

# Quantum Healing



## Metaphysical Hypnotherapy

### *Some Case Studies*

#### **What is Metaphysical Hypnotherapy?**

Metaphysical Hypnotherapy opens up the deeper mind and appears to provide a doorway beyond the gross world, beyond the limitations of time and space, and accesses other dimensions. There is enormous potential to address issues that conventional hypnotherapy has either difficulty addressing, or is beyond the scope of a normal clinical hypnotherapy session. Some of this potential is realised through the use of *Origin Therapy* – tracing back to the first time something occurred. The other powerful approach is to use the *Interlife* – the space between lives. The *Interlife* is not limited by gross world reality and can be used to review a life or communicate with whoever the client desires, whether they have passed on or not.

Metaphysical Hypnotherapy is an explorative form of hypnotherapy where the practitioner never knows where a session may lead. There is active dialogue between the practitioner and client. It is through this dialogue that the practitioner discerns the client's experience. On many occasions I have had a similar vision to the clients that has helped me to understand where they are and the events that are taking place. Although the practitioner can direct the client to some degree, it is the client that 'drives the bus' with the practitioner more in the role of the bus conductor, looking out the window through the eyes of the client, facilitating the recognition of insights arising within the client, and learning the lessons that are available.

Stage hypnotherapy, with people seemingly unaware of the antics they are engaged in, has led to a popular misconception that the client is not aware of what is happening and is not in control. In my experience nothing is further from the truth. In a Metaphysical Hypnotherapy session the client maintains control. The client experiences events but is also aware of the room, the practitioner, and sounds outside of the room. At any point the client is free to open their eyes and terminate the session.

The power of Metaphysical Hypnotherapy is best illustrated through some case studies. Shown below is a description of a number of real client experiences through Metaphysical Hypnotherapy sessions. The actual sessions have lasted from one to two hours and therefore have been abbreviated here. The case studies are presented in an anonymous fashion.

## Case Study One

**Client Background and Issue(s).** A 42 year old woman came to see me to see if she could find more meaning in her life. She stated that she was happily married to a lovely man, had two wonderful children, a good job that she enjoyed, and she had a circle of supportive and loving friends. However, she said that she felt “empty and unhappy” and that there “didn’t appear to be any meaning” in her life. When I asked if she had a happy childhood she stated that she was always unhappy, even though she had loving parents and a good home. She felt that she had been unhappy all her life but didn’t understand why. She didn’t feel depressed and didn’t want to take anti-depressants.

**Process.** After the induction I took the client to a safe place and then back to the *first time* that she felt unhappy. Initially, she became aware of being three years old at home. Her father was at home, but she didn’t know where her mother was. She said that she felt very unhappy but didn’t know why. There was no significant event to which I could take her in order for her to gain any further understanding so I again took back to the *first time* she felt unhappy.

Practitioner (P): What are you aware of?

Client (C): It is dark but I feel warm and cosy.....I think I am in my mother’s womb?

P: How do you feel?

C: I feel ok

P: Can you hear anything? (words heard in the womb are sometimes reported and can have an impact on a person .....and can be cleared)

C: No

(I took the client to a *Significant Moment* in the womb)

P: What are you aware of?

C: Every thing is spinning....it is spinning and spinning ....and spinning...I feel sick

(I made a number of attempts to stop the spinning but they were unsuccessful. As the client felt that she was about to be sick, I asked her to open her eyes and come back into the room. (After she felt comfortable again we continued)

P: Was your mother in an accident while she was carrying you in the womb?

C: Yes, Mum said that she was in a bad car accident but she never wanted to talk about it

I rounded out the session by asking the client to again close her eyes, took her back to a relaxed state and worked with her to validate her sense of self, took her back to her safe place and then returned her back to the room. I told the client that due to the car accident while she was in the womb, I thought she might have been born stressed. I referred this client to a friend who was a Homeopath/Herbalist/Acupuncturist and asked the client to tell him of the hypnotherapy experience. I was confident that he would be able to address the issue. Although the client wanted to immediately book another session with me, I assured her that she may never need to see me again.

Three weeks after the session I received a lovely note thanking me for the session, reporting that she had sought treatment from my friend and that her world had changed remarkably in just a few weeks. I happened to meet the client just over two years later and she reported that her whole life had changed for the better – she was very happy, felt contented and fulfilled.

## Case Study Two

**Client Background and Issue(s).** A 41 year old man came to see me and simply stated that when his little sister had died he never had the chance to say goodbye to her properly and it had worried him all his life. When asked how old she was when she died and how old he was at the time, he stated that she was three years old and he was five. He also stated that his favourite grandfather had also died not long after his sister and it would be really nice to be able to tell him how much he loved him.

**Process:** After induction I took the client to a safe place and then to the *Interlife*. Having arrived in the *Interlife* space, I told him that he could have anyone there that he wanted.

P: Who is there with you?

C: My little sister, Felicity

P: You can now say goodbye to Felicity

C: (after a pause of some minutes) I told her I loved her and she told me that she loved me too. She thanked me for being her big brother. I have said goodbye to her and she is gone now (the client had a broad smile on his face)

P: Who else is there with you?

C: My favourite grandfather is here

P: Are you able to communicate with him?

C: Yes, but he is saying that I must let him go. He is saying that I have hung on to him all my life but it is now time for me to let him go.

P: Can you let him go now?

C: I don't want to let him go, he has been so important to me all my life

P: What is your grandfather saying?

C: He is assuring me that I do not need to hold on to him so tightly and that I am stopping him from moving on

P: Why are you holding on to him so tightly?

C: I have loved him so much and I have needed him in my thoughts especially after arguments with my parents..... but, I do not want to stop him from going where he needs to go.....he is assuring me that he will be with me whenever I ask but to please let him be free. He is saying that I am strong enough to stand on my own, in my own power.

(This interaction continued for at least 15 minutes)

P: Will you release him now?

C: I have said goodbye and he is gone....he said all I need to do is ask him to be with me and he will be there

(Following this session the client reported that he had always had felt a stiffness from his left shoulder across his left chest to his sternum. He had sought many different types of treatment but none had succeeded in resolving the issue. When he let his grandfather go, he felt the stiffness go as if an invisible hand had been withdrawn from his chest.)

P: Are you now complete in the *Interlife* and ready to come back

C: No, my other grandfather is here, the one who molested me as a child

P: Do you want to communicate with him?

C: I just told him how angry I am with him but he is saying he is really angry with me.

For the sake of brevity – I was unable to resolve the anger between the two parties, so I took them both back to the *first time* that the anger arose. The client reported an experience of them both being in a past life together around the year 1575 where they were best friends and very close. However, they both thought that the other had seriously betrayed him, and in the end one had murdered the other by stabbing in the back with a long knife. I took them to the *Interlife* following that life where they could both talk to each other. As it turned out, neither was guilty of betrayal; it had been a major misunderstanding and we were able to resolve the issue between them in the *Interlife* space.

I returned the client to a safe space and then back to the room. The client reported that:

- It was really nice to be able to say goodbye to Felicity, his little sister, and he now felt complete
- He was very surprised that he had been holding on to his grandfather so tightly but felt that he had now let him go but he would be there for him if he asked
- The strange stiffness across his chest had gone
- The experience with the grandfather who had molested him was a huge surprise. The past life experience appeared and felt like he was an actor in a movie, but real nevertheless. He felt that they had both done terrible things to each other and it would now be a lot easier for him to let go of the feelings around abuse.

Follow up with this client confirmed that the stiffness across his chest has not returned, he felt a lot stronger within himself, and much better able to get on with his life.

### Case Study Three

**Client Background and Issue(s).** A 52 year old woman came to see me about her relationship with her ex-husband. This couple had been married for 12 years but had separated because her husband would regularly drink to excess, and when he did he became loud and abusive. Although the separation was 15 years previous, her ex-husband regularly visited the home to maintain the still close relationship with his daughter, now 25 years of age. While the ex-husband was usually sober, he occasionally visited the home intoxicated although only sometimes a little abusive. The woman felt that she could not participate in another relationship while her ex-husband visited the home as he gave her the impression that he was always checking up on her. She felt that they must have had a previous life together and wanted to know what that was about so she could move on with her life, and hopefully be involved in another intimate relationship.

**Process.** After induction I took this woman to her safe space, which was the beach. I had her meet up with her ex-husband on the beach and I took them both back to their previous life together.

P: What are you aware of?

C: I am climbing the stairs in our apartment building

P: Where is the apartment building

C: I don't know ...somewhere in Europe

P: What year is it?

C: I don't know

P: Where is your apartment?

C: It is on the third floor and it feels like a struggle to get up the stairs...but I am now at the door

P: Go inside and tell me what you see

C: I am in the sitting room

P: Where is your husband?

C: I think he is in the kitchen....yes, he is here in the kitchen....reading the newspaper and drinking coffee

P: What is he saying to you?

C: He is telling me that he is going to divorce me.....Oh, my God.....I have just realised that I am huge

P: Are you overweight?

C: Yes, I am really huge, three times bigger than normal....and my husband is telling me that he cannot stand it anymore and he's leaving

P: How do you feel?

C: I feel really angry, desperate, what will I do, how will I survive...how can he do this to me

After some further interaction, I took the client to the final day of that life. As she was about to pass on I asked her what she was thinking and feeling. She said, that she "vowed that he would pay for this"; "he wouldn't get away with it [leaving me on my own without support all my life]"

When I took the client to the *Interlife* to review her life she had the option of having her husband in that space so she could express to him how she felt. Unusually, she did not want him there so I asked if there was anyone else there, to which she responded no. As always her Higher Self was there in the *Interlife* space so I asked her to communicate with her Higher Self and ask what this life and relationship was about.

The client stated, "I need to forgive myself, I need to love myself...it was not his fault...I am responsible for what happened to me."

I worked with the client in the Interlife to reinforce what she had learned. I then brought her back to the room via her safe space reinforcing her insights. When she was fully present with me back in the room she reported that it was really amazing how big and fat she was in that previous life. She also recognised that she was responsible for not letting her husband go, and that she felt that she had been punishing him through their relationship in this life.

## Case Study Four

**Client Background and Issue(s).** An 85 year old man came to see me. He had been suffering from panic attacks that had been increasing in frequency and severity over a number of years. During the Second World War he had served with the 9<sup>th</sup> Infantry Division in both the Middle East and New Guinea. He was married at age 22, but had lost his wife to cancer when he was 70.

**Process.** I wrongly assumed that the client was suffering from post-traumatic stress syndrome in view of the war experiences that he reported to me. I did not, however, act on the assumption but took him back to the *first time* he felt the panic attacks.

The client described his retirement ceremony as Grand Master of the Lodge he was a member of. He was clearly moved by this significant occasion, and while he was proud he also felt sad to relinquish the position that he held to be so important to him. He felt that his life was moving past a highlight in his life.

Following this I again took him back to an earlier time when he felt panicked.

P: What are you aware of?

C: I am at the hospital?

P: What is happening?

C: My wife is dying. She is about to leave me...she is about to die

P: Is there anyone else there with you?

C: There is a nurse here with me...she comes in and out to check on my wife. They are very kind to my wife, and to me. They have done everything they can to make her feel comfortable.

P: Is your wife in any pain?

C: No she is not in pain. They have given her morphine and she drifts in and out of awareness. Sometimes she opens her eyes and I know she is aware of my being with her and that seems to reassure her...she just closes her eyes again.

C: I am feeling very fearful for her but she seems at peace.

C: She has just taken her last breath...she is gone.

P: How are you feeling?

C: I suddenly feel very lonely...I feel frightened

(I then took him to the *Interlife*, into a room that he could have furnished in any way he wished. He was also made aware that he could have any one there that he wanted.)

P: Now you are in the room what are you aware of? How is it furnished?

C: It is the same as our lounge room at home. There is a lounge and two comfortable chairs, a coffee table and lamp.

P: Is there anyone there with you?

C: My wife is here sitting in her usual chair doing her knitting

P: Do you want to say anything to her?

C: I just told her I loved her

P: Did she say anything to you?

C: No she doesn't need to say anything

P: How are you feeling?

C: I feel very happy and contented ....just sitting here in my old chair enjoying being with my wife ... just like we used to do

After the session we spoke of his experience. He said that he was very pleased to have been in the *Interlife* space with his wife. He said he felt very calm and at peace and that he knows now that his wife is waiting for him.

I believe this client's panic attacks were a natural fear of his own death and what might happen in the *Afterlife*. Although he booked in for another appointment, I never saw him again – typical of most people who experience the wonders of Metaphysical Hypnotherapy.

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