



Introduction to Presence Hypnosis

Sometimes people have misconceptions based on stage shows or past experience with hypnosis. So let's distinguish between the true experience and what it is not. You will not feel "hypnotized" nor will you feel out of control. You will be and feel relaxed; you will hear everything. You will be able to stop at any point and freely communicate, if you so desire.

Hypnosis regression is not falling asleep or becoming unconscious. Neither is it being weak-minded. You will not lose self-control nor be under the facilitators control.

What is Hypnosis?

We are in and out of states of hypnosis all day long. It is a natural state for all of us. Have you ever driven home and cannot remember the last mile? Or read a book so intently that the rest of the world seems not to exist? These are both a form of self hypnosis and we do it all the time.

Hypnosis is simply relaxation and focus that allows the subconscious mind to open and recall events that we normally would not be able to in our walking around state. The subconscious mind remembers and records all.

For instance if I asked you to describe your favorite landscape or to recall a childhood memory, you would close your eyes and recall to the best of your ability and describe details to me like sights, sounds, smells, etc... A regression works in the same way. The hypnosis allows you to remember another life just as clearly as you remember your meal last night, because it is all stored in the subconscious mind.

You will have what is called "dual access". You will hear my voice and all the sounds in the room as well as visiting the other dimensions known as your past life.

So how do you remember your past life? For everyone, remembering a past life is a little different. You may or may not "see" anything at all. The remembering may come through as a feeling or a sensing or an impression of information. Similar to when you have an intuition or a gut feeling. It is very important that as you have the experience, you TRUST however that information begins to come through. Trust that it is the right experience for you! It is how your body remembers.

You are going to find that the more you just allow the information to move into your awareness and articulate what is happening, the richer the experience you will have.

I will be asking you open-ended questions, like a reporter, and you will be sharing with me what is going on, so that I can help you have a very full and rich session.

What is Introspective Hypnosis?

Introspective Hypnosis is based on Aurelio Mejía's method. It is a method that combines several techniques such as forgiveness therapy, role change, Ericksonian hypnosis, past life regression and spirit assistance, also known as spirit releasement.



Introspective Hypnosis combines different techniques:

- Ericksonian Hypnosis
- Forgiveness Therapy
- Role Change
- Past Life Regression
- Soul Entrapment
- Soul Fragmentation
- Regression to the Womb
- Spirit Assistance also called Spirit Releasement

- Antonio Sangio

How to Prepare for Your Session

Please create an intention for your session. Start with declaring: *"I will have clear and direct communication with the part of me that is able to provide clear, wise, healing information"*. You may want to prepare a list of questions and concerns around your intention for the session.

Intentions may have themes around:

- Managing physical pain/health issues
- Family wounds or trauma
- Financial challenges
- Exploring spiritual gifts
- Unexplained fears/phobias
- Relationship complications
- Connections to geographical regions
- Clarity around a dream, vision or experience
- Curiosity of your life path

Do not drink alcohol and keep caffeinated drinks at a minimum before your session.

It is generally a good idea to not engage in additional appointments or activities that require a great deal of concentration after your regression. Be gentle with yourself and allow integration of the journey that you have just participated in.