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# Spiritual And Metaphysical Hypnosis Scripts

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A Manual for Hypnotherapists to Conduct Effective Past Life Regression Sessions  
The New Regression Therapy  
For Body, Mind, and Spirit  
A Total Self-Healing Approach for Mind, Body, and Spirit  
CLINICAL HYPNOSIS IN PAIN THERAPY AND PALLIATIVE CARE  
Hypnotherapy Scripts  
Gifts from the Child Within  
Past Life Regression  
The Master Key System  
Richard Nongard's Big Book of Hypnosis Scripts  
Past Life Regression  
Using Hypnosis to Treat Trauma and Stress  
Healing Scripts  
Healing the Wounds and Trauma of This Life and Past Lives with the Presence and Light of the Divine  
Reincarnation  
clinical and psychic use of trance  
Transformational Journeys through Time and Space  
Third Eye Awakening  
The Ultimate Hypnotherapy Script Book!  
Spirit Guide Contact Through Hypnosis  
Spiritual Hypnotherapy Scripts  
Instant Self-Hypnosis  
Handbook of Hypnotic Suggestions and Metaphors  
A Workbook for Self-discovery and Self-recovery Through Re-creation Therapy(tm)  
The Ultimate Guide to Rebirth, Karma and Old Souls and What Astrology, Wicca and Other Spiritual Practices Say About Past Lives  
Soul Regression Therapy  
A Guided Meditation Manual to Expand Mind Power, Enhance Intuition, Psychic Abilities Using Chakra Meditation & Self Healing  
Past Life Regression  
Self Empowerment Through Self Hypnosis  
12 1/2 Steps to Spiritual Superiority  
All About Self-Hypnosis  
Self Hypnosis Tame Your Inner Dragons  
How to Hypnotize Yourself with Your Eyes Open  
Scripts and Strategies in Hypnotherapy  
Mirrors of Time  
Hypno-Scripts  
The Definitive Manual for Protecting Yourself Against Paranormal Attack  
New Age Hypnosis

Recipes for Wellness

Using Regression for Physical, Emotional, and Spiritual Healing

*Spiritual And Metaphysical Hypnosis Scripts*

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## CARLSON DECKER

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**A Manual for Hypnotherapists to Conduct Effective Past Life Regression Sessions** Crown House Publishing

Self Help.

The New Regression Therapy Crown House Pub Limited

Describes the use of hypnotherapy to help victims recover from trauma and stress. This book provides hypnotic interventions that reach the source of the pain and anguish of trauma and finally offer some relief. It also provide the hypnotherapist with suggestions for both the content and context of hypnotic interventions.

**For Body, Mind, and Spirit** Llewellyn Worldwide Limited

Be You, Be Happy, Be Free Using energy therapy and emotional healing techniques, How to Heal Yourself When No One Else Can shows you how to achieve complete and permanent healing by loving, accepting, and being yourself no matter what. Energy therapist Amy Scher presents an easy-to-understand, three-part approach to removing blockages, changing your relationship with stress, and coming into alignment with who you truly are. After overcoming a life-threatening illness, Amy had an epiphany that healing is more than just physical. Her dramatic story serves as a powerful example of how beneficial it is to address our emotional energies, particularly when nothing else works. Discover areas of imbalance and easy ways to address them on your healing journey.

Whether you are experiencing physical symptoms or are just feeling lost, sad, anxious, or emotionally unbalanced, this book can change your life. Praise: "Amy has seen the truth and can be a coach to all those who seek healing and authenticity."—Bernie Siegel, MD, bestselling author of *Love, Medicine, & Miracles* and *The Art of Healing* "[Amy Scher is] an inspiration, not just because she teaches us how to take healing into our own hands, but because she's living proof that it works."—Pam Grout, #1 New York Times bestselling author of *E-Squared* and *E-Cubed* "Amy Scher has penned a remarkable book about the pivotal role of the body, mind, and spirit in attaining true and complete healing. There is much wisdom in this book, written with exceptional clarity, love, and wisdom."—Sanjiv Chopra, MD MACP, Professor of Medicine at Harvard Medical School, motivational speaker, and bestselling author of *Brotherhood* with Deepak Chopra "Amy Scher takes you on a guided journey to resolve emotional, physical, and energetic blockages that get in the way of true healing. You will feel like you have a loving expert coach by your side along the way."—Heather Dane, co-author with Louise Hay of *Loving Yourself to Great Health*

*A Total Self-Healing Approach for Mind, Body, and Spirit* Lulu.com

Hypnosis is a proven technique that allows people to reprogram their subconscious to change unwanted behaviors. Most books on self-hypnosis require the reader to memorize or record scripts, then put the book aside while they do their hypnosis work. But Instant Self-Hypnosis is the only self-hypnosis book that allows you to hypnotize yourself as you read, with your eyes wide open, without

putting down the book. The author's fail-proof method allows you to put yourself into a hypnotic state and then use that state to improve your life in myriad ways. And because the hypnotic state is induced while you read, you remain aware of your surroundings and can bring yourself back to normal consciousness slowly and gently, using the instructions provided.

CLINICAL HYPNOSIS IN PAIN THERAPY AND PALLIATIVE CARE Simon and Schuster

Quantum Hypnosis Scripts is a 222 page book of 26 full length, professional Hypnosis scripts, ideal for either professional use or for Self Hypnosis. As the title suggests, this book focuses exclusively on Hypnosis scripts and instructions for their best use. In addition to the 20 individual, push-button Hypnosis scripts, Quantum Hypnosis Scripts provides 2 Master Hypnosis Inductions, which are essential to the use of the provided Hypnosis scripts, if you don't already have a favorite Hypnosis induction. Also included are 2 Hypnosis Series Programs of 3 Hypnosis scripts each, for Weight Loss and Stress Reduction. Since these applications are ideally treated with a series of progressive, sequential sessions which are frequently hard to find, I think that readers will be pleased with these session scripts. Readers of Quantum Hypnosis Scripts also receive a Bonus FREE full-length audio Hypnosis session, valued at \$59, available at the book's website. Detailed information on how to access your free Hypnosis session is available in the last chapter of this book. Incidentally, if you are a user of the Instant Self Hypnosis method or a reader of Eyes Open Self Hypnosis, reading these complete and suggestion-rich scripts will work well for you. For readers of Quantum Self Hypnosis and students or graduates of NEIH, these are new scripts for you, although the now familiar script framework (the beach scene) is used in all the included scripts. There are also a few essential, duplicate Hypnosis applications featured in this book complete with new suggestions and thus different scripts from those offered in Quantum Self Hypnosis. The general approach for all of the included scripts is ego-strengthening and nurturing. These scripts are very helpful for professional use as well as for Self-Hypnotists. Also important, there are no scripts in this book that utilize negative programming or aversion therapy. These scripts are all positive, present tense, and affirmative in nature, thus very effective. This book was written as a stand alone text as well as a companion book to Quantum Self Hypnosis, so readers of that book will find many new and interesting scripts to use in this book. We decided at the 11th hour to include one of our well-known Stop Smoking Hypnosis scripts because it seemed wrong not to include a script for one of the most popular Hypnosis applications in this first volume of Quantum Hypnosis Scripts. Since this script is not brand new or unique, it is being included as a Bonus script and not being counted as one of the advertised 24 Hypnosis scripts included in this book. While the script isn't unique, it is very effective, so for readers looking for a good Stop Smoking script, enjoy your bonus script! This book is considered a cornerstone work by many practicing Hypnotherapy professionals. If you are looking for quality, time tested Hypnotherapy scripts, this is the book for you!

*Hypnotherapy Scripts* Sourcebooks, Inc.

A Complete Guidebook on Past Life Regression Hypnotherapy. Past Life Regression can be recreational for some people, a way to satisfy their curiosity. For others this modality has

tremendous therapeutic value. Mental, emotional, spiritual and even physical healing can take place in a past life regression session. This book introduces many techniques, and covers them in detail, for how to conduct an effective Past Life Regression session. Kemila shares a lot of her case work as examples. This book is suitable for hypnosis professionals and interested members of the general public. It is full of scripts and reveals detailed step-by-step methods.

Gifts from the Child Within Routledge

Spirit Release Therapy is a special form of healing which "calls forth" and identifies positive energies that enhance personal growth, and clears negative energies (whether internally generated or externally attached) that restrict personal growth -- on levels ranging from cellular consciousness to archangelic realms.

Past Life Regression Createspace Independent Publishing Platform

Spiritual Hypnotherapy Scripts For Body, Mind, and Spirit CreateSpace

The Master Key System CreateSpace

Soul Regression Therapy enables the healing of emotional wounds and trauma in the current life, providing life changing resolution via the unconscious mind. The information contained in this book will help you to discover how Past Life Regression and Between Life Regression can help heal your mind, body and spirit. The case studies and testimonials of amazing transformations that have taken place as a result of Soul Regression Therapy will reveal the true richness of the soul and its powerful innate healing ability. This innate wisdom is available to us all through hypnotic regression, allowing us to access the realm beyond ours, a realm where master guides reside and universal wisdom is available to all. Lorna and John Jackson are premier regression therapists having facilitated and explored over one thousand cases during the last twelve years. They teach their unique form of Soul Regression Therapy throughout Australia and around the world. They have trained extensively in the areas of Hypnotherapy, Psychotherapy, Healing Techniques, and Regression Therapies with many of the worlds pioneers in these fields. Their passion and interest has always been in Past Lives and the immortal Souls journey, exploring their own Past Lives and wanting to help others do the same. They are qualified and certified, practising Clinical Regression Hypnotherapists and Soul Regression Therapists. Lorna and John are also the founders and head trainers at The Jackson Institute, Australia. The mission of The Jackson Institute is to help awaken consciousness and facilitate the healing of souls globally through building a network of enlightened healers.

**Richard Nongard's Big Book of Hypnosis Scripts** CreateSpace

Sinor brings a refreshing approach to understanding the initial or underlying basis to one's emotional suffering due to past childhood trauma. This recovery book is filled with offerings from psychological, physiological, and spiritual perspectives.

Past Life Regression Createspace Independent Publishing Platform

Welcome to the Glorious Grandeur of Ultra Spirituality In case you haven't noticed, the New Age has become the Old Age. But don't recycle your crystals just yet! His Enlightenedness JP Sears is ushering in the Newer Age, blinding us with the dawn-like brilliance that is Ultra Spirituality. How to Be Ultra Spiritual presents Ultra Spiritual JP's none-of-a-kind guidance, so you can better yourself through teachings on: • Competitive spirituality—the Ultra Spiritual foundation that the rest of your Ultra Spiritual path rests on • Why burying your feelings alive makes you thrive • Dreaming up your

awakening—how to engineer your carefully contrived spiritual narrative • Rigidly yogic yoga—the moisture-filled cloud formation that drops rain upon your river so your flow can flow • Following the light to the greener spiritual pastures of veganism • He-ness, financial levity, deathliness, and other qualities of the quality guru • Mindfulness—all of the fullness of mindfulness with none of the mind • Merciless meditation—the most effective way to become more meditative (and, duh, more spiritual) • Accessing the forces of critical nonjudgment • Using plant spirit medicine to experience a degree of enlightenment that you aren't enlightened enough to experience without the spirit who lives inside its particular vegetation • Humbleness, and how to employ it in the most superior sense of the word With How to Be Ultra Spiritual, His Enlightenedness JP Sears brings the heart and soul of ancient spirituality back to life with a progressive aggression, replacing the diluted uselessness of modern spirituality with the waaay more spiritual wisdom of Ultra Spirituality. See if you can keep up

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Using Hypnosis to Treat Trauma and Stress Lulu.com

Contacting spirit guides is as old as civilization itself. Shamans dating back to at least 50,000 B.C. ritualistically contacted nonphysical entities. The Mystery Schools of Ancient Egypt, Greece, Persia, Rome, and India also dealt with contacting spirit guides. Every major religion acknowledges the reality of discarnate entities or spirits, whether they are called saints, angels, the Holy Spirit, and so on. One of the purposes of this book is to demystify this process. The media's depiction of spirit contact has led to the false assumption that anyone who establishes this contact must be in great danger. In reality, this communication is natural, relatively simple, and a wonderful growth experience. Spirit communication removes the fear of death and bereavement, and results in a form of spiritual empowerment. Contacting your spirit guides can help us: Develop your intuition and other psychic abilities. Increase your ability to love yourself and others. Become more aware of the workings of the universe. Establish better contact with your own Masters and Guides and Higher Self to facilitate your own spiritual evolution. Protect you from negative entities and/or other forces in the universe. Access the wisdom of the ancients. Establish and maintain your own physical, mental, emotional, and spiritual health. Overcome bad habits and fears. Eliminate the fear of death. See into the future. Master the art of out-of-body experiences. Learn your true karmic purpose. Spirit Guide Contact Through Hypnosis includes free audio companion downloads.

Healing Scripts Publicious Pty Limited

The quest for self-knowledge and awareness has gained increasing popularity over the past several decades, with an explosion of beliefs and methodologies. Central to these practices is the exploration of past lives. From the curious layperson to the traditional doctor of medicine, people are employing various techniques in an effort to facilitate this experience. Certified hypnotherapy instructor Mary Lee LaBay has written Past Life Regression: A Guide for Practitioners as a comprehensive text for beginning as well as veteran therapists. Ms. LaBay covers both basic and advanced techniques in a philosophical context, to help practitioners generate maximum healing and change during the past life session. Through case studies and concise instructions, the author demonstrates practical and elegant uses of these techniques that allow the client to discover life purpose, aspects of their relationships, roots of disease, addiction, and phobias, as well as a wide range of other life issues.

*Healing the Wounds and Trauma of This Life and Past Lives with the Presence and Light of the Divine* Weiser Books

The benefits of regression therapy extend far beyond the clearing of symptoms. Often, the result is healing at all levels—physical, emotional, and spiritual. *Mirrors of Time*, by Brian Weiss, M.D., allows you to take regression therapy to the next level. Now you can go back through time by recalling past events that may have led to difficulties in the present. Through the process of remembering, symptoms diminish, and a strong sense of relaxation and well-being often emerges. Even past-life memories can be elicited by these exercises, and regular practice will enhance your physical and emotional health and open up spiritual vistas that can bring new meaning to your life. An audio download is included that goes beyond meditation and visualization exercises—it contains the actual regression techniques Dr. Weiss uses with his patients. By reading *Mirrors of Time* and practicing the exercises on the accompanying audio, you'll find that you'll be filled with more peace, joy, and love—and virtually all aspects of your everyday life will benefit!

**Reincarnation** Lulu Press, Inc

Professional techniques and procedures for doing outstanding hypnotherapy using direct suggestion, convincers, covert testing, age regression and more. This is an exciting new book for professionals who are using hypnotherapy in their work (or would like to). It is highly organized and readable, and outlines and explains some of the most powerful and reliable techniques and procedures available to the modern hypnotherapist. A treasure of over 180 Hypnotherapy Techniques and Procedures that lead to successful hypnotherapy including: how to hypnotize every client, how to show every client that he or she was hypnotized, how to make your hypnotic suggestions more powerful than ever, how to make each session 10 times more powerful than the last one, how to covertly test your clients and use convincers that cannot fail, how to expertly conduct age regression sessions that are successful, how to work with overly-analytical, resistant or nervous clients, and how to amaze your clients and receive referrals from other professionals.

*clinical and psychic use of trance* Loving Healing Press

Did you know that your body is home of certain energy centers that if developed properly can offer you the gift of spiritual vision? Do the words astral plane, aura, astral travel, meditation, and third eye mean anything to you? Many people are not familiar with the ideas and practices that have existed for thousands of years, *Third Eye Awakening* is not only about the third eye, however. In this book you'll find information on all the various aspects and techniques that circle around Spiritual Healing, including the awakening, opening, and activation of your third eye chakra, you will learn about: What is the Third Eye? Channel Release Connecting with Astral Space Awakening Psychic Abilities How to Seal the Aura Healing Meditation People who have allowed themselves to open the third eye are able to see superfluous sensorial awareness. Learn more about how to release extraordinary energy, detect issues before they happen and make the right decisions without experiencing any challenges, Buy your copy today!

*Transformational Journeys through Time and Space* Llewellyn Worldwide

Unlock the mystical world of past lives and reincarnation with this easy-to-understand guide! Reincarnation has been part of religious and spiritual teachings for generations. The idea that the human soul develops every time we live another life appeals to our belief that we learn something

whenever we are reborn. Karmic debt is often used to describe why bad things happen to good people, and the term Karma has become part of our everyday vocabulary. This book is filled with different perspectives regarding reincarnation and allows you to reach your own conclusions. Does the idea of heaven and hell seem unlikely? What about Summerland? The Wiccan belief may appeal more to your spiritual beliefs and offer an alternative view on the afterlife. This book will help you understand: Have you ever been called an old soul? Do you have knowledge of things that you can't explain? Take a quiz to discover how mature your soul is. What are the five levels of the soul in the teachings of Kabbalah? What is karma, and how can you repay any karmic debt that may have accumulated in your former lives? Discover the seven archetypal souls contained within the Spectrum of Essence. Have you met your soulmate? What is a twin flame, and how have you met yours? What does your birth chart tell you about your former incarnations? How to read it and gain information without having to consult an astrologist. How to use freewriting and astral projecting to travel back to former lives. How shamans discovered the earliest form of journeying back to former lives and meeting themselves in the past. And so much more! So, what are you waiting for? Get your copy of this book today and begin your journey into the fascinating study of karma, rebirth, past lives, and reincarnation.

**Third Eye Awakening** Sheba Blake Publishing

Teaches readers how to use self-hypnosis to discover past lives, contact departed loved ones, meet guardian angels, and increase self-confidence

*The Ultimate Hypnotherapy Script Book!* Jo Ana Starr

A modern script book, with scripts based on Contextual Psychology, giving you tools for manifesting real change. These scripts are designed to draw on multiple tools such as NLP (Neuro-Linguistic Programming), ACT Therapy, Mindfulness Meditation, Direct Suggestion, Indirect suggestion and integration of hypnotic phenomena with contextual psychology. There are scripts for medical hypnosis applications, scripts for habit and lifestyle issues, and scripts to meet your clients metaphysical needs or needs for self-improvement. There are also scripts for Guided Mindfulness Meditation sessions. This incredible book contains 65 complete hypnosis scripts for professional hypnotherapy.

*Spirit Guide Contact Through Hypnosis* Charles C Thomas Publisher

Design your ideal life—easily and safely. Self-hypnosis is a rewarding and highly effective way to change patterns of behavior and create the life you desire. Whether you want to boost your confidence, improve your memory, release negative emotions, or banish unhealthy habits, you can use self-hypnosis to reprogram your subconscious and achieve anything you want. Based on decades of study and refinement of his proven methods, Richard Webster tells you everything you need to know about self-hypnosis—a practice that's a lot easier than you might think. Using simple terms, Webster describes how hypnosis works while dispelling common myths surrounding it. He then offers practical, step-by-step guidance, including relaxation exercises and sample scripts that you can use and adapt for your own goals. Learn how to: —Ease yourself into and out of self-hypnosis —Tell when you have entered into a state of hypnosis —Incorporate positive suggestions into your subconscious mind during hypnosis using affirmations, keywords, visualization, and scripts —Write your own scripts to attain just about any goal