

## Regressive Hypnosis – Frequently Asked Questions

Whether its aim is to revisit past lives, move forward into the future/future lives or to enter the realm of Life between Lives, hypnosis is not simply a ‘reconstruction’. You need to know that you will be following a spiritual path with a view to finding your own answers, whereas I, being a specialist certified by the University of Staffordshire (a one-year course plus another year of preparation), will only be present to guide you using my technical expertise. You will feel what I can feel as a spirit medium, only more powerfully, as well as hear and talk spiritual entities in the same way that I normally communicate with them. This is the reason why **it is vital that we have a bond of trust that brings us together**. The best hypnotherapist in the world will not be able to hypnotise you if you still have doubts, cannot relax, or are too caught up in the need for concrete proof. After all, this undertaking can only be a personal and private one; you must experience it and not intellectualise it. This detail is what determines whether a consultation will be a success or a failure.

A bit like if I showed you the device needed to move your furniture and you questioned me every time about the praiseworthiness of your own choice of armchairs and tables, their size, etc. Firstly, I have not chosen your ‘furniture’, and no more so have I chosen the instruments needed to move it. Secondly, I am talking about your path through your own questioning, not my own path.

A séance is not just a quick visit where you sit down, listen to me, and then leave with the necessary information. You will have to work, before, during, and after! And pay me, of course... ☺ Keep in mind that I am just the technical expert who will instruct you by explaining to you how the process works, nothing more. But because of my training in medical hypnosis, even if it is well-being hypnosis that I practice, I will take all necessary medical precautions beforehand in order to avoid the

possibility of you experiencing any health issues later on. Hence my interest in providing a 'medical' questionnaire and a questionnaire concerning the reasons behind your signing up for hypnotherapy with me.

One last point:

Paradoxical as it may seem, there is no need for the consultant to believe in reincarnation for the séance to bring him or her all its expected benefits!

a) Why should I undergo a session of Life between Lives hypnosis (or regressive hypnosis)?

The main reasons are as follows:

- To connect to one or several spiritual guides
- To help you in the mourning process
- To connect with deceased loved ones
- To understand your life mission (soul contract and therefore life path.
- To understand our spiritual nature, to connect to your soul group.
- To receive advice on your professional life and your love life.
- To comprehend the origin of deep and inexplicable feelings towards a person.
- To receive advice on tackling the challenges in your life and overcoming repetitive patterns.
- To liberate yourself from the fear of death.
- To forgive yourself and others who have hurt you.
- To understand the origin of certain health problems you may have and quicken the healing process.

N.B.: Although I am a certified hypnotherapist, I am neither a doctor nor a psychiatrist, and all I do is help people on the road to spiritual recovery. **UNDER NO CIRCUMSTANCES must you abandon a current medical treatment or stop seeing your doctor.** In order to avoid any misunderstanding, a receipt will be signed by the client.

b) What is the difference between past lives and Life between Lives (LBL)?

In your past lives you possess a physical body; you are 'alive' in the commonly accepted sense. In LBL the hypnotherapist will carry out a deeper questioning of your soul at the times when it evolves in the absence of a physical body, in what some people call 'heaven', the 'beyond-the-veil', etc.

c) How will a séance unfold?

At the beginning of the meeting we will discuss the hypnotising process that we are about to begin. I will explain to you in detail how the séance will pan out and answer your questions in order to dispel any fears you may have. We will also talk about your previous experiences of hypnosis, if you have any. If the filled-out health questionnaire proves satisfactory, we will be able to continue. Thereafter, we will work together to fill out several preparatory documents during the consultation (which you will keep copies of). For example, we will draw up a list of the people who have had the greatest effect on you in your current life, for better or for worse, as well as discussing finding your own 'safe place', etc. The aim of the stage is to clarify the objective of our session together and to specify the questions to which you would like to know the answers. Hypnosis tests will be performed on you. Then, during the

second half of the session, I will put you into the right 'state' (physical, emotional, psychological, and spiritual), before setting you off on your spiritual journey. The recording of the séance will begin at this point. Together, we will discuss what there is to discover and the debriefing will take place.

d) What are your qualifications? Why haven't other hypnotherapists made me fill out questionnaires on my health and my reasons for consulting them? Why do you not run a training course yourself?

I am a graduate of the University of Staffordshire and my course lasted for a whole university year. What is more, in order to be accepted for this training course, you already need to have had past experience and/or a 'preparatory' degree. [Mine came in the form of an American associate degree]. For example, those who are not accepted include hypnotherapists with degrees from French private schools (commercial organisations) whose course has only lasted a week, a month at most, even if the applicant has had ten years of practice. My credentials can be verified directly by the university in question, whose details you can find online. Regarding the two questionnaires – regarding health and motives behind treatment – I am simply dedicated to taking a serious approach to the consultations carried out in my office. In order not to miss out a single detail, I focus on prevention, as I have been taught, so that nothing untoward, in a physical sense, occurs during the séance.

After two years of exploring hypnosis, I do not feel sufficiently able to train potential students, seeing as I myself am still in the process of discovering the true depths of this subject. You should be wary of some hypnotherapists who, after just two weeks of training, preach their great 'wisdom' to the general public. Their approach is highly self-indulgent, but that is their problem. Personally, I do not see

myself as being capable of doing this, not for lack of teaching skills (I trained part-time trainers during my time as a civil servant, and I occasionally teach French as a foreign language), but because I do not feel I am sufficiently well-versed in the subject.

e) What if I do not see or feel anything?

Bear in mind that the point of hypnosis is simply to induce you into a state of relaxation that will allow you to access your soul's past. Anyone can experience hypnosis; but certain people need greater preparation and a little bit of training in order to achieve the deep hypnotic states that are necessary during an 'LBL' séance. In any case, I will be able to identify any difficulties you may have with hypnosis during the preparatory tests, so that from then on you do not encounter any problems. At worst, another session will be rescheduled free of charge. The total price, which will have been settled in our first meeting, still stands.

f) Is one session (in two parts) enough?

Generally yes, but once again it all depends on your expectations. If you need to resolve your inexplicable (at least in this life) phobia of water, allay the hatred you have towards your ex-husband for which there is no valid reason, speak to your spirit guides, or find out in detail how your life will pan out over the next decade, then yes, I think that you will need to schedule another session with me. You should leave a gap of at least six months (ideally a year) between separate sessions, as you will need this time to fully grasp the content of the first session!

g) Can the cost of your services be reimbursed by Social Security?

No, just as with any kind of psychotherapy that has to do with well-being and is of a non-medical nature (psychoanalysis, Reiki, massage, etc...).

h) If I relive an unhappy love affair from the past, what is the interest in me experiencing the heartache again?

If these images come back, it is not by chance. You have left some work unfinished at a spiritual level and your soul (you) is deciding to get to grips with this lesson, hence the experience of a wave of unpleasant feelings that can do nothing but harm your global advancement if not faced directly. To use a more universal example, humanity learns more during times of failure than it does during times of success. The process of freeing oneself from negative energy involves experiencing it again. Sorry, but that is just the way it is.

i) What if this is my first life on earth?

Everyone has had a first time. From my experience, the 'youngest' soul encountered (in Greece in 2013) was in its 19<sup>th</sup> reincarnation, but in any case your Higher Self will guide you towards the necessary points to be touched upon, do not worry. Under such circumstances, things do not happen by chance; you have not come into my office for a hypnosis session by mere coincidence.

j) I am sure I was Julius Caesar or Louis XIV in my previous life. What do you say to that?

I do not say anything to that, although in my experience I have never come across any famous figures. Bear in mind that this is an extremely rare occurrence, even in

simple statistical terms. Ask yourself the question: Are you sure you were the famous Julius Caesar? Or were you just someone who was close to him in some way? That could (as an illustration) explain such great similarities to him when it comes to your historical description of that period, or your fascination for the man, for example.

k) I have read that people can fabricate events when under hypnosis. How can I be sure that what I say is the truth?

You are right, you can lie under hypnosis. But is this of any concern? You have nothing to prove to me (you have paid me after all...), and lying to yourself would do nothing but cause you harm. What is more, what you experience during a séance, regardless of whether it is true or false, will be your truth that will speak to you and you alone. Even if you do not believe in the phenomenon of metempsychosis, you will feel soothed, relieved, and at peace with yourself for having your answers. Is that not the most important thing?

l) Must I relive my death in a past life?

Not necessarily; it all depends on what you (your soul) have decided. During our preparatory séance, I will brief you on the importance of having a safe place and the need to be able to take a step back, to view your death in the same way a cinemagoer watches a film.

m) If I were to truly experience a past life again, would I be able to recall my name, the year, etc.?

Once again, it all depends on why your soul wishes to relive that part of its evolution. As you will be connected to your current self, you should not have any

problem pinpointing a date or year, as you will tap into your current historical knowledge. But is this really the most pertinent issue at hand? You can always play genealogist or detective after the fact, but isn't the most important thing the spiritual benefit you gain, not the verification of your past existence? Keep in mind that, from my experience, it is not uncommon to not be able to recall a past life, since your Higher Self focuses on another, more mystical area, not on the 'material' consideration of verifying past lives.

n) Can I talk to my friends and family about my experience with you?

I cannot answer your question. It all depends on your desire, or lack thereof, to share the experience with your loved ones, as well as on your specific relationship to those you want to share it with, etc. Bear in mind that as a hypnotherapist and spirit medium, I am bound to professional secrecy, and will never discuss the content of our séances with your family or friends.

o) How can I be sure that the discovery of a past life will not take the upper hand over my current life?

You cannot be sure, anymore than I can! More prosaically, I would say that your existence is still what you make of it and how you manage it. Your past coenaesthesia influences your current self only to the extent you deem it important in helping you and if you do not think it will 'hold you back'. Keep in mind that, in terms of your spiritual advancement, only better things are left to be achieved; everything else is of trifling importance... ☺ Your past Self in no way foresees or prejudices your current Self.



