

Transpersonal Transformation through Hypnosis

by Mary Catherine Miller

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This presentation by Mary Catherine Miller is on the topic of transpersonal transformation through hypnosis. "Transpersonal" literally means reaching past the personal; self-transcendence. Transpersonal hypnosis guides the client beyond the clinical perspective to greater depths of body, mind and spirit or soul, to personal transformation. The transpersonal perspective is that we are living souls in human form. It is a holistic perspective that addresses concerns of the whole person: physical, spiritual, emotional, psychic, current life, past lives, afterlife and interlife.

Transpersonal Hypnosis includes the following:

1) Accessing the Higher Self

- a. Most people have some type of belief in a higher wisdom within themselves, an inner spirit, higher self or spiritual awareness from within that guides and enlightens them. A transpersonal hypnosis session is likely to involve some aspect of bringing greater clarity or awareness of the higher self. Accessing the higher self may facilitate greater wisdom, intuition, new perspectives and a connectedness with divine source. This resource that exists within every human has the potential to greatly improve every aspect of our lives.
- b. One hypnosis script for the purpose of accessing the higher self is presented in the article, "Accessing the True Self/Inner Self/Higher Self" by Jack Elias. He suggests to the client to imagine a golden white light surrounding their body. He tells them that it is becoming apparent to them in many interesting ways that the light is full of intelligence and healing power, and it welcomes them into its presence. The light has always surrounded them, he tells them. "And from now on you can think about it and that causes your experience of the presence of your Higher Self to be enhanced", he says. He instructs the client that as they learn to listen to its guidance with more and more trust they will learn to trust their own true inner goodness. He may tell them that the light begins to pull them up in the presence of their Higher Self. When they are connected to their Higher Self they can ask questions and receive astounding insight from within. This connection to the Higher Self can be used to solve problems, gain information, overcome worries and fears, increase spirituality and for any purpose for the highest good of the client.¹

2) Spiritual Guidance

- a. In addition to the spiritual guidance from within, transpersonal hypnosis may address guidance from a higher power. Whatever the client believes might be available to them through spiritual guidance is easily accessed in session. According to the client's beliefs and desires, a session may be tailored to assist the client in receiving guidance from angels, guides, loved ones, religious figures, spirit beings, light beings, and the list continues endlessly.
- b. There are numerous hypnosis scripts for spiritual guidance. A pleasant little script I particularly like for my clients who are awakening to spiritual guidance, especially those who have never attempted to connect to a spiritual guide before is my "Gift from Your Guides" script. I encourage them to touch the center of their forehead and focus on the intent that their guide will share something wonderful with them that they are ready to receive. When they are ready, I give them the suggestion that their guide has wanted to share something with them for a long time, and I remind them that they are aware of this on some level; but have been unable to grasp the fullness of the message. I acknowledge that whatever has prevented them until now from receiving this gift was for their benefit and well-being at the time, and I let them know that they can trust now, and allow the gift to be given to them. I remind them of the spiritual host that is present to assist, which may include angels, guides, loved ones, etc. according to their beliefs. As their guide gives them this great gift of knowledge and truth, I let them

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know that they are receiving the gift in every cell of their body with peace and unconditional love, and in their mind consciously and subconsciously. We do some body work and energy work and plant the absolute understanding of the gift with them for their benefit. They open their gift and take as much time as they need to enjoy it and to fully integrate it. The beauty of the gift is that they can take it with them wherever they go and call upon it at any time.ⁱⁱ

3) Awakening Intuition/Psychic Abilities

- a. Everyone has intuition. Intuition is the ability to acquire immediate knowledge without inference or the use of reason. It provides us with the capacity to make fast sound decisions, even without the luxury of time for comparing options; without a full investigation. Your intuition is your inner guidance system that lights your path and enlightens your mind. It is the tool you need for every step of your life journey. Fine tuning your intuition brings clarity and confidence to every choice, every decision and every experience in life.
- b. One good hypnosis script to work from is "Developing Psychic Ability" by Dr. Allen Chips in the book, "Script Magic". He has the client imagine that they are a sea gull, eagle or dove floating in the air, or suggests they might be sailing with a hang glider or helium balloon to be in the experience of flying. He says, "Rise up on the wings of your mind." With some imagery of the beauty of nature, he then gives suggestions for discovering and developing inner psychic gifts and being a channel of blessings. He tells them to "be aware and alert as the spirit of truth beckons you to new understanding, new directions, and new dimensions." Then he gives the positive command, "When spirit beckons, follow!" He talks about being receptive to the guidance of their universal mind and reminds them that their higher mind guides and protects them. He prompts the client to "grow in the silence of your spiritual self." Dr. Chips touches on some specific spiritual gifts they may possess and desire to enhance, and he encourages the client to use their gifts in order to develop them. He gives them the future progression of seeing themselves using their intuitive gifts and takes them back into flight for the return to the present with their recollection of their experience and their spiritual gifts.ⁱⁱⁱ

4) Dream Enhancement

- a. There is a great fascination with dreams. In dreams the unconscious mind is free of the limitations of the conscious ego and is loosed to examine experiences disencumbered from the internal programming of the subconscious that distracts our conscious thought processes. In dreams anything is possible. The more we open ourselves to possibility, the richer, deeper, more delicious our dreams become. In dreams we may solve problems that we just can't seem to get our minds around in the conscious state. In dreams we may bring in guides, loved ones or experts in any field, living or deceased, because it's all in the playground of the unfettered mind. We can have a very real experience that our mind perceives as real and our body reacts to as real without ever physically leaving our homes. Clients may have the desire to recall their dreams more completely, to understand them more clearly or to have more satisfying dreams.
- b. One of my favorite hypnosis scripts is "Dreaming with Purpose" where I kind of throw it all in there to guide the client to tap into their subconscious mind while they sleep to unlock their potential for creativity and resourcefulness to improve their life. "Dreaming with Purpose" is a tool to inspire you to tap into your inner creativity, resourcefulness, ingenuity and imagination to solve, resolve, decide, create and achieve whatever you desire. After the induction I begin with some affirmations such as "I am relaxed and at peace", "Anything is possible", and "I become self-aware in my dreams." Then there are a series of scripts I run through which include: create a better you, confidence, success, goal accomplishment, prosperity, intuition, decision making, problem solving, memory recall, live your dreams and lucid dreaming. It's about an hour and half session on CD that is designed to be listened to while the client drifts off to sleep. It's always a good idea to listen to a CD at least once while

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awake for congruency. This is one script where speaking to the unconscious client is really the goal. It's all about giving them tools for their dream experience that will allow them to make the changes and improvements they desire for their lives and bring some really valuable results back into the conscious state after the dream experience.^{iv}

5) Energy Field Work

- a. Most people have some sort of awareness of their energy field and of energy flowing through them and through nature, even if they don't call it "energy." Some people talk about feeling "off" or feeling "refreshed". Others use words like "flow", "vibe", "in sync", and "frequency" to describe this movement of life force energy. Some call it "Chi", "Qi" or "Ki." The aura is an energy field is surrounding us, and meridians or chakras are energy movements within us. Blocks or holes in an energy field can affect the well-being of a person spiritually, emotionally and even physically. Transpersonal hypnosis can be a tool to help the client to identify these areas and to clear them. It can also be a tool to improve the energy flow and enhance the energy field. This energy enhancement can facilitate spiritual development and enlightenment, physical strength and function, and personal achievement.
- b. There are multitudes of chakra balancing guided meditations available, and there are plenty of hypnosis scripts to choose from. One good script is "Chakra Attunement" by Henry Bolduc, and is found in the book "Script Magic" by Dr. Allen Chips. The script opens by saying, "Perhaps you are aware that you are becoming deeply centered." Then it walks the client through a series of exercises for understanding the internal energy centers and attuning them with the body systems. It encourages the client to sense, feel, see, hear or have other intuitive abilities in the process. As the client notices an energy field they are encouraged to be aware that each chakra is alive, pulsating and in motion. White light radiates through the body as a giver of life and opens the sacred door to spiritual strength, idealism and perfection. There is a beautiful walk through the chakras, then universal white light floods into the soul in full vibration for attunement, oneness and balance.^v

6) Spirit Releasement

- a. Spirit Releasement is one term for letting go of something that is no longer serving the client's highest good. This releasement clears the client's energy field of unwanted intruders. The releasing process may be applied to any number of types of attachments. The client may desire to be free of non-serving thought patterns and intruding thought processes, negative energy, lingering feelings or entities that are draining their energy or impeding their progress, peace or joy. This releasement process may alternately be referred to as clearing, parasite removal, etheric cleansing, aura clearing, imprint removal, soul clearing, or depossession. Dr. William Baldwin coined the term "Spirit Releasement Therapy" as a form of healing in which the practitioner calls forth and identifies positive energies that enhance personal growth, and clears negative energies that restrict personal growth.^{vi}
- b. In the article, "Personification Model" Dr. Jain outlines a Spirit Releasement session conducted in the manner of Dr. William J. Baldwin and Dr. Edith Fiore. In the hypnosis script, the client is asked to mentally scan their body, mind and aura for any darkness, smoky patches or anything which does not belong to them. The practitioner also scans the client. The suggestion is given to personify this darkness as if it were a living being. Both the client and the hypnotist may speak directly to the personified darkness. The practitioner may ask for its name and origin, and inquire as to how long it has been with the client and for what purpose. The personified darkness is encouraged to remove itself by looking for divine light, or for friends or loved ones waiting for it to go into the light. It may be encouraged to take everything that belongs to it with it, or to take any harm that has been done with it so the harm can be transmuted in the light. It may be encouraged to gather up any others like itself and take them, too. Assistance of angels, fairies, guides and loved ones may be employed in the removal process. When all the dark areas are removed from the client's aura, pure loving divine light

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may be brought in to fill the empty spaces and the aura sealed for protection. The client is encouraged to employ daily cleansing and protection practices for several days following the releasement.^{vii}

7) Soul Retrieval

- a. In the book "Soul Retrieval: Mending the Fragmented Self" Sandra Ingerman discusses the combination of the shamanic practice of soul retrieval with modern psychological concepts for healing emotional and physical illness. She tells us that when we suffer an emotional or physical trauma of any kind, something within us (some part of our essence, life force or soul) flees so that it can survive the experience. This loss of a portion of our vitality that keeps us alive and thriving is referred to as soul loss. Any event that causes shock could cause soul loss. And it is important to note that what might cause soul loss in one person might not cause it in another. Types of trauma that might cause soul loss include any type of abuse, moral dilemma, addiction, surgery, divorce, death of a loved one, disaster, war, or any other shocking experience. What we need to understand is that soul loss is an important survival mechanism that helps us to survive the pain of an unbearable event. It is an instinctive method of protection, of self preservation. The soul fragment that flees is preserved intact to return when it safe to do so. In the shamanistic view, this soul part waits in non ordinary reality for someone to intervene and facilitate its return. Soul loss should be suspected any time someone says that they haven't really been themselves since an event. If the client is in a safe place and ready to reintegrate with their fragmented soul part or parts the practitioner can take them through a soul retrieval.^{viii}
- b. In Sandra Ingerman's book, "Soul Retrieval: Mending the Fragmented Self" she describes the practice of soul retrieval. If the client is prepared to receive their soul fragments, and this poses no threat to them, soul retrieval (or soul recovery) can be performed. The client is taken on a soul journey to locate the fragmented part and instructed to extend their hand to the child or past self. As they pull this other self close, they embrace the other with the power of their present or higher self. Any wounded child blending that is needed, and that the client is prepared to experience, is done at this point. Ask the client to feel everything good, pure and positive about this part of themselves that they are embracing, and to feel all the capabilities within themselves as the soul part blends with them. Instruct the client that these capabilities and qualities will continue to be a part of them in the present day and in the future. The client is then able to experience feeling truly whole again in order to move forward in their life. Sandra Ingerman states that once the soul retrieval has taken place the client has to do some work. If they have done a lot of personal work already the soul retrieval might be the end of the work. If not, the soul retrieval may be the beginning of the work.^{ix}

8) Utilizing the Multidimensional Self

- a. In the book, "Transpersonal Hypnosis: Gateway to Body, Mind, and Spirit" Dr. Eric D. Leskowitz introduces the concept of human beings as multidimensional organisms. He tells us that we have a physical anatomy and a subtle energetic anatomy. He discusses the breath, emotions and soul as levels of vibrational structure that make up the subtle energy body. As energy flows through meridians, breath work can alter energy patterns and induce trance by regulating the flow of prana (the breath of life). Dr. Leskowitz uses a scientific analogy to express that, "our physical bodies are condensed and solid in nature, while our emotional and mental bodies are more liquefied, and our purest spiritual awareness is vapor-like and insubstantial. But all three dimensions are still different forms of the same underlying element: pure consciousness." He tells us that disturbances in the body's electromagnetic energy field can manifest in physical disease. He further states that Kirlian photography of the energy aura and clairvoyant perception may be able to detect these subtle energy shifts and determine current illness or even predict potential illness before its onset. He tells us that

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deep healing hypnosis is an interaction between two people who have each entered a state of deep absorption. The practitioner who enters this state with the client can be receptive to their subtle feedback through unconscious, even psychic, cues of thought, feeling, and intention. The hypnotist in trance can actively manipulate his or her own energy field state to bring about a desired resonance effect on the client's energy field, affecting the client's trance experience. The hypnotist can, thus, introduce a helpful new frequency by setting a new emotional tone within himself or herself, and allowing resonant induction to bring this experience to the patient nonverbally.^x

- b. A basic script that could be used in multidimensional healing is the "Auric Healing and Protection Script" by Craig R. Lang. He begins with auric imagery, asking the client to create a field around their mind and body, and introducing the term "aura" to describe their personal space or halo around them. The suggestion is given that the client may be becoming aware that they can feel sensation and experience thoughts in a whole new way, and that they can control the way in which they experience these. Clearing work is done and the client is encouraged to notice how their aura selects thoughts that are beneficial for them because it is their own personal energy field. The client is told to notice above their head that at the top of their aura is a wonderful source of warm, healing light and energy, and they are asked to allow this light to shine on them and fill their field of energy with comfort, relaxation and healing. In this process the client is empowered and strengthened. Then the client is asked to move their awareness to the outer edge of their energy field where there is a special boundary of protection, and to notice that this field prevents anything outside it from giving them undesirable feelings. They are told that they can choose to think or feel however they desire about events that occur around them because they are the master of their field. The client is instructed that they have the personal power to fill their aura with light and to bring healing through the field to any aspect of their body and soul. This is reinforced by taking the client to a time and place when events annoyed them and reinforcing their aura field as they observe unattached (dissociated) how their protective field shields them from undesirable feelings.^{xi}

9) Spiritual Regression and Progression

- a. Spiritual regression includes regression to past lives and the interlife, the space between lifetimes. Dr. Michael Newton is well known for his spiritual regression techniques that take hypnotic subjects back to their time in the spirit world. His first two best-selling books, "Journey of Souls" and "Destiny of Souls" outlined numerous client case studies of afterlife adventures, soul companions and guides, and the clients' purpose in this lifetime. Dr. Newton suggests that our physical universe coexists with other physical and mental dimensions; alternative dimensions of consciousness. Contained within our universe are energy waves that appear to be guided both by design and wisdom from a higher consciousness. Souls exist multidimensionally, both within and beyond linear time and space. The reservoir of our soul memories and accumulated wisdom derived from experience is referred to as the superconscious mind. The soul's prior history is retained in this higher consciousness, the superconscious mind, and some of this awareness may be released into human consciousness through various means, one of which is hypnotic regression.^{xii}
- b. Dr. Michael Newton has revealed his step-by-step methods of an experiential approach to the spiritual realms in his guidebook for hypnosis professionals and the general public, "Life Between Lives: Hypnotherapy for Spiritual Regression". A Life Between Lives Spiritual Regression hypnosis session is likely to include a brief period of hypnotic conditioning, a formal induction with deepening techniques as needed and regression imagery. The client is regressed to earlier stages in the current life, moving backward linearly in time for however many regressions are necessary, ultimately to a childhood regression. With each regression the client is encouraged to discuss their surroundings, others present, important meanings of the experience, and if there is anything significant to their

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current life experience that can be gained through this past experience. Then a regression to the womb may take place as there is often valuable information and understanding to be gained from the inutero experience and connection to the mother, and because this is a logical stage to enter prior to moving to a previous lifetime. The client is then regressed to the most recent or most significant past life. Where ever they land extemporaneously in that lifetime, the client is again asked about their surroundings, others present and important meanings. This ends the backward regression and begins forward spiritual movement. The client is taken to a time later in that same past life experience and, ultimately to the end of that past life. The death scene is often best experienced as an dissociated, observer. If they begin to associate with the past self and experience dramatic emotional states the abreaction is generally easily corrected by asking them to see the scene from above and perhaps with a spiritual guide, loved one or religious figure at their side, though often they dissociate with little or no prompting. From the death scene, the client is encouraged to describe in as much detail as the practitioner can elicit from them the experience of leaving the body and going in spirit where ever they go after death. This level of hypnosis is often associated so that the client experiences the fullness of the experience, and is done in a very deep trance state, possibly requiring more deepeners at certain points during the very lengthy session. The client is likely to spontaneously move to some sort of gateway experience into the afterlife. They are likely to be met by spirit guides or "tour guides" to the afterlife. There is usually a space of orientation with healing and rejuvenation. This space may appear to them very earth-like as they are adjusting their awareness to relate to being between lives. The client will meet with soul groups made up of souls they are well acquainted with and perhaps have incarnated with before. In the soul groups the client usually begins to see with their spiritual eyes and melt away the veil of the physical impressions to reveal imagery of greater spiritual depth. Colors, light and formlessness are not unusual. As they experience themselves as nonphysical beings they may go through many rich experiences of soul travel in which they learn with groups of other souls and meet in various types of soul community centers. The client will go before a council where they may reflect on the life they just exited or on other life times and discuss the effectiveness of their life missions. The council may offer therapeutic opportunities, learning lessons and elder wisdom. The client may go to the pre-birth planning stage where decisions were made for the lifetime they were preparing to enter. They may find themselves in the body selection room where they experience having a choice of a small selection of different types of bodies and selecting the one that they feel is most suitable for the lifetime they are about to enter. Great insight may be gained in this selection process. Any preparations they made for the next life may be examined and experienced as a single soul and in soul groups. Any insight they may receive through guides and souls that may be valuable for the current life may be gained in this pre-birth experience, including the purpose of this life, spiritual guidance and deeper understanding of the challenges and blessings of this life, and the knowledge of members of their soul group they have already met or may encounter in this life. The awakening from this deep spiritual experience is done with gentle reminders of safety, reintegration of soul and body and reorientation to the current physical life experience. The client will take at least several minutes to adjust after awakening, and instructions are given in the fully conscious state about reintegration and reorientation with reminders of their physical existence (feeling their arms, legs, hands, feet, etc.)^{xiii}

Administering to the needs of the individual as an integrated multidimensional being involves accessing the higher self with spiritual guidance to open gateways to spiritual knowledge and wisdom, and to enhance their life experience.

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Bio

Mary Catherine Miller is a Certified Hypnosis Practitioner and a member of the American International Association (AIA). She is also a Certified Master Hypnotist, Past Lives Regressionist and Life Between Lives Hypnotist and member of the National Association of Transpersonal Hypnotherapists (NATH). In addition to clinical and transpersonal hypnosis practice, Mary Catherine is also a Neuro-Linguistic Programming (NLP) Practitioner and Life Coach. Her Web site is <http://nursehealer.com>

ⁱ Article with Hypnosis Script: "Accessing the True Self/Inner Self/Higher Self" by Jack Elias

<http://www.hypnotherapyarticles.com/Transpersonal/articlet00003.htm>

ⁱⁱ Hypnosis Script: "Gift from Your Guides" by Mary Catherine Miller http://nursehealer.com/store/gift_from_your_guides

ⁱⁱⁱ Book: "Script Magic: A Hypnotherapist's Desk Reference" by Allen Chips, DCH, PhD <http://transpersonalpublishing.com>

^{iv} Hypnosis Script: "Dreaming with Purpose" by Mary Catherine Miller

http://nursehealer.com/store/dreaming_with_purpose

^v Book: "Script Magic: A Hypnotherapist's Desk Reference" by Allen Chips, DCH, PhD <http://www.amazon.com/Script-Magic-Hypnotherapists-Desk-Reference/dp/1929661061>

^{vi} Book: "Spirit Releasement Therapy, A Technique Manual" by William J. Baldwin, Ph.D. <http://www.spiritreleasement.org>

^{vii} Article: Mind Power Lab: "Personification Model" <http://mindpowerlab.net/hypnosis/personification-model>

^{viii} Article: "Soul Retrieval" by Sandra Ingerman <http://www.sandraingerman.com/soulretrieval.html>

^{ix} Book: "Soul Retrieval: Mending the Fragmented Self" by Sandra Ingerman <http://www.sandraingerman.com>

^x Book: "Transpersonal Hypnosis: Gateway to Body, Mind, and Spirit" by Eric D. Leskowitz, M.D.

<http://www.amazon.com/Transpersonal-Hypnosis-Eric-D-Leskowitz/dp/0849322375>

^{xi} "Auric Healing and Protection Script" by Craig R. Lang, CHT <http://home.comcast.net/~lang.craig>

^{xii} Web site: The Newton Institute for Life Between Lives Hypnotherapy at <http://www.newtoninstitute.org>

^{xiii} Book: "Life Between Lives: Hypnotherapy for Spiritual Regression" by Michael Newton <http://www.newtoninstitute.org>