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# Spiritual And Metaphysical Hypnosis Scripts

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How to Be Ultra Spiritual

A Handbook of Techniques for Improving the Patient's Physical and Psychological Well-Being

Scripts and Strategies in Hypnotherapy

Transformational Journeys through Time and Space

Practical Manual to Past Life Regression

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

Healing Scripts

12 1/2 Steps to Spiritual Superiority

Past Life Regression

Advanced Ericksonian Hypnotherapy Scripts: Expanded Edition

How to Hypnotize Yourself with Your Eyes Open

The Ultimate Hypnotherapy Script Book!

Step by Step Guide and Hypnosis Scripts

Healing with Past Life Therapy

A Manual for Hypnotherapists to Conduct Effective Past Life Regression Sessions

Featuring the Secret Garden Meditation Series and the HIM - Healing Immersion Method

Mirrors of Time

Past Life Regression

The Definitive Manual for Protecting Yourself Against Paranormal Attack

Past Life Regression

Past Life Regression

Unblocking the 7 Chakras for Beginners, from the Root to the Crown Chakra, Along with a Guide to Third Eye Awakening for Psychic Development

Recipes for Wellness

Reincarnation

Chakras

How to Heal Yourself When No One Else Can

All About Self-Hypnosis

New Age Hypnosis

Gifts from the Child Within

Spirit Guide Contact Through Hypnosis

A Workbook for Self-discovery and Self-recovery Through Re-creation Therapy(tm)

Psychic Self-Defense

A Guided Meditation Manual to Expand Mind Power, Enhance Intuition, Psychic Abilities Using Chakra Meditation & Self Healing

Harnessing the Enormous Potential of the Mind

Third Eye Awakening

Using Hypnosis to Treat Trauma and Stress

A Manual for Hypnotherapists to Conducted Effective Past Life Regression Sessions

Soul Healing

For Body, Mind, and Spirit

Handbook of Hypnotic Suggestions and Metaphors

*Spiritual And Metaphysical Hypnosis  
Scripts*

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## RAIDEN COOK

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How to Be Ultra Spiritual Charles C Thomas Publisher

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!

[A Handbook of Techniques for Improving the Patient's Physical and Psychological Well-Being Lulu.com](http://www.lulu.com)

A new edition of an occult classic, which includes a new introduction by Mary K. Greer, author of *Women of the Golden Dawn*, and a new afterword with excerpts from rarely seen documents by Fortune herself describing how the book came about. After finding herself the subject of a powerful psychic attack in the 1930s, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic self-defense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult writers of the twentieth century.

*Scripts and Strategies in Hypnotherapy* Routledge

This book, written by a traditional minister, turned metaphysical researcher and channeler over 40 years ago is to: identify trends and possibilities and inform, inspire and give hope by answering questions such as listed below: What is planetary and personal Ascension? Do I have a role to play in it? If so, what is that role? What forces and beings are working to both hinder and assist in the Ascension process? What can be expected to happen, short term and long term? How to prepare for the passage of the planet Nibiru? In addition, you will find suggestions on how to raise Indigo/Crystal children, what a human really is, a different perspective on the creation of our universe and its creator, the ultimate lesson to be learned on planet earth and communicating and working with the spirit realm. The information of these complex and mystifying topics is written in an easily understood format with reasons and sources given to support the authors' conclusions.

**Transformational Journeys through Time and Space**

Createspace Independent Publishing Platform

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!

*Practical Manual to Past Life Regression* Crown House Pub 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

Healing the Wounds and Trauma of This Life and Past Lives with the Presence and Light of the Divine Llewellyn Worldwide

Discover the world of chakras and how they can change your life! Have you ever been enchanted by the word "chakra"? What does it mean, and why is it so popular in the modern world? What kind of positive effects can chakras have on your life? Do these questions baffle you? Are you intrigued by the mysteries and secrets of the world of chakras? If your answer to even one of the above questions is yes, then you have come to the right place. This book is an exhaustive collection of all relevant information regarding individual chakras and the chakra system as a whole. With this book, you will: Learn what chakras are and how each one functions Discover what roles chakras play in our physical, emotional, and spiritual realms Understand the subtle body system and auras Master awareness of the seven chakras Learn what, why, and how energy blockages are formed Discover what happens when chakras are blocked Learn how to cleanse and clear the blockages Master how to look after your chakras every day without a lot of time and effort There are seven chapters dedicated to each of the seven chakras where detailed descriptions of their meanings, symbols, seed mantras, and other aspects are discussed. In addition, there are chapters dedicated to a complete chakra activation 6-day challenge that you can start immediately. And finally, as a bonus, this book has a chapter on how to activate and use your third eye chakra to build your psychic powers. So, what are you waiting for? Click the "add to cart" button and become a master at understanding your chakra needs!

Healing Scripts Next Chapter

This volume is a rich source of scripts and strategies that can be

used by hypnotherapists of all levels of experience to build a successful framework for any therapy session. Covers inductions, deepeners and actual scripts for a wide range of problems, from nail biting to getting a good night's sleep, sports performance to past-life recall, pain management to resolving sexual problems. All scripts may be used as they stand or adapted for specific situations.

**12 1/2 Steps to Spiritual Superiority** Llewellyn Worldwide Limited

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  
*Past Life Regression* 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.

*Advanced Ericksonian Hypnotherapy Scripts: Expanded Edition* Red Wheel/Weiser

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 . . .

*How to Hypnotize Yourself with Your Eyes Open* Crown House Publishing

This book of more than 100 Hypnotherapy scripts is based on over 20 years of experience. This book is expanded on the first edition to include more hypnotic inductions & 'quit smoking scripts & strategies' and additional description about using the scripts. This isn't just another hypnosis scripts book. It also gives the reader ideas and suggestions on how to run a Hypnotherapy session from gathering information to carrying out the hypnotic work, ending a session and setting tasks. It also introduces Ericksonian Hypnotic language patterns and script structure so that the reader can have a deeper understanding of what is being done in the scripts and why they are written the way they are. This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis. "A must for all hypnosis and NLP students" Hypnotherapists in training can read and analyse the Hypnotherapy scripts & study the language, structure & multi-level communication used.

*The Ultimate Hypnotherapy Script Book!* Weiser Books

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.

*Step by Step Guide and Hypnosis Scripts* Sounds True

The miracle of healing comes from within. Explore several natural approaches to healing that include past life regression and future life progression.

*Healing with Past Life Therapy* Spiritual Hypnotherapy ScriptsFor Body, Mind, and Spirit

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.

*A Manual for Hypnotherapists to Conduct Effective Past Life Regression Sessions* Loving Healing Press

Teaches readers how to use self-hypnosis to discover past lives,

contact departed loved ones, meet guardian angels, and increase self-confidence

**Featuring the Secret Garden Meditation Series and the HIM - Healing Immersion Method** CreateSpace

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!

**Mirrors of Time** Publicious Pty Limited

This book is written in terms that are comprehensible to the layman. The step-by-step instructions should afford the reader a means of acquiring self-hypnosis. The necessary material is here. The reader need only follow the instructions as they are given. It is the author's hope that you will, through the selective use of self-hypnosis, arrive at a more rewarding, well-adjusted, and fuller life.

Past Life Regression Sourcebooks, Inc.

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.

**The Definitive Manual for Protecting Yourself Against Paranormal Attack** Llewellyn Worldwide

Spirit Releasement 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** Llewellyn Worldwide Limited

Language immersion is by far one of the best ways to learn a foreign language. Wouldn't it be great if there were a self-improvement method that followed this same idea? Well, there

is! While I certainly don't claim to have created the immersion method, I did create the HIM - Healing Immersion Method, which is a revolutionary new method of self-improvement. I created this method to solve a problem. The problem I had was I would get tired of listening to the same old recordings after only a few times, which caused me to stop listening altogether. I needed a new method. I couldn't find one that offered me enough variety so I created my own. They say variety is the spice of life - and this applies to everything in your life from your food to your method of self-improvement. Let me ask you a question. If you had to pick a place to shop at every day for a year, would you rather shop at a colorful Bazaar that had a huge selection of fruits and vegetables, or would you choose to shop at a fruit stand that only sold strawberries? I don't care how delicious the strawberries tasted or what kind of soil they were grown in, you would eventually get tired of eating them if you had to eat them every day for a year. Believe it or not, this same analogy can be used in self-improvement. In other words, I don't care how amazing a method is, you will eventually reach the saturation point where you get tired of it. In terms of self-improvement, in order to see changes, you have to constantly be changing up your method. The HIM - Healing Immersion Method is all about immersing yourself in everything. That might mean meditating one day, and doing some hypnosis the next. It could also mean listening to environmental sounds or listening to some affirmations. The HIM - Healing Immersion Method is a Multi-Sensory Healing Approach that utilizes multiple modalities to make changes. The HIM approach includes but is not limited to: \* Hypnosis \* Meditation \* Interactive storytelling \* Sound healing \* Environmental sounds \* Affirmations \* Visualization \* Astrology \* Numerology \* Reading. If that sounds like a lot - it is because that's the whole point of this method. The Healing Immersion Method utilizes a visual, auditory and kinesthetic approach using all of the senses like sight, sound, and touch or feeling. Before I created this method, I had trouble sticking to just one method. One day it dawned on me that this new method actually helped me override my brain's set point, which kept me from getting bored. If you have tried other methods and failed, this method should be of great interest to you. HIM works with the idea of a 40-day commitment. When you vary your techniques and make a point to do something different every day in support of your goal, you don't get bored. This multifaceted approach is completely unique in the marketplace. *The Life-Changing Magic of Healing Thru Immersion* is written in two parts. Part I provides a brief overview of the Healing Immersion Method and Part II contains 6 beautifully written interactive meditations based on the theme of the Secret Garden, which is, of course, a metaphor for your mind. The six meditations included in part II are: The Secret Garden Meditation, Tree of Life Meditation, Nurturing a Dream Meditation, Meditation for Divine Love, Meditation For Vibrant Health, Meditation For Wealth and Abundance and Affirmations for the Secret Garden. The meditations in the book are designed around the eyes-wide-open method, which means as you read through the meditations, you also benefit from the experience. I never liked the idea that one size fits all. I have deemed this approach the "Healing Immersion Method or HIM" for short, and I truly believe this idea is revolutionary. When you follow this method, you will never grow tired of it. As a Clinical Hypnotherapist with a master's degree, I stand behind this method and I hope you will too.

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