

RE-CONNECTING WITH IMPORTANT SPIRITUAL ENTITIES AFTER AN LBL SESSION.

This is a paper regarding Self-Hypnosis and Post-Hypnotic suggestions in LBL therapy and how important this activity is with clients.

One of the great benefits of LBL hypnotherapy is what the facilitator can do for the client at the close of a session. After some 3 plus hours clients usually have built a relationship on an unconscious level with their personal spirit guides and most likely re-connected with the souls of loved ones—usually in their spirit cluster group—whose incarnation in the client's current life has previously ended. As a facilitator, one of your tasks at the end of the LBL session should be to enable them to re-connect with important spiritual entities in future on a more conscious level, especially for healing.

In my practice, what I used to do during the LBL session at some point with an entity of significance to the client—say a spirit guide—was to ask the following question: “Should you wish to contact this entity in the future, what would be the most effective trigger words for you to use with yourself in an altered mental state to re-connect with this soul? This may or may not involve a crises situation in your life.” I would re-enforce any client comments expressed here again at the end of the session through Post Hypnotic Suggestion.

Keep in mind that during hypnosis the unconscious mind—especially the superconscious in a deep trance state—does not lose contact with the reality of the client's current life and all it's emotional pressures. Your client's cognitive processes are both active and goal oriented. This means that when I offer a Post Hypnotic suggestion such as: “Do you think it would be to your benefit in the future in some situation to place yourself in a meditative state of self-hypnosis? How might this action assist you in dealing with your current situation?”-- this means I can follow up with, “Do you have any thoughts as to the best procedure to re-connect—perhaps with a trigger word—with significant entities we have been in contact with today?”

Because hypnosis clients are not passive or strictly literal without imagination, most will actively contribute to a plan of future action tailored to their needs. This procedure at the end of a session need not take long, especially if you use the spiritual names associated with these beings. I found that this parting gift from your office to be of immeasurable benefit to the client's piece of mind. This post-hypnotic effort on your part involves far more than symbolic metaphors because by the end of the LBL session the relationships established in the spirit world are far from ambivalent.

A huge motivating factor behind the use of post-hypnotic suggestions for meditation after the client leaves your office is the issue of loneliness. We live in an overcrowded age where many people in our society don't interact with each other—especially in cities. This impacts upon a person's identity and is the cause depression on one hand and violence on the other. Notice that more and more people are becoming dependent upon

electronic devices and the love of “things” rather than people. I feel these “props” involve a form of unrequited love and they are a poor substitute for meaningful relationships. Divorce is high as is chemical dependency to deal with hurt. Families today are often separated by large geographical distances and therefore provide little day to day support. Many people feel they live in an uncaring and impersonal world.

When an LBL client connects in the spirit world with their own immortal essence and that of beings with whom they have had some association in the past, this changes them. They know now that life does not end with death. They have a guide that is their personal counselor and other souls who will always love them. There is no need for religious intermediaries. The spirit world is a space of compassion and forgiveness and, after all, this is their real home.

I once had a client in his 60s who was a widower, having lost his beloved wife a few years before our LBL session. He mourned for Glinda every day. I gave him post-hypnotic suggestions about re-connecting with her when needed. A few months later he wrote me the following: “Dr. Newton, you have helped me to re-unite with Glinda when I thought I had lost her forever. Now we talk all the time and I am a different person because I know eventually I will be with her again.”

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