

THE HYPNOTIC STATE
AND BEYOND

By

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Acknowledgements

To my darling girls Tayla and Rose. Always and forever in my heart!

Dad, xxoo

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Introduction

Because a vision softly creeping
Left its seed while I was sleeping
And the vision that was planted in my brain
Still remains
Within the sound of silence

(Paul Simon 1964).

These lines expressed in the melodic richness and visual imagery of Simon and Garfunkel's song "The Sound of Silence" conjure up for me the nature of the hypnotic state. A state that is a step removed from the logical, often manipulative and alert mindset found in practical conversations, thinking patterns and behavior guarded by the condition of ego. Rather, I have found the hypnotic state in deep concentration and focus when activity becomes unconscious and experienced by being 'lost' yet absorbed such as when: reading a book, playing numerous and endless games especially as a child, speaking to a loved one on the phone, dreaming, composing a song, seeing a great movie, in meditation, when riding my horse, downhill skiing, playing guitar in the pub, working with a client as a psychotherapist when that magical moment of healing awareness emerges between client and therapist, watching my children play, taking my dog for a walk in nature and of course when being hypnotized.

A deep sense of peace, insight and satisfaction and a connection to the mystical nature of The Universe lies at the heart of the hypnotic state. There is a silence or stillness that is a part of this process and what Dr. Wayne Dyer in *10 Secrets for Success and Inner Peace* describes as

“...having an invisible shield around you that nothing can penetrate unless it’s at a higher spiritual energy than your shield” (58). This is the state of trance!

I will highlight the key components of hypnotherapy for the art and practice of hypnotherapy is a helpful and therapeutic tool. This dissertation claims that when the key aspects of hypnotherapy are understood and adapted by the Metaphysical Practitioner, doors to spiritual and transcendent experiences are opened allowing for deep Universal understanding for those who undertake a spiritual journey through hypnotic trance.

I qualified as a clinical hypnotherapist a decade ago with the purpose of adding another tool in my practice as a psychotherapist and clinical counsellor. I loved the two-year training and the fact that my diploma was with a reputable learning establishment. The Academy of Hypnotic Science was the only hypnotherapy body recognized by the Australian Government at that time. It meant I could practice legally and have private health insurance rebates for my clients. I found likeminded, open and progressive thinkers on the course. There was a discernable groan from my class when we were told at the start that we were not going to be trained in stage show hypnotic antics because we were being trained in the practice of therapy and not entertainment. However, I remember with great joy, at one of our lunch breaks, the reaction of my fellow students when I managed to hypnotize a willing participant; so that when we got up from the dining table she couldn’t leave as her hand was stuck to the table top due to hypnotic suggestion. She became annoyed and frustrated as she literally could not take her hand off the table but when I clicked my fingers, the signal of release, her hand immediately became free. This shows that hypnotic suggestion is indeed powerful.

Near the end of the first year I was privately chatting to a female lecturer about past life regression and I wanted to know why it was not part of the established curriculum. She stated

that it was too controversial a subject and that government registration would not sanction such a topic. However, she almost sheepishly let me know that she did past life regressions for her clients. I was quite fascinated and I arranged a private session with her. What an experience!

Under hypnosis I had very clear images of several past lives. In one I was a Negro African who saw Arab slave traders raiding and incarcerating my family and villagers from my tribe. I felt powerless as I watched from a safe distance but appalled by what I saw. In this life I have lived in Cameroon, Ghana, Nigeria and Malawi and travelled to many African countries. As a white Anglo-Saxon I have a great affinity with Africa. The only country I found distasteful was South Africa when I visited a cousin and his family. He had worked as a doctor, with his wife who was a nurse, in a remote hospital in Botswana. After 15 years they decided to move to South Africa, (to make money and send their children to school). My visit took place during Apartheid and I was appalled. The same emotion that I experienced in my regression resurfaced in South Africa when my village was set on fire and my family was sold into servitude. One of my insights from this regression was that we all share a common humanity.

Another strong regression I experienced in that session was of being in a prison cell in the South of France in the 13th Century. I knew without doubt that I was part of the mystical group known as The Cathars. I felt fear and misery in that crowded cell. I then saw myself being strangled by another Cathar but it was a mercy killing because the next day I was to be burnt by the Catholic Church as a heretic (My group believed in the Gnostic Gospels and in reincarnation). Now the process of serendipity and connection took place when I told the hypnotherapist lecturer that I had once lived in France. When living there, on a 'whim' I decided to take a week off from my home (Near the border with Switzerland) and travel to the South of France. I became completely lost and in a very remote and rugged area, I came across an ancient Cathar castle

more ruin than complete. I spent much time walking among the ruins for this was the castle where the Cathars made their last stand against the Catholic Church. I had known nothing of the Cathars until I went to that castle and after that visit I didn't think about them again until my first past life regression. My learning from this life was not to become fundamental or an extremist in my views and to learn when to speak out and when to hold my tongue.

There is a further addition to this experience. Last year, In May 2017, I was visiting my Mother and sister who live in Ireland. A friend from Australia had given me the contact details of a shaman worker who lived in a small community and I went to a 2-day workshop in Donegal. I really enjoyed meeting the small community that had such a connection to nature and the land. The main speaker was a Master Druid from Switzerland. I had an instant dislike towards him which I could not understand as he was very pleasant. After 2 days I had a knowing that in a former life I knew him from the Cathar community and that he had strangled me in jail and that I was a fanatical follower of his every word. I found much of what he said in the workshop to be nonsense and although I did not challenge him it was clear to him that I did not agree with his teachings. I felt a real sense of independence after that experience.

My experience of hypnotherapy are that lessons and insights are all around us and that the hypnotherapy session is just one aspect of learning, healing and creating awareness. This dissertation will show what is meant by the hypnotic state. The essential techniques of hypnotherapy will be discussed for without such knowledge and skill the quality of sessions for self and other is greatly reduced. The traits of a hypnotist will be outlined for it is indeed a skill and an art form but when a spiritual connection is made both client and therapist can develop profound Universal insights. The state of trance, when understood, allows for many pathways that mirror hypnosis thus meditation, dreams, energy healing, astral travel, massage all have a

commonality in accessing spiritual and transcendent experiences through allowing access to trance states. These will be shown to have not only great healing potential but allow for deep insight into metaphysical understanding. The literature will highlight the many benefits to body, mind and spirit, gained through trance and how it is the connection to spirit that allows for deep understanding of Universal laws, principles and lessons when embraced and put into action.

Understanding the basics of hypnotherapy and the hypnotic state (which is trance) then allows for a variation of pathways to Higher Consciousness. This theme is expressed in the following statement “Universal flexibility exists in my mind and thereby opens many avenues through which good can reach me” (Ministers/Bachelor’s Degree Curriculum 3:4). What Dr. Masters is saying is that whilst hypnotherapy may be considered a specialized topic, as metaphysical practitioners, we are open to the many expressions implicit in the hypnotherapeutic model and should not be limited by “The Specialist Rut” because “The Universe, in its tremendous versatility of expression, exists at the center of our minds as our TRUE SELF” (1). Dr. Masters elaborates further on the topic of hypnosis.

I have definitely ascertained that there is no set way to treat and/or help all individuals and it is best to teach all available and proven techniques in this field (because) if you clear out the negative accumulation of the personal subconscious, you not only affect the conscious life reaction to daily living but the psychic thought energies as well. (Master’s Degree Curriculum 1:23)

Review of Literature

When you dance

Do your senses tingle and take a chance

In a trance

(While the lonely mingle with circumstance)

Neil Young: When you dance I can really love (1971).

When the musician Neil Young was drawn to his dancer did he sense how free she was in her trance and was that what brought out his love whilst he, as an observer, was caught up with the heaviness of the lonely? Who knows! This beautiful image of a dancer, caught up in a flowing world of movement and trance, conjures up pictures of Sioux Indians as they embark in ritualized dance in preparation for the mystical journey of the Sun Dance or the far away stare of a Buddhist monk sitting in lotus position in a temple compound.

In, *The Principles and Practice of Hypnotherapy*, L. Max Baker, a lecturer at the Academy of Hypnotic Science for over 25 years in Melbourne, comments on trance as being the hypnotic state and how “Brain wave frequencies change as we experience shifts in our state of consciousness” (2). These frequencies or waves can be scientifically measured (in Hertz per second) by an electro-encephalograph so that distinct states in human consciousness can be observed by machine and L. Max Baker writes that “With guidance changes can be made in the brain wave frequencies” (2). The hypnotherapist needs to identify which state the client is in: Beta, Alpha, Theta or Delta, (See Appendix A). Baker acknowledges that all who work with the hypnotic state understand the benefits to physical and mental health (4). The Beta state is a non-hypnotic state and the Delta state is that of deep sleep. The ideal hypnotic states are Alpha and

Theta because it is in these states that "...our mind becomes more receptive to suggestion" (2). It takes practice and experience to recognize when the client has reached the Alpha or Theta states but the hypnotherapist is looking for physical signs that indicate the states have been reached. "We move to an Alpha State and our eyes gently close. As we progress to deeper states of relaxation we enter a Theta state...a dreamy state...where physical characteristics are evident (such as) eyelids fluttering, slow and shallow breathing, paleness of skin (as the blood circulation slows), swallowing" (2). Even though one may fall asleep in Delta state a hypnotherapy session can still take place because the subject is still in trance and L. Max Baker reminds us that "this does not interfere with the suggestions being presented" (5). It may just take more repetition of suggestions to get through.

In *Hypnosis for Change* Josie Hadley and Carol Staudacher advise the hypnotherapist to look for and confirm trance state in the client through discerning the appearance of Muscle Catalepsy that is "...a rigidity of certain muscles,...a paralysis, (but also) twitching fingers or facial twitches" and importantly to look for the "physical responses to your suggestions e.g. a smile when you suggest something amusing or pleasant or if by suggesting their arms are heavy, to see the effort it takes to move them" (278). If clients' speech is talkative and alert they are probably not in trance and to notice for the change when the speech becomes slurred, heavy as though talking in one's sleep (279).

It is important to comprehend the difference between the Beta state and the other states. L. Max Baker makes the point that "The mind functions at 2 levels" (3) that is the alert conscious mind and the subconscious mind. "Whatever is accepted and believed at a conscious level is passed to the subconscious mind and becomes part of our belief system. This process is called auto-suggestion" (3). It is at the subconscious level where change occurs but it is guarded by The

Reticular Activating System (RAS). This is a part of the brain that connects everything: our nervous system, our senses, our thoughts. “The RAS underlies our awareness of the world and our ability to think, learn and act” (4) and L. Max Baker compares the RAS to “a sentry” (5) because it guards any thought coming into the subconscious. However, the sentry goes to sleep when in a state of relaxation (5) and that is why hypnotherapist use relaxation: to change ideas, concepts and set beliefs and restructure the subconscious.

“We become what we think” (11) and while the subconscious holds all the information it has ever accessed “The subconscious does not think for itself...it acts according to its belief system”. (11). This can be seen when a toddler is bitten by a dog and how that fear is ingrained in a belief system that says all dogs are bad. Clearly this is not the case but this belief, taken into adulthood, may cause serious problems when the love of your life owns a dog that one is petrified off. Hypnotherapy can change that belief by empowering the regressed ‘toddler’ in the adult to cuddle other dogs or to say to the dog that bit them “buzz off!” Thus, a frightened ‘toddler’ finds their power and courage and adopts a new belief system so that the adult self has no fear of dog.

L. Max Baker’s book has chapters outlining the conditions best addressed by conventional hypnotherapy and guides the student to deal with: physical disorders, common addictions, phobias, anxiety, motivation and how deep relaxation compliments both mind and body. He is however open to alternative uses of hypnotherapy and addresses the issue of past life regression hypnotherapy to the non-metaphysically inclined therapist:

My role (as a therapist) is to help the subject resolve any issues associated with the phenomenon (of past life regression) rather than to make judgements about it. If we concern ourselves with the phenomenon we become distracted from our role as therapists. It impacts upon our religious and philosophical beliefs which should be no part of our therapeutic process. It would be strange, however if we were not moved or influenced in our own thinking about such things. (50)

Such thinking highlights how the therapist, whilst possibly having a different belief system, is prepared to enter the belief system of his client for their benefit. Gil Boyne, the founder of Transforming Therapy and a pioneer in hypnotic technique, states online, (www.gilboyne.com) that there are 4 significant factors or elements in "...becoming a successful therapist" (1). The first is to realize it is a calling towards "a true people helping profession..." (1). Boyne goes beyond the normal parameters of what makes a good therapist such as the ability to be empathic, non-judgmental and compassionate by stating that transformation occurs not only for the client but for the therapist as well (1) because the nature of healing work "affirms life (and when we affirm life we) express our creative spirit, which is our divine nature" (1). Thus, client and therapist transform together. Boyne says that the helper needs "...a psychic predisposition and a psychic need to help others, which is the highest spiritual need in mankind (and he reminds us that in this work we hold the attitude of doing) "unto others as you would have done unto you...(and that if all adhered to this teaching of Jesus)...it would prevent all forms of life negation" (1).

The second element is that of training but this is not enough. He states that whenever he carries out a hypnotic session "I close my eyes to enter the subconscious, which allows intuition to come forward. I prefer to call it spiritual inspiration" (2).

For the third element Boyne emphasizes "...the ability to develop and use entrepreneurial skill" (3) because without it there would be no practice. He demands of his students to self-promote through "public speaking at clubs and other forms of group meetings to (make) frequent solicitation of all forms of the media-local, regional, national, newspapers; radio and TV interviews by means of letters, press and the creation of attractive sales brochures" (3). Boyne would have an ally here in the guise of Dr. Leon Masters who encourages the newcomer to

metaphysical practice to “Spend wisely...Spending wisely infers proportional spending. The greatest proportion of your investment should be spent on anything that will promote and advertise your operation” (Master’s Degree Curriculum 2:28).

The fourth element requires that the therapists transforms themselves “I call this accelerating the spiritual journey” (4). Boyne believes that by embracing his divine nature he lives the belief that “Man is made in the image of God” (5) and with this realization his creativity flows out of him. Over the course of his practice he noticed how he has “... aspired to the qualities of honesty, directness, potency, being non-judgmental, caring, the ability to confront in creative ways, the ability to bond with clients through developing rapport and by self-revelation” (5). Transformation through our work occurs when we connect with our Divine or Higher Self.

Boyne does point out at the start of his online blog that “The search for comprehensive training (in hypnotherapeutic techniques) should be an exhaustive one since inadequate training is the major cause of failure in hypnotherapy” (1). That is why the basics of language plays such a pivotal role in this science. This essay is not a dissertation on technique but without a grasp of the key fundamentals it may be hard for a client or self to reach trance or when in trance to be guided in an appropriate manner. John Burton and Bob Bodenhamer have produced an invaluable resource for hypnotherapists in their book *Hypnotic Language: Its structure and use*. It is a comprehensive piece of work that addresses numerous grammatical and anti-grammatical structures that aid in a positive experience for the client. The authors elaborate on how:

Hypnotic language relies on centering (the client’s attention) to induce a trance but then leads the focus to something else other than the limiting belief (that causes conflict) and replaces it with a resource for healing. Hypnosis allows the client to be shown an alternative resource on which to center and then consider the benefits of this new resource in his life. In essence, the trance allows the client to choose between focusing on the problem or focusing on the resource. Focusing on the resource just makes constructive use of the already existing centering. (29)

The resource can be whatever the intuition and creativity of the therapist and the client draws upon. One can see how a spiritual belief is a valuable resource for the metaphysician to draw upon and how the term, Higher Self, leads to so many visual and cognitive connections. Burton and Bodenhamer are quick to point out that intuition is hard to access when we are working off our emotions (18) and they recognize the value of drawing on a Meta Level "...a higher level of thinking that permits seeing all possibilities in a no longer pre-arranged or in set styles...by going Meta the world becomes unfrozen and all things become possible. This allows new and creative challenges to arise; even the conflict disappears here" (18). The skill of the hypnotherapist is to take the client to this meta level. They are not drawing on metaphysical science but rather meta language and concepts and they give the following example "You can lead a horse to water and be sure it'll know what to do next" (47). By breaking with the expected ending "because hypnotic language breaks grammatical and traditional rules" (47) a higher-level resource is created in the mind of the client which can be applied to their own life. It helps if the therapist uses language appropriate to the world view of their client.

Present centered language (to create an existing and felt reality) in the ever present now combined with the use of metaphors are used abundantly by the hypnotherapist. *The Handbook of Hypnotic Suggestions and Metaphors* uses hundreds of hypnotic scripts contributed from over 100 hypnotherapists. In the introduction Dr. Corydon Hammond states that "hypnosis is like any other medical or psychological technique or modality: it is not uniformly effective with all problems or patients. Thus, it is virtually important that we do not identify ourselves as hypnotherapists but rather as psychologists, physicians, dentists, social workers, marriage and family therapists, nurse anesthetists etc., who use hypnosis as one mode of intervention along with our other clinical tools" (4). This need to separate hypnosis into categories, where some are

deemed worthy and others less worthy highlights the struggle, 30 years ago, when the Academy of Hypnotic Science in Melbourne, took the medical profession to court in order that 'lay' people could practice hypnotherapy: luckily the court found in favor of the Academy. Dr. Masters sums up the idea of separation which is something of an anathema to metaphysical thinking as healing comes under one banner. Dr. Masters notes in *Mystical Insights*:

A recognition that the level of spiritual awareness at the surface of most human minds is at great variance and that the vast majority of souls incarnating on the physical earth plane have little if any awareness of their Universal Origins and inseparable Oneness with Universal Consciousness. This is not a criticism but rather an observation that the majority of souls incarnating here are more in the embryonic stage of spiritual awakening.” (18)

The 602-page masterpiece, *The Handbook of Hypnotic suggestion and Metaphors*, completely leaves out any attempt at higher purpose connection and in the index, you may find useful sections on snoring, sneezing, or somatic issues but there is nothing under spirituality. This brings us to the question as to what purpose hypnosis is to be used for: a medical model serving mental and physical health as well as social issues and/or can it go beyond? Can the tools of hypnosis be applied so that Metaphysicians may use metaphors where words and images such as light, eagle, river, universe, oneness, have a totally different set of beliefs and directional pull for the therapist and client when connected to Higher-Self? Much depends on one's modus operandi, spiritual level of awareness and definition of hypnosis.

Shelly Stockwell-Nicholas in her book *Hypnosis: Smile on your face Money in your pocket* has written a book that is a clever synthesis between the teaching of hypnotic structure but applicable to metaphysical principals. Her book is based on the Law of Attraction and her definition of hypnosis is found in chapter 2 titled 'To Define is Devine'. She declares:

Hypnosis is a natural state of heightened awareness where you easily accept suggestions, listen to inner wisdom, replace limiting imprints and get high with your Higher-Self. (19)

She calls the subconscious “the sacred chamber of your deepest mind” (19) and this is a wise place and it is hypnosis that lets you access this wisdom (19). In other words, it is “shutting off ego and listening to the spirit” (23) and the commonly accepted belief is made that “All hypnosis is self-hypnosis for self-motivation, self-direction, self-discipline, self-evaluation, self-harmony, self-responsibility, self-empowerment and **Self-transcendence** (occurs) through self-understanding” (24).

Stockwell-Nicholas has a marvelous chapter on inductions with 116 scripted examples. Induction is the process used by the hypnotherapist to establish the hypnotic or trance state. She states that “there are simple principles that cause someone to enter trance” (201) and these are around the ability to relax the client, narrow their focus and attention, use their senses and body muscle movements, and tap into their memory, belief systems and emotional worlds (201-237). L. Max Baker sums up the induced hypnotic state succinctly “In the course of an induction one may continue to focus the subject to turn his or her thoughts inward to create an imaginary world removed from the realities of the external environment...once the subjects attention is removed a trance state can be assumed to be present” (14-15). A changed state of conscious now exists that allow access to Alpha, Theta and Delta states and because brain wave frequency has now changed “suggestions can get past the critical analytical function of the Reticular Activating System” (15).

Stockwell-Nicholas uses imaginative and inventive inductions such as dance and this can be done with the client resting and dancing in the minds-eye or getting up and actually dancing. She states “I play repetitive monotonous and/or riotous rhythms and instruct them (to) Spin or to let the music move them with their eyes closed” (218). She mentions how dance and movement have always been used to induce trance and comments on the Whirling Dervishes or Moslem

Sufi dancers from the Middle East, the Hare Krishna's use of dancing by combining prayer and movement and the hypnotic trance dancers on the island of Bali (218). This type of induction has a deeply spiritual connection and is certainly not found in the hundreds of hypnotic scripts in the 602-page volume of *The Handbook of Hypnotic Suggestions and Metaphors*.

Language is like the surgeon's tool for the hypnotherapists. Word play and confusion can help bring about a state of dissociation (that helps reach trance) for the client. Stockwell-Nicholas uses this induction with children and also to help reach the inner child in the adult and she calls it the Vowel Induction Game:

You remember the vowels A.E.I.O.U. some specialists say Y is a vowel we'll put a Y in just to make it fun, okay? ...say the vowels A.E.I.O.U and Y aloud and in your head (as you say this you nod to the client). Take a deep breath and slowly let go. Now follow with your ears, your eyes and your breath as you think each one individually and then say out aloud A.E.I.O.U and Y. (The hypnotist places a hand in front of the clients face and draws the hand up then down with each sound of the vowel). Say A.E.I.O.U and Y (as the client says Y you chime in) WHY? Because it feels so good to relax deeper and deeper. Eyes closed sleep now. (205)

To add a spiritual connection Stockwell-Nicholas also gets the client to draw their attention to their chakra points in a similar fashion to the vowel induction because "This draws people deeper into themselves" (205). Dr. Leon Masters comments on his use of candles, pendulums, the eyelid closure test and the hand levitation test, to induce and establish trance, in *Meditation Dynamics* (26-32). He also asks the client in the candle induction to "project an auric light around your body" (26) to help deepen the ONENESS-the body and mind feel nothing but a oneness with life and the universe (28).

At the heart of the language of hypnotherapy is Ego Strengthening and it requires the use of positive suggestions. Dr. Masters sums up the vital relationship between language, thinking and the subconscious:

It is important to realize that while the unconscious workings of the mind control the conscious mind, the conscious mind still can do a great deal to mitigate the influences of unconscious energy. The simplest most direct way of course, is through positive thinking-that is, not allowing negative thoughts to become a part of one's mental subconscious reality. In metaphysics, we try to condition the subconscious so that it will think positively, while rejecting negative, self-destructive thoughts. We have found that this can, indeed, be accomplished through Affirmative Meditation and Metaphysically-Oriented Self-Hypnotic Practices." (Master's Degree Curriculum 1:24)

Dr. Masters adds that it is important that (when in the Beta state of alert awareness) we monitor our thoughts through the metaphysical practice of what he terms Conscious Thought Control (25) to block us from absorbing negativity.

Stockwell-Smith confirms that "Suggestions are the heart of hypnosis (and that) when you set your attitude and attest, assert and affirm what you want, you influence your mind and actions" (241). She further adds that hypnotherapy suggestions add to our mental, physical and importantly our spiritual wellbeing and she suggests that using self-hypnosis with affirmations should be practiced daily because practice makes perfect (241-242). She uses the following affirmation on herself, regularly before sessions with clients and finds she can get into trance state in only a few seconds:

"I am perfect."

"I make my dreams come true."

"I listen to my body and it tells me what I need."

"I am positively neutral; calm and relaxed. It is easy for me to do hypnosis and I am good at it. The right words or questions or processes come easily to me. I have time, lots of time. My client relaxes and so do I. We stay centered. Hypnosis is fun and I am good at it." (241)

Every trance state allows for the opportunity to introduce Ego State Strengthening or positive suggestion, whether conducted on self, another person, to a group or sent through distant healing or even to a situation. Dr. Master's highlights the strength behind positive language, thought and actual visualization and states "Your thoughts correspond to emotional energies that discharge themselves every day through your auric shield. They either make your company more

attractive to positive people...or they repulse them attracting negative people who can only hinder you” (Minister’s/Bachelor’s Degree Curriculum 2:7). This is why it is so important to use only positive words and imagery, in trance state, for the subconscious, readily absorbs suggestions, metaphors and visualizations without any ability to filter.

One of the most influential books on metaphysical hypnotherapy is *Spirit Guide Contact Through Hypnosis* by Dr. Bruce Goldberg, a retired Doctor of Dental Surgery, who has a Masters in Counselling Psychology but has been a hypnotherapist since 1975, trained at the American Society of Clinical Hypnosis in the techniques and clinical applications of hypnosis. His training did not prepare him for metaphysics but he realized in time, “There are nonphysical beings and dimensions that are far more evolved than any of us have ever imagined our species to be. The ignorance that a soul illustrates during its life reflects and directs its actions after it crosses into spirit. By establishing spirit contact now, you can better yourself and your destiny for this eventual transition” (10). He also adds that the benefits of seeking guidance from spirit will help with insights and intuition in this life that will greatly benefit our Earthly existence “This will result in your life taking on more meaning and you developing a greater sense of karmic purpose” (15).

He describes Higher-Spirit guides or “Beings of Light” as being “pure energy”, having completed their karmic cycles long ago (and that they are) skilled at transmitting their thoughts from their dimension into ours” (17). Dr. Leon Masters in *Mystical Insights* comments on this theme “Indeed, life of a higher order can and does exist in higher dimensions of Universal Consciousness. Yet there is far more to such realizations than people having such visions are aware of, until they are awakened to what they are really seeing” (169). Dr. Masters goes on to explain that higher beings and, we human beings, are really one and “when people experience

higher beings, they are not experiencing beings apart from themselves. In truth they are experiencing higher dimensions of themselves, or more specifically, what they will be on awakening” (170). How do we contact these Higher-Beings, these future manifestations of us?

Goldberg believes that:

Hypnosis is, by far, the most efficient and easy mechanism to do this. We can access our Higher Self (the perfect component of our soul’s energy) to facilitate the connection with these spirit guides. The purpose of our Higher Self and spirit guides are the same, to provide guidance, wisdom, compassion, and love and to assist us in manifesting out true karmic purpose, the main reason we are on the Earth in this lifetime. (17)

It is the hypnotic state, along with our intention and spiritual receptiveness, that opens the channels of communication between our spirit guides and ourselves and through this contact we can expect the following to occur:

- To be enlightened spiritually
- To have our compassion grow for others
- To attain goals that in the past have passed us by
- To experience healing physically, mentally, emotionally and spiritually
- To attract others through our new and higher energy obtained through spirit contact.
- To demonstrate a sense of sincerity, simplicity, humility and spirituality because these will always be demonstrated by pure light spirit entities who will never make demands or brag about their abilities or knowledge
- To allow the guides to help us with clarity, direction and guidance. Their main concern is your higher purpose
- To increase our psychic abilities (54-55).

Transcendence and spiritual growth occurs because guides allow us into the knowledge and Truths of Universal laws and Goldberg makes the point that these laws “represent the

difference between spirituality and religion” (35). By adapting hypnotherapy scripts to enter Higher Connection, the metaphysical practitioner “goes beyond” allowing healing and transcendental change to come into self-realization when universal laws are understood and practiced. (Some are well known such as The Law of Free Will, The Law of Attraction, The Law of Abundance, The Law of Reciprocity, The Law of Manifestation, The Law of Reincarnation, The Law of the Present Moment, The Law of Karma, The Law of Cycles, The Law of Challenge (37-38) but there are “dozens” of Laws. We must remember writes Goldberg “... that spirituality is about that evolutionary process of self-realization and God realization and has nothing to do with religion” (38). An outline of Universal Laws has been included in Appendix B.

Goldberg offers many hypnotherapy scripts for contacting guides that he has generously allowed the reader to record but states that we need regular practice and discipline “Contact with guides through hypnosis clearly shows us the truth and, in that truth, we can let go of the illusion of separation, of guilt, of anger and most especially of being a victim. Forgiveness and compassion accelerate this process” (125) and practiced daily helps combat the daily negative build up found in our Earthly environment.

Guides channel: messages, symbols, imagery and teachings through hypnosis and this occurs in dream states because they are hypnotic states. Remembered dreams mainly occur in the Alpha state where REM (Rapid Eye Movement stage) occurs but we can subconsciously block the content. Goldberg warns that blocks in receiving information may happen due to a sense of fear. “Fear is the only obstacle to channeling” such as the fear of: ridicule, skepticism, failure, not being good enough, fear of unleashing demons (131). He reassures the reader that by protecting yourself with “White Light Protection” visualized coming from your heart chakra you only connect to pure intentioned Light Beings (90). There is also the fear of “both psychic

empowerment” (234) but the greatest fear Goldberg warns we need to eliminate “...is that of the need to dominate and control others.” It is in our dream state that we cannot control the content of our visions and messages and so are left wide open to receiving spiritual messages that seem very odd in content. Goldberg calls the state of mind just prior to falling asleep “the hypnogogic level” and it is measured at an Alpha wave frequency. This is an ideal time to invite in spirit guides (121). Goldberg urges us to get in the habit before sleeping to say to yourself “I would like to contact a high-level spirit guide who will offer me spiritual advice and facilitate my spiritual growth. My Higher-Self will also be involved with this meeting and I will recall this encounter when I wake up in the morning” (122). A good channeler is enthusiastic, willing and dedicated to this process” (134). Dr. Masters encourages his students, who state they forget the content of their dreams, that if “they took a serious interest in their dreams and their meanings, they (will) begin to recall their dreams upon awakening” (Master’s Degree Curriculum 2:36).

Who are these Higher-Guides? Dr. Masters in *Mystical Insights* writes that throughout the ages people have described them as: “angelic, god or goddess-like, or Christ like, Buddha-like, Krishna-like, and so on” (168). Goldberg calls them “Ascended Masters, Archangels, Light Beings and Spirit Guides. A simple method to contact these guides is to simply relax yourself, access your Higher Self and request a high-level guide to work through you” (132). Goldberg states that receiving spirit in trance comes through many channels: clairvoyant, clairaudience, clairsentient (137) and he writes of the medical clairvoyant Edgar Cayce who was “...one of the world’s most influential and best-known psychics and soul healers” (137). He also encourages those interested in metaphysics to access their telepathic communication through spirit guide contact because “...it is a most psychically empowering experience that can enlighten us and give evidence to the concept of the permanence of the soul, also a form of electromagnetic

radiation energy” (149). A hypnotherapy script (written and adapted so that a spiritual dimension is accessed) by Goldberg, for his readers use, is found in appendix C.

Hypnosis and past life regression is the focus and passion of former highflying attorney Mira Kelly. In her book *Beyond Past Lives* she gives many fascinating metaphysical insights. Each chapter of the book she writes is “devoted to a lesson that has been revealed to me through past life regression” (XV). Some of her chapters are on:

- How past, present and future lives are lived simultaneously.
- How we create our own reality.
- How we make a new reality.
- The difference between Self (ego) and Higher-Self (God)
- That every experience is a lesson for spiritual growth.
- The importance of forgiveness.
- How the Universe supports loving (XV).

Kelly, in the chapter on Frequently Asked Questions, explains that hypnosis is a completely safe process in which the client always remains in control and encourages the first timer to put away the “fear of being controlled” (205) for every therapist gives their client a safe place to go to (if the need arises and there is a reaction or what hypnotherapists call an abreaction to content) and also the option to stop the session at their will.

Kelly explains the hypnotic state and how “Theta is the border state between consciousness and unconsciousness (and that) it is the state where profound learning, healing and growth takes place” (207). Mira Kelly also mentions another brain wave state called The Gamma State. (See Appendix A)

...instead of moving into theta, some clients' brains move from alpha up to gamma-operating at an even higher frequency than beta. In this state you have a heightened sense of perception and consciousness and you experience oneness with all, a sense of bliss and an innate understanding of the nature of existence. (207)

Kelly believes that the ideal clients should "handle their own learning (as they) pursue their own enlightenment (because) they want to integrate all parts of themselves" (208). This integration of mind, body and spirit from all past, present and future life experiences is illustrated by Kelly's own journey into past life regression.

She recalls that as an attorney (long before she practiced hypnotherapy) she suffered from a failed dental procedure which "left me in tremendous pain with a condition called temporomandibular joint and muscle disorder or TMJ" (1). The only solution was to put up with tremendous daily pain or "...have surgery (which) involved breaking my jaw and reattaching it with wires and there was no guarantee that it would relieve the pain" (2). As a child she had read psychiatrist Brian Weiss's book *Through Time into Healing* and feeling desperate gave past life regression a shot. What she found was transformative "I saw myself as a tall, strong black man...I had four manacles around my wrists and ankles. Chains were attached to the collar and continued down to the manacles on my wrists and feet. The metal collar was always there and incredibly uncomfortable, rubbing my jaw. I had a permanent wound in the very same spot, where in this life, I was feeling the TMJ pain" (3). She resolved her physical pain through the insight that in her present life, although she was she powerful she was not using that power. On integrating her life as a slave with her life as an attorney she connected to her life purpose which was to leave the legal system and establish her future role as a spiritual hypnotherapist. Her pain also vanished (4-6).

Dr. Brian Weiss in *Many Lives, Many Masters* basis his life transformation on the initial relationship with his patient Catherine. “Eighteen months of intense psychotherapy passed, with Catherine coming to see me once or twice a week. She was a good patient, verbal, capable of insights and extremely eager to get well...But Catherine had not improved” (23). It was only after past life regression and Catherine’s experience of many past lives that her anxiety and phobias disappeared. However, it was the messages that came from spirits, through Catherine, that, Weiss terms The Masters, (56) that informed him of many Universal Laws and lessons (See appendix D). Weiss states “My life would never be the same again. A hand had reached down and irreversibly altered the course of my life” (57). And what were these lessons taught by the Masters and shared with thousands of his patients and hundreds of thousands through his books and workshops?

To paraphrase the mystic Teilhard de Chardin “We are not human beings having a spiritual experience. We are spiritual beings having a human experience.” Our bodies are temporary. We are souls. We are immortal; we are eternal. We never die; we merely transform to a heightened state of consciousness, no longer needing a physical body. We are always loved. We are never alone, and we can never be harmed not at this level. We all have lessons to learn in this school called Earth. We need to comprehend completely the concepts of compassion, love, non-violence, non-judgment, non-prejudice, patience, generosity and charity and hope. We need to recognize the deceptions and traps of the ego and how to transcend them. We must become aware of the interconnectedness of all living beings, that energy connects us all, and that there is no death only life...We can reincarnate into physical bodies as often as we need, in order to learn and master these lessons... We learn by experiencing everything... Love has many facets. (219-220)

Dr. Masters highlights that two-thirds of the world believes in reincarnation and there is evidence in the Bible. However, it is often missed as “...traditional theologians have things backwards; they take what is symbolic to be literal, and what is literal to be symbolic” (Master’s Curriculum 1:45). Dr. Masters states that “Just as one gains knowledge of life after death and astral dimensions through meditation, there are also experiences in meditation that would suggest

we have lived other times” (46). What links Meditation, astral travel, hypnosis, self-hypnosis or dream states is of course the hypnotic state whether it be at the wave frequency of Gamma, Alpha, Theta or Delta levels. Dr. Masters goes on to support this “...the metaphysical student gains knowledge of reincarnation principally through the practice of meditation. In recent years, however, Past Life Hypnotic Age Regression has also yielded evidence of previous lives...It should be noted that this demonstrates a definitive use in metaphysical religious practice” (50).

Brian Weiss clearly sees the spiritual value of meditation and in his book *Meditation: Achieving Inner Peace and Tranquility in your life* he offers us the wisdom that “Although I’ve come to be known for my work and research in the field of past-life therapy...there are many numerous paths that can be taken to attain inner growth and enlightenment...for our souls are endowed with possibilities far beyond the constraints of time and space” (V11). Weiss states that the regular practice of meditation which he describes as “The art of quieting the mind of endless chatter” (X11) leads to other spiritual benefits such as Outer Body experiences, increased intuition, and the ability to receive messages (29). On intuition, he remembers, that a Master once informed him that “The intellect is important in the three-dimensional world, but intuition is even more crucial” (29). In Brian Weiss’s book, *Mirrors of Time*, he includes an accompanying past life regression audio download with meditation and visualizations for the readers to follow. He makes the point that it is relaxation of the mind and not solely hypnotic technique that leads to transcendent states and spiritual insights, “Past life regression... (occurs through)...other types of relaxation ...during dreams or déjà vu, (sometimes) spontaneously, this is often seen with children... (and Weiss mentions the first time he recalled regression)...My recollection of a past life didn’t take place during regression therapy or hypnosis but as a result of the state of relaxation caused by Shiatsu massage acupuncture (56).

The benefits of relaxation: a calm, quiet and composed mind is valued by Dr. Masters who in his article *The Sacredness of Silence* found in his book *Mystical Insights* highlights the point that “A person who is advanced in spiritual awareness knows when to remain silent and let the zealot ramble on” (63). Dr. Masters elaborates how the busy mind is full of ego and that leaves no space for the presence of God or Higher Self to settle and inform (63). He teaches us how to pray by dismissing “The loudness of thought” which blocks “Devine intervention” and advises that “Simply put, the more one prays using thought-the less one can hear the Voice of Silence (God) (64). It is through letting go of thought or what is commonly referred to as ruminating in psychotherapy, that a space is created which is filled by Universal Wisdom but we need to be aware of this paradox of letting go and receiving.

As Dr. Weiss experienced, working with chakras and energy healing, can lead to deep transcendent and life changing spiritual insights. Eleanor McKenzie author of *The Reiki Bible* states that regular meditation creates “...connection to the Universe or to God or whatever you consider to be the creative energy of the Universe (and will) reduce any feeling of separation” (358). Clients go into trance and relaxation very quickly with reiki and with other energy healing modalities. There is a connection between Universal energy, healers, and their clients. McKenzie comments on spiritual connection as different from religion in that with religion Devine power is sought outside of the person while those on the path of spirituality, locate Devine power within themselves, although they may not recognize it as Devine power (57). She comments on anxiety disorders (the number one leading mental health condition in Western Society) as representing “...a sense of being alone in the world. A person with anxiety does not trust the process of living and has lost faith that the universe always provides solutions to all situations” (358).

Drawing on universal support makes the energy worker a conduit for healing by tapping into healing energy that is outside and inside the healer and client. Reiki facilitator, Yasmin Verschure, in *Way to the Light*, reminds us that Reiki is "...a Japanese word and means Universal life-force. It is energy that is present everywhere, visibly, or invisibly. I think of it as the Cosmos, prana, light, love, Nature or God, without being too fussy over names...it is the primal energy hidden within us all, the link with our spiritual domain, The Divine spark" (29). Energy healing can be viewed as spiritual fine tuning rather like a mechanic working on a car to produce optimal running performance. The energy can also be measured and Cyndi Dale in her comprehensive guide to energy healing *The Subtle Body Practice Manual* gives scientific examples of this. She mentions that:

One study employed a magnetometer to quantify biomagnetic fields coming from the hands of meditators and of yoga and qigong practitioners. These fields emanating from the practitioners' hands were a thousand times stronger than the human biomagnetic field. The strength of the hands' fields was as strong as the low intensity and frequency fields, between 2 and 50 hertz, used in medical research labs for speeding the healing of wounded biological tissue. Yet another study, involving what is called a superconducting quantum interference device, SQUID, demonstrated that large frequency-pulsating biomagnetic field emanating from the hands of therapeutic-touch professionals during treatments. (14)

The fascinating insight emerges that the hertz measurement of brain frequency range is also paralleled in the hands of energy healers. Energy healer, Anya Petrovic, in her book *Tesla Metamorphosis*, comments on this awareness, "The belief that consciousness is related only to our brain is outdated. New research (by American psychologist Lacey J and Lacey B on the cardiac cycle) shows that the heart consciousness has far greater influence on our life, our wellbeing and our decisions than our brains...80% of information goes from the heart to the brain and other parts of the body and only 20% from the brain to the heart and other parts of the body" (9).

This has significant impact on hypnotic inductions and drawing upon resources when the body and everything outside the body can guide the individual towards trance, spiritual connection and metaphysical insights. Touch is commonly used by healers to induce trance.

Petrovic, in her book has photographs of healers and clients on meditation tables in deeply relaxed states with beautiful auric fields around them. These were taken with the assistance of Dr. Harry Oldfield, at London University and she has utilized the special camera he has designed. “This camera can provide Polycontrast Interference Photography (PIP), a real time moving image of the energy field” (148). This camera is much more detailed and accurate than the Kirlian Camera as “different frequencies and densities can be distinguished...when we use the word frequency it is more applicable to mechanical waves in the domain of Hertz waves (electro-magnetic sound or transverse vector waves, whereby the wave energy is proportional to frequency) with the PIP, what people with extrasensory perception can see is made visible for all to see” (148). Our bodies are also energetic and at the level of our DNA there are vibrational movements “which oscillates at a frequency of several billion hertz in the DNA inside each cell in our body (and) are created through coil-like contraction and extension of our DNA (this energy is released as photons and contributes to “The light field that surrounds the human body” (157). Petrovic makes some interesting conclusions through her observations and testing of energy healing with Dr. Oldfield:

- Our bodies can be programmed by frequencies of energy, spoken word and thoughts
- Holding an intension before hypnosis, meditation, energy work affects the body
- DNA if unloaded has the intelligence of every known universal secret
- We can heal from vast distances as energy is carried in thought, intention, prayer (57).

Petrovic poses this question “Could it be that our DNA can download the entire Akashic record? Ancient teachings were always instructing us to look for the answers within, not out there” (157). Spiritual teachers are aware of these factors and how telepathy is a commonly used by spirit. Mind, body, spirit connection is becoming more acceptable especially as medical research backs up the benefits of trance. In his book, *Mind, Body, Spirit*, Mark Evans comments on the release of beneficial chemicals that are triggered in Alpha and Theta states “...with these states the brain triggers chemicals known as endorphins which have been called nature’s own opiates” (242). Evans writes of the benefits of Western Medicine adopting a holistic approach and balancing energy, a common practice in the East (7) and if spiritual, mental and physical approaches are adopted there could potentially be a huge decrease in the West’s overreliance on medication (8).

In Deepak Chopra’s book, *Reinventing The Body, Resurrecting The Soul*, The theme of mind, body, spirit is continued and the benefits of trance for each aspect of self. He acknowledges the wide range of meditational practice but no matter the difference in technique they all have the following in common (64) “First there is silence and stillness...beyond the mind that’s full of thoughts, emotions and sensations, (the goal is) to arrive at stillness and silence” (64). Then there is the second commonality when there is a change as seen in energetic shifts of consciousness with “the ability of awareness to change a new reality” (67) just as Catherine found a new reality with Dr. Weiss when put into trance.

Through trance Chopra says we can all transition from “the old life to the new” (234) but that “the secret is to live in wholeness now before you achieve it...a holistic lifestyle should sustain you to your soul even when those ties feel fragile” (232). He outlines 10 steps to Oneness or Wholeness. Trance state in meditation leads to initiating these steps, and so a

path to transition and transcendence occurs especially when regularly practiced. (235) The 10 steps are listed below:

1. Nourish your 'Light Body'
2. Turn entropy into evolution
3. Commit yourself to deeper awareness
4. Be generous of spirit
5. Focus on relationships instead of consumption
6. Relate to your body consciously
7. Embrace every day as a new world
8. Let the timeless be in charge of time
9. Feel the world instead of trying to understand it
10. Seek after your own mystery (234).

Chopra states that these steps "happen in awareness" (234) but this awareness is not found in a classroom or a book but "In Silence." Chopra explains:

All you can do is help the new self to grow in silence. Yet nothing more is needed. The secret is that inner transformation cannot be seen as it occurs. The brain shifts as the person shifts. The brain has no way of preserving its old pathways once new ones have been created. In a sense the soul erases its track and yet something very tangible is also happening. (235-236)

Dr. Chopra in his online video, *Soul of Healing Meditations*, illuminates the power of breathing in his guided meditation. He talks about the breathing as being "The pathway to the Soul" (np) and that consciousness is located in every cell of the body. When we set an intention to connect to Higher Self we experience "Love, Knowing and bliss" (np) and this information comes from every part of our physical and spiritual being because "We connect to our sense of Wholeness and belonging to Oneness" (np). The

importance of daily trance state is important in gaining a new level of awareness to enlightenment or self-realization of our Oneness from the One Source (np).

Dr. Masters encourages daily meditation and points out why the process can be interrupted but also outlines the benefits of persisting.

Most people do not take action because of a feeling that they are alone in what they want to do. Daily meditation and a constant affirming of your Higher Selfhood eventually make that selfhood a reality in your mind...By keeping attuned to the presence of your Higher Selfhood, the realization comes that YOU ARE NOT ALONE, that you are being directed and guided...It is through an inner knowing that people are inspired to take action. (Ministers/Bachelor's degree Curriculum 4:45)

David Donahoo, a well renowned hypnotherapist and past-life regressionist in Melbourne outlines in, *Create Your Own Spiritual Solutions: Using the FEAST method*, a practical program that he describes on the sleeve of his book as one that: "Contains guidance to help you know the difference between spiritual solutions that will exceed your expectations verse human solutions, created through the voice of the ego and how to converse with the spirit world to achieve it" (np). He, like Dr. Masters encourages people to look internally for their resources and to find solutions from within. Donahoo's FEAST program is structured thus:

FEAST Method is the method to connect with your angels, spirit guides or Higher-Self either with a therapist through hypnosis, or to use self-hypnosis or mediation.

- **F** Focus on what you want and get into a state of relaxation
- **E** Expectation that the solution will appear
- **A** Ask for what you want. Do not ask for what you do not want
- **S** Solution is provided but sometimes you have to search for it in unexpected places
- **T** Take Action after you have received your solution (97).

Donahoo states that solutions come in many forms but emphasizes the importance of intuition which may be a gut feeling, knowing or mental picture. (93) He urges recalling dreams and looking at projective qualities (that you are represented by all the content in the dream) and symbols as guides (93). He points out the spiritual, non-accidental nature of synchronistic occurrences and how external signs or musical lyrics, often repeated, give direction and guidance (93). Most importantly he emphasizes that “A Spiritual solution comes from you and the spirit world. For the spirit world to create your solution there must be a need” (13). It is our human side that often becomes disgruntled when no solution appears but that might be another lesson from the universe.

The Rev. Dr. Vickie L. Carey a.k.a. Springwolf, a graduate of the esteemed University of Metaphysics and University of Sedona, neatly outlines the differences between a medical and a metaphysical approach to meditation on her website dedicated to metaphysical understanding [atspringwolf.net-the 5 minute-alignment-meditation](http://atspringwolf.net-the-5-minute-alignment-meditation).

In today’s world meditation is viewed from 2 perspectives, from the spiritual form of enlightenment and becoming one with spirit or through the eyes of mainstream medicine as a non-denominational practice” (2).

There are benefits to both approaches and reduction of stress and countless physical benefits are to be found in the medical model.

But what lies beyond?

What lies beyond, from a metaphysical perspective is an unfathomable support based in love and good intention. Carey writes of the approach that embraces enlightenment “It’s a way of finding renewed strength on a personal and spiritual level. To open a connection between the inner self and the Devine force in that person’s life and to gain inner strength to persevere and endure trials, challenges and overcome those situations with the help of that greater force (2).

Discussion

Sometimes at night I think I hear you call my name

These dreams

Keep me going these days.

(Jim Croce 1973 from the album *Life and Times*)

The book, *Emotional Healing*, was written 25 years ago by the Principal Director of the center for Analytical Hypnotherapy Research and Training (Australasia), Frank Wright. He is the founder of Private Subconscious Mind Healing (PSH) and is a skeptic of past life regression and states that past life memory maybe a remembered, genetic cell phenomenon, just as looks, intelligence, health and physical aspects are passed through generations so might memory (108). He writes “Human beings have an incredible store of physical information about their ancestors stored in their genetic make-up. A scientist recently stated that in a single cell of the human body can be found more than 70 million messages about that person’s ancestry” (108). He then goes on to say that “Every mystical and metaphysical organization that I have come across which does believe in reincarnation rejects such hypnotic experiences as being in any way valid or reliable in bringing to awareness a memory of past lives” (109). He makes it clear he is not interested in past life regression but if it helps his clients he will use it because “...whatever it is (past lives) if a past life memory is accompanied by a true release of the feelings that is the real cause of the difficulties, then experience of many years now tells us that effective emotional healing is always achieved” (110).

Imagine a river. On one bank is the metaphysical perspective and on the other a conventional medical model. A bridge between the two allows for the crossing of ideas. There is

no doubting the healing nature of hypnotherapy but when combined with a metaphysical perspective it allows for a greater Universal understanding, solutions and spiritual healing. Frank Wright (a highly effective and regarded hypnotherapist) in the first of his seven principle of subconscious change advises one to 1) **Locate and deal with the original cause of distress** (45) but this approach totally overlooks metaphysical possibilities of origin and the deeper layer needed for change and healing. For Wright and many conventional therapists, the origins of distress occur only in this life time.

No one is dismissing the skill it takes to locate and heal trauma. It takes practice and it is an art form when conducting an age regression. Joanne Goulding wrote in *The Australian Journal of Clinical Hypnotherapy and Hypnosis*, an article titled, *The Effects of Auto suggestion: stay with children for life* and states “If a child is in a negative environment...it is in the subconscious where apparently forgotten things remain faithfully and permanently stored. We never forget anything” (42-43). Goulding then goes to give a masterclass as to how to hypnotize the adult, reach the damaged child and restore peace in to the adult’s present consciousness. (44) However, (and this is where the ‘conventional’ therapist has not gone beyond or explored further possible causes and resources) has the presenting issue been addressed when the original trauma may have Karmic, past life origins and the existing life plan has been chosen by the client? Have the possibilities arisen that from one’s suffering, deep spiritual lessons can be absorbed leading to transformative change? And has the therapist been able to share in the mystery of trance work so that both client and therapist can grow in wisdom connecting to their Higher-Intelligence? Catherine had 86 past life regressions with Dr. Weiss and some of her present-day issues were located in some of these past lives. As Dr. Weiss has stated in the literature, transcendent change occurred for him as well as Catherine in *Many Lives, Many Masters* (219).

The therapist becomes a sharer not an ‘expert’ in the healing process and as Gil Boyne has pointed out, one gains through the development of intuitive and psychic transformation when working as a healer. (2) This attitude of being open to receiving guidance from Higher-Self works equally well whether through assisting a client in a hypnotherapy session or through using self-hypnosis or meditation on a personal level. Cyndi Dale notes in *The Subtle Body Practice Manuel* that when she engages in energy healing with a client she uses the Spirit to Spirit Technique (104) but she also “teaches it to doctors, nurses, therapists and intuitives and afterwards most of them say ““this is the only technique I need for anything”” (104). It follows 3 simple steps

1. Affirming the full, powerful and loving spiritual being that you are and by breathing into your heart to notice an energetic shift. (note the emphasis on the heart intelligence)
2. To acknowledge in the other their essence as a full and powerful spiritual being.
3. To call upon the presence of the Great and Holy Spirit to guide, bring insight, healing, grace and protection to the session (104).

The wonderful aspect of this Spirit to Spirit Technique is that it can be used in any trance or healing session; in any setting whether by yourself, with an individual, group or even an animal or even when setting an intention before sleep allowing for deeper insights into dreams. It also acknowledges, to those who are open, that beyond the set text books and instruction of medical models, such as the 602 paged *Handbook of Hypnotic Suggestions and Metaphors*, lies a spiritual dimension.

I am reminded of the greeting “Namaste” which literally means, I bow to you, but as was often pointed out to me in Nepal and Bali means “I acknowledge the God-Spirit in you.” Using a respectful bow and this acknowledgement of Divinity in ourselves and others is how I like to

start a trance session by inviting Source to guide both intuition and openness to receiving. I am always grateful when I and my client experience shifts, that at times are miracles and experienced with a sense of peace, astonishment and acceptance.

An example of this shift occurred in Malawi, 35 years ago. I had just started teaching African students at a very remote high school. In my first ever class, teaching English, I thought I would be clever and asked the students to write about themselves but in the past tense. The next moment scores of hands went up and I was asked which past tense: The past simple tense, the past continuous, the past-perfect and on it went. Not actually being a teacher of English I went into panic (well disguised in front of the class) and simply said “Chose anyone you like.” After the class, with stacks of essays in my hands, I went to the library where there were perhaps 20 books (this was a poor school in a remote region). I remember praying and asking for guidance wondering what on earth I had got myself into, teaching in Malawi and in subjects that I really wasn't qualified to teach in. And then I looked at the book shelf and there was a substantial Victorian grammar text book, covered in cobwebs from the 1860's, and lo and behold all the past tenses were there (I soon became an expert on the past tense) and I felt such relief and knew I was meant to be teaching in Africa. In my state of praying I remember how deeply I went into trance in the library as I asked for help. For me this was a very sudden miracle and I spent a very satisfying 3 years at this school.

In Systemic Family Constellation work, where strangers represent the clients actual living and deceased family members, trance states are often experienced by those representing the emotions and physicality of family members they have never met. And by the facilitator who is guided by intuition, the energy field and by the Higher Knowledge picked up by those in the constellating circle. Presenting issues by the client often involve blaming other family members

and feeling justified by excluding those they feel have no right to belong to the family system. We think we know the answers to family betrayal, blocked love or entanglements to love but they are often located many generations in the past. Dr. Joy Manne in *Family Constellations* makes the point that when “Held in the energy field (of our ancestors and immediately family), we are both unconscious and ignorant of its influence. We are caught up in behaviors and attitudes that are stronger than we are and moved to act in ways we later regret and do not understand” (3). A metaphysical lens appreciates that origins of present behavior and life situations are far more complicated than conventional diagnosis or history taking allows. By allowing ourselves to be guided from within rather than holding an attitude of “I’m an expert and I know the answers” pathways unfold which allow metaphysical insights. I know in my life one of my greatest lessons is to learn patience and time and again lessons are given to me so I can practice this skill.

The hypnotic state or trance state allows for great healing and insight but when used with a metaphysical understanding it takes us beyond the boundary imposed by what some may find incomprehensible. It is a credit to Frank Wright that he crossed the bridge over the river of divide for he had the best interest at heart for his client. From a metaphysical perspective there is no divide on either side of the river for we are all ONE but maybe not as equally evolved at present.

Dr. Masters in *Mystical Insights* reminds us that;

Universal consciousness only takes place when the soul is ready to experience it. Even the most advanced meditation techniques and other spiritual practices will not cause such an awareness to occur. In a few people such practices will seem to be the cause but are not. These people are engaged in such practices because there was already a stirring in their souls that an awakening was about to take place (he adds optimistically) if you intuitively sense such a stirring in this lifetime, give thanks to Universal God Presence within you-for you are blessed. (21)

I was approached a short time ago by a committee member of a hypnotherapy association consisting of psychologists and was asked if I would do a one-hour webinar on a topic in hypnotherapy. I enthusiastically agreed and stated I would love to talk about my experience as a client and as a therapist using past life regression. I would have included extract scripts from Brian Weiss and Bruce Goldberg and mentioned the lessons and laws accessed through spiritual insight. The lovely lady on the other side of the phone gave an audible sign and stated her association was not allowed to do past life regressions but she would get back to me to see if I could still go ahead with my talk. A couple of days later she rung back and stated that the committee had decided my talk was not suitable. I spoke for a long time with this lady in what was a very pleasant conversation. The more we talked the more she revealed her interest in the topic and how she used aromatherapy in her psychology practice which, on occasion, brought up past life memories for her clients. I felt the stirring in her that Dr. Masters mentioned in the previous quote and I was pleased that we were able to have such a long conversation on this topic. The present status is that I am still on the 'waiting list' as a presenter and I am optimistic that the winds of change will be favorable at some stage in time.

I have found that using the FEAST technique, described by David Donohoo, I have been allowed insights into the illusion of form and earthly existence which I have found to be a difficult concept to understand and follow. During a trance state, I had the image of being in a play, on stage, with the more negative aspects of my life being acted out. It suddenly dawned on me that I could walk off the stage and observe all the players, emotions and drama unfold before my eyes. I realized that earthly life is like that, in that we get caught up in the egoic nature of whose right or wrong on stage when it's only a play. You can change your part only after you observe or become aware of the play from a distance and then decide a better, more

compassionate alternative for your part in the play. Likewise, with thoughts, I had a visual image of my thoughts floating on stage and the audience reacting to them. I noticed how much better I and the audience, reacted, when thoughts were positive and happy and how negative ones could simply be dissolved by changing the set script. These insights came through trance and were felt on many levels body, mind and in my spirit.

The attitude of the healer is so important. I have found by acknowledging the Devine in the other and in myself I am more compassionate, less judgmental and open to receiving intuition. Three times a month I volunteer for a shift at Lifeline, a telephone answering service predominately to prevent suicide. After a year, 16 out of 20 trained volunteers leave because the nature of the work is emotionally difficult and confronting. After three years-service I still feel very privileged to be connected to Lifeline. I have noticed that when in conversation with a telephone caller, sometimes with a gun in their hand or in a car stating they are going to drive into a tree, that I enter trance. I become calm and intuitive, I know when to shut up and listen, when to connect and find the spark, within them, that ignites the reason for living. I believe I enter Gamma wave frequency at these times because my mind is fully alert and what Ilchi Lee in his book, *Brain Wave Vibrations* describes as a state of "...intense mental activity" (48). Sometimes an hour's conversation feels like 5-minutes and when the client confirms they will seek help and resources have been established to connect them to life I can put the phone down. Then I need a coffee and the heaviness of the work becomes apparent. A handful of volunteers in the organization, have been there for nearly 2 decades and I have found they share the following traits. They all experience that trance state, calmness and intuition. They are humble and quite ordinary in that they wouldn't stand out in a crowd. In their presence there is a silence and sense of peace. Most importantly they tend not to judge the callers (some can be very aggressive,

psychotic, fully into blaming with little insight) but instead see damaged and hurt souls and that, but for fate, they too could easily be in the same difficult scenario of the callers. That is why these people save lives and continue week after week, decade after decade.

The benefits of trance state on body and mind are well documented by L. Max Baker and by the literature on trance state whether through formal hypnosis, meditation or energy work or indeed through many other channels. In Melbourne, medical doctor Craig Hassed and psychologist Dr. Stephen McKensie teach medical students at Monash University, the benefits of meditation and trance state. In their book, *Mindfulness for Life*, they list the benefits in these two areas:

Clinical benefits to the body

- Pain management
- Symptom control
- Coping with major illnesses such as cancer
- Reduced allostatic stress (long term stress response)
- Metabolic benefits
- Hormonal changes
- Improved genetic function and repair and possibly slower age
- Reduced incidence of illnesses associated with aging and mental health
- Facilitator of healthy lifestyle change such as having more energy and better blood pressure (51).

Mental Health

- Depression relapse prevention
- Reduced anxiety, panic disorder and stress

- Better emotional regulation
- Greater emotional intelligence
- Management of addiction
- Better sleep
- Helping manage psychosis
- Borderline personality disorder
- Better control and less avoidance (51).

While they briefly mention spiritual benefits the entire content fits in to less than 3 pages but they do acknowledge how one can find “deep peace, insight, Oneness and transcendence (274-276) by gaining wisdom without the authors going into any detail. They do not really base the book ‘beyond’ the confines of medical benefits to mind and body unlike Brian Weiss, Mira Kelly, Bruce Goldberg, David Donohoo, Deepak Chopra, Cyndi Dale, Shelly Stockwell Nicholas, Gil Boyle, Leon Masters and others mentioned in the Review of Literature who have a metaphysical understanding of how the hypnotic state, that is trance, leads to an understanding of Higher-Self (the true nature of humankind) and to Universal Laws and lessons. This extra dimension of spiritual connection is summed up by Bruce Goldberg in another of his books *Self Hypnosis* but alludes to how change and open minds are opening doors to a more holistic understand “Spirituality has been receiving increased attention from both healthcare providers and consumers” as people realize that “Spirit is understood to be the source and manifestation of one’s spirituality” (175). If the source to healing is missing then the jigsaw to mind, body and spirit is incomplete. Goldberg goes on to acknowledge the benefits of trance through a spiritual lens and of the greater connections made:

The self reflects an unfolding life journey that embodies who one is, what and how one knows and what one does as well as one’s source of strength and meaning. Connections

to those attachments and relationships that link the self to others, nature, the Higher Self and God. Spirituality relates to an inner knowing and one's doing. It is (the hypnotic state or trance that) can be used to establish a link between the subconscious (soul) and the Higher-Self (superconscious mind) to raise consciousness. (175)

This powerful understanding of connection and Oneness would no doubt result in a very different world where true harmony and peaceful coexistence would flourish. This does not mean that disharmony and discord would disappear from our Earthly experience just as natural disasters continue to wreak havoc. What it does mean is that by regular connection to trance we are better positioned to face conflict from the knowledge of a metaphysical knowing and greater spiritual intelligence that is more insightful than ego. Cindy Wigglesworth in her book *Spiritual Intelligence, SQ21*, defines spiritual wisdom as "...the ability to behave with wisdom and compassion while maintaining inner and outer peace regardless of the circumstances" (124) and states that meditation is essential in establishing spiritual wisdom (127).

From the literature common themes emerge. All the authors, whether using hypnosis, meditation, dreams, massage and energy work acknowledge that the brain needs to be in a state of relaxation for healing and insight to occur. Beta wave frequency is associated with ego states and activity and is not conducive to inspiration and transcendent change that comes from states that display a lower Hertzian range (apart from Gamma). It is not only the brain that enters Alpha and Theta states but the very building stone of our human molecular structure, our DNA, our cellular level that displays these low frequency rates when in trance state as shown by Cindy Dale in *The Subtle Body Practice Manual* (14). She also highlights studies that show the energy, emanating from the healer's hand, has the same low frequency quality. The lesson here is that we are separate parts of one great whole.

A relaxed mind, in a quiet environment creates the space for Universal wisdom to flourish and Dr. Masters and Dr. Chopra both comment on the power of silent space. It is no

accident that the Bible's numerous references to silence and quiet space hold great lessons for us, "When there are many words, transgression is unavoidable. But he who restrains his lips is wise" (Proverbs 10:19) and "In the early morning, while it was dark, Jesus got up, left the house, and went away to a secluded place, and was praying there" (Mark 1:35).

Language is an essential part of hypnotic suggestion and needs to be positive, present centered and relevant. A positive future image needs to be created from the present state so that one has a direction in which to head. From a metaphysical perspective this ties in well with creating the laws of manifesting and attracting (see Appendix B on Universal Laws).

Affirmations in meditation, both verbal and visual, reinforce the powerful belief system of the subconscious with optimism and allow for reframing and new belief to occur. Dr. Masters states "...as students of metaphysical science, we must realize that we do have control over our lives. We can remove from our minds...all the negative thought forces that have been preventing us from obtaining the best life has to offer" (Minister's/Bachelor's Degree Curriculum 1:61) and he adds that it is the positive aspects of our minds, that when accessed, unlock the barriers to finding our life purpose (61). By being present centered and positive Dr. Masters assures us that we will "build a better future (62) because we have tapped into our "Higher God-Mind" that helps "...eliminate the negative traits of your personality and strengthens the strong ones. The companionship of the Universe and its Creative Power is yours" (62). It is this Higher-Power that is often missed by those without a spiritual lens and explains why Frank White, although he does not believe in metaphysical reality, can see the benefits of conducting past life regressions.

There are many approaches that bring one to the hypnotic state of trance and the Higher Creative Power allows us to explore many options in reaching spiritual awareness. I had the following dream when working on my Master's Thesis (on the theme of spiritual intelligence

contrasted with ego intelligence). I dreamt I was on a ferry on the Yarra River (the main river that goes through Melbourne) and the water was crystal clear. (the Yarra is known as the upside-down river as the sediment floats to the surface giving it a murky color although it is clear under this layer). I then saw a magnificent whale approach the ferry and swim under it and surface. I felt in awe and mesmerized as though I had witnessed something truly miraculous. The next instance I was in an old-fashioned bookshop. I went upstairs to use the toilet and saw in the toilet bowl lots of goldfish, swimming aimlessly in circles, in the restricted waters of the bowl. I looked out of the window and could see the Yarra river but it was murky and I woke up. I wrote down the dream but could make no sense of it.

A week later I was working with a group of fellow therapists who work with energy healing. The approach we use is called Pellowah but its method is used around the world. The aura is felt by the healer but mainly from a distance. I had 2 people working on me. Immediately I went into trance and I felt like I was whale, swimming. I felt such freedom and a great sense of joy and I could feel the water against my skin that was quite wrinkled and blue in hue. When my session was complete I immediately made a connection with my dream.

The whale in the Yarra River was my Higher-Self and the goldfish in the toilet bowl was my ego. The transparent water of the Yarra represented the freedom of Higher-Self wisdom and the water in the toilet bowl represented a limited scope of seeing the world through ego. I realized that this dream and my energy session trance experience were an awakening to Higher-Self Recognition. I can also use meditation and self-hypnosis to further the visual images, messages and guidance. I now have the choice of taking-action, which is the last stage of David Donohoo's approach in the FEAST method in *Create your Own Spiritual Solutions*. Dr. Master's suggests (Ministers/Bachelor's Degree Curriculum 2:1-4) we "shake up old patterns" (2) through

integrating positive thought patterns in meditation because "...when a pattern is established, there exists a CRYSTALLIZATION OF PSYCHIC ENERGY" (1) which is shifted when new behaviors and thinking patterns are made allowing for new psychic and intuitive dimensions to open up (2). We are 'Psycho-Physical Units' (1) but through trance, positive suggestion and visualization, we become motivated to take-action. Doing so is beneficial because:

Changing the way, we engage in daily tasks, has an effect on the senses; through the senses, the nervous system; and through the nervous system, the stale thought patterns in our subconscious mind. (4)

Trance can be accessed in many ways and Ilchi Lee in his book *Brain Wave Vibration* illustrates a synthesis of the literature used in this dissertation. After a horrific horse riding accident in Sedona, Arizona and a poor prognosis due to a severely damaged spine, he realized in hospital, that he needed to move so energy could flow through his body and start the healing process (24). His martial arts training informed him of the power of intension (positive thought, affirmation, manifesting) and he saw rapid benefits to his health when he literally started to shake his head in hospital. He cites 3 major benefits of shaking therapy when Theta Trance State is established (see Appendix E for an outline of The Brain Wave Vibration Exercise).

- 1. Physical Benefits:** Moving and shaking the entire body helps the cardiovascular system, increases strength and flexibility and stimulates the body's innate healing system as the body's energy system is opened up.
- 2. Mental Benefits:** As the body relaxes, the mind follows (and the theta state is accessed) Old debilitating thought patterns empty and are replaced by new positive patterns, getting rid of burdensome emotions, past negative memories and feeling a new confidence and sense of self-determination emerges.

3. Spiritual Benefits: By going deeper into the practice you become aware of the energy body (life force) that binds us all together. You also get a sense of your life purpose and your compassion, loving-kindness and gratitude that flows naturally from your heart. Through brain wave vibration you can glimpse the sense of expansion and oneness spoken of by the world's great spiritual sages. (175-177)

Lee, like other metaphysical practitioners mentioned in the literature, has understood that we are as humans "...a part of the unfolding of consciousness in the universe" (156) and that it is through the hypnotic state of trance that this realization and experience are readily accessible (181). The literature highlights that we are required to take action when solutions appear and to practice being in a state of trance regularly. Deepak Chopra in his many online meditation sessions allows public access at the touch of a button. In his, *Soul Of Healing Meditation*, a guided or self-hypnotic state is easily produced. Citing Universal Laws and ancient Indian texts he shows how we can reach states of transformation through the realization of our Oneness, by being in trance states, which he calls "The infinite state of conscious awareness to gaining enlightenment" (np). We are guided to experience states of "bliss, knowing and love" (np) through every cell in our bodies and we increase our consciousness so that we live moment by moment in the harmony, joy, peace and compassion" (np) that transcendence brings because we have seen "...the illusion that form and ego create" (np). It is so important that we practice and enter trance and set daily intentions to grow and to realize how every experience, every cell and breath is a doorway to higher-consciousness.

What can be gleaned from the presented literature. To begin with it is clear that the hypnotic state, trance, can be accessed in a variety of ways and not solely through hypnosis.

Indeed, trance is such a common occurrence that we enter into it many times a day when we become lost in an activity and start to daydream. When the tools of trade of hypnotherapy are applied to trance states, healing in body and mind is produced. These tools include the ability to focus, to use language that is positive, to create images and metaphors that connect to the world of the one being induced. It is imperative to incorporate intension with matching outcomes so that when the subconscious is reprogrammed the conscious mind, through daily activity, witnesses through action, actual, concrete change. The literature shows the benefits to the physical body such as relaxed muscles and healthier blood pressure and in the mind, a more settled, stress free and optimistic thought pattern, where rumination is under control and observed rather than running wild. I used hypnotherapy to give up smoking many years ago and there were immediate benefits to my physical and mental health. I have used hypnotherapy to stop smoking in many clients. But what happens when we go beyond the conventional use of hypnotherapy. If we look at the case of smoking there is always a trigger behind addiction and I have found themes of: anxiety, loss, comfort, need to control, hurt, lack of identity, a wish to punish self, following the fate of family members and so forth to be at the source of the condition. This is where we go beyond and enter the metaphysical world.

The literature shows many routes of self-discovery that lie in past-lives, through karmic debt, through choosing particular people and situations, created to enhance spiritual growth. Guidance from Higher-Self, is accessible in trance, and our connections to loving, light beings and guides opens up many metaphysical ‘secrets’. Universal Laws that when understood, and lived, transform us as individuals from dualistic, ego driven beings to having a realization of our spiritual identity, our energetic self that is connected in a Oneness with everything. We learn to be present centered to attract and manifest and to live the life

connected to our higher-purpose. When suffering occurs, we can put it in context so that we don't become victims. We can learn the true meaning of love that has no opposite and is unconditional and the need to let go of being right and understood. By taking responsibility we practice, regularly, meditation and self-hypnosis. We are curious about messages in our dreams and we are open to receiving massage, acupuncture and energy healing. We nurture our psychic, intuitive and spiritual growth with a sense of gratitude and see service, compassion, joy, peace and Universal connectiveness as a way of life. We give a voice to injustice without becoming unjust and predatory in turn, knowing that we can always draw on Universal love and Higher-Self because we are from and of it.

Let's put this into a real case study. Several years ago, I was visited by Client X. This person has a horrendous history of trauma, including sexual abuse as a child and a life since adolescence working as a prostitute. Now in their mid-fifties there was strong pull to suicide. When I first saw Client X the suicide plan was concrete and I was worried. In the course of our therapy sessions I performed age regression through hypnosis. In one session I regressed Client X to a 4-year old state where Client X was able to have a voice but with the support of the adult self and faced the sexual predator. Client X no longer felt responsible for the trauma and felt empowered. To complicate matters Client X loved the perpetrator and this split of emotion; love and disgust was often how Client X viewed and treated self and others in life. All the while measures were taken to ensure Client X was not retraumatized and so Client X was wrapped up inside a transparent diamond sphere which protected and shielded. However, despite a noticeable reduction in anxiety there was still a pull to end life.

Client X had recently move to the country after a lifetime of city dwelling. This was disturbing for Client X because the solitude and silence had allowed the traumas to resurface.

What I did observe was a deeply spiritual side to Client X and so I was not surprised when past life regression was considered. In the first past life regression session client X quickly went to several lives but the clearest and most significant was a recent one. Client X described in detail how Client X was a 15year-old Arab boy walking in a Palestinian town in 1948. In the regression, Client X described walking down a street and then falling down suddenly. Rising out of the body Client X saw that the back of the head had a gaping wound from a bullet. Taking Client X to a place known in regression as “Life between Lives” The Client was informed by Higher-Self Connection that the purpose of that short life was to enjoy every moment of life and not to waste a single moment because we never know when it ends and we need to treasure every moment as a gift. When Client X came out of hypnosis there was an amazing transformation which came from within. The Client stated how the message was simple. That in this current life Client X had to search for purpose and to embrace life. That search for spiritual meaning and direction then became the focus of the session. Client X had no existing knowledge of Palestine and has never been out of Australia. When I asked about the architecture, street scape, clothing and head dress I was amazed. Many years ago, I had worked in the Middle East and spent some time on a Kibbutz right along the Gaza strip and I worked daily with Palestinian Arabs. Client X’s descriptions were completely accurate with everything I observed.

Conventional hypnosis, while helpful, did not lead to the transformative change of Client X. That came from Higher-Source; from within. The knowledge that comes from trance state and is often not accessed through conventional methods is summed up by psychologist, Dr. Michael Newton in *Destiny of Souls* “... some of these blocks are overcome through hypnosis, meditation, prayer, channeling, yoga, imagination and dreams or

a mental state reached through physical exertion and (results in) a sense of personal empowerment” (396). Newton goes on to add how “Our Higher Self remembers” (396) all our past successes and ‘failures’ but our amnesia of past life is because “Our Spiritual Masters wish to produce karmic opportunity” (396) without prior knowledge because ultimately “This is our best route to wisdom” (396). Newton then adds that through trance “Our personal, Spirit Guides, endeavor to give us the best from both worlds, the ethereal and the material” (396). It is trance that allows this bridge between two worlds: between secular approaches and spiritual, between ego perspective and Higher-Self, between human and spirit, between over thinking and deep peace, between fear of life and true knowing.

Conclusion

There's a world you're living in

No one else has your part

All God's children in the wind

Take it in and blow hard

(There's a world by Neil Young 1972)

The hypnotic state; that is trance, has always been accessible to us humans. Ilchi Lee in *Brian Wave Vibration* acknowledges how shamans from long ago were the first “brain wave doctors” (54). While they may not have had the scientific background (to measure brainwave activities) their ability to use movement by “dancing frenetically until a deep state of trance was achieved” (54) gave them the status of healers as they received insights and messages for the benefit of their communities.

Those who use trance, either on themselves or with others do so to induce change. It is the degree of change that lies at the heart of this dissertation. Parapsychologist Dr. Hans Holzer in his book *Hypnosis: Controlling the inner you*, comments on the ‘dense’ (1) medical literature around trance “...as putting the average reader to sleep (excuse the pun)” and a traditional approach to the hypnotic state that is for a limited field of doctors and academics (1). As a parapsychologist who works on a metaphysical level Holzer explains the degree that his involvement takes him “My work encompasses extrasensory perception (ESP) and reincarnation, while also exploring a variety of other psychic phenomena that some might call unorthodox but help create a more complete understanding of hypnosis” (2).

An understanding of the hypnotic state means an understanding of the trance state that is measured by the brain wave frequencies known as Beta, Alpha, Theta, Delta and Gamma. There are many approaches in which these frequency states can be reached: hypnosis (that includes self-hypnosis), meditation, reiki or other modes of energy healing, massage, acupuncture and movement of the body. Using hypnotic techniques such as focusing attention, visualization and positive language, trance states are accessed. By accessing the subconscious great change can occur. On one level phobias, addictions, physical ailments negative moods can be treated. On a metaphysical level access to Higher-Self connects the psyche to a world of spiritual intelligence where Universal Laws and lessons are accessed through a variety of psychic experiences that connect us to an understanding of our true essence and purpose. It is at this level that transcendent change occurs and a state of bliss, peace, knowing and deep connection to Everything lies at our core; self-our Higher-Self: Our spiritual, energetic, free of form and immortal identity.

It is highly recommended; indeed, it is essential, that as metaphysicians we regularly engage in connecting with the hypnotic state that is trance. I encourage daily meditation as a key component of your spiritual practice. In ending I leave you with the wisdom of the late but ever-present Louise Hay in her book *Healing My Mind*:

Connect with your spirituality, whether it's by working with a spiritual adviser, walking in nature, praying, mediating or even just sitting in a meditative state. Any way you contact the Divine makes you feel whole and lets you know it's all going to be ok...Everything you have in your life, you created to fulfill a need, and it worked...The good news is that you always have a choice. You can always choose to let go of the old patterns, and you can choose a different, more nourishing thought. Letting go of the old negative patterns with love allows you to move into new positive patterns with ease. (22-24)

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Appendix

Appendix A:

Sourced from:

L Max Baker: The Principles and Practice of Hypnotherapy (2)

Cyndi Dale: The Subtle Body Practice Manual (179)

Brain Wave Frequency in Hertz (Cycles per Second)	Characteristics
Gamma Waves 40 Plus Hertz	Increases ability to manifest and opens higher states of perception. Involved in higher mental activity. Advanced Tibetan meditators produce higher levels of gamma before and during meditation. Associated with highly attentive states such as clear vision and recall in a past life regression.
Beta Waves 13 to 39 Hertz	Waking consciousness, alertness, mental activity. Eyes open. These fast waves occur when we are actively thinking, working, concentrating, problem solving and interacting with people.
Alpha Waves 18 to 13 Hertz	A light trance, relaxed and calm state of consciousness also associated with daydreaming with eyes open or closed. Intuition and instant solutions to problems can suddenly appear as can creative ideas.
Theta Waves 4-8 Hertz	Deep state of relaxation, recalls memories, dreaming in that drowsiness and light sleep stage. Often associated with the ideal hypnotic state.
Delta Waves Below 4 Hertz	Unconsciousness and deep sleep also associated with sleepwalking and sleep talking. Extremely deep state of relaxation which helps physical healing, surgical recovery. A non-dreaming-time.

Appendix B:

Some Key Universal Laws and messages:

Adapted from: *Spirit guide contact through hypnosis*: by Dr. Bruce Goldberg (34-35)

The seven spiritual laws of success by Deepak Chopra

1. **The Law of Free Will:** Don't blame other people, a bad marriage or childhood for our present problems. The framework of your life is preplanned and chosen by you before birth on earth. You choose the tests. However, you have freewill in how you respond to events. If you respond with love, compassion and integrity you have probably learnt your karmic lesson.
2. **The Law of Challenge:** You may well be overwhelmed emotionally and physically but never spiritually. Each element of suffering placed on our path is there to challenge us but also to facilitate the growth of our soul.
3. **The Law of Grace:** If you show mercy, grace and love you will receive the same in turn on a karmic level. This is also known as the principal of forgiveness. By showing these qualities you erase karma debt from past lives or previous existences.
4. **The Law of Karma:** For every action there is a reaction and nothing happens by mere chance. We select the framework of our lives on the soul plane prior to our birth. All of our actions particularly our motives have consequences. If you continue repeating mistakes and fail lessons you are asking for a long and frustrating karmic cycle of many dysfunctional lives.
5. **The Law of Attraction:** Whatever you focus your energy on you will attract. If you are negative, you draw in and experience negativity. If you are loving, you draw in and experience love.
6. **The Law of Polarity:** Everything has an opposite on the physical plane. This is why the world experiences a duality good-evil-hot-cold- up-down. We need to recognize in our behavior when we become too extreme and then move along the polarity e.g. Taking on the views of others-questioning. Are we easily influenced by political, religious, family, race, beliefs or can we question or are we forever questioning and never find what is true, or, projecting issues onto others and not owning what we do or do we take on too much responsibility of owning other people's issues and become a victim?
7. **The Law of Reciprocity:** The more you give the more you will receive. The more you assist others, the more others assist you.
8. **The Law of Manifestation:** Our minds not our brain creates the material world we live in. Quantum physics demonstrates how this mechanism works mathematically. Be careful for what you desire, it may very well come true.

9. **The Law of Devine Flow:** By accessing our Higher-Self (superconscious mind) we are functioning as a channel for the God energy complex and can accelerate our spiritual growth at a rapid rate. This internal power connected to everything has the power to heal ourselves and others.
10. **The Law of Consciousness:** Our consciousness (soul) is constantly expanding and thereby creating more opportunities for our spiritual growth. We can also lengthen our karmic cycle if we fail to follow universal laws.
11. **The Law of Abundance:** It is our mind (consciousness) that creates abundance. Through self-hypnosis and visualization techniques we can attract money, relationships, fame, better communication spirituality and other goals into our reality. Feeling abundant is not necessarily linked to material gain but a feeling of being filled and completed by the experience of living and giving.
12. **The Law of the Present Moment:** We live in a space time continuum in which the past, present and future occurs simultaneously. It is only within our mind that we limit ourselves to the concept of linear time. In reality, all that exists is in the present moment. In the higher planes where all souls are perfect, this is referred to as the Eternal Now.
13. **The Law of Cycle:** Everything starts and ends and the same happens with earthly life, institutions, the planet Earth and the Universe which starts and ends in a 40 billion-year cyclic pattern.
14. **The Law of Reincarnation:** As long as we have lessons to learn our soul will enter into a body. It is only when these lessons have been learnt that the soul merges with Higher-Self and ascends to higher planes.

(From these laws I hope you can see that spirituality is about that evolutionary process of self-realization and God realization and has nothing to do with religion.)

Appendix C:

Telepathy: Advanced Hypnotic Techniques Hypnotherapy Script **By Dr. Bruce Goldberg, *Spirit Guide Contact Through Hypnosis (143-146)*.**

A Channeling exercise:

The following exercise will allow you to relax yourself and prepare for any channeling, meditative or self-hypnosis experience:

Lie down comfortably, close your eyes and begin to relax. Allow yourself to become more and more relaxed. Breathe very deeply and send a warm feeling into your toes and feet. Let this feeling break up any strain or tension and as you exhale let the tension drain away. Breathe deeply and send this warm feeling into your ankles. It will break up any strain or tension and as you exhale let the tension drain away. Breathe deeply and send this feeling into your knees, let it break up any strain or tensions there and as you exhale let the tension drain away. Send this warm sensation into your thighs so any strain or tension is draining away. Breathe deeply and send this warm feeling into your genitals and drain away any tension.

Send this warm feeling into your abdomen now; all your internal organs are soothed and relaxed and any strain or tension is draining away. Let this energy flow into your chest and breast; let it soothe you and as you exhale any tension is draining away. Send this energy into your back now. This feeling is breaking up any strain or tension and as you exhale the tension is draining away. The deep relaxing energy is flowing through your back into your vertebra as each vertebra assumes its proper alignment. The healing energy is flowing into all your muscles and tendons and you are relaxed, very fully relaxed. Send this energy into your shoulders and neck; this energy is breaking up any strain or tension and as you exhale the tension is draining away. Your shoulders and neck are fully relaxed. And the deep relaxing energy is flowing into your arms; your upper arms, your elbows, your forearms, your wrists, your hands, your fingers are fully relaxed.

Let this relaxing energy wash up over your throat, and your lips, your jaw, your cheeks are fully relaxed. Send this energy into your face, the muscles around your eyes, your forehead your scalp are relaxed. Any strain or tension is draining away. You are relaxed, most completely relaxed.

Now listen very carefully. I want you to imagine a bright white light coming down from above and entering the top of your head, filling your entire body. See it, feel it, and it becomes a reality. Now imagine an aura of pure white light emanating from your heart region, again surrounding your entire body, protecting you. See it, feel it and it becomes a reality. Now only your Higher-Self Masters and guides, and highly evolved loving entities who mean you well will be able to influence during this or any other hypnotic session. You are totally protected by this aura of pure white light.

In a few moments, I am going to count from 1 to 20. As I do so you will feel yourself rising up to the superconscious mind level where you will be able to receive information from

your Higher-Self and Masters and guides. One rising up. Two, 3, 4, rising higher. Five, 6, 7, letting information flow. Eight, 9, 10, you are halfway there. Eleven, 12, 13 feel yourself rising even higher. Fourteen, 15, 16, almost there. Seventeen, 18, 19 and 20. Now you are there. Take a moment and orientate yourself to the superconscious mind level.

(Play new age music for one minute)

You are now in a deep hypnotic trance and from this superconscious mind level, you are in complete control and able to access this limitless power of your subconscious mind. I want you to be open and flow with this experience. You are always protected by the white light.

At this time, I would like you to ask your Higher-Self to assist you in attracting a high-level spirit guide for the purpose of allowing this entity to channel its wisdom and healing energy through your physical body. At all times you will be perfectly safe and surrounded by the white light of the Higher Self. Trust your Higher Self and your own ability to allow any thoughts, feelings or impressions to come into your subconscious mind concerning this high-level guide.

Now imagine a doorway in front of you that leads to the location of your guide. Slowly walk through this doorway and sense the beauty and love in this realm.

Raise your frequency to its highest level with the assistance of your Higher Self and request the presence of your guide. Feel the love and see its light as it approaches you.

Now ask your guide to assist you in preparing your physical body to channel. Tell this being of light that you are committed to serve the universe and wish to have him or her speak verbally through you.

Now imagine a beam of light connecting your throat to that of the guide. Open up your throat chakra and receive the light energy of your guide.

Make any adjustments to your soul's energy with the help of your Higher Self to facilitate this connection.

At this time allow your guide to enter your aura and speak through you. Ask your guide to assist you in this goal and feel its presence getting stronger and stronger.

Now allow your guide to enter completely within your aura. Ask this spirit any questions you may have telepathically or just let it speak through you.

(Play new age music for 6 minutes)

You have done very well. Now I want you to further open up the channels of communication with your guide.

Allow yourself to receive more advanced and more specific information from this being to raise your frequency and improve your karmic cycle. Do this now.

(Play new age music for 4 minutes)

Thank your guide and ask him or her to strengthen the connection between you both, so it will be easier to channel this spirit again.

Alright now. Sleep now and rest. You did very, very well. Listen very carefully. I'm going to count forward now from 1 to 5. When I reach the count of 5 you will be back in the present, you will be able to remember everything you experienced and reexperienced. You'll feel very relaxed, refreshed and you'll be able to do whatever you planned for the rest of the day or evening or sleep well at night. You'll feel very positive about what you've experienced and very motivated about your confidence (and ability to play this tape again) to experience your spirit guide and function as a channel. Alright now.

One, very, very deep.
Two, you're getting a little bit lighter.
Three, you're getting much, much lighter.
Four, very, very light.
Five, awaken. Wide awake and refreshed.

Information if conducting this hypnosis to an individual or group: Channeling brings you into contact with high-level spirit guides and your Higher-Self. One result of this communication is an acceleration in your growth and psychic empowerment. Your channeled beings will assist you in bringing more confidence, awareness of your karmic purpose and joy into your life. These changes are often slow and cumulative so be patient. (146)

Appendix D

Messages Given to Dr. Brian Weiss The Masters (through his patient Catherine) and mentioned throughout his book *Many lives, Many Masters*.

(The Masters' messages are condensed and summarized below and can be found on the internet in their fuller format on [www. AZ Quotes/Brian Weiss.com](http://www.AZQuotes/BrianWeiss.com)).

- Everything is energy and humans are spirit trapped in human form and greatly restricted but through meditation that more spiritual state can be accessed.
- The Soul is here on Earth to learn valuable lessons about love, compassion, patience, faith, hope and that Earth is but one of many planes of existence.
- Those who understand that we are energy and that energy joins matter, both physical and spiritual, need have no fear of death for we are eternal.
- Trust your intuition, find you purpose in this life, live in the present and learn to forgive.
- Learn that happiness is internal and not dependent on other people or things. Find the power within yourself.
- Acts of violence will eventually need to be repaid through Karma if not in this life then in others until the lesson of love is learnt.
- Life and the Universe is in balance and through giving we receive.
- A life of suffering and pain allows for opportunities of the greatest learning such as loving those who hate us.
- Not to absorb the negativity of the unconscious for it is about them and not you. It is their insecurities and inability to find love and compassion that is the problem for we are not such terrible people and if you weren't on the receiving end of their neurotic behavior someone else would be.

- Patience is a key spiritual lesson and the Universe will unfold to help us with the lessons we need.

These metaphysical insights flow throughout his book as does Dr. Weiss's journey of spiritual transformation:

My life has changed almost as dramatically as Catherine's. I have become more intuitive, more aware of the hidden, secret parts of my patients, colleagues and friends...My values and life goals have shifted to a more humanistic, less accumulative focus. Psychics, mediums, healers and others appear in my life. (207-208)

Appendix E:

Sourced from: Brain Wave Vibration by Ilchi Lee (175-177)

Stage One:

Make vibrations in your body.

(To Music listen to the beat of the drum or bass)

- Shake the head gently side to side
- As the head relaxes shake the shoulders up and down
- Let the sensation spread through your body
- Imagine you are shaking off all of your complicated thoughts and emotions
- Release all tension held in the body

Stage Two:

Let the entire body ride the rhythm

- Once the mind and body are relaxed find a natural beat or rhythm
- Focus on your physical sensations as the vibrations flow to all parts of your body
- Notice how your movement becomes spontaneous
- Notice vibrations become bigger as they get into the rhythm of your body movement

Stage Three:

Follow the flow of energy

- Once the vibration become natural follow the flow of energy
- Notice how this energy speeds up the vibrations like an accelerator on a car
- Let your body's natural healing instincts dictate the pace often an experience of graceful and free flowing body movements that get bigger (allow space)

Time limit is up to you anywhere between 3 minutes to an hour.