieved. I’d cry at nothing. Someone told me that I was going through an opening of all my “centers” – but it certainly didn’t feel that way. One day, I experienced an “I’ve had it” moment, and I made an internal decision to shift this state of mind that had been limiting my life.

I’d been reading a book that I’d bought in the town of Mount Shasta – a small, beautiful town at the foot of the majestic mountain. There was a tiny store in the town with a reading room. It was called the “I AM Society,” and I bought a hardbound green book there called The I AM Chronicles. Its language was dynamic and euphoric – all about the great transcendent magnetic beams of magnificent universal power that are available to us when we invoke them. The key words were “I AM.” They caused the heavens to open and the beams to flow radiantly from the ultimate Source of electromagnetic power.

As I read this small green volume, I realized that this power could heal most of the difficulties of life. I knew that my emotional upheaval could now come to an end. On the inner level, I was given an invocation, which was “I AM the Power of Healing, and I AM healing myself now.” I made an agreement with myself to say it constantly and to counter anything unlike it that came into my mind and consciousness. I realized that this was more than an affirmation. I was reaching to the Divine, to the healing beams of the universe each time I said it.

In this way, I was determined to be free of the debilitating state of consciousness I was creating from within myself. I had paid a great deal of attention to my difficult thought
process prior to this – looked at the dynamics from many angles, including past lives, childhood, and more. Yet the pattern persisted.

When I began to say, “I AM the Power of Healing, and I AM healing myself now,” thoughts would bubble up from the subterranean ocean of thought forms, such as “You’re not good enough for ___ (whatever was on my mind at the time.)” I remembered my agreement with myself to persevere, to not take “no” for an answer. Instead, I said, “No” to the anonymous voices that were attempting to bring me back into the quagmire.

As I continued to proclaim the truth – that “I AM the Power of Healing,” a strength entered me. I became centered and clear. I continued to say “No” to the “negatives.” Within two days, I was transformed. I could close my eyes and experience beams of light entering the top of my head and moving though my being. I could feel the beams of light radiating from my own heart. The tears and insecurity were gone.

I had to understand, of course, that healing is the work of a lifetime, and that it would be necessary for me to invoke these powers whenever the darkness might reappear. I knew I always had the connection and that healing was always totally available. All I had to do was remember. Someone soon after that experience gave me a card with a picture of Obi Wan Kenobi from “Star Wars” wielding his light saber. This reminded me of his words to Darth Vader: “You can slay me, but even then I will be more powerful than you.” The Light forces have great power, even if the darkness can sometimes seem daunting and can give the appearance of prevailing. The Light forces, in the end, have even greater power.

For me, I pictured the Healing Power as beams of light emanating from the universe and surrounding me. Others have told me they experience it as a great ocean or as a triumphant mountain or a voice, and angel, or a great forest. This representation is very personal. Suffice it to say that it’s a magnificent Power that we can invoke upon by calling to the great “I AM.”

The “I AM” and “Om” are very similar. Both are actual embodiments of what they represent. Both “I AM” and “OM” are words that contain seeds of the universal energy they represent. They are “seed syllables” or “sounds” that contain the universe as a microcosm in their very being. So when I say either one of those seed syllables, I AM speaking the Name and embodying the very experience of the great universal power. That’s why it is quite disadvantageous to follow the “I AM” with a negative, such as “I am sick” or “I am bad” or I am a failure.” The “I AM” is so empowered, so imbued with manifesting energy, that to use it with a negative is to use it for unfavorable ends.

“ I AM the Power of Healing, and I AM healing myself now” invokes the healing power – calls to it – and it also embodies it. It vibrates at the level of the great power of the universe. Here I AM both beckoning to and acknowledging the great existence of the healing power. We are able to bring the I AM power to bear upon all the issues of life. It can help us resolve our difficulties and challenges and can move us to higher and higher levels of consciousness.
Techniques
Everyone has a Wise Mind. Even people who have no interest in Wise Minds have one. Everyone can come up with a wise way of seeing something. If you ask people what their Wise Mind would say about their food or their habits or their family, they’d come up with something. It might be something like: “My Wise Mind tells me that I need more broccoli. I need more oranges. I need to take walks. I’m working too hard. I need to be more attentive to my wife. I know that everything is going to be okay. I’m feeling very wise.”

More advanced versions of this might be: “My Wise Mind is telling me that everything that’s happening right now is leading me on my true path, and though it all seems very difficult, it has a positive outcome. It’s leading me on my true path of service to humanity. It’s just a matter of timing, and everything will work out for the highest good.”

So everyone has a Wise Mind, and it is here to serve us, to help us to ultimately transform darkness into light, resolve our problems and lighten our load. To this end, a special process has come through me over a period of time. It’s based on the inner healing principle of “Experience-Release-Transform.” It’s a product of contemporary invention combined with the wisdom of the ages.

This is a simple yet effective technique that you can use at any time. Based on both Eastern and Western thought, it can help you with fears, pain, negative thoughts, traumas, and much more.

What It’s About

The process has four or five steps – depending on how much you’d like to do with it. Each step has a reason and a purpose. Each leads to the next step. Here are the steps:

- Pay attention to what is going on inside. Describe your experience.
- Take a deep breath in, and breathe deeply into whatever you’re experiencing. As you breathe out, disperse it. Break it up into tiny molecules, and release it. Do this as many times as you like.
- Ask your Wise Mind what it would like to tell you about this.
- Imagine yourself as you’d like to be. (Pause) Then find a word or a phrase that symbolizes the healing and transformation of your experience or issue. Put your thumb together with your index finger, and say your word or phrase.
This process can be used in or out of hypnotherapy, and it can be used by professionals and non-professionals alike. It can be used together with whatever else you’re already doing, or it can be used instead of what you’re doing now. You can use all of the steps together, or you can use one or two or three of the steps individually. Let’s take a look at each one of these steps to see what’s behind it, and let’s see how the process can be used.

**Step One: Pay Attention to What’s Happening**

One of the greatest ways to heal and transform is first to fully explore and experience what is taking place in your life, especially what is taking place within you. Too often in our society we skip this step. “Go take this purple pill, and you’ll obliterate your symptoms.” This is what we’re told time and time again. Suppress it, ignore it, remove it without looking at it. In Buddhist psychology, on the other hand, the idea is to first take a look at what’s there. See how you might describe it. In paying attention to it, you might find that some emotions come up, and that’s fine too. You might even find that simply in paying attention, the symptom goes away. You might find that something is taking place within you that you didn’t even know was there. This can be a revelation. The Buddhist monk, Thich Nhat Hanh, calls it “looking deeply.” It’s a necessary step to becoming free.

It might be a tightness in the stomach. It might be a sadness in the heart. It might be constricted breathing. Stay with it, describe it, pay attention to it. Then you can first own it, and it can transform.

**Step Two: Breathe Into It, and Exhale it Out**

You can take a long, slow breath in, and you imagine that you’re breathing that breath directly into your experience of your issue. It might be a pain or a difficult thought or a deep old wound. Breathe into your experience of it. Then as you exhale, you imagine that the solidity of the issue changes, and you’re breathing your issue out into the universe, breaking it up into tiny molecules, dispersing it, so it doesn’t feel the same within you any longer.

In yoga, many people breathe into the stiffness in the body while doing yoga postures. This can dissolve the tightness and create a new fluidity and flexibility in the body. The practice of breathing in yoga is called “pranayama.” “Prana” is the very breath of life itself, the life force in the form of the breath. There is a saying in yoga that “Prana moves chitta.” Chitta (or citta) in Sanskrit means “consciousness.” And, of course, “prana” means “breath.” So breath actually moves consciousness according to the Sanskrit texts. This means that breathing actually moves matter and thought or awareness. So when you breathe into an issue, you can dissolve it. And when you break it up into tiny molecules, you’re changing the structure of the issue. It’s simply not the same anymore. You’re breaking it up and releasing it into the universe.

In the movie “The Green Mile,” Tom Hanks is a prison guard on death row in the Cold Mountain Penitentiary in the deep South in 1932. A prisoner there named John Coffey,
played by Michael Clark Duncan, is incarcerated for a crime that he didn’t commit. He’s actually a healer. He can touch something and dissolve it with his touch. He did this one day with the prison guard, Tom Hanks’ character, Paul. He touched him to dissolve his gallstones, and they went away. Afterward, John began to cough, and soon specks of particulate matter flew out of his mouth to be released into the universe. This is similar to the breathing technique that we’re talking about in the Wise Mind Process. Break up the issue, and dissolve it into tiny pieces. Let it go.

**Step Three: Ask Your Wise Mind What It Would Like to Tell You About This.**

The Wise Mind is very brilliant, and it’s within everyone. The reason for its brilliance is that it’s a part of the Infinite Wisdom of the Universe, an actual palpable force that exists in seed form within each being as a birthright. It simply needs to be tapped. Some people think they’re tapping this force when they create nefarious and dark schemes. “The Devil made me do it.” But this is not the case. The Wise forces are from another level of life, from the Light level, and they exist in potential in all beings. If you’re a healing practitioner and you ask someone, “What would your Wise Mind tell you about this?” – you might well be amazed at what comes forth from inside of people.

Joan’s husband of fifteen years told her that he was in love with someone else, and was going to move out. He admitted all the lies he had been telling Joan for so long. She felt worthless, betrayed, and abandoned. After paying attention to her experience, breathing into it, and then breathing it out, she asked her Wise Mind what it wanted to tell her about this. Here’s what her Wise Mind said:

> Instead of feeling all alone, do art. Be with friends, and laugh. Have adventures, new beginnings. It wasn’t your fault. You did everything you could. Change is good. You need to change, and it’s okay. Trust yourself, and you’ll trust what’s trustworthy. It’s okay to feel all your feelings, and it’s okay to feel good too.

This was actually monumental for her, as she hadn’t seen any other options than feeling anger, loss and grief. The idea that she could have freedom and adventures and that change was good was something entirely new. This helped her to feel worthy and gave her hope. She said that she was unwilling to be a victim anymore. She knew that the reason she was experiencing this in her life was because she needed to wake up – and that she did!

**Step Four: Imagine yourself as you’d like to be.** *(Pause)* Then find a Healing Word or Phrase, and Anchor It with Thumb and Index Finger

Both parts of Step Four owe their power to NLP or Neuro-Linguistic Programming. The first part is called Trance Rehearsal, and it gives the opportunity to go forward in time and imagine the potentials for your life. It’s certainly not a “be here now” approach. The advantage is that it gives you a chance to see what’s possible for your life, and it takes you there.
The second part of Step Four is about “anchoring.” It’s also based on NLP. The premise is that if you do something (like touch a shoulder or finger) at the time of a positive experience, you can condition yourself or another to have a positive experience when you do the same thing again in another situation. This is taken from Pavlov’s experiment in operant conditioning in which he had dogs salivate at the sound of a bell. You don’t necessarily want to salivate, but you can create a positive response by linking the desired state with something like a touch or image. Anchoring is like pressing the “save” key on your computer.

The act of touching the thumb together with the index finger is also like making the “okay” sign. In addition, it’s called a “mudra” in yoga, in which the individual will of the finger touches the divine will of the thumb. What we’re doing in the Wise Mind Process is to anchor in the healing with words and touch. It’s really quite simple, and it can create powerful results.

Joan, whose husband left her, liked the anchor word “release.” She accompanied it with a visual of a bird flying away. The bird was not her husband; it was Joan in all her strength and inner power.

**Find Anything Else That Needs to be Done to Heal**

Check in and see if there’s anything else to do. You can always do the Wise Mind Process over and over again. You can also add more to it:

Some ideas might be:

- Does the inner child need to be attended to?
- Is there still some discomfort in the body?
- Is there anything that needs to be communicated?
- Are there still some feelings that need to be felt and understood?
- Is it necessary to find any history or root cause?
- Anything else at all?

If anything else comes up, you can do this again, as I’ve mentioned, and you can also add other approaches such as EFT tapping, inner child love, regression, or anything else that seems as if it would be helpful.

You can do the Wise Mind process over again as many times as you’d like. You can do it in an office, in a car, in your house, with a mouse, in a box, with a fox, with a goat, on a boat – with Dr. Seuss or with yourself. Enjoy its power and see how it might help you overcome the challenges of life. It’s amazingly simple, yet it works, and you can use it for all the issues of your life.

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How to Find a Client’s Inner Obstacles in Minutes: The Technique of ReSourcing

Imagine a client coming to see you wanting to stop smoking, lose weight, pass tests, or ice skate like a pro – because no other modalities they’ve tried have worked for them. ReSourcing want you to help them do what has seemed impossible up until now. ReSourcing either that they haven’t found a good way that works – or there’s something inside of them that’s in the way. ReSourcing could do a lengthy session to uncover the obstacles, or you could put on your wizard’s hat and help them reveal the obstacles (also called “inner saboteurs”) in minutes.

As you well know, there are often inner barriers to accomplishing projects, goals and dreams. These barriers can be in the form of “secondary gain” – which happens when the payoff for keeping a behavior or mindset is just too high to let go of. ReSourcing example, a client might be storing the extra weight because it’s keeping them from doing something they may not feel ready for, and their motivation to lose weight may not be very high.

ReSourcing barriers are deep-seated fears – fears of not being good enough or fears of failure or fears of alienating family members who expect the status quo. ReSourcing some people are concerned that they’ll have to work too hard to accomplish their dreams, and so they often opt subconsciously to stay the same.

People often come to see you after they’ve traveled on many paths that have led to dead ends, and they’re not always aware that there are guardians at the gates of success for them that have been in their way. But you have many keys.

Unlocking the Door to the Subconscious Obstacles

ReSourcing’s something you can do to show clients that if they dive deeply enough into the roots of their issues, they can open up possibilities that they may have never known before.

Here’s what you can say:

“I’d like to start a sentence and ask you to finish it. It may sound a bit negative, but it’s for therapeutic purposes. Don’t think about the answer. ReSourcing let it come to the top of your head. Okay?”

Client: “Okay.”

ReSourcing you say to your client: “I don’t want to (lose weight, stop smoking, stop twirling my hair, be a successful hockey player, etc.; choose the correct issue) because…”
Client: “Because I’m afraid…”

(ReSourcing) You say: “I’m afraid because…”

Client: “Because I’m afraid I’ll fail.”

(ReSourcing) “I’m afraid I’ll fail because….”

“My father always told me I would…”

(ReSourcing) “I took that on because…”

“I was only a little kid.”

If you want to, you can stop the process here, because you’ve learned a lot about your client’s subconscious material and life history (and this is done in a few minutes!) What this does for you is to show you that there’s a big self-esteem and failure issue here, and that you can address this so that your client will be able to create success. ReSourcing can address it by including self-esteem in your suggestions – or if you do interactive work, you can find the part of the self that doesn’t feel confident, and assist it to receive love, approval and strength.

How to Find the Words to Use

This may be the trickiest part of the technique – deciding what “sentence beginnings” are right for your client and when you can stop the process. Sometimes you need to be one step ahead of your client with discerning what is really going on:

“I don’t want to stop eating sugar because…”

Client: “Because I like it”

“I like it because…”

Client “Because it’s sweet…”

“I need the sweet taste because…”

“Because there’s not enough sweetness in my life.”

So you zero in on the need for the sweet taste, the need for actual sweetness, and you’ve then found out what’s going on deep inside your client.

When Not to Use the Technique
ReSourcing is a powerhouse for uncovering all kinds of deeper issues. It’s best used for habit control and achievement issues, for things people say they want to do but haven’t been able to do. ReSourcing is not so good when used with pain issues, as most people really want to let go of their pain. If you use it with issues like pain, you may not get anywhere with the type of inquiry process that ReSourcing creates.

Use ReSourcing when you want to dive deeply into the profound motivations inside a client’s deep subconscious mind. It will take only a short while to uncover the hidden inner secrets, and it will yield huge benefits in understanding and transforming clients’ habits, emotions, behaviors and results.
The Transformational Healing Method (THM)™
Created by Marilyn Gordon, BCH, CI

The Transformational Healing Method (THM) is a healing process for transforming darkness into light. Based on transformational hypnotherapy and combined with EFT, (Emotional Freedom Techniques), it is a profound and comprehensive healing modality for working with most emotional, physical and spiritual issues. With this method you can transform life’s challenges into states of well being, move through such fundamental challenges as physical issues, abandonment, abuse, addictions and habits, past issues, fears, emotions and sabotaging thoughts. Ultimately, you can move into your true essence of strength, love, healing, and positive redirection. You receive emotional and physical healing as well as support for spiritual transformation.

The Four Phases of a Session

THM has four phases: Interview, Tapping, Deep Inner Healing, and Tape-Making. The Deep Inner Healing phase has three stages: Experience, Release, and Transform.

- **Interview:** The interview process is an inquiry into past, present, and future.

- **Tapping:** During the tapping phase, you learn and experience for yourself how to do EFT, a process in which you tap on specific stress-relief or acupressure points while talking about your issues. You find that the issues are reduced in intensity or completely released.

- **Deep Inner Healing (Transformational Hypnotherapy):** In the third phase, you have the opportunity to relax very deeply and explore the deep inner mind for whatever is important for you to pay attention to. Here is where you look deeply into your own inner being to experience and understand your issues as fully as possible. You may do some tapping in this phase also. You can then release and transform your challenges into states of higher consciousness while you are fully relaxed. You are able to find relief, love, guidance and wisdom, deep peace, and great healing.

- **Recording:** In the final phase, you will have a tape made especially for you, which deeply relaxes you and gives positive expression to your life issues.

The THM healing system also includes special techniques to discover the root causes of your issues and to uncover the obstacles you’ve been experiencing in your life.

Some of the results of The Transformational Healing Method are:
· Stress and anxiety relief
· Release of fears and phobias
· Trauma release
· Spiritual growth support
· Grief and loss relief
· Relationship clarity
· Pain relief
· Habit cessation
· Weight control
· Regression therapy
· Life transition support
· And more….

This healing system embraces all levels of consciousness.

With the combined powers of your subconscious mind, higher consciousness, conscious mind and energy system, you can resolve the dilemmas of your life. You can do self-healing or work with someone else.

The subconscious mind is a repository of all that you have been and done. It’s the storage place, the database, of all that has taken place in your experience. You can visit it and take a journey into its vast terrain. You can put it on “search mode” – ask it what you need to know at any given point in time.

Higher consciousness is a built-in enlightenment system. Through it, you experience the love, healing power, wisdom and compassion of the universe.

The energy system is a system of meridians or energy pathways in your body. Getting in touch with this system can help to create a state of well being in your body, mind, and emotions.

And because the quality of your thoughts naturally has a deep effect on your healing process, we also address your conscious mind.

The way out is through. This is a system for healing whatever in your life is obscuring your essence. The results are both practical and transcendental. Its philosophy is that “the way out is through,” that there is nothing inherently bad or wrong with anything you’re undergoing. Everything is material worthy of being paid attention to. Everything you’re experiencing is an opportunity for understanding and self-knowledge.

Inside your own being is an essence that is ready to shine beyond the difficulties that life presents. Through the Transformational Healing Method, you receive tools and techniques and ways of extraordinary healing. As you move through the stages of “Experience, Release and Transform,” you first allow yourself to fully experience your
experience, to come to know what’s taking place within you. Next, you’re able to release
the experience, and then you can transform it.

Every experience carries a richness and has value. Paying close attention is the first step
in the process of self-knowledge. It is a process of looking with an inner microscope or
magnifying glass and just seeing what’s there. It’s about looking, for example, at current
experiences that are taking place in the body – pains, constrictions, tingling, holding –
whatever is happening in the moment. It’s also about looking at the mind and emotions –
seeing whether there is sadness or rage or tightness or shame. It’s about looking even
more deeply at the experience, possibly finding the roots. The roots may be in childhood,
or they may go all the way back to the womb. Or they may go to another lifetime, or to a
belief or a tendency of the mind.

Sometimes release happens naturally as a direct result of “looking deeply” or “paying
attention.” Other times, we can assist in the release process by using techniques such as
energy therapy (EFT), which taps away old traumas, fears, resentments, guilt, grief,
shame, anger and emotional trauma.

Release is a clearing out of your consciousness. It’s like cleaning out your closets and
drawers, releasing old correspondence or outworn clothes. As you discard these, you
ready yourself to invite in a new level of your life. You’re ready to initiate an opening of
a reality that had previously been either closed or unknown.

Release, again, often takes place as a natural outgrowth of paying attention to your
experience. As you stay with your experience, often a miracle happens. One person found
a lotus at the bottom of a murky pond. Another felt as if she were experiencing a birth
process through a very dark tunnel and out into an experience of light.

We remember that healing is the work of a lifetime, that healing is a cyclic process. We
know that in this process we continue to transform darkness into light and to experience
love, compassion, forgiveness, wisdom, the ability to stand back and see with greater
perspective, and the ability to know the great power of healing.
If you’re looking for a way to change your food habits, stop smoking or make any other shifts in your life, there are seven steps that can help you. If you consume too much caffeine or nicotine or sugar and you’ve made the decision to move to another level of your life, you can do it now.

A woman named Sandra was getting fed up with her habit of buying lattes every day at the local coffee house chain. They were loaded with caffeine and sugar, and she went everyday like clockwork to get a large fix of the legal upper that coursed though her body like a speeding locomotive. She was gaining weight, and she was beginning to worry that she might not be able to let go of this stimulant that had a major hold on her.

One day, she decided that she’d look into letting go. She was anxious when she began, partly because the lattes made her that way, and partly because she carried anxiety around in her anyway; in fact, she thought that the lattes might be helping her to reduce anxiety. She was literally hypnotized by her habit to believe it was helping her.

Seven Steps

There’s very good news, though: we can re-hypnotize our responses. We can shift our choices. We can stop doing what we’re doing, and we can have a healthy and free life. Here are seven steps to transforming any habit.

Step One: Pay Attention

Sandra looked at her latte habit, and began to observe what was taking place. She looked at her thoughts, feelings, and her body’s responses. She was now the witness, instead of the slave or victim.

Step Two: Make the Decision

Next, she made a decision. We have moments of awakening in which it’s clear that the time to transform is here. Sandra had that “I’ve had it” moment, in which she knew that her time to shift had come.

Step Three: Create a Plan

So Sandra came up with a plan. She decided that she wanted to stop completely – not even a taste. She wanted to be done, and she made that inner commitment, which I call “the healing decision,” the decision to be done. She wanted never to step into that coffee shop again.
**Step Four: Choose What to Do Instead**

She decided on substitutes, what she’d do instead. Walks appealed to her. If she had any emotional issues, she’d walk and pay attention to her feelings. She’d watch and allow herself to “experience her experience.” If she became hungry, she’d eat something healthy. She decided to do some self-hypnosis by putting her thumb together with her index finger and saying what was to her a healing phrase: “I AM calm and free.”

**Step Five: Look at the Obstacles**

Next she looked at her inner emotions, the reasons why she might want to continue to drink those stimulatingly sweet lattes. She came face-to-face with her anger, and she did some techniques to release her anger.

**Step Six: Reinforce your Choice**

She could now witness, release and let go of her judgment and reactivity in her old work situation. She put her thumb together with her index finger and said a healing phrase: “I AM calm and free.”

**Step Seven: Transform and Actually Do It!**

She so it was – complete, done, finished, over. She passed by the coffee shop, and she said to herself, “I’m done with that, totally done.” She was calm and free, and she had accomplished her dream of transforming her life.

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How to do a Fascinating Past Life Regression

Past lives are intriguing to us. Many cultures have universally believed in their power, and there are compelling studies of past life experiences in which significant healings have taken place in the current lifetime.

Here are Some Past Life Facts

* Past lives exist on the level of the soul or in the “subtle world” as old programs, similar to computer data storage.

* Often by reviewing and releasing these programs or patterns, current life issues can be resolved.

* People carry old patterns like stress, anxiety, fears or addictions, and sometimes there is no obvious cause in the current lifetime; yet there is often a past life connection.

“Samskaras” are tendencies of the mind (like self-esteem or insufficiency thought patterns) that come from past life experiences.

* Many Tibetans believe that there is a state called the “bardo” – a transition state between lifetimes, a place of releasing and reviewing past experiences and preparing for future ones.

* You don’t have to re-experience past life programs in order to heal, as there are many approaches to healing; yet it’s interesting, informative and often profound.

* You don’t have to believe in past lives in order to work with them. You can consider them metaphors or conjurings of the imagination, and this approach can still be effective for healing.

* There are often current physical imprints of past lives in the form of birthmarks, physical and emotional pains and wounds.

* Hypnosis is a perfect vehicle for the experience and transformation of past lives.

Preparing Your Client

Often a client will come specifically to do past life work. This client has knowledge and interest in the work already. If you suspect that past life work would be valuable for someone who has not expressly come for it, then you will need to explore the client’s belief systems to see if this work would be compatible. If necessary, one way of
approaching this is to call it “another time and another place from which we can view the situation you find yourself in now.” You can treat it the, like a dream, movie or a metaphor.

**Moving into the Past Life Experience**

You can say to your client, “Let’s go to another time and place to find out more about this issue in your life and how you may want to heal it.”

**Some Ways of Going to This “Place” Are:**

Suggest that the client find a vehicle to ride on, such as a plane, a train, a magic carpet, and say, “As I count from 10 to 1, you’ll be moving through and across time and space on your vehicle, and when I get to 1, you’ll be able to get out of your vehicle and find yourself in this other time and place.” You then count down slowly, reminding your client about the vehicle and saying “going back in time” and “you’re in your vehicle now.” When your client reaches 1, you say, “You can get out of or off of your vehicle now. Put your feet down on the ground, and look down at your feet.”

You can also have your client visualize a clock moving backwards or have calendar pages flying. Or you can count back in decades from age 40 to 30 and on down the pre-womb and past life days – or you can devise your own techniques.

**Questions to Ask**

You then proceed to ask a number of questions. You can use the following as guidelines, and you can make up questions of your own.

- “Take a look at your feet. Are they large or small? The feet of a man or woman? Dark or light? Shoes or no shoes? What kind of shoes?”

Then you ask more questions:

- “What kind of clothes are you wearing? Is your hair long or short? Are you large or small? How old are you? What is your name?”

  (The last is an optional question.)

Then you widen your vistas, and begin to find out more about the environment:

- “Look around you. What do you experience all around you? What country is this? What year?” (optional) “Is anything taking place that you can experience?”

Then you may want to ask your client to go to an experience that is relevant to what he or she is experiencing today:

- “What do you see or feel or hear or know about this experience?”

  You find out as much as you can about this possible antecedent to whatever your client is experiencing in life now. At this point, then, you’re ready to do healing processes, to experience, release and transform the issue. One way is through the after-death experience.
The After-Death Experience: Finding Out How the Client May Have Died and Looking at the Lessons of the Life

You have the option of asking your client, “How did you die in that lifetime?” You create safety for your client to experience this. If you know EFT tapping techniques, you can tap on any traumatic experiences, or you can suggest that your client step back and experience the situation as if on a movie screen. You can then say, “From the view of the after-death experience, take a look at the larger picture of that life, and see if you can understand what you may have been learning. How may it have affected your current life? What may be the best way for you to heal this experience?”

You can create a significant healing experience through the vehicle of Past Life hypnosis.
EFT
The Emotional Freedom Technique
Also Called “Tapping”

This is a way of doing EFT that is influenced by a method used by Patricia Carrington, called “Choices.” It states what you would choose to experience and taps on two sides of the body.

You begin by telling your client what EFT is and what you’d like to do.

**What to Say to Your Client before Tapping:**

“I’d like to do a special process with you called the Emotional Freedom Technique – or EFT. This is a technique based on Chinese Medicine in which you tap with your fingers on special points on your body while talking about the issues. The points you tap are acupressure, acupuncture, or stress relief points. These are the points.”

Then you show the points: Top of the head, beginning of the eyebrow, side of the eye, under the eye, under the nose, under the mouth, collarbone points, under the arm by the ribs.

You then continue:

“I’ll give you a card that you can refer to later on when you’d like to tap on your own.”

(Give card listing the points and going over the technique later—after the session is over.)

“What happens when you tap is that you create a state of well being in your body and mind, and your issues are reduced or even completely alleviated. You might say it’s a way of creating endorphins or pleasure chemicals in your body’s energy system. First we decide what issue to tap on. Then you rate the intensity of the issue on a scale of one to ten, with ten being the most intense. Then you can say what you’d choose to experience instead of this.”

You and your client then determine the issue to be tapped on. Next you find the intensity, and after that you find a word or phrase that states what your client would like instead of the issue.

Example:
Issue: “Craving that cigarette.”
Intensity: 9
Instead: “I choose to be a non-smoker.”

Now you tap on yourself as your client tapes on herself.
(Do the tapping techniques.)

Here’s the tapping technique in a nutshell:
1) Find the issue that you’d like to tap on. Make sure it’s specific and that you’re experiencing it. Next, rate its intensity – ten the most and zero the least. Then decide what you’d choose to do instead of what you’ve been doing.

**ROUND ONE:**
2) Do the “setup” three times, tapping on the side of the hand, saying, “Even though I have this______(name of your issue), I choose to _______(what you’d like to do instead).”

3) Now take off the “even though” and “choose to” say only the name of your issue: “this_____” or “my _____” – as you tap on the various points, naming your issue over and over.

Here’s where you tap:
Top of the head, beginning of the eyebrow; side of the eye, under the eye, under the nose, under the mouth, collarbone*, under the arm by the ribs.

4) Now tap on the opposite side of your body, using positive phrases. Say, “I choose to…” as you tap each point. Mention what you choose to do instead of what you’ve been doing. Then you find out the intensity of your original issue.

* (collarbone point: Use several fingers to tap on the collarbones)

**ROUND TWO:**
5) Tap on the side of your hand (only once this time), saying, “Even though I still have some of this_____, I choose to ______.” Again, you say the name of your issue only and tap on the points, saying: “Remaining _____” as you tap each point. Do the positive “I choose to…” phrase on the other side of the body. When you’re done, get an intensity rating.

**ROUND THREE:**
6) Tap on the side of your hand (again only once), and say, “Even though I still have a little bit of this_____, I choose to______.” Then tap on the points, saying “a little bit of _____” with each point. Tap also on the opposite side, saying the positive, “I choose to_____.” Get a rating. Do this until you feel a sense of release from the issue.
Guidelines for Phone Sessions

If you feel comfortable doing sessions by phone, it can give you a global business, as you can work with anyone in the world. Doing phone sessions is similar to live in-person sessions, though doing interactive hypnotherapy can be more challenging without the physical presence. Nevertheless, if you feel comfortable about this, you can have excellent phone sessions. Here are some pointers for success.

1. Use a consulting agreement. You can send it by e-mail or regular mail. An example of this is at the end of this book in the “Forms” section.

2. Having the ability to accept credit cards helps greatly. If a client does not want to use a credit card, you can accept payment in advance (as many phone practitioners do) or you can have faith and allow the client to send payment afterward. You can get the credit card number at the beginning of the session. You can also use PayPal or other payment systems.

3. Have a good quality phone. A cell phone may be a bit tricky if it drops your call. I find that a good quality phone with a headset is especially good. During the session, you can do an interview in the same way you would do it in an in-person session, conducting an inquiry to find out what is going on, actively listening, asking leading questions, counseling, taking many notes. Questionnaires are in the “Forms” section of this book.

4. You can do EFT, the Emotional Freedom Technique or The Wise Mind Process in phone sessions. (These are in the “Techniques” section of this book. You can send the directions or you can just tell clients over the phone where to tap.

5. Before you do hypnosis, you can ask clients if they need a bathroom break. If so, we can stop the call for a few moments and call back as soon as the break is over or just hold the line. If no break is needed, we continue.

6. You can instruct the client to get comfortable. He or she can lie down and either use a speaker phone or cradle the phone on her shoulder, perhaps resting on a pillow or chair.

7. You then do a verbal induction, all the while keeping in touch with how clients are doing. You can ask questions, like, “How are you feeling right now?” or “On a scale of one to ten, how deep would you say you are right now?” and more. (Examples of inductions are in the “Inductions” section.

8. After this, you may choose to do some interactive hypnotherapy, in which you talk with the client. If I sense that there are some tears, you talk with the client
about that. Some people choose not to do interactive hypnotherapy over the phone, though others feel comfortable with it.

9. You can then make a recording for the client that lasts for fifteen minutes. (Instructions are in this book.)

10. You then talk with the client, after bringing him or her out of hypnosis. You ask her to call or e-mail me with feedback on the results of our work. We discuss what future work might be necessary.
How to Give Free Hypnosis Demonstrations to Increase Your Business

In the early stages of my business, I gave free hypnosis demonstrations every Friday night. I rented a small workshop room, and I advertised the demos in a small classified ad in a local newspaper. The ads read; “Free Hypnosis Demonstration” – and the rest dealt with the time and place we’d be meeting. Sometimes I’d have ten or more people, and sometimes, only one. If there was only one person, it was an opportunity for me to experience “Oneness” (that’s how I reframed it!) – and the truth is that no matter how many people came, every demo was an opportunity to increase my business. These demonstrations became a primary tool for educating people about hypnotherapy, and they proved to be invaluable.

The demonstrations, which I later also used as presentations to groups, consisted of several parts:

- Introductions
- Brief talk about hypnosis
- Arm rising and falling test
- The demo
- Group induction and guided visualization
- Invitation to our offerings
- Selling tapes and books; giving brochures

**Introductions and Talk**

This is an opportunity for everyone to say hello, to state their name and a few brief facts about themselves. They might also talk briefly about what interests them about hypnosis.

When it was my turn, I introduced myself and then talked about hypnosis. In this brief talk, here are some possible areas you can cover:

- **The Uses of Hypnosis**

You can talk about the various areas of life that can be helped by hypnosis. You can mention sports hypnosis, in which visualization plays an important part. You can mention medical hypnosis, for pre- and post-surgery, for various illnesses, for prevention. Then, hypnosis for inner healing that looks at the deeper aspects of life experience, such as handling anger and fear and grief, childhood issues and traumas. Hypnosis is also used to assist in business and career, and here visualization and stress management play a significant role. There also forensic hypnosis for legal issues. You can mention the Chowchilla kidnapping case, in which children were
abducted from their school bus, and in which the driver of the bus was hypnotized to remember the license plate number of the kidnapper, and the children were also relaxed to reduce the levels of their stress. You can talk about hypnosis as a tool for spiritual development, as it opens up and reveals the highest dimensions within. There are many more ways in which hypnotherapy can be experienced, and you can choose some from your own experience. Remember not to go on too long, as you have a lot more to do in this presentation.

- **Trance and What it Is**

They may have your own way of describing this. They may want to call it a relaxed, focused, altered level of consciousness. They can mention here that various cultures regularly use varying levels of trance. Hindus, Native Americans and others use chanting and drumming. Sufi Dervishes twirl. Americans often use television. If you wave your hand in front of most twelve year olds, you’ll notice that there may not even be any blinking of the eyes. We use trance in hypnotherapy to relax people enough to allow them to reach the deep inner material inside and to, in many cases, make them more open to suggestion.

- **The Importance of the Power of Suggestion.**

Not all the work we do in hypnotherapy is about suggestion, but some of it works with this natural quality that is a part of our lives. You can do a brief demonstration. Do a pantomime in which you tell them that you have a lemon in your hands, and as you pretend to pick it up, you say, “I’m going to take this lemon, put it on a plate, and I’m going to cut it in half.” This is, of course, pantomimed, and you can tell your audience not to worry, that you won’t be getting the juice all over your lap or the table, as the plate is underneath. Then you proceed to imagine yourself sucking on the lemon, making appropriate puckering faces, experiencing the tart, sour juices. Then you might ask them how many of them salivated. Most of them do, and this, you can tell them, is the power of suggestion.

**Arm Rising and Falling Test**

Next, you can tell them that you’d like to do an experiment with them. They may already know this test, as it is a classic in the annals of hypnosis and is included in most courses. It involves having them close their eyes and putting their arms straight out in front of them. They then imagine that there is a heavy weight attached to a cord on their right wrist, and this weight is pulling their arm down. It is “verrrry, verrrry heavy.” Then a phone book is placed on top of their right arm, making it even heavier. Next, on the other side, cords are attached to their left wrist, and a helium-filled balloon is floating their arm up in the air, as it becomes “verrrry, verrrry light.” There may even be a bird helping their arm to float upward. They can go back and forth several times, intensifying the experience, and then you can ask them to notice where their arms are. This is good because it gives you a good idea of which person might be a good subject for the demonstrational portion of your program. It also helps some people see the potentials of their inner powers.
Demonstration

You may now want to ask for someone to come up to the front, someone who has an easy time with deep relaxation and who’d like to do a gentle demonstration. This, along with the previous exercise, will give you a good idea of an appropriate person. You can tell them that it’s not a stage show and that it’s very safe. You first create rapport with eye contact and verbal greetings. Then do an induction. Do your best to do an induction that is both rapid and deep. We use a form of rapid induction (which you can read about in the Inductions section of this book).

After the induction, we do several processes:

*Arm Catalepsy.* This consists of extending the person’s arm and suggesting that it won’t bend.

*Finger Catalepsy.* This is about lacing the fingers together and having the person tug on them. The more they tug, the tighter they lock together. Use the ending of this and the previous process to deepen the hypnosis. “Now just let your hand relax, and go more deeply.”

Then you can have the person smell an imaginary flower or find something very funny. Keep things positive and light. The last demo you can do in the program is called “A Happy Day in Your Life.” This is a form of regression that takes the person to a happy day and vivifies it, exploring what’s happening, who’s there, what this feeling of happiness is like, and whatever else may be going on. You may also want to have the person become the past self and feel the experience vividly. Then you can anchor in the happiness, asking the person to fill up with it from head to toe, and asking for a word that might symbolize this feeling. Then suggest that whenever they put their thumb together with their index finger and say this word, they will be able to re-experience this happiness. Then bring the person back and let him or her return to the audience.

Group Deep Relaxation

You can then ask the audience if they’d like to go into deep relaxation or hypnosis also, and they will be very happy to do this by now. I used a ten-minute guided visualization tape that I made. It has a relaxing induction and various images, such as swinging in a hammock and more. I used a tape rather than did a “live” version for a very good reason. When they were finished, I told them that if they liked that relaxation, they could listen to it every day – and I just happened to have some copies of it that they could purchase. These “back of the room” sales are very important in any presentation that you do.

A Word from Our Sponsor

I told them that now was the time for a brief word from “our sponsor” and that they could have private sessions with me. I described what areas of their lives they might want to bring to a session. I told them how long the sessions were and what they cost. I told them
they could call for an appointment, and I gave them cards and brochures. I told them about workshops, and I sold a few other tapes and booklets. In other words, I invited them to take part in a wonderful process of healing.

To this day, I still have contact with some of the people who came to these demonstrations. They demos proved to be of great value. I presented them to other groups that had speakers at their meetings, and I nurtured my business this way. They hypnosis demonstrations are not stage shows or talks. They’re experiences, and they provide a good way for you to make important connections in your work.
Making Hypnosis Recordings
If you’re a hypnosis professional, you probably use hypnosis scripts all the time, and you might want some new ideas for delivering your messages. If you’re not a professional, but you’d like to create scripts for yourself or others, you might need a few guidelines.

Here are some guiding principles and strategies for creating scripts, recordings and expanded hypnotic experiences. But these aren’t ordinary experiences. They’re original and tailor-made for your client or for you. There are plenty of reasons why you might want to create original scripts, rather than take them from a hypnosis “cookbook.” And you might find that it’s easier to do than you’ve imagined. Let’s first look at why it’s a good thing to create innovative scripts, and then we’ll look at exactly how to produce them.

**Here’s Why It’s a Good Thing to Create Your Own**

There are some inherent problems with generic scripts. Here are a few of them:

- Though there are plenty of scripts out there, there may not be even one that is necessarily applicable to your client or yourself. They may have religious references that don’t apply. They may use images that are not relevant to your particular situation. They may say “up” when you’d prefer to say “down.” Yes, you can always alter the language of a generic script, and that’s great – but there’s a step beyond that. And that step is to create your own original hypnotic work of art.

- Sometimes generic scripts use authoritarian language, which may not be the way you’d like to proceed. If you’re a professional and you’d like to do client-centered work, you may want to stay away from “I want you to…” language and create a more gentle way of speaking. “Just let yourself relax” instead of “I want you to…” may be the way you’d like to proceed.

- Often generic scripts are just visual in their images, and not everyone is visual. When you create your own, you can consider seeing, feeling, hearing or just knowing. You can increase the options.

- Sometimes, clients (or you) have special considerations or fears that need to be addressed. For example, if there is a fear of elevators or escalators – or anything that might be mentioned in a script – a generic script may include these situations that might turn off anyone who’s listening.
How to Create Your Own Scripts Instead

Here are some tips for creating powerful, positive, original hypnotic programs.

- You can ask your clients or yourself some questions, and from these questions you can create some positive suggestions:

  What’s going on right now regarding your issue?
  What would you like to see for yourself and your life in the future?
  What would your inner wisdom tell you about your situation?
  What can you do instead of what you’ve been doing?

- You can help clients or yourself find inner wisdom to see the original problem in a new way. You can ask, “What would your Wise Mind (or inner wisdom) tell you about this?” You can write this down as a transformed way of seeing the original problem. You might receive such wisdom as, “What’s going on for me is a test of my strength. I’m growing, and I’m becoming more powerful all the time.”

- You can turn all the discussion of problems into their opposites and create positive affirmations from them. For example, “I don’t want to be unhealthy” could be “I’m becoming stronger and healthier every day.”

- You can mention specific solutions and techniques that can be used, such as breathing, anchoring, or working with energy.

- You can use visualizations or metaphors that are specific to individual needs.

- You can use mini-scripts at the beginning and end of the recordings for relaxing at the beginning and returning at the end.

Here’s a Mini-Script for the Beginning:

“Just take a nice deep breath in and exhale, and as you do, just let go of any stress or tension. Take another deep breath in and exhale once again, and let a peaceful wave of relaxing energy wash over your body and your mind – just like a waterfall of relaxation from your head all the way down to your feet. Just pay attention to your breathing now – breathing in and relaxing, breathing out and releasing. I’m now going to count from ten to one, and as I do, you can go very, very deeply now.”

Then you count backward very slowly from ten to one and then from five to one. After that, you can talk with your client if you’re working as a professional. Or you can go right into your individualized message.
Here’s a Mini-Script for the End:

“All of these ideas are penetrating into your deep inner mind, having a powerful effect on you, helping you greatly. And if you’re listening to this before bedtime, you can just feel free to float off to sleep. If you’re listening to this at a time when you’d like to come back, I’m going to count from one to five, and when I get to five, you’ll be able to come back feeling full of life and energy, with a sense of vitality peacefulness and joy. So, coming on back – full of life, full of energy and a wonderful sense of well being, happiness and joy.”

More About the Middle

The middle portion of your script is the part then that’s not scripted, not in any textbook or in Google. You can get segments of the material from pre-written scripts, but it’s a good thing to create something original and wonderful that’s not in any museum or on anyone’s hypnosis web site. It comes from you, your client’s responses, your creative imagination, and your own healing mind.
Making Spectacular CDs

Making hypnosis recordings has always been important to me in my work. For years, many clients have told me that they loved having recordings made especially for them. Some, of course, couldn’t have cared less, but others have been ecstatic. Some have told me that they listen to their recordings even years after they originally had their sessions.

It took me a long time to upgrade from making audiotapes. I needed to get my ducks in a row, to get the equipment together as well as the technical skill to create CDs. After a number of clients said that they’d thrown away their audiocassette recorders, I knew it was time to join the technology of the twenty-first century.

The first step was to have a laptop that would be nearby during sessions. The next step after that was to find the right software and to learn how to set it up for making recordings. Lo and behold, Stuart came in; he was an expert 3D graphic designer who worked with CD recording all the time. He told me the project would be easy! And after he set it up for me and showed me how to use it the simple way, it was a breeze. I went to download.com and downloaded “Sony Sound Forge Audio Studio” for free. I’d have to pay after a one-month trial, but it was very inexpensive. There are many ways of creating CDs (and we’ll talk about more of them later), but this way worked well for me. If you have a Mac, by the way, you can use Garage Band, a recording software that’s already in your system.

Stuart set up the software for me, told me where to click, and as soon as I got a good mike (details below) and put in a CD, I was ready to go. Stuart also created a page, which we put on our web site that shows fellow practitioners (and any other interested people) how to set up the software. You can find the directions at http://www.hypnotherapycenter.com/soundrecording.html. We’d love to know of your experiences with it.

Ready to Record

Finally I was all set up. I used my old boom box for the music. Getting the music into the computer as another track was something I didn’t want to do, as I liked the option of being able to fade the music in and out at will. I started out with a verbal induction which took about five minutes. See the last chapter for the mini-script for the beginning of the recording.

After I did the beginning mini-script, I then faded out my music and stopped the CD. I use a special royalty-free music which we have available on our web site at hypnotherapycenter.com.
After the induction was over, I then did interactive hypnotherapy with my client. When that was complete, I went back to the recording and took ten more minutes to complete the CD.

Here’s what that was like:

**The Reinduction**

I then said, “I’d like to finish your CD now. First is there anything else we need to do today?” If there wasn’t anything else we needed to attend to in the interactive session, I turned the CD recorder and the music back on, and I did a reinduction that went like this:

“Just let yourself go even more deeply now. This time, I’m going to count from five to one, and as I do, you’ll relax even more. Five, going much deeper now. Four, relaxing more and more. Three, very, very peaceful and deep. Two, very relaxed. One, nice and comfortable and deep. Now you can go even deeper. You can go three levels deeper. From level A downnnn, down, down to level B. From level B downnnn, deeper down to level C. Level C is the deepest. Very, very relaxed.”

**Recording Messages and Suggestions**

This part of the recording brings your client to resolution, strength, peace, and higher self. It might go like this:

“And when you relax this deeply, you go to a place of ______ (great peace, courage and strength, whatever) inside you, and you realize that a very powerful change is taking place in your life.

(Mention the specific change you’ve been working on with the client, if you’ve been working on a specific shift.)

“You know that it is the right time for this change. You’ve done such good work to make this happen, and you now have all the tools you need. You are now able to make these changes more easily than ever before. You have great support, and you are now ready to….”

(…whatever your client is ready to do or be or have).

**Reframing the issues:**

- You can talk about anything that you and your client have either discussed in session or about material that has come up in deep healing – always taking a positive view.
- You can use visualizations. You remember, of course that not everyone is visual, so you offer other options such as thinking about it, feeling it, etc.

“Just imagine yourself looking and feeling the way you’d like...” or “Just experience your body as healed and whole.”

You can bring in light, healing water, love, Source, wisdom, guides – whatever you’re guided to do. Use intuition and knowledge of your client to make certain that you aren’t stepping out of your client’s accepted frame of reference.
**Completion of the Tape or CD**

When I was ready to end the CD, I had some special concluding words to say:

“All of these ideas are penetrating into your deep inner mind having a powerful effect on you, helping you greatly. If you’re listening to this before bedtime, you can just feel free to float off to sleep. You can rest assured that you’re relaxing very deeply and that you’re having positive results. Listen to this on a regular basis, and every time you listen, you’ll be able to go more and more deeply. If you’re listening to this at a time when you’d like to come back, I’m going to count from one to five, and when I get to five, you’ll be able to come back feeling full of life and energy, with a sense of vitality, peacefulness and joy. So coming on back now – 1, getting ready to open your eyes, 2, feeling refreshed and alert, 3, with a wonderful sense of well being and energy, 4 opening your eyes, 5, coming on back now, feeling wonderful, energized and great.”

I then turned the music down slowly and when it had faded out, I then stopped recording.

**Recording Options Available to You**

If you have a computer in the same room where you do your hypnosis, you can record to the computer; then make (“burn”) a CD from that. On a computer, you may need an external microphone, such as Logitech’s “USB Desktop Microphone”. On a PC you need software Sony’s “Sound Forge Audio Studio,” and Macs use “Garage Band”. Here again is the URL from our web site to use Sound Forge Audio Studio to record to your PC: [http://www.hypnotherapycenter.com/soundrecording.html](http://www.hypnotherapycenter.com/soundrecording.html).

Of course, as you’re reading this, some new technologies may be coming along that will create hypnosis recordings with greater and greater ease.

**Labels and Jewel Cases**

If you like to do desktop publishing, you can make great labels with designs on them, a place for your name and contact information, and a place for your client to create a title for the CD. You can put the CD in a great jewel case. My favorites are the multicolored ones.

I like to remind clients to listen as often as possible, hopefully on a regular basis, and of course not in a moving vehicle. I do hope you enjoy the process of CD making and that you know you’re doing a true service for your clients and for the world.
Inductions
Progressive Relaxation Induction

(Done very, very slowly, in a very relaxed state.)

Just let your feet relax now—the bottoms of your feet, and the tops of your feet. Now relax your toes. Relax your ankles, and let a wonderful flow of relaxation move into your legs, relaxing your shins and now your knees and your thighs. Let your legs relax completely. Let that wonderful wave of relaxing energy relax your pelvis, and your abdomen, and now your chest and all of your internal organs and all your body’s systems—your nervous system, your circulatory system, your heart and your lungs, your stomach, and all the systems of your body. Let them relax completely now. Breathing in and breathing out, letting a wonderful flow of relaxation move into your right shoulder, and your right arm from your shoulder to your elbow. Now from your elbow to your wrist, and your right hand and all of your fingers. Then relax your left shoulder, and your left arm from your shoulder to your elbow, and from your elbow to your wrist and your left hand and all of your fingers. Both of your arms are completely relaxed as you go deeper and deeper in very, very comfortable and peaceful. Relax … Relax … Relax …

Now allow that flow of wonderful, relaxing energy to float into your neck and throat, your chin, and now your mouth, and your jaw, your nose, and cheeks, your eyes, and forehead. Relaxing everything completely. Then relaxing your entire scalp and your brain, and now all the way down over the top of your head and back, down the back of your head, and all the way down your back. Relaxing. Every muscle, every nerve, every bone, every thought, every breath, relaxing. All the way down the back of your body, your entire spine relaxing, and your lower back. Then relax your rear, and all the way down the back of your legs, down your legs to your calves and ankles. Relax your feet. Totally, completely relaxed. Relax …. Relax …. Relax …. Relax …. And drift and float to a state of great comfort and peace. Now we’ll go even more deeply to Level A…to Level B…to Level C. Level C is the deepest …relax … relax… relax…

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Rapid Induction/Touch Hypnosis

This is a powerful hypnotic induction that uses touch, voice and suggestion to create excellent states of hypnosis. We get permission from the client to do it, and then we do the process slowly with focused attention on assisting the client to deeply relax.

Here’s what you can say to your client:

“Now I’d like to do some touch hypnosis with you. I’ll touch your forehead, jaw, shoulders, hands and knees. I might snap my fingers; I might drop your hand and catch it. Is that okay with you? Some people relax very deeply. Some go very lightly. Most people are right in the middle. You’ll know everything that’s happening, you’ll have full awareness and full control, and you’ll get what you need.

“After I do the touch hypnosis, I’ll put on some music, and I’ll also put on my recording equipment, and for five minutes, I’ll say relaxing things. When I’m done, I’ll pause the recording equipment, and you and I will talk for a while as you’re relaxing, and we’ll do some healing. After we’re done, I’ll put my recording equipment back on, and for ten minutes I’ll say positive things on the tape. Then we’ll be done with our session.

“Are you ready?

“Take your right hand put it on my hand.”(Your right hand is held palm up in front of your client who places his or her palm directly on your palm.)

“Okay, now push down hard on my hand with your hand.

“Harder now.

“Even harder, as hard as you can.”

(As your client pushes down very hard on your hand, you pull your hand away, and then you take your hand and “bop” your client’s forehead (not too hard!). Then you take your whole hand and cover your client’s forehead

Then you say, ‘Relax.”

Next, cup your client’s chin gently and say, “Just let your jaw relax.” “That’s great.” “Relax.”

Touching your shoulders now. Letting them completely relax.
Touching your hands, relaxing them.
Touching your knees, relaxing them.
Touching your forehead again. Just let yourself go more deeply now. (You touch and
hold the forehead as you did before.)
Touching your jaw again, and now your right shoulder and your left shoulder.

(Now take her arm by the wrist.)
“Just let your arm be very loose and limp, like a rag doll arm.”

You begin to very, very slowly move her arm in a circular motion, saying “I’m moving
your arm around and around, and with each movement, you go deeper and deeper into a
state of profound relaxation.”
Do this 3 or 4 times.
Then slowly move her arm from side to side, saying:

“As I move your arm from side to side, you relax even more.”
Do this 3 or 4 times, and then bring the arm up, saying,
“I’m going to drop your arm now and catch it. Just release and let go.”
As you say this, you release her arm, and you “catch it” gently.
Do this 3 times.

Then say, “I’m going to raise your arm very slowly now. Now I’ll lower your arm, and as
I do, you’ll be able to go much more deeply. (Lower her arm and count 5-4-3-2-1. Do
you feel that relaxation coming in now?)”

Now you can do whatever inner work you’d like to do in your hypnosis session.
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Guided Imagery
and Visualization
Guided visualizations can create remarkable results. They use the extraordinary powers of the inner mind to create significant life shifts in healing, relaxation, and success. They affect parts of the brain and mind that respond to suggestions and send out frequencies to alter the circumstances of life. Not everyone, of course, can visualize. Some people hear things; others feel them. Still others think about them. Whatever ways that people receive information is fine, as long as they’re informed that they might not receive a guided visualization with inner visions. Any way of receiving the message will work.

Special Kinds of Visualizations

What follows are some stories that form the basis of powerful visualizations that you can do with yourself or others. One visualization about Lily Pads is to enhance a sense of confidence. The Theater of Your Soul visualization is to give you a sense of your greatest self. The next one about Meeting Your Guide gets you in touch with inner guidance. The others are about Inner Light and Deep Peace.

Delivering the Visualizations

Do an induction or deep relaxation first. I like counting numbers backwards and suggesting relaxation of body and mind. Make sure you do this first when you deliver the guided visualizations, as you need to prepare yourself and others to receive the visualization’s message. Deliver the material slowly, and use a peaceful voice. I like to avoid the words “I want you to,” and say more gentle words, such as “Just let yourself…” or “Just go ahead and…” Then you can begin.

The Lily Pad Visualization for Confidence

Here’s a visualization to surround yourself with the great things you’ve done.

“You’re in a fantastic castle looking down from a high tower. The day is balmy, and you can see everything with great clarity. You feel a sense of expectancy as you look down and see a moat surrounding the castle. The water is a pristine blue, and there are waves created by the breeze. Floating on the water are lily pads, one after another. You feel a sense of awe as you see an image sitting on one of the lily pads, floating by one slowly and gracefully.

“On the first lily pad is a replica of something in which you’ve succeeded in your life, something that is one of your achievements, no matter how large or small. You take it in
and acknowledge it. Then another lily pad floats by on the water of the moat, and you find another replica of something that you’ve done or been in your life that’s been successful and joyful. Then a third lily pad floats before you, and on this one as well is something that you’ve done well. Now a fourth one, with yet again a replica of something that is favorable for you. Now a fifth and last accomplishment floats by on the last lily pad.

“Now see if there’s a word or a phrase that symbolizes how you feel about these successes, and you say the word to yourself, anchoring it by pressing your thumb together with your index finger. Each time you say this word and press your thumb and finger together, you experience these good feelings again, and you reinforce your great feelings about yourself. You know of course, that you need nothing external to prove your worth. You’re already worthy in the very essence of yourself. This visualization just helps you to remember.”

**The Theater of Your Soul to Experience Your Greatest Self**

Do you have a dream and a purpose to fulfill? Are you looking for yours? Do you know what in you is beyond the ordinary?

“Just imagine for a moment that you’re walking into a theater, and you sit down in the audience. Now, this is no ordinary theater. It’s The Theater of the Soul – so you know it’s going to be a special production today as you sit in the audience and look out at the curtains. These, of course, are no ordinary curtains either. They’re your most powerful color, and they’re made of fabric that you love.

“It’s almost show time, so you feel a sense of anticipation as you’re waiting for the curtains to rise. Now the lights begin to dim, some music (that you love, of course) begins to play, and the curtains begin to reveal what’s onstage. Lo and behold, you see yourself on the stage, looking and feeling exuberant and radiant. You’re getting ready to do your own presentation. You see yourself dressed in clothes you love, and you’re ready now to do what you came here to do onstage.

“Here you are doing, being and having what you know you came here for. What does it look like? What does it feel like? Are there any words that express this? Any feelings in you? What is your body like? Experience yourself as fully present in this moment, in your greatness, making your contribution to the world.

“Is there a word or phrase that can symbolize this? See if one comes up from deeply within yourself, and then put your thumb together with your index finger, as you say this word or phrase to yourself. This empowers you and anchors the state of greatness within your being.

“Now take a moment to imagine one thing that you can do now that would express your greatness, one small shift you can make in your life that will take your journey to a new level.”
Meeting Your Inner Guide or Healer

Meeting your guide or healer is often a revelation, leading you deeply into your guidance and healing power.

“Imagine yourself walking through a wooded area or in a magnificent garden or on a sandy beach. You begin to walk and come upon a cave. Because you have curiosity, you peer into the opening of the cave, and you see a being inside who’s friendly and inviting. He or she invites you to come in (or comes to the opening of the cave) and tells you that he or she is a special emissary of the Wise Mind who wishes to give you some wisdom and understanding to bring light to your life. You listen and find out some wisdom for your life. Your guide may also offer healing power to you. You follow his or her instructions and heal your body and your mind.”

Experiencing the Inner Light

The light is within you to heal, comfort, and enlighten. It’s always good to experience it.

“Imagine yourself with light all around you. Just imagine now that you’re able to make contact with light in one of its forms. You may see it or feel it or think about it or just know it’s there. You can allow this light to beam upon you. Now you may want to imagine that the light is beaming from you – from your heart, solar plexus, or the center of your forehead. You may imagine yourself surrounded in light, bathed in illuminating light rays. The light can be strong or gentle. It can melt away any difficulties of your body or mind. It has profound healing power.

“The light can heal any part of you inside that needs to be healed. If you have any type of ailment in your body or mind, you can just allow it to be bathed in light. If you have any discomforts, they can be infused with light rays. You can also send the light to another. If you like, you can send light to someone who has passed to the other side. Within you is brilliant light, and it radiates a higher peaceful vibration. Imagine yourself transformed positively by this higher vibration.”

Knowing Deep Peace

There is peace at the very core of you. When you relax enough, you can find it.

“Allow yourself to experience your breathing by paying close attention to its flow. Your breath moves in and your breath moves out, and you understand that this is also the flow of the universe. Your breath is the energy of the universe, and you are the energy of the universe. You understand this as you take the time now to dive into the center of yourself, where there is pure peace. You can go to the core of the Self, the still point of the inner world, the place that is the beginning and end of all healing and transformation.
This experience of peace may be without words or pictures or sounds. Or it may bring forth images or words or sounds that evoke this deep experience in you. You can experience the total stillness and quiet that lives at the center of your true nature. This is a sanctuary in your soul.”

**The Great Power of Inner Visualization**

You can transform anything in your life from the inside out. When you meditate, visualize and do hypnosis, you are transmitting frequencies that are picked up by physical matter. You affect matter and make significant shifts in your life and in the lives of others. Keep on doing it, and you will have and become what you’d like. Your dreams and wishes will be fulfilled.
Experiencing Your Essence

Guided Meditation by Marilyn Gordon

Just let yourself relax and get comfortable now, take a deep breath in, and exhale. Just let go of any stress or tension. Take another deep breath in, and exhale once again, and let a peaceful wave of energy wash over your body and your mind. Now take in one more deep breath, and exhale. Go deeper and deeper now, feeling very comfortable and peaceful, allowing your body and your mind to relax fully, totally, and completely. Just drift and float, further and further away from any external distractions, and go deeper and deeper within yourself to a peaceful place inside.

When you’re this relaxed, you’re able to quiet your everyday thoughts and go to a place deep within yourself, a very special place that is your essence. It’s in this place that you feel love. So just let yourself experience that safety and that love, almost as if a blanket were thrown around you, enveloping you; feel the love, deep inside yourself. Get in touch with the love that’s at the center of your being. This vibrating love is your essence. It’s what you’re made of. And at your core is also true wisdom and guidance. You’re able to bring forth answers, understanding, knowing, from a place that’s deep within you. When you relax and go to your inner being, you make contact with this haven of safety within you from which you can experience love and guidance and a joy from deep inside yourself, a joy that doesn’t depend on anything exterior to you. No one needs to make you happy or to make you laugh; you have an inner joy that you feel when you go within.

You have within you truth, love, wisdom, joy and peace. This place within you is pure peace. There’s no turmoil, there’s no chaos, just peace in this inner sanctuary. This is your essence. Deep inside of you is where it resides. It’s a kernel within your being, and when you reach into this place, you begin to solve the problems of your daily living, just by reaching in, just by going here, because you remind yourself that this is who you are. Reminding yourself of this can help you to observe and to heal all the other part of yourself that are operating in less functional ways. When you dive in, when you travel down deeply into this magnificent ocean within you, you’re able to find the key, the center of yourself from which all healing radiates out.

You are this essence. You’re born with this essence within you. When you die, this essence remains. And you dive deeply down into this extraordinary fountain within yourself, this resource—so great, so deep. You relax, and you can experience pure awareness, relaxed awareness that underlies your everyday mind. This experience can help you with your everyday mind that ceaselessly chatters about one thing or another. When you reach in to this essence, you experience your own power, strength, dynamic pure energy, radiance, and beauty. It’s very great to be able to reach in on a daily basis to that core, that resource, that lies within.
Meditation on the Essence of Your Being

Just get nice and comfortable now, and let yourself relax completely. Take a deep breath in and exhale, and as you do, just let go and relax. Let your mind relax and all your thoughts, and let your body relax and all your muscles, nerves and bones. Take another deep breath in, and exhale once again, and let a peaceful wave of relaxing energy wash over your body and mind, relaxing you completely. Pay attention to your breathing, and as you do, just allow yourself to relax even more deeply. And as you pay attention to your breathing, count from 10 to 1, and you can just allow yourself to relax even more. And as you count, if thoughts come, just let them come and then let them go – as if they’re birds or clouds just floating across the sky…10…9…8…7…6…5…4…3…2…1

And now, just pull your awareness deep inside, way beyond all the layers of your outward personality. And bring yourself deeply inside to the essence of yourself. In this essence, there’s wisdom, peace, love, light, compassion, forgiveness, and the ability to stand back and to be the witness of all things. In this essence, you know that everything is connected, because everything has a spark of life within it. Everything is composed of dancing molecules of life itself. And because everything has that same life in it, everything is related to everything else. And this great power within is also the Power of Transformation. And we can make contact with it. And you may want to see if there’s a word, and image or a phrase that helps you to connect with this great transformational life force power. And might see an image or feel some feeling or get words – something that can connect you with the supreme unitive life force. And you can imagine yourself imbued with that force and you can imagine yourself as whole and complete, having transformed your life. (a picture, feeling, words, impression) And are transformed by the power of transformation itself, the Great Spirit within you. And are whole, complete, powerful, perfect, at the very essence of your being, and you can go deeply into your being on a regular basis to touch in to this great power that can help you to overcome all of the difficulties of life, all of the challenges. And are in fact, the power of transformation, itself. And are that power. And power is you. And once again, if you would just bring back that representation for your essence that came to you a few minutes ago- see it or feel it, hear it, or just know it’s there. And once again, know that you are whole, powerful, perfect, at your very core – and that’s the essence of you as a being. And that is the basis for your own self-esteem – to know who you are in the very deepest highest sense. I AM whole, powerful, perfect, abundant, alive and filled with awareness, consciousness and bliss. I AM the life force itself. And so you can now just be with this – allow it to center and ground you, allow yourself to incorporate this into your idea of who you are…Coming back with a sense of high self-esteem, profound connection with the essence of life itself – with strength and love and all good things.
Meditation on Your Transformational
I AM Power

Just get nice and comfortable now, and let yourself relax completely. Take a deep breath in and exhale, and as you do, just let go and relax. Let your mind relax and all your thoughts, and let your body relax and all your muscles, nerves and bones. Take another deep breath in, and exhale once again, and let a peaceful wave of relaxing energy wash over your body and mind, relaxing you completely. Pay attention to your breathing, and as you do, just allow yourself to relax even more deeply. And as you pay attention to your breathing, count from 10 to 1, and you can just allow yourself to relax even more. And as you count, if thoughts come, just let them come and then let them go – as if they’re birds or clouds just floating across the sky…10…9…8…7…6…5…4…3…2…1

Know that as you relax that you’re able get in touch with the transformational power at the core of your being. And know that every moment of your life is an opportunity to transform your consciousness to drop all you thought you were and jump into a new level of understanding. And so, if you would, just allow yourself to get in touch with the radiant power of the universe in any way that you’re able. It may be that you experience yourself, as a source of light with beams coming forth from you – or you may want to imagine the beams of the universe beaming upon you. Within you are wisdom, light, love, peace, truth, witness, understanding, healing power. You are whole, powerful, perfect, radiant, illumined, great, and free. I AM the healing power of the universe, and I AM transforming my life with my consciousness now. I release obstacles to my greatness. I release my impediments. I’m not who I was. I AM who I AM. I can watch my life and thoughts from the state of the witness. I have the ability to shift my consciousness at any moment. I dissolve old obstacles. I remove the blinders from my consciousness. I remind myself of my oneness with the One. I have compassion for the suffering of all people, all beings – everyone with their limits on understanding. And at any moment, I have the ability to move my consciousness into states of empowerment, radiance, peace, and truth.

You allow yourself f to relax even more deeply now. And if there’s anyone in your life that you’ve had a difficult time with, difficult forgiving, difficult understanding, difficult because that person has hurt you, or you’ve hurt that person, just allow yourself to experience that for a moment. And then, realize that that person is suffering, that person has been hurting. That person is wounded, and therefore has acted from wounding. You can understand more and more about it, and you realized you’ve had karma with that person and that you’re moving and shifting and changing now, and you’re no the person you were before. You’re in a state of transformation. And you can release the bondage of that relationship. You can move on to be fully your own being, your own self. You are the great healing power. You are the great transformational power.
With the wisdom of my higher self, and the power of my healing mind, I AM transforming my life now. All the cells of my body, all the powers of my mind, are transforming me now. And you may want to imagine yourself as healed and whole, powerful and perfect, strong, prosperous, coming out from the center of yourself. See it or feel it or hear it – or just know that it’s there. I AM the power of transformation. I AM the power of healing, and I AM transforming my life now. I don’t have to come from the same place as I’ve been coming from. I have the ability to shift my awareness at any time. I AM love, I have love, and I AM loved. I AM the power of love, itself. I can shine like a million suns. I AM the power of light itself. Within me is luminous radiance. I illumine this world as I walk through it. Within me is wisdom and knowledge. I come to this world with understanding. Things are not what they seem, as this is a path of enlightenment and self-realization, as we work toward it step-by-step, overcoming obstacles, becoming stronger and stronger, more and more powerful.

With the wisdom of my higher self and the power of my healing mind, I am healing and transforming my life right now. I AM whole, powerful, perfect, abundant, loving, and I AM the transformational power itself.

So in your mind’s eye, in any way that you can – it may come visually – or through your hearing or thinking – just imagine yourself in your highest and greatest state, doing what you enjoy doing, and doing something that you came here to do. It may be in the future. It may be now – whatever you may like to imagine yourself doing, being, having – go ahead and let it shine. You are the power of transformation, and your life is growing and expanding. Your life is a radiant life, and you live it with wisdom, knowledge and understanding and love and all good things.

And if you like, you can see another detail of your life in its fullest, in its highest. See it, feel it, know it, experience it as fully and deeply as you can, for that is you, your radiant self. And if there’s something you wish for a loved one, just send a thought form in the direction of your loved one. Perhaps it is healing, perhaps it is abundance, perhaps it is forgiveness – whatever you’d like it to be. Send it in the direction of a loved one – or two or three, and know that through the love you have in your heart and the brilliance you have in your intention, you have the ability to assist your loved one or loved ones into their wholeness as well – as you realize yours. It spreads throughout. As you become stronger and stronger, power comes to you, not power over, but inner power and strength, the ability to do things skillfully, the ability to be your very greatest self. And you have the ability to make both the changes and the transformations that you want, to make those in your life. All is well inside of you.

You can say a prayer now for all the beings on the earth who are suffering – and there are many. Some are suffering terribly, losing their homes, losing their lives, losing their family members. This is part of their path, and yet it is painful, and we send them our prayers and our love. You are the power of transformation, and you are healing and transforming your life right here and right now.
And so, you can come back now, and you can bring with you the peacefulness and the power and the love that you have from inside. You can bring these qualities back to the outer. Coming back – feeling very strong, very alert, very peaceful, and very free. Feeling rested and strong, with a sense of well-being, joy, aliveness and peace.

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Meditation on Knowing True Self Worth: Experiencing Your Radiant Self

Just get nice and comfortable now, and let yourself relax completely. Take a deep breath in and exhale, and as you do, just let go and relax. Let your mind relax and all your thoughts, and let your body relax and all your muscles, nerves and bones. Take another deep breath in, and exhale once again, and let a peaceful wave of relaxing energy wash over your body and mind, relaxing you completely. Pay attention to your breathing, and as you do, just allow yourself to relax even more deeply. And as you pay attention to your breathing, count from 10 to 1, and you can just allow yourself to relax even more. And as you count, if thoughts come, just let them come and then let them go – as if they’re birds or clouds just floating across the sky…10…9…8…7…6…5…4…3…2…1

And as you relax this deeply, you look inside yourself and you pay attention to what you may have been telling yourself about your own self-worth, your self-esteem. Have you been programming yourself to think you’re lacking in any way? Have you wondered if you’re okay, good enough, as good as, or in general worthwhile? If so, you may need to look a bit deeper to find out that you’re not only good enough, but you’re a magnificent being, filled with radiance and the good of the entire universe.

In your minds’ eye, if you would, imagine a plastic flower. It looks okay, but it isn’t real. That’s your outer self. Inside of you is an infinite flower which never stops being beautiful. You can go more deeply into your truth, and you can identify yourself with something greater, something eternal that makes you realize the true beauty that flows from inside of you.

So, if you would for a moment, go inside and see if you can find the part of you that is in need of a boost in self-appreciation. See if there’s a part of you that, for whatever reason, has been experiencing yourself as less than great, or has even been hiding out in darkness for too long. You may see this part of you, feel it, think about it, or just know it’s there. Experience this for a moment, and find out whatever details wish to present themselves to you. If you can see yourself, what are you doing? Where are you? How old are you? How are you feeling inside? What is it that you need? If you can see it, are there any experiences in your body that you can allow yourself to pay attention to? Is there anything that has contributed to the limited feelings or experiences? Again, what is it that you need?

Usually what everyone needs is love and an expanded sense of your true nature, your radiant self. Let’s demonstrate this to the more limited part of yourself. If there is a part oaf yourself that would like to experience more love, go ahead and give the love. It may be sent from yourself to that part of your being, or it may be from a loving person or a Great Being. It may be an experience of love in your heart.
Now, imagine the lines of your limited physical self blurring as you merge with all existence. The molecules that comprise your body are the same molecules in the entire universe. That is the truth of “I AM One with All That Is.” The lines of the ego are released, and you become at One. Know deep inside yourself that this understanding can transform the issues you grapple with on a daily basis. Your Wise Mind can guide you to a transformed existence. Imagine identifying with this expanded state of being, your true self.

You are identifying yourself with something greater, something eternal, something that expands your entire ground of being. Your limited self is a contraction of the radiant self. The world of the light is infinite. Your limited self may help you to maneuver in the world but now you’re able to go beyond previous limits. This is how you are becoming free.

If you would, imagine yourself with light all around you. You are radiant and alive. Your Wise Mind transforms your limited self, and it is a true path of healing and ultimate enlightenment. You are opening your consciousness and heart to all of humanity. Let yourself expand even more now. Are you a part of the planetary system, experiencing light beams, or are you still and filled with peace. Whatever you experience, it is good. Once you know your true self, the issue of low self-esteem no longer exists, for the true self is always magnificent, radiant, great and wise. You are now expanding and merging with the universe, releasing your limits and allowing your magnificence to shine. You have great power and love in you.

And so, you can get ready to come back to ordinary reality now. You can get ready to bring your expanded self into the world, and you can bring with you the light and the power and the love that you have from inside. You can bring these qualities back to the outer experience. If you’re ready to come back now, you can allow yourself to—feel very strong, very alert, very peaceful, and very free. Feeling rested and strong, with a sense of well-being, joy, aliveness and peace.
Meditation on Your Transformational Power of Love

Just get nice and comfortable now, and let yourself relax completely. Take a deep breath in and exhale, and as you do, just let go and relax. Let your mind relax and all your thoughts, and let your body relax and all your muscles, nerves and bones. Take another deep breath in, and exhale once again, and let a peaceful wave of relaxing energy wash over your body and mind, relaxing you completely. Pay attention to your breathing, and as you do, just allow yourself to relax even more deeply. And as you pay attention to your breathing, count from 10 to 1, and you can just allow yourself to relax even more. And as you count, if thoughts come, just let them come and then let them go – as if they’re birds or clouds just floating across the sky…10…9…8…7…6…5…4…3…2…1

And as you relax this deeply, you come to know that inside of you is the very source of love, and it is here to nourish, heal, and transform the very core of your life. Now you can open up the doors and windows in your soul so that you can feel the great qualities of the power of love. Love exists in you independent of any external source. It’s the essential substance of the universe. You might experience it as feelings of deep caring, as ecstasy, as a divine force field and as a transcendent healing power. Molecules of love, in fact, are moving in every cell of your being. So let yourself experience those dancing molecules of love. You may feel them, see them, or just invent them with your mind. Any way that you’re able to give them life is fine. And just know that it’s okay not to feel them at all, but to just think about the possibility that you are permeated with the spirit of love, whether it is apparent or not. Whether you’re experiencing it or not, the love is still always present. Today is your chance to experience its presence. Today is your day to experience more love.

Just imagine that there is an ocean of love both inside of you and surrounding you, as well as everything else in the universe. It’s vibrating with a beautiful flowing energy that has the ability to heal and uplift everything it touches. It moves into and through you, especially through your heart, and it has the ability to move away anything that’s unlike itself. You are healing any old difficulties of life and thoughts with this flowing energy of love.

You can allow the love to move through and from you as a great universal flow, knowing that your essence is made of love.

If you like, you can imagine someone or something who has great love and carries the love vibration. This can assist you in opening your own. Any great being who is unfettered with negativity can open you to the experience of love. It might be a friend or relative, past or present, alive or passed on, who has an open heart and can open you up to knowing the expanded power of love. It might be a great spiritual being. It might be a
beloved animal. Just allow yourself now to experience this catalyst, and see how it can expand and deepen your own flow of the energy of love. You may feel uplifted or transported, or you may feel nurtured and comforted, or you may feel totally transformed. You may experience all of these.

You may now want to find a part of yourself that may need to be touched with the power of love. Perhaps it’s an earlier part of yourself at any stage of your life. Give yourself a moment to experience or explore that part of yourself. It’s okay to feel any feelings that might be there. And now, just go ahead and bring love to that part of yourself. If it’s love from another person, including from yourself, just allow that to happen. Experience the loving energy that is transmitted. Experience the transformation of that part of yourself as it is infused with this great inner power. The love doesn’t have to come from another person; it can be a great being, or it can be from the universe, from God, from the power of love itself. Let the love transform the feeling and the appearance of this inner experience.

Sometimes love comes in the form of other human beings, sometimes in the form of great advanced beings, and sometimes love is experienced as a great radiant, dynamic blissful universal force. All of these forms of love are given as great gifts to uplift the difficulties of our lives and heal our souls.

You can touch with love the various inner parts of yourself, the infant, the child, the teen, all the old selves that are held within you. You can heal old traumas, wounds, difficult childhoods. You can touch these parts and experiences with great kindness, compassion, caring and absolute divine love. You can bring love to all the old parts of yourself, embracing them in the spirit of love to create the ultimate healing of your soul. You can hold all your old issues in the high-frequency vibration of love, and you can actually shift the entire experience of your life.

You can allow your Wise Mind to speak to you of love, to tell you what your catalysts might be or to remind you of the true presence at all times. Just take a moment, and allow yourself to get in touch with the loving voice of your Wise Mind. (Pause)

With your heart open, the difficulties of life take on an entirely new perspective. There is something much greater that is moving the events of life. With an opening heart, you can see that there is an evolutionary process to life, and you are being molded and shaped by all its circumstances. You can see that there is a loving force that is propelling this world, even if at times it doesn’t seem so. You can see that you’re empowered and that the love is there always – even if you’re not aware of it at any given moment, even if there’s no one else there to give or receive love.

Love is the basic energy of the universe, the energetic core within each molecule and cell in the world of matter. The energy permeates every part of you. Love is the pinnacle of human experience, and it is ultimately what you came here on the earth to know.

And so, you can get ready to come back to ordinary reality now. You can get ready to bring your loving and loved self into the world, and you can bring with you all the energy
that you have within. You can bring your expanded qualities back to the outer experience. If you’re ready to come back now, you can allow yourself to—feel very strong, very alert, very peaceful, and very free. Feeling rested and strong, with a sense of well-being, joy, aliveness and peace.
Meditation on the Power of Light to Illuminate and Heal

Just get nice and comfortable now, and let yourself relax completely. Take a deep breath in and exhale, and as you do, just let go and relax. Let your mind relax and all your thoughts, and let your body relax and all your muscles, nerves and bones. Take another deep breath in, and exhale once again, and let a peaceful wave of relaxing energy wash over your body and mind, relaxing you completely. Pay attention to your breathing, and as you do, just allow yourself to relax even more deeply. And as you pay attention to your breathing, count from 10 to 1, and you can just allow yourself to relax even more. And as you count, if thoughts come, just let them come and then let them go – as if they’re birds or clouds just floating across the sky…10…9…8…7…6…5…4…3…2…1

And when you relax this deeply, you’re able to get in touch with the powerful force of healing light. You are made of light, and that light is divine. The light heals, comforts, illuminates and transforms. There is light both within you and outside, and you can shine it on anything in your life that needs more light. The light transforms.

Just imagine now that you’re able to make contact with light in one of its forms. You may see it or feel it or think about it or just know it’s there. It’s also okay to just make it up, imagine it, for this imagining comes from the deep inner world. In your mind’s eye, you might see a pinpoint of light… or you may imagine an actual beam of light. You can allow this light to beam upon you….Now you may want to imagine that the light is beaming from you – from your heart, solar plexus, or the center of your forehead. …You may imagine yourself surrounded in light, bathed in illuminating light rays. The light can be strong or gentle. It can melt away any difficulties of your body or mind. It has profound healing power.

The light can heal any part of you inside that needs to be healed. If you like, you can allow yourself to imagine the small child inside of you. The child is there inside at any age that your awareness would like for you to experience right now. Just take a moment, and allow yourself to experience that child inside of you bathed in a blanket of light, healed and whole. The little child inside of you is cleansed and healed with beams of light.

Now, if you have any type of ailment in your body or mind, you can just allow it to be bathed in light….If you have any discomforts, they can be infused with light rays….You can also send the light to another…. You can bathe the entire world in illuminating beams. If you like, you can send light to someone who has passed to the other side.

You may experience the light as gold or white – or any other color you like. Again, it may come from a beam that originates in the universe, or it may originate from within you. It may be warm, or it may have no temperature at all. See it, feel it, know it, and let
the light shine. Let it move any darkness into light. The light within you is an embodiment of the healing power itself. Let it shine, and know the luminous presence that is here for you at every moment. The great light of the universe transforms all darkness.

Concentrate your thought on light, rest in light, melt into light, soak yourself in light and imagine the entire universe bathed in that light. As you do this, you may find that all the elements of your being begin to fall into place.

The Great Beings exist in realms of Light, and they are forever in service to you to uplift, transform and heal. If you’d like to contact them, you may allow or imagine one or more of them to illuminate your life. It can be Jesus, Moses, Buddha, Quan Yin, Mary, St. Germain or any other of the advanced, illumined beings. They are embodiments of the light that permeates the entire universe. Just allow them now to bring upliftment and healing to you.…

Just let yourself be uplifted, healed and transformed in this healing power, this sacred energy of the universe. Know that you can call to the light at any time for healing and transformation, and the light will come to you. See if there’s a word or phrase that you can use to help to bring forth the light, and say that word or phrase to yourself. Whenever you put your thumb together with your index finger and say your word or phrase, you’re beckoning to the divine energy of the light, and you find that your life is lifted to another level of being.

You so, you can get ready to come back to regular waking consciousness now. You can get ready to bring your illumination into the world, and you can bring with you all the energy that you have within. You can bring your expanded qualities back to the outer experience. If you’re ready to come back now, you can allow yourself to– feel very strong, very alert, very peaceful, and very free. Feeling rested and strong, with a sense of well-being, joy, aliveness and peace.
Forms
Consulting Agreement

Here is a consulting agreement form for you to read and approve. Please read the form, “sign” it at the bottom by just typing in your name, and email it to mgordon@hypnotherapycenter.com. Thank you!
Marilyn Gordon, BCH

Consulting Agreement and Confidential Client Information Form

I realize that my success depends on my own commitment to improving the situation that brings me here. I acknowledge that the hypnotherapist is not diagnosing, prescribing for, or treating any physical or mental ailments, and I do not hold the hypnotherapist responsible for them.

I release the hypnotherapist from any liability whatsoever regarding my hypnotherapy session. Any conclusions I draw from my session or responses I have are mine and mine alone. I take full and total responsibility.

I understand that these sessions are not psychotherapy but are a therapeutic alternative aimed at creating positive changes in my life.

I agree to pay $50 for any missed appointments not cancelled at least 24 hours in advance.

I agree to inform Marilyn Gordon of all physical or mental conditions that might affect her work with me. I have put an “X” by any of the following physical, mental, or emotional conditions that apply to me: ___epilepsy, ___cancer, ___AIDS, ___clinical depression, ___phobias, ___panic attacks, ___psychosis, ___schizophrenia, ___anorexia, ___bulimia, ___alcoholism, ___drug dependency, other________________________________________________.

Please list medications, if any_______________________________.

From Marilyn Gordon:

I agree to use the best of my abilities to help you make the changes you seek and to treat you with care and respect. I agree to give you my undivided attention and professional assistance during our scheduled consultations, and I agree to strict confidentiality. I am professionally committed to using my training and skills to assist you in mobilizing your own resources to achieve the results you seek.

Marilyn Gordon, Certified Hypnotherapist

Informed Consent

Hypnotherapy is a highly effective healing modality for most people. For some, it may be intense, and inner material may come up both in and after sessions. This is
actually a healing experience when properly understood. The best action to take is to call your hypnotherapist and get assistance. Most people find they have positive experiences.

“I understand this, and I am willing to give it my best. I take responsibility for myself.”

SIGNED:

_________________________________________ DATE ________________
Questionnaire
Center for Hypnotherapy – Marilyn Gordon
mgordon@hypnotherapycenter.com

Please fill this out and bring to your appointment. Thank you.
Feel free to use the back of this form if necessary.

Name ________________________________________________________________
Date __________________________________________________________________

- Have you ever had a hypnosis session before? Was it a positive experience?

- What’s the issue that brings you to your hypnotherapy session?

- Briefly describe the history of this issue.

- What’s going on right now regarding your issue?
• What would you like to accomplish in your hypnotherapy session?

• What would you like to see for yourself and your life in the future?

• Do you have any particular spiritual path that can assist you in transforming your issue? Please explain if you like.

• Is there anything else you’d like us to know?
Weight Loss Questionnaire
Center for Hypnotherapy – Marilyn Gordon
mgordon@hypnotherapycenter.com

Please fill this out and bring to your appointment. Thank you.
Feel free to use the back of this form if necessary.

Name __________________________________________________________
Date __________________________________________________________

Have you ever tried to lose weight before? How did it go?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Have you been evaluated medically? Any medical issues that could affect your weight?
________________________________________________________________________
________________________________________________________________________

What are your reasons for wanting to lose weight?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

On a scale of one to ten, with ten being the greatest, how much do you want to lose weight? __________
What have you been doing that has put the weight on?

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

Do you have any particular cravings? If so, what do you crave the most?

_______________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

What seems to propel you to put weight on again after losing it?

________________________________________________________

________________________________________________________

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________________________________________________________

________________________________________________________

What would you like to do instead of what you’ve been doing? (Kinds of exercise, special food to eat, etc.) In other words, what would be a practical, workable weight loss program for you?

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________
Without thinking about it, please finish this sentence: “I don’t want to lose weight because…” (State as many reasons as possible)

Do you have any particular spiritual path? If so, how can it assist you in doing what you’d like to do?

Describe yourself and your life as if you’d already accomplished your plans.
# Stop Smoking Questionnaire

Center for Hypnotherapy – Marilyn Gordon  
mgordon@hypnotherapycenter.com

Please fill this out and bring to your appointment. Thank you.  
Feel free to use the back of this form if necessary.

<table>
<thead>
<tr>
<th>Name</th>
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| Date | Email  
|------|  

How long have you been smoking?  

Have you ever tried to stop before? How did it go?  

What seems to have induced you to start again?  

What times of the day do you smoke the most? Are there any especially challenging times? How many cigarettes do you smoke per day?
Are you around other smokers? ____________ If yes, when and where?
________________________________________________________________________

Do you live with any smokers?______If so, will they support you?_____________________________
________________________________________________________________________

What are your reasons for wanting to stop?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

On a scale of one to ten, with ten being the greatest, how much do you want to stop? ___________

What would you like to do instead of smoke? (Kinds of exercise, special food to eat, relaxation, etc.)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Without thinking about it, please finish this sentence: “I don’t want to stop smoking because…” (State as many reasons as possible)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Do you have any particular spiritual path? If so how can it assist you in being a non-smoker?
________________________________________________________________________
________________________________________________________________________

Describe yourself and your life as if you’ve already become a non-smoker.
________________________________________________________________________
Marilyn Gordon is a transformational teacher and author, healer, award-winning speaker, board certified hypnotherapist, and hypnotherapy school founder/director. She helps you to transform anything in your life and does telecourses, seminars and sessions.

She offers recordings, books, home study courses, and more. She has been recognized with five major awards from the National Guild of Hypnotists. The latest award is Educator of the Year, voted on by participants. She writes books, and has a number of CDs, DVDs, and more.

Topics she covers in sessions and workshops are:

Health, Weight and Lifestyle Transformation; Energy Healing, Compassion; Success and Prosperity; Spiritual Healing Power; Life-Transformation; Performance Acceleration; Stress Relief and more

Marilyn has created her own original hypnotherapy method, the Transformational Healing Method. One person has said, “Your hypnotherapy program is life-changing powerful work.”

Marilyn’s background is in yoga, meditation, spiritual healing, and life transformation. Marilyn works in the area of profound mental-emotional-spiritual transformation. She does her best to bring compassion, inspiration and love to all she does. Her purpose is to work with love to amplify the good and talents in others, to help them heal mind and body and to empower their lives.


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  presentations and articles at www.lifetransformationsecrets.com
You can reach us at mgordon@hypnotherapycenter.com.

Thank you for your interest!