



Life-Enhancing Hypnosis:

Empowering people to achieve optimal mental, physical and emotional well-being.

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THE MISSING (PAST LIFE) LINK

“John” has led a tumultuous life. As a youngster, he suffered from the influence of a narcissistic, dominant, and overbearing mother. Turmoil and abandonment were his norm. He became fearful, anxious, stressed, worried, and insecure.

During his five decades as a successful businessman, his feelings of inadequacy, fear and anxiety continued to haunt him. He achieved only limited success from years of traditional psychotherapy, cognitive behavioral therapy, Jungian Therapy, EMDR, EMT, and meditation. He continued to believe the quality of his life would improve if he could get at the underlying causes of his anxiety. He came to Hypno-Health to discover triggers from the past that were still influencing him today. He meshed with the hypnotic process right away and began releasing negative influences, often in creative, comical, and belly-laughing ways. In nine sessions over a four-month period, he released numerous, negative influences and replaced them with positive perceptions, which he reinforced with his affirmation: “I am raising my head higher.”

John felt significantly better. He moved on with his life with less anxiety; however lingering issues continued to nag at him. Over the next seven months he became stressed over a legal matter and his anxiety returned in full force. When the court case ended he was still anxious. So he returned to Hypno-Health to explore the possible influence of a past life experience, which he had wondered about at his first session, but was directed by his subconscious mind to begin with resolving the many concerns in this life. Now it was time to go all the way back.

Paving the way for his journey back in time, John made an “aha” realization of a powerful experience that contributed to his anxiety in his current life and disconnected it permanently. He then imagined himself in a small boat floating down the river of time, searching for the key to unlock his anxiety once and for all. As the bow of the boat nosed onto a deserted beach, John stepped out, feeling lost and afraid. Suddenly, a half dozen Amazon Indians about his age (13) surrounded him and began chanting in a foreign language, which he understood. He didn't feel

at ease in the group, though he recognized they were his people. His worst fears were realized when one of the boys punched John in the face. A fight ensued as the others gathered around and incited their friend. John became bloodied and knew he was being cast out of his peer group. One of the leaders told him he would have to live in the forest for a year by himself before they would let him back in the group.

Alone and scared, he found a vine and tried to climb up a tree. But raucous screaming told him even the monkeys didn't want him around. He felt sad and abandoned. He wandered through the forest, scared that he might die and worried about how he could survive. Because he loved animals, he could not kill them, and would have to eat plants. But which ones were safe or tasted good?

With hunger gnawing at his stomach, John fashioned a spear and happened upon a small river teeming with fish. Luckily, he speared one, started a fire by rubbing two sticks together and cooked the fish. He was feeling better after devouring the fish - until night settled in and the jungle animals roared. He was cold, with no blanket, and kept the fire going all night. In the morning he bathed in the river, nibbled some awful-tasting leaves and tried for another fish, but kept missing. His anxiety rose as he frantically stabbed the water with his spear.

Here, in this critical moment, he recognized under hypnosis that his anxiety was preventing him from spearing another fish. He slowed down his breathing and stalked one fish after another. He relaxed even more, his hand stopped shaking, and he hurled the spear. Success! He speared two more and knew that anytime he wanted to eat, he could spear a fish. A wave of relief rolled over him. He now had the confidence to survive in the jungle by himself for a whole year and rejoin his group.

John had just finished grilling the two fish for breakfast, when a scary, face-painted adult Indian appeared and threw a spear into his chest. John fell to the ground, where he lay for a few minutes before he died.

I asked John's higher self and past life self to help him understand what he had learned before he died. John realized that, although scared and anxious, his initial successes helped him believe that he could have survived for one year alone. His higher self and past life self returned the negative karma (fear and anxiety that had engulfed him in his current life because he had died without fully realizing he could survive in the past life) to his past life and "reframed" the ending.

In the new ending, John had a shield and the Indian's spear bounced off it. John picked up the spear and hurled it back, killing the Indian. He then dug a hole and buried the Indian. Later that day John speared two more fish and enjoyed the bounty. With his spear, shield and renewed confidence, he was ready to take on whatever was out there and said: "I'm gonna be fine". A

new affirmation appeared in his mind: “I am ready for anything and my anxiety is gone”. That’s the message that he brought forward to his current life.

John then was able to deal with the anxiety he’d had about dying. He realized that death is just a part of life – an inevitable way of passing on to another realm – and he was ok with it. His fear disappeared.

He wondered what tasks were left for him in his present life. He remembered he was in the middle of writing a novel. Now he knew he had to finish that novel and maybe write a second one before he passed on. They would serve as his legacy, his reason for having lived this life in the first place.

John had one more thing to do. He imagined the plethora of “what ifs” that had exacerbated his fear, worry and anxiety as cardboard butterflies that hid in crevasses and even permeated his stomach and intestines. Imagining using a vacuum with a special attachment, he sucked all the butterflies into the bag, put it in the trash, poured gasoline on it and set it afire. Laughing and giggling, he watched the blaze burn to ashes, which were carried away for good by the wind.

Note: I described John’s vividly-detailed past life experience using the past tense – for more clarity. In actuality, he experienced everything in the present tense, which indicated he was actually re-experiencing everything as it originally happened (the same is true in this-life hypnotic regression). Had he described everything in the past tense, it would have meant he was simply remembering things and not re-living them.

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Offices:

222 Auburn Street ~ Suite 102
Portland, Maine 04013

Phone: 207 773 5200 E-mail: sadler@hypno-health.net
Website: www.hypno-health.net

Remember: *Hypnosis can be done in the office, by phone and via Skype.*