

THE HEALING BENEFITS OF HYPNOTHERAPY

by

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## Introduction

I would like to start this dissertation off with my experience with hypnotherapy and how it healed me from an emotional trauma. I couldn't speak of it, or look at photos of the people that connected me to this trauma, or my body would begin to go into a panic mode. It was so bad, that I would freeze and break out into tears. It was involving a horrific divorce with my controlling ex-husband and my oldest two kids he kept me from for many years until they were older. Instead of going into the horrifying details, I will just say that, hypnotherapy completely saved my life!

One day I had my first session with an amazing spiritual hypnotherapist named Cariel, and she changed my life forever. After going through just one session, the experience felt so relaxing that it felt like a vacation. All of my worries vanished and when I came out of it, this haunting trauma disappeared and never came back again.

A few years later, I developed recurrent corneal erosion in both eyes. Each morning when I woke up, right when my eye lids began to open, they would be stuck like glue to the top layer of my eye where I'd experience a burning sensation which brought me to tears immediately. This went on for months even after seeing a couple of eye doctors. They told me that I needed surgery every year on my eyes. No medicine could fix it. With complete desperation I contacted my friend Yvette who is a Quantum Healing Hypnotherapist who specializes in past life regression and healing from the subconscious mind. There was nowhere else for me to turn. After one

session with her, the corneal erosion, I kid you not, disappeared and never came back! This is a true story!

It is because of these powerful experiences many years ago, I decided to become a hypnotherapist myself and helped my clients for over ten years. This is the reason why I decided to write this dissertation on the healing benefits of hypnotherapy by utilizing the power of the subconscious mind. I'll be discussing more in-depth on the modalities of specific hypnosis techniques that have changed many peoples lives as well.

The human mind is a complex and fascinating entity that holds within it immense power and potential. While we may be aware of our conscious thoughts and actions, there exists a vast reservoir of untapped knowledge and resources within the subconscious mind. Hypnotherapy is a therapeutic approach that harnesses the potential of the subconscious mind to facilitate healing and personal transformation.

Through hypnosis, a deeply relaxed state of focused awareness, individuals are guided to access their subconscious mind, allowing for a heightened receptivity to positive suggestions that can bring about profound changes. In this state, the barriers of the conscious mind are temporarily lifted, paving the way for exploration and resolution of deep-seated issues, patterns, and beliefs.

Hypnotherapy has gained recognition as an effective tool in addressing a wide range of physical, emotional, and behavioral concerns. Whether seeking relief from anxiety, overcoming phobias, managing chronic pain, or breaking free from destructive habits, hypnotherapy can serve as a valuable adjunct to traditional therapeutic approaches.

The healing benefits of hypnotherapy arise from its ability to tap into the subconscious mind, where past experiences, memories, and emotions reside. By accessing and reprogramming these subconscious patterns, hypnotherapy can help individuals gain new perspectives, release limiting beliefs, and develop healthier coping mechanisms. Through this process, individuals can experience profound emotional healing, increased self-confidence, and positive behavioral changes.

Moreover, hypnotherapy can be used to unlock one's innate creativity, enhance performance, and improve overall well-being. By harnessing the power of the subconscious mind, individuals can tap into their inner strengths and resources, leading to personal growth, increased self-awareness, and a more fulfilling life.

It is important to recognize that hypnotherapy is not a magic cure-all but rather a collaborative process between the therapist and the client. The therapist serves as a guide, facilitating the exploration and transformation within the client's subconscious terrain. With proper guidance and a willingness to engage in the therapeutic process, hypnotherapy can be a valuable tool for self-discovery, healing, and personal empowerment.

## Review of Literature

Hypnotherapy is a fascinating and powerful therapeutic approach that taps into the potential of the subconscious mind for healing purposes. Our minds consist of both the conscious and the subconscious parts, with the latter being a vast reservoir of memories, emotions, beliefs, and patterns that shape our thoughts and behaviors.

Throughout history, ancient texts provide evidence that hypnosis has been one of the oldest forms of therapy. As far back as four thousand years before Christ, the Sumerians utilized hypnosis as a therapeutic technique. Trained priest-doctors used hypnotic suggestions to help those in need, a practice also seen in later cultures like the Hindu fakirs, Persian magi, and Indian yogis. In ancient Egypt, priest-doctors induced a hypnotic trance by having patients fix their gaze on a glossy metal surface, a precursor to the modern 'fixation technique' still employed in hypnotherapy today. (Vera Peiffer *The Principles of Hypnotherapy* 12)

Hypnotic suggestions for healing continued to be used well into the Middle Ages. However, it wasn't until 1530 that a scientific explanation, rather than divine intervention, was put forth to understand the cures achieved through hypnosis. Paracelsus, a scientist and physician, proposed a theory linking the stars to human diseases and explored the magnetic powers humans have over one another. Later, Franz Anton Mesmer, an Austrian physician, expanded on this theory by suggesting the presence of a universal fluid that could be influenced by magnetism. Mesmer combined various methods, like healing through touch and stroking, and

used metal objects to rebalance the magnetic fluid in his patients, claiming it facilitated their healing. (Peiffer 12-13)

Mesmer achieved remarkable success in treating many patients whom conventional doctors had been unable to help. However, his achievements sparked jealousy among his medical peers, leading to his departure from Vienna to Paris. Unfortunately, his troubles persisted there as well. At the behest of the medical establishment, King Louis XVI initiated an investigation into the concept of 'animal magnetism,' the term used to describe Mesmer's therapy. Despite no scientific evidence supporting the cures, this type of treatment was eventually banned. Even discussing the subject could result in the loss of permission to practice medicine. Consequently, Mesmer's cures were dismissed as mere products of his patients' imagination. Forced to cease his practice, Mesmer returned to his birthplace, where he passed away in 1815. (Peiffer 13)

As individuals, we carry within us both positive and negative memories from our past experiences, and our reactions to present situations are influenced by these memories. Many of these memories can be traced back to our childhood, even if we may not consciously recall the specific events. Nevertheless, we often experience the same emotions associated with these original events when we encounter similar situations later in life. For instance, we might have forgotten that we were bitten by a dog as a child, but our subconscious mind still indirectly reminds us of the incident by triggering feelings of fear whenever we come across a dog. Our feelings are not random; they are always connected to actual experiences. The intensity of emotions tied to an event determines the strength of the memory it creates, leading to automatic reactions when encountering similar situations in the future. Hypnosis can be beneficial in



revealing the original event that triggered these reactions, allowing us to break free from negative responses we may have to specific events, people, or situations. By understanding and addressing these root memories, hypnotherapy helps us overcome and transform our reactions. (Peiffer 18-19)

Research has extensively studied various physical functions before, during, and after hypnosis. The findings indicate that during hypnosis, subjects experience a slowing down of breathing rate and heartbeats, dilation of the bronchi in the lungs, reduced blood pressure, and decreased production of stomach acid. Additionally, no stress hormones are released into the bloodstream during this state. Researchers at the University of Constance have observed that even in subjects experiencing only a light trance, white blood cells adhere more firmly to blood vessels, potentially boosting the body's immune efficiency. Moreover, under hypnosis, the body seems to produce more immune-enhancing lymphocytes, which could explain why hypnosis has shown success in treating conditions related to cancerous cells. (Peiffer 19)

Given these scientific findings, it becomes evident that hypnosis, whether self-induced or guided by a therapist, serves as an excellent tool for alleviating physical ailments such as asthma, tension headaches, stomach disorders, high blood pressure, and various stress-related issues. (Peiffer 19)

The human mind possesses incredible potential, and more individuals are slowly embracing this reality. Perhaps what we perceive as miracles are not truly extraordinary events, but rather the result of unlocking the innate abilities of the human mind that have long been disregarded. Hypnosis can address not only the resolution of problems but also pave the way for

inner spiritual serenity. The possibilities that unfold in such a state are truly astonishing. Through hypnosis, one can discover the path to changing their life, alleviating even the smallest issues or the most challenging circumstances. (Mary Deal *Hypno-Scripts* 21-22)

Many people believe they cannot get hypnotized. According to Dierdre, recent research findings indicate that there is a link between how easily someone can be hypnotized and certain cognitive factors like intelligence, concentration, and focus. Hypnosis is not a simple on-off switch but instead falls along a spectrum. In fact, most people have the potential to experience some level of hypnotic response; the crucial factor lies in determining the extent to which they can be hypnotized. (Deirdre Barrett "The Power of Hypnosis" n.p.)

Many people do not realize that they are getting hypnotized every time when they are watching TV, or listening to the radio driving home from work. According to Hanan Parvez, he states that, "Your psyche is continually being shaped by all kinds of information that you receive from your environment and that includes television." He also claims, television possesses a remarkable power to captivate our minds, leaving a lasting impact on our thoughts, beliefs, and ultimately, the course of our lives. (Hanan Parvez "How Tv influences your mind through Hypnosis" n.p.)

When you watch television, your subconscious mind, which holds your memories and beliefs, is directly influenced and shaped by its content. Within a few moments of tuning in, your mind enters a hypnotic trance state characterized by lower brainwave activity known as the

'alpha state,' akin to the relaxation experienced during meditation. This effect is likely caused by the flickering of the screen, which can induce a sense of drowsiness.

During this hypnotic state, your subconscious mind becomes highly receptive to suggestion, absorbing whatever information is presented on the TV screen into your memory pool. As beliefs are essentially stored memories, the information transmitted through television has the potential to modify your existing beliefs or even establish new ones, all while you may perceive yourself as merely holding the remote and watching programs. In reality, you are the one being subtly programmed by the content you consume.

The subconscious mind is like the hidden engine that drives our thoughts, feelings, and actions. It houses memories and experiences that may be buried or forgotten, yet still influence our present lives. These could be past traumas, fears, or negative thought patterns that hold us back from living fulfilling lives.

By accessing the subconscious mind in a hypnotic state, hypnotherapists can help individuals uncover and address these deeply rooted issues. They can guide clients towards understanding and reframing limiting beliefs, releasing emotional baggage, and finding empowering perspectives. In doing so, the individual can experience profound healing and transformation. (Parvez n.p.)

According to Ran D. Anbar M.D, when you are in a hypnotic state, a skilled practitioner can offer suggestions that have a profound impact on your subconscious mind. These suggestions

can continue to influence you even after the hypnosis session is over, causing you to act in certain ways without consciously realizing the reasons behind your actions. Moreover, hypnotherapy can be beneficial in helping you overcome specific behaviours, such as quitting smoking or overeating. (Ran D. Anbar M.D. "Understanding the Subconscious: Its Central Role in Hypnosis" n.p.)

Furthermore, hypnotherapy can be particularly effective for breaking habits and addressing issues like anxiety, phobias, and even certain physical conditions that have psychological roots. Through hypnosis, the mind can be directed to create positive changes and reinforce healthier behaviors, leading to lasting improvements in various aspects of life. (Anbar M.D. n.p.)

A significant shift in this presentation is underway, recognizing that the most influential person in the hypnotherapy process is now acknowledged to be the patient, not the therapist. The patient's individual potentials and inclinations play a crucial role in determining the outcome of hypnotherapy, rather than relying on the presumed "powers" of the hypnotist. The therapist doesn't exercise control over the patient; instead, they provide opportunities for the patients to respond to ideas. The focus now lies in offering patients multiple approaches to the hypnotic experience, rather than imposing rigid techniques. Techniques suggest a mechanical and repetitive application of a fixed procedure to elicit a preconceived and predictable response. Instead, approaches involve presenting alternatives to help each patient overcome their unique learned limitations, allowing them to experience various hypnotic phenomena and therapeutic responses.

In this new orientation, therapists don't "control" patients but rather assist them in learning to "utilize" their inherent potentials and unconscious abilities in novel ways to achieve the desired therapeutic outcomes. This shift necessitates hypnotherapists to develop keen observational and performance skills. They must learn to appreciate and understand each patient as a distinct individual with unique needs. Each hypnotherapy session becomes a creative endeavor, where known principles are applied, but the focus remains on exploring the infinite possibilities within each patient to attain therapeutic objectives. (Milton H. Erickson, M.D. & Ernest L. Rossi, Ph.D. *Experiencing Hypnosis* 5)

According to Lipinski, the process of hypnotherapy commences with guided imagery to induce a state of relaxation in the patient. However, it's important to note that this is an interactive experience, and the client remains fully aware throughout the session and retains memories of it afterward. ("How Hypnotherapy eases Anxiety" Cleveland Clinic n.p)

Once the patient is in a relaxed state, they are led to explore the connection between their current stressors and emotions from their past. This allows them to gain fresh insights into the driving forces behind their behaviours. Moreover, it provides an opportunity to process suppressed or long-standing emotions and alter negative subconscious or unconscious thoughts related to themselves or their life circumstances. Journey of self-discovery and personal growth.

In Lipinski's approach to hypnotherapy, she explores the various levels of the mind, which include the conscious, subconscious, and unconscious aspects. According to Freud, the

conscious mind consists of thoughts, sensations, and feelings that we are aware of and can easily analyze. It is where we reason and make logical decisions.

There is an ongoing debate surrounding the terms "subconscious mind" and "unconscious mind." In the field, these terms are used to encompass the idea that many feelings and painful memories are repressed or suppressed, often originating from childhood. These suppressed emotions and memories can create psychological challenges, either immediately after a traumatic event or later in life.

In Freud's model, the subconscious and unconscious levels are similar but differ in depth. The unconscious level is seen as the deepest level, housing deep-seated emotions and trauma, while the subconscious holds thoughts, behavioral patterns, and emotional information that is more accessible. The subconscious is considered a gateway between the conscious and unconscious levels.

In the context of hypnotherapy, the focus is on exploring the subconscious and unconscious information that drives current emotional responses, similar to how a computer drive operates in the background.

The hypnotherapy process starts by examining the present emotions, which often revolve around core emotions like fear, anger, sadness, guilt, shame, and anxiety. Anxiety is seen as existing on the fear spectrum. Even if the anxiety feels unconnected to a specific stressor, the

next step is to explore if it is linked to a past incident. The goal is to understand the conclusions or decisions made during that past experience and how they continue to affect the person subconsciously or unconsciously in their current circumstances.

Lipinski uses guided imagery to help patients relax and enter a more receptive state during hypnotherapy. However, the process remains interactive, and the client maintains awareness throughout the session and retains memories of it afterward.

Once in a relaxed state, the patient is guided to connect current stressors with past emotions. This process allows patients to gain insights into the roots of their behavior, enabling them to process suppressed or older emotions and change negative subconscious or unconscious thoughts that affect their self-perception and life circumstances. (Cleveland Clinic n.p)

Another form of hypnotherapy that can bring positive changes to one's life is Past Life Regression. Past life Regression is a therapeutic technique used to explore the possibility that certain current life issues or experiences might have roots in past lifetimes. During the process, a trained therapist guides the individual into a relaxed and focused state, helping them access memories or imagery that are believed to be from previous incarnations. The idea behind Past Life Regression is that unresolved emotions or patterns from past lives can influence our present existence. It is important to note that this approach is controversial and not scientifically proven, but some individuals find it helpful for gaining insights and healing in their present lives. (Guzalia Davis Practical Manual to Past life Regression 19)

According to Guzalia, "Past Life Regression Therapy operates on the concept of reincarnation, which is the belief that the soul endures beyond death and takes on a new physical form in subsequent lifetimes. This cycle of rebirth offers the soul fresh opportunities to acquire knowledge, undergo personal growth, and progress in its journey of evolution. The term "reincarnation" itself originated from Latin and signifies the idea of returning to a physical existence once more." (Davis 19)

Brian Weiss says, "Past life regression offers the potential to heal and nurture your mental, physical, and spiritual well-being while also enhancing your current relationships. Many practitioners believe that experiencing déjà vu, that feeling of familiarity with a person, event, or place, can be a strong indication of connections to past lives. These instances of déjà vu might be signalling a link to a certain individual from a previous life or a connection to a particular location you've encountered before. Through past life regression, people explore these sensations and gain deeper insights into their past experiences, which can lead to healing and growth in the present." (Brian Weiss "4 Signs You May have had a Past Life" n.p)

When exploring past lives through hypnotic regression, there is a profound level of trance called the somnambulistic state. The analytical part of the mind is subdued, preventing it from interfering with your efforts to uncover past life memories. By quieting your logic and reason, you won't be questioning the authenticity of the memories that surface, wondering if they are genuine or just products of your imagination. Instead you will be fully immersed in the experience



feeling as though you are actually reliving certain events from your past life. (Guzalia Davis *Practical Manual to Past life Regression* 37).

The extent to which you can recall past life experiences during regression therapy varies based on several factors. Your level of relaxation plays a crucial role in determining the quality of your experience. The deeper you can relax, the more rewarding your regression journey is likely to be. Your ability to reach a profound trance state also influences the depth of your exploration. Regular meditation practice can be highly advantageous as it allows you to naturally transition into an altered state of consciousness. As you continue with regression sessions, you will notice that you can enter the hypnotic trance more swiftly and explore even deeper aspects of your past lives. (Davis 33)

It's truly captivating to work with the somnambulistic level, as described by the late Dolores Cannon, a Past Life Regressionist and the creator of Quantum Healing Hypnotherapy. She discovered that extraordinary things happen when clients reach this deep level of trance. Through my research into this fascinating form of hypnosis, you will understand why tapping into this All-Knowing power of the higher mind brings spontaneous healing as well as answers to your questions, and even future predictions!

According to Dolores, in this state, she could establish direct communication with what she believed to be the most potent force in the universe. She found a way to summon this power to aid her clients. This all-knowing entity holds answers to any question, possesses vast

knowledge of both the known and unknown, and can facilitate instant healing. Different terms have been used to refer to this entity, such as the Oversoul, Higher Self, Higher Consciousness, Universal Consciousness, or what psychiatrists may call the subconscious mind. Dolores identified this part as the Subconscious or SC, which surpasses the more limited capabilities of the childish aspect of the mind, known as the subconscious. (Dolores Cannon *The Search for Hidden, Sacred Knowledge* 12)

When working in this heightened state of somnambulism, Dolores could bypass the chattering conscious mind and directly converse with the tremendous power of the SC. Over the course of her impressive career spanning forty-five years and working with thousands of clients worldwide, she saw herself as a seeker of lost knowledge, acting as a reporter and investigator in the realm of past lives and profound healing possibilities. (Cannon 12)

It is when the client is in this deep level of trance when miraculous healing occurs. In one intriguing case, Dolores Cannon worked with a woman who, under regression, began recounting a life where she had been a student of the famous French prophet, Nostradamus. Nostradamus is renowned for his prophecies about significant historical events, including JFK's assassination, the September 11th attacks ("flying birds in the city of hollow mountains"), and conflicts in the Middle East. (Dolores Cannon *Part 7: Nostradamus Contacts Dolores* n.p.)

During the session, something extraordinary happened - the woman's personality seemed to fade away, and Nostradamus himself started speaking through her, addressing Dolores

directly. According to Nostradamus, he had concealed his messages due to the inquisition, ensuring they would survive and be understood in the future when the world was ready.

This highlights the power of Quantum Healing Hypnotherapy, where clients can not only explore past lives but also connect with their Subconscious Mind (SC), Higher Self, and tap into profound wisdom beyond their conscious brain. They may even communicate with departed loved ones, angels, spirit guides, and historical figures like Nostradamus. Through this process, clients can receive healing and guidance from their SC and other spiritual sources, if needed. (Cannon n.p.)

This form of Hypnotherapy would be categorized as Spiritual or Transpersonal Hypnotherapy because we go beyond the basics of Hypnotherapy and working only with the subconscious mind to deal with more mundane issues. Instead, we work with the spiritual realm and other entities in this form of healing and the Higher Self or Superconscious mind.

Emma states, "The term "transpersonal," which encompasses ideas beyond individual self, involves a spiritual aspect and a sense of connection to something greater than ourselves. Transpersonal tools encompass various practices such as hypnosis, meditation, mindfulness, guided imagery, dream analysis, and breathwork. These tools facilitate exploration and understanding of our spiritual dimensions and the profound connection to a larger, transcendent reality." (Emma "My Approach to Therapy and what to expect" n.p.)

Hypnosis is a process, according to Holly, that induces a unique state of consciousness, different from our everyday waking state. In this altered state, individuals become highly receptive to suggestions. This hypnotic state can occur spontaneously or be self-induced with the guidance of a facilitator, such as a hypnotherapist. It is important to note that all hypnosis is essentially self-hypnosis, as the individual actively engages in the process and has the choice to respond or not. Learning and cultivating the skill of experiencing the hypnotic state is possible. (Holly Holmes-Meredith, D. Min., MFT Spiritual Hypnotherapy Scripts 5-6)

Hypnotherapy, on the other hand, is a therapeutic practice conducted within this non-ordinary state of consciousness. It involves direct engagement of both the conscious and subconscious mind of the client. During hypnotherapy, there is usually active communication between the client and the hypnotherapist through verbal and non-verbal means. This state allows clients to access information, healing, creativity, memories, and insights that are not readily available in their normal waking state. The process of change in hypnotherapy is initiated from within the client themselves, with the hypnotherapist providing the necessary tools and skills to assist them. It's important to understand that the power dynamic is not about the therapist controlling the client, but rather supporting the client in helping themselves. Incorporating a transpersonal or spiritual approach in hypnotherapy can further support the client's personal transformation. By invoking and accessing the client's higher Self or transcendent consciousness, they can tap into a deeper level of wisdom and guidance.

Throughout the history of hypnosis, we have recognized the presence of two aspects of consciousness: the conscious and the subconscious. However, the development of transpersonal psychology led to the acknowledgement of a third aspect: the higher Self. This higher Self is a spiritual and infinite component of our consciousness that can be directly engaged and accessed during the hypnotherapy process.

The higher Self represents a deeper wisdom and understanding beyond our everyday ego consciousness. It embodies qualities such as objectivity, non-judgment, and a focus on higher values, life purpose, emotional and mental well-being, and spiritual growth. It serves as an inner therapist or healer, providing valuable guidance and insights.

Various scholars and researchers, such as Arthur Hastings and Willis Harman, have recognized the presence of this higher Self across different religious and mystical traditions. They emphasize the importance of inner exploration and practices like meditation or yoga to connect with and identify with this higher aspect of consciousness.

In essence, the inclusion of the higher Self in hypnotherapy allows for a more profound and transformative experience, tapping into a transcendent realm of wisdom and guidance.

(Holmes-Meredith 6)

In his book "Life Between Lives: Hypnotherapy for Spiritual Regression," Michael Newton shares insights from three decades of personal research and the advancement of clinical

hypnosis methods. These techniques aid clients in accessing their soul memories of the afterlife. The key to unlocking these memories lies in achieving a superconscious trance state, which allows individuals to tap into heightened awareness. In this state, ordinary people can explore profound and timeless questions about their existence, such as "Who am I?", "Why am I here?", and "Where do I come from?" (Michael Newton Phd. *Life Between Lives Scripts* xi)

Michael's clientele came from various cultural backgrounds, and within these societies, beliefs about life's nature and destiny varied significantly. Some held firm convictions in a deterministic existence, where individuals believed they had control over their own destinies. On the other hand, certain cultures embraced open-minded views regarding reincarnation and fate, although their rituals often revolved around the concept of vengeful gods, malevolent spirits, and unpleasant afterlife realms.

In some belief systems, the idea of a soul-ego existing in a spirit world between lives was not recognized or acknowledged. Moreover, for atheists and agnostics, accepting the existence of a higher power or a grand design in the universe posed a considerable challenge. However, an intriguing observation emerged regardless of these ideological preconceptions: once these individuals entered a superconscious trance state, their soul memories about their life between lives aligned with those of other clients.

People from diverse belief systems sought out Michael's guidance in their quest for meaning in life. They were in search of a spirituality that resonated with their values and

provided a sense of coherence. Amidst the spectrum of beliefs, it became evident that all religions, when stripped of the influence of extremists and radical doctrines, possessed beautiful principles of compassion, charity, and love. Nevertheless, over time, many of these religions became entrenched in institutional dogma that no longer aligned with modern thinking. Consequently, they lost touch with the essence of individual spiritual connection with the divine that had given rise to their origins. (Michael Newton Phd. 5)

In an intriguing book called "The Art of Spiritual Hypnosis," Roy explores the concept of Higher Consciousness and its ability to communicate with inner spiritual resources. He emphasizes that once students master this skill, they can delve into a wealth of information, even accessing the Universal Akashic Record, a concept popularized by the renowned psychic Edgar Cayce.

Drawing from the teachings of Dr. Carl Jung, a student of Dr. Sigmund Freud, Roy refers to the "Collective Unconscious," an etheric record containing the sum of all events, words, and ideas throughout Creation. The information provided by clients' Inner Wisdom goes beyond conventional education, tapping into expanded experiences and knowledge.

As a hypnotherapist, Roy believes that understanding the nature and characteristics of various spiritual sources can best assist clients during hypnosis. He explores the Angelic Kingdom, discovering an atmosphere of unbridled joy and love, a celebration among all spiritual beings. Fascinated, he seeks to make contact with them and learn more about their wisdom.

In the hypnotic state, individuals can access their spiritual essence, often referred to as their soul, Higher Self, or Inner Guidance. This aspect can offer profound insights and guidance relevant to their life challenges and opportunities.

Roy also explores other beings who can provide support and guidance during hypnosis, such as Spiritual Guides, Angels, Archangels, the Elohim, Seraphim, Ascended Masters, and a variety of profession-related specialists, including spiritual doctors, architects, musicians, and more. Each category of beings can be called upon as needed, enriching the hypnotherapy experience and fostering a deeper connection to spiritual realms.

With this connection one can bring in spontaneous healing as Roy did with a client he speaks about. Valerie, a 43-year-old massage therapist, sought answers to her chronic neck pain and questioned whether her current professional path was the right fit for her. To gain insight, Roy guided her into a deep state of hypnosis and invited her Higher Self to come forward. Through this connection, he aimed to identify the root cause of her physical discomfort.

Valerie's Higher Self revealed that there was a "slice on the back" of her neck. Upon further exploration, she recounted a past life as a priestess in a Temple under siege. The enemy sought to extract the Temple's secrets from the priestesses through torture. To protect their knowledge, the Chief Priestess made a difficult decision, ordering all the priestesses to be



beheaded. Valerie recalled the profound scene of witnessing her fellow priestesses' beheading and the blood flowing down the Temple steps.

With guidance, Roy asked her Higher Self to go back to the moment just before her execution. In this powerful visualization, Valerie confronted the executioner, calmly accepting her fate, only to witness the sword transform into a radiant shaft of golden light. The light gracefully sliced through her neck, causing no pain and enveloping her body and head in a protective, impenetrable aura.

Through this healing journey, Valerie's Higher Self also shed light on her present occupation as a Massage Therapist. While she found joy in helping others, the physically demanding nature of the work was taking its toll. Her Higher Self suggested that she would find greater fulfillment as an energy healing practitioner. This path would enable her to continue administering compassionate care and healing energies to her patients, but without the need for physical manipulation.

After emerging from hypnosis, Valerie experienced a remarkable transformation—the pain in her neck had vanished completely. She was elated to discover a new direction that aligned with her spiritual and energetic growth while allowing her to continue serving others in a profound and fulfilling way. (Hunter, 361-403)

In Paul's book "Essential Healing," he shares a compelling case of a woman named Jeanie who had been suffering from shoulder pain for over seven years. Despite trying various

treatments such as physical therapy, chiropractic care, and pain medications, she found no lasting relief. Facing the prospect of surgery as a last resort, she turned to hypnotherapy in a final attempt to avoid going under the knife.

During the hypnotherapy session, as Jeanie entered a deep trance state, she began describing a vivid dream-like experience in which she saw herself as a slave. In this haunting scenario, her master provided little food for her and her son, resulting in her son slowly starving. Out of desperation, she stole bread from her master's house to feed her son, but she was caught in the act and brutally beaten to death. During the assault, her master stomped on her shoulder, causing a crushing injury.

When Paul brought Jeanie out of the trance, she appeared shocked but revealed that her shoulder felt significantly better. Remarkably, merely reliving this intense story, after years of unsuccessful treatments, seemed to bring a significant improvement in her pain. Paul admits that he couldn't determine whether the experience was a fantasy, a manifestation of psychosis, or a genuine memory of a past life for Jeanie. However, the most remarkable part of the story is that when Jeanie followed up months later, she reported being completely pain-free. Similar healing experiences occurred with other clients as well.

Paul's account of Jeanie's healing journey illustrates the powerful and sometimes mysterious impact of hypnotherapy on chronic pain and the potential connection between past traumas and present physical ailments. While the exact nature of the experience remains

uncertain, the positive outcome highlights the potential of hypnotherapy as a valuable and transformative healing modality. (Aurand 41)

When dealing with phobias and traumas, Paul encountered an intriguing case involving an extreme speed bike racer. This seemingly fearless individual, covered in tattoos, displayed remarkable skills on the racetrack, maneuvering his motorcycle with impressive precision. However, he had an inexplicable fear of fireworks, preventing him from attending pyrotechnic shows with his four-year-old son or even holding a sparkler.

During the hypnotherapy session, the client traced the origins of his fear back to a firework display his parents took him to when he was just nine years old. Feeling scared and wanting to leave, he faced humiliation from his father, who insisted he "be a man." This experience left a lasting impact on his subconscious, causing the fear to intensify over time, further reinforced by subsequent sensitizing events.

The reemergence of such seemingly minor yet deeply traumatizing events highlights the intricate neural connections between intellect, perceptions, and emotions. Despite the event being long in the past, it can trigger phobic reactions, demonstrating the dynamism of the brain's neural network.

To heal the negative impact of embedded traumas, one must navigate these pathways, which involves going beyond the mind's protective instinct. Understanding and addressing these

deeply rooted traumas can lead to profound healing and transformation, allowing individuals to overcome their phobias and live more fulfilling lives. (Aurand 70-71)

This shows how powerful the subconscious mind is when undergoing hypnosis through the suggestions from the hypnotherapist, the journey to their past lives to see where the root cause of these symptoms, are coming from, to direct contact with their higher self, or the subconscious, superconscious which goes beyond the brain itself connecting with other spiritual beings.

Since the inception of our souls, each of us is accompanied by a guiding presence often referred to as a guardian angel, a bearer of light, or one's higher or cosmic consciousness. This spiritual conductor, known as a spirit guide, is typically a soul that has completed its cycle of reincarnation on Earth and now takes on the role of guiding one or more souls on their evolutionary journey. Spirit guides play a vital role in steering our souls toward the right path, offering gentle hints and nudges to help us progress and integrate the experiences necessary for personal growth and perfection. It's important to note that their purpose is not to shield us from difficult experiences, but rather to assist us in learning from them. As human beings, we possess free will and bear responsibility for our actions, a concept deeply respected by spiritual teachers. (Ursula Demarmels, *Spiritual Regression for Peace & Healing* 24)

Sometimes, a spirit guide can take on a specific form to convey a message. In Ursula's sessions, a client delved into a past life and gained valuable insights that proved helpful in his present existence. Interestingly, his spirit guide appeared to him as a dragon shortly after he

experienced a death in that past life. The symbolism of the dragon led the client to the realization that he had lived numerous lives in China and felt a deep connection to its culture. Although China had played no role in his current life, the appearance of the dragon reminded him of this connection. As a result, he integrated aspects of Chinese philosophy and culture into his daily life, thereby advancing his soul awareness. (Demarmels 25)

After the physical body passes away, the soul embarks on a journey to the spirit world, where it is warmly welcomed by its spirit guide and the souls of others who have also transitioned from their earthly bodies. In this realm, the soul reflects on the life it has just lived. The spirit guide assists in this process, providing insights into what went well and what could have been improved, the lessons to be learned from that life, and the necessary adjustments to be made in the next one.

There are moments in life when we forget our soul's essence and veer away from our innate qualities of kindness, joy, and love. During such times, our spirit guide gently guides us back to our true nature, reminding us of who we are. While we are incarnated on Earth, direct communication with our spirit guide is rare, and instead, they communicate with us through various means. These messages may come to us in dreams, through encounters with people who teach us important lessons, or even in snippets of conversations that provide us with valuable insights. You can easily identify your spirit guide by the friendly and encouraging manner in which it communicates.

The guidance you receive will be comforting, supportive, and uplifting, with a focus on the well-being of all involved. Your spirit guide's messages are always filled with love and constructive energy, even if they may be intense or straightforward at times. If you encounter an inner voice that instills anxiety, promotes negativity, or leaves you feeling tired, confused, or disheartened, know that it does not belong to your spirit guide. (Demarmels 26-27)

The understanding of the soul, spirit guide, and spirit world is often beyond our everyday awareness. However, through regression into past lives and the space between lives, we gain direct access to this profound knowledge. Even after years of working with spiritual regressions, Ursula states, that she continues to be captivated by how each individual is deeply connected to the beauty and clarity of the realm of souls. Surprisingly, even skeptics are profoundly moved and enriched by their regression experiences. They come to realize that their life on Earth is a precious gift and a tremendous opportunity, leading them to embrace responsibility for it.( 30)

Different regression therapists have their unique approaches, but they all share the common practice of guiding their clients into a trance state to explore past lives. However, many regression therapists tend to halt the journey either just before or immediately after death in the past life. The concept of a spirit guide and delving deeper into the soul's experiences is often not a part of their methodology. The interaction mainly revolves around a conversation with the therapist, who may offer their subjective perspective. Ursula is very grateful to have learned this technique from Dr. Newton. She believes it is crucial for clients to have the opportunity to delve

even further into the spirit world, experiencing themselves as immortal souls filled with joy and bliss, and to reflect on their past lives in the comforting presence of their spirit guide.(34)

During a regression session, it's encouraging to trust the spirit world to guide the process and select the appropriate past life for the client. Ursula's focus is not on finding a pleasant life or one related to a specific issue the client might be facing, like headaches. Instead, she has full faith in the client's spirit guide to choose what is essential and beneficial for them in the present moment. It may not directly address the headaches, but the experience can still be transformative and potentially alleviate them. Over her extensive experience as a regression therapist, she has witnessed that the life chosen by the spirit guide has always been the most suitable and beneficial for the client.

In each regression, she leads the client further into the spirit world immediately after their past life's death experience. This allows them to connect with their spirit guide and engage in a profound review and discussion of the past life from a higher perspective. They may reflect on important questions, such as what lessons they have learned and what remains to be learned. This process enables deep insights and spiritual growth for the individual. (35)

During the initial regression process, clients come to realize the meaningfulness of life on Earth and that we have the power to create joy in our own lives. Some individuals may feel disconnected from this earthly plane and wish to escape it, but they must first learn to love and appreciate their present life before exploring further. The spirit world between lives is incredibly

beautiful and joyful, making it enticing for many not to leave once they experience it. However, it is crucial to use the insights gained from the spiritual realm to enrich our current earthly existence rather than using them as a means of escape.

On the day of the session, Ursula would begin with a thorough initial conversation, during which she explains how the regression will unfold and address any remaining questions. She emphasizes to her clients that the process is primarily a spiritual journey, not a secular one. Through this form of regression, clients work with their spirit guide, reconnect with their soul essence, and gain profound insights that can positively impact their present life on Earth.(45)

I find this work to be very interesting when helping people with mental illness. Some people are not mentally ill with multiple personality disorder because they can be attracting negative spirits that attach themselves to the host. In this book "Transpersonal Hypnosis", Eric, explains some therapists consider Spirit Release Therapy either as a distinct therapy or as a therapeutic technique. Eric treats it as a therapeutic technique to be used within an ongoing therapeutic relationship. Proper differential diagnosis by a trained mental health professional is essential in this work. Eric refers to this therapeutic technique as Spirit Release Therapy (SRT). In this context, the term "spirit" encompasses a broad range of entities that can influence or attach to the human energy field. These entities are often referred to as attached entities and can be classified as deceased, earthbound human spirits, or other discarnate entities.

The therapist performing this work must be well-educated and trained in differential diagnosis to distinguish these entities from other psychological phenomena like ego states, subpersonalities, personality fragments, alter personalities in individuals with Dissociative



Identity Disorder, past-life memories or personalities, spirit guides, etc. It is crucial to differentiate these entities from psychotic material such as delusions and hallucinations.

Earthbound human spirits are spirits that, for various reasons, remain on the earth plane and attach to someone else's energy field. Discarnate entities, on the other hand, are entities that have never manifested in human form but can operate on the earth plane. They may include spirit guides, angels, demons, dark entities, walk-ins, extraterrestrial entities, and more.

Professionals who engage in this type of work must have a solid understanding of metaphysics, spirituality, and nonphysical levels of reality. Without this knowledge, the material encountered may be unfamiliar and susceptible to misinterpretation. The true nature and reality of these entities, whether metaphysical or phenomenal, are beyond the scope of this work. The most crucial aspect is to approach this material in a therapeutic manner, alleviating the patient's symptoms, promoting healing, and enabling effective functioning in life.

Spirit Releasement Therapy involves working with the patient in an altered state of consciousness, often induced by hypnosis. Due to the altered state and the nature of the material, this therapy can be categorized as transpersonal therapy, transcending normal, personal, waking consciousness. As hypnosis is the primary tool in this work, it is vital for the therapist to have appropriate training in hypnosis and hypnotherapy in general. (Eric D. Leskowitz. M.D., *Transpersonal Hypnosis* 131-132)

## Discussion

Hypnotherapy is a powerful therapeutic approach that taps into the subconscious mind for healing. It has a long history, with evidence of its use dating back thousands of years. Hypnosis was practiced by ancient cultures like the Sumerians, Hindus, Persians, and Egyptians. In the Middle Ages, scientific explanations for its healing effects started emerging. Franz Anton Mesmer, an Austrian physician, gained success but faced opposition from the medical establishment, leading to the eventual ban of his therapy.

Our subconscious mind stores memories and emotions from past experiences, influencing our reactions to present situations. Hypnotherapy can help reveal and address the root memories behind negative reactions, enabling us to transform our responses. Research has shown that hypnosis induces various physiological changes, such as slowing down breathing and heart rate, reducing blood pressure, and boosting immune efficiency. As a result, hypnotherapy can be beneficial in treating physical ailments like asthma, tension headaches, stomach disorders, high blood pressure, and stress-related issues. Hypnotherapy can be used to address a wide range of issues, from resolving problems to achieving spiritual serenity.

Recent research suggests that most individuals have the potential to experience some level of hypnotic response, and the depth of hypnotizability may be influenced by cognitive factors like intelligence, concentration, and focus.

Television and media have a significant influence on our subconscious mind, often inducing a hypnotic trance state and shaping our beliefs and behaviors. Hypnotherapy can help individuals overcome negative responses and reprogram their subconscious minds for positive change.

Past life regression, a controversial form of hypnotherapy, explores the possibility that certain life issues have roots in past lifetimes. It involves accessing memories or imagery believed to be from previous incarnations and can be helpful for gaining insights and healing in the present. This is very important as many times we deal with these crutches in our daily life without knowing where it comes from. It can be from this life in our childhood or from past lives.

When working with my clients who have carried on these past life issues which also created illness as well, once they go through past life regression and they get to the root of the problem, all of this heavy weight is finally released and they can move on to living a very successful comfortable life.

The concept of the Higher Self has been integrated into transpersonal hypnotherapy, allowing clients to tap into a deeper level of wisdom and guidance during the therapeutic process.

Dolores Cannon, a renowned Past Life Regressionist and the creator of Quantum Healing Hypnotherapy, discovered the somnambulistic level of trance to be truly captivating. In this deep state, clients experienced extraordinary phenomena and connected with what she believed to be the most potent force in the universe – the Superconscious (SC). This all-knowing entity holds vast knowledge, answers to any question, and the ability to facilitate instant healing. Working in this heightened state, Dolores bypassed the conscious mind and directly communicated with the power of the SC. Through Quantum Healing Hypnotherapy, clients could access profound wisdom beyond their conscious awareness, even connecting with historical figures like Nostradamus. This spiritual or transpersonal approach delves into the realm of the Higher Self and spiritual guidance, offering potential for healing and transformation beyond the limitations of the subconscious mind.

I am very fascinated with Dolores Cannon's work because how I was cured from recurrent corneal erosion, which doctors had no cure for, other than for me to go under the knife! Through my experience I can say that this form of hypnosis truly worked for me because the hypnotherapist not only guided me through my past lives, I connected straight to the source of all that is, God, The All, whatever you wish to call it. It was pure unconditional love. Then we moved onto to the healing when I was channeling this amazing higher energy known as the Universal mind, subconscious or superconscious. When I was in this state, my hypnotist asked my higher mind the questions I wrote down prior before hypnosis. It answered every question with ease and predicted future events. It said I would travel to many sacred places in the world to activate my DNA, which I did a couple years later. Hence, I'm currently living in the Yucatan,

near the Mayan Pyramids. Because of this amazing experience I decided to become a Certified Quantum Healing Hypnotist myself.

Michael Newton's work on Life Between Lives hypnotherapy has explored soul memories of the afterlife and allowed individuals to access heightened awareness in a superconscious trance state. Regardless of cultural backgrounds and beliefs, clients have shared similar soul memories during these experiences, seeking meaning and coherence in their spirituality.

I was able to watch these experiences on YouTube of Michael's, clients moving through their past lives as well as the afterlife. Very fascinating! In my opinion though, I believe Quantum Healing Hypnosis is much quicker, because once the client is connected to their higherself through hypnosis, they become the All Knowing, I AM. They channel with such confidence and are able to share not only what is good for the client, but even for the hypnotherapist, and even future events for the world. Absolutely fascinating!

Emma explains that "transpersonal" refers to ideas beyond the individual self, involving spirituality and a connection to something greater. Transpersonal tools, such as hypnosis, meditation, mindfulness, dream analysis, and breathwork, facilitate exploration of our spiritual dimensions and our connection to a transcendent reality.

Holly describes hypnosis as inducing a unique state of consciousness, where individuals become highly receptive to suggestions. Hypnotherapy involves engaging both the conscious and subconscious mind of the client to access information, healing, memories, and insights not readily available in the waking state. Incorporating a transpersonal or spiritual approach in hypnotherapy allows clients to tap into a deeper level of wisdom and guidance.

Roy explores the concept of Higher Consciousness in his book and how it can communicate with inner spiritual resources during hypnosis. By connecting with the higher self or inner guidance, individuals can receive profound insights and guidance relevant to their life challenges.

Paul shares cases where hypnotherapy helped clients overcome chronic pain and phobias by addressing past traumas through deep trance states. The power of hypnotherapy in healing past traumas and its connection to spirituality is emphasized.

Overall, the paragraphs highlight the significance of transpersonal tools like hypnosis and spirituality in promoting healing, accessing higher wisdom, and understanding the mind-body complex.

The concept of spirit guides, also known as guardian angels or cosmic consciousness, has fascinated spiritual practitioners since the beginning of our souls. These guiding presences play a significant role in our lives, helping us navigate our evolutionary journey and providing gentle

guidance to integrate experiences crucial for personal growth. Rather than shielding us from difficulties, they aim to help us learn and evolve, respecting our free will and responsibility for our actions.

A noteworthy example of a spirit guide's role is evident in Ursula's sessions with a client exploring past lives. The client's spirit guide took the form of a dragon after a past-life death, leading him to realize his strong connection to Chinese culture despite having no apparent link in his current life. This realization prompted him to incorporate Chinese philosophy into his daily life, contributing to his soul's growth and awareness.

After our physical bodies pass away, our souls embark on a journey to the spirit world, where they meet their spirit guides and reflect on their recent earthly life. The spirit guide assists in this process, providing insights and lessons to be learned for the next phase of the soul's journey.

During our time on Earth, we may occasionally lose touch with our soul's true essence and innate qualities like kindness and joy. In such moments, our spirit guides gently guide us back to our authentic nature. Though direct communication with our guides is rare while incarnated, they communicate with us through various means, such as dreams or encounters with significant individuals who offer valuable lessons.

The process of spiritual regression offers a profound understanding of the soul, spirit guide, and spirit world that transcends our everyday awareness. Even skeptics are profoundly moved by the experience, recognizing life on Earth as a precious gift filled with opportunities and responsibilities.

Through my experience in working with my clients utilizing the Quantum Healing Hypnotherapy method, it is amazing to see my clients channel their higher selves. They speak with such wisdom and awe, and do not speak from their ego. Unlike Micheal Newton's method of still having the client ask questions to their spirit guides for answers etc, with Quantum Healing Hypnosis, your knowledge surpasses the spirit guide. Through this Higher Self, Subconscious state, you retrieve all of the Akashic records yourself, answering all of the questions you ever wanted to know.

Different regression therapists may have varying approaches, but many guide their clients into a trance state to explore past lives. However, some therapists stop the journey shortly before or after death in the past life and do not delve into the concept of spirit guides or deeper soul experiences. Many of these therapists fear that their clients might go to a place that will harm the client. But with Ursula's thanks to learning Dr. Newton's techniques, highlights the significance of clients' interactions with their spirit guides and the exploration of the spirit world. This deeper level of regression helps individuals experience their immortal souls and gain clarity and insights in the comforting presence of their guides. Having the knowingness that they are not alone. That there is something beyond our mundane reality of loving beings watching over us.



Trusting the spirit world to lead the regression process allows the spirit guide to choose the most relevant past life for the client's present needs, even if it may not directly address specific issues like headaches. The chosen life consistently proves to be the most beneficial for the individual's growth and well-being. The higher self, or guide is part of them, and knows from a higher perspective which life to focus on.

As clients engage in regression, Ursula guides them further into the spirit world immediately after their past-life death experience. This allows for profound reviews and discussions with their spirit guides, fostering spiritual growth and self-awareness through reflections on lessons learned and those yet to be learned.

Spiritual regression helps clients appreciate the meaningfulness of life on Earth and recognize their ability to create joy. While some may be drawn to the beauty and joy of the spirit world, it is essential to use these insights to enrich our earthly existence instead of seeking escape. On the day of the session, Ursula initiates the process with a comprehensive conversation, emphasizing the spiritual nature of the journey. Clients work with their spirit guides, reconnect with their soul's essence, and gain valuable insights that positively impact their present lives on Earth.

This is so very important with this work, especially when working with clients who are depressed about their situation, or the world around them. They are always looking for an escape.

When they find out that they chose to come to this playful contrasting world filled with duality called Earth and that they play a very significant role, they are filled with a sense of self realization of why they came here in the first place. They tell me how they are filled with a sense of purpose they never knew before.

The concept of spirit releasement therapy is intriguing, especially when considering its potential application in helping people with mental illnesses. Some therapists view it as a distinct therapy, while others consider it a therapeutic technique. The Eric treats it as a therapeutic technique within an ongoing therapeutic relationship. Differential diagnosis by a trained mental health professional is crucial in this work to distinguish entities like spirit guides, deceased human spirits, and discarnate entities from other psychological phenomena.

Earthbound human spirits are souls that remain on the earthly plane, attaching themselves to other individuals' energy fields. On the other hand, discarnate entities operate on the earth plane without having manifested in human form. These entities, including spirit guides, angels, demons, and extraterrestrial entities, must be differentiated from psychological conditions like dissociative identity disorder or psychotic experiences like delusions and hallucinations. I have experienced this first hand with my mother before she passed away. She was clinically depressed and was hooked on pharmaceuticals for many years that it finally took a toll on her body. Because of my empathic ability, it was very hard to stand near her for long, because I could feel the sucking parasitical sensation of these entities that attached themselves to her. It was very uncomfortable. After my mother passed away and was cremated, these negative malevolent

lower spirits finally were released. When I heard of the news, I felt these energies try to grab a hold of me, which felt like a strangling feeling in my throat, and I blessed them and released them in my own way. My poor mother went through a lot, and I wished I knew what to do with this situation at the time. Many people or those in the professional field don't realize that many so-called mentally ill patients, carry these attachments making them ill.

Professionals engaging in this work require a solid understanding of metaphysics, spirituality, and nonphysical realms. Without this knowledge, the material encountered may be misinterpreted. While the true nature of these entities remains beyond the scope of this work, the therapist's primary concern is to provide appropriate and therapeutic support, helping patients alleviate their symptoms and promoting healing and effective functioning in life.

Spirit releasement therapy involves working with patients in an altered state of consciousness, often induced through hypnosis. The nature of this therapy places it within the realm of transpersonal therapy, surpassing normal, personal, waking consciousness. Proper training in hypnosis and hypnotherapy is crucial for therapists conducting this work effectively.

Overall, hypnotherapy offers a fascinating avenue for exploring the human mind and its potential for personal growth, healing, and spiritual connection.

## Conclusion

In conclusion, the exploration of hypnotherapy and its integration with spirituality and transpersonal tools offers a profound understanding of the human mind and its capacity for healing, growth, and spiritual connection. The historical roots of hypnosis span across ancient civilizations, and its therapeutic potential has been recognized for millennia. From the Middle Ages to modern times, the study of hypnosis has evolved, revealing its ability to tap into the subconscious mind and address the root memories behind negative reactions, paving the way for transformation and personal development.

Hypnotherapy offers a unique and powerful approach to healing by harnessing the potential of the subconscious mind. Its ability to access and reprogram deep-seated patterns and beliefs can lead to transformative changes in various aspects of life. By unlocking the healing potential within, hypnotherapy provides individuals with an opportunity to tap into their inner resources, overcome challenges, and embark on a journey of self-discovery and personal growth.

One aspect of hypnotherapy that has sparked both intrigue and controversy is past life regression, & spiritual regression which explores the possibility of past lifetimes impacting present life issues and connecting with your higherself along with other entities. Although debated, this approach has provided insights and healing for many individuals, offering a unique perspective on the interplay of past and present experiences.

Transpersonal hypnotherapy, with its integration of the concept of the higher Self, goes beyond the limitations of the conscious mind, allowing clients to access deeper wisdom and

spiritual guidance during therapeutic sessions. Dolores Cannon's work in Quantum Healing Hypnotherapy and Michael Newton's exploration of Life Between Lives hypnotherapy exemplify the transformative power of connecting with the Higher Self or superconscious. These spiritual approaches offer potential for profound healing and transformation, transcending the boundaries of the subconscious mind.

Furthermore, the study of spirituality and mental health sheds light on the positive effects of spiritual practices and beliefs on overall well-being. Spiritual values have been associated with improved self-management of symptoms and serve as vital sources of encouragement and support for individuals coping with severe mental illnesses. Understanding the connection between spirituality and mental health provides a holistic perspective on the human experience, encompassing physical, emotional, and spiritual aspects of well-being.

The neurofunctional findings challenging the traditional notion that the mind is solely a by-product of the brain raise thought-provoking questions about the complexities of consciousness. Research demonstrating the mind's ability to manifest independently of neural functioning opens up new avenues of exploration into the intricate relationship between the brain and the mind. This expanding understanding encourages us to view the brain as a mediator, rather than the sole producer, of the mind, inviting a more comprehensive approach to studying the human mind-body complex.

Overall, the fusion of hypnotherapy with spirituality and transpersonal tools offers a fascinating and transformative journey into the human mind. It unlocks doors to self-discovery,

personal growth, and spiritual connection, enabling individuals to explore their subconscious, tap into higher wisdom, and embark on a path of healing and transformation. As we continue to delve deeper into the mysteries of the human mind and consciousness, hypnotherapy stands as a powerful therapeutic approach, bridging the realms of science, spirituality, and personal exploration. The integration of hypnotherapy with transpersonal tools offers a captivating and holistic perspective on the human experience, ultimately enriching our understanding of the mind's potential and its role in shaping our lives and spiritual journey.

In conclusion, the process of spiritual regression opens the door to a profound understanding of the soul, spirit guide, and spirit world, reaching beyond our everyday awareness. Even skeptics are deeply moved by the experience, recognizing the precious gift of life on Earth and the responsibilities that come with it.

While different regression therapists may have varying approaches, the significance of spirit guides and exploring the spirit world becomes evident in the deeper levels of regression. Clients experience their immortal souls and gain valuable insights, guided by their spirit guides' comforting presence.

Trusting the spirit world to lead the regression process proves beneficial as the chosen past life addresses the client's present needs, fostering growth and well-being. The reviews and discussions with spirit guides further enhance spiritual growth and self-awareness, reflecting on lessons learned and those yet to be learned. Spiritual regression allows clients to appreciate the meaningfulness of life on Earth and their capacity to create joy. It highlights the importance of using insights from the spirit world to enrich our earthly existence, rather than seeking escape.

In considering the concept of spirit releasement therapy, it holds intriguing potential in assisting individuals with mental illnesses. Therapists should view it as a therapeutic technique within an ongoing therapeutic relationship, prioritizing differential diagnosis to distinguish entities from psychological phenomena. Earthbound human spirits and discarnate entities need to be differentiated, and therapists require a comprehensive understanding of metaphysics and spirituality. The primary focus should be on providing appropriate and therapeutic support to help patients alleviate symptoms, promote healing, and achieve effective functioning in life.

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