

Summary of The Art of Spiritual Hypnosis

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As discussed in Chapter 13 of my text, *Hypnosis for Inner Conflict Resolution* (Crown House Publishing, 2005), there is an aspect of parts therapy that involves calling out the part of the subconscious most closely connected to God (or the client's Higher Power). Experts in variations of parts therapy made these same discoveries, and such sessions often result in profound insight for the client.

Just as there are numerous ways to go from Los Angeles to New York, there are numerous ways to enable a client to access Divine Wisdom during hypnosis. (The destination is more important than the journey.) My method has passed the test of time, but is not the only way to do so.

My Protocol

As in traditional parts therapy, I organized these spiritual sessions into three phases: *preparation*, *process*, and *conclusion*. The steps resemble those for traditional parts therapy to help clients resolve inner conflicts. (Please refer to either the parts therapy text, *Hypnosis for Inner Conflict Resolution*, published by Crown House Publishing in 2005.)

A. Preparation

Before the journey, I explain the parts therapy concept, and the concept of communicating directly with the client's Higher Power. I ask what name he/she wishes me to use (God, Holy Spirit, etc.); because it is important to respect the client's beliefs. *We do not have the right to impose our own spiritual beliefs into the client.* The client provides one or two open-ended questions that he/she wishes to ask during the trance journey, and I write them down. Also, I advise the client to set aside any preconceived opinions or expectations regarding the answers...and instead to trust his or her Higher Power to provide the best answer.

After induction and deepening, I guide the client to a peaceful place and establish finger responses (ideomotor response signals). These remaining steps of the preparation phase are the same as the Preparation phase of Parts Therapy, except that my goal is to get the client deeper than 30 if possible. On rare occasions I might proceed at between 30 and 40, but never above 40. After verifying depth, the journey begins...

B. The Spirit Trek Journey

These steps resemble the 11-Step Process of parts therapy, detailed in my text, with exceptions noted below.

Identify and call out that part that is most closely connected to WHATEVER name the client provides as his or her perception of Higher Power (God, Divine Light, Universal Mind, Holy Spirit, Yahweh, Christ, Higher Self, etc.), and ask for confirmation either by voice or finger response when such communication is permitted. When a verbal response is given, ask what name the part wishes to be called. Common names given by Higher Power part are (in alphabetical order): angelic names (Michael, Gabriel, etc.), Christ, Divine Light, God, Goddess, Higher Self, Holy Ghost, Holy Spirit, I Am, Jesus, Light, Spirit guide, Wisdom, Yahweh, etc. Use whatever name is provided.

After thanking the part for being present and communicating, ask the question(s) previously stated by the client, and await the responses. Often the responses are verbal, but sometimes finger responses indicate that the information will be communicated privately into my client's mind without me knowing what is being communicated.

If the part is negative and/or critical, ask: "Do you serve the Light?" This question normally exposes a counterfeit part posing as the Higher Power. Then instruct it to listen while you call out the TRUE Higher Power part.

Once you have a genuine Higher Power part, proceed by asking the client's question(s), followed by two more questions:

(1) As a result of this information, how will you best benefit in the here and now or the coming days, weeks, or months?

(2) What new information, if permitted, are you now allowed regarding your life path or purpose?

After finishing the questions, if two or more answers are vague, then I ask the Higher Power part to provide any additional words of love, wisdom or encouragement that are appropriate for the client. When this is complete, I ask the client to thank his/her Higher Power for being here, and integrate appropriately.

If the Higher Power part did NOT approve two-way verbal communication, then after each question I add, "When the answer is communicated to [client name's] mind, please move the YES finger.

In a sense, the Higher Power's responses to the questions replace Step 9. I skip Step 10; then for integration I simply say, "Now it's time to integrate into Divine Harmony. When this integration is complete, please indicate by moving the yes finger or saying, "It is so..."

C. Conclusion

I use appropriate post-hypnotic suggestions and imagery before concluding the session, based on the information provided by the Higher Power part. If the communication was by finger response only, I suggest that the client remember everything he or she is permitted to remember, and IMAGINE applying the divine wisdom in his or her life...and to be "...the best YOU that you can be!"

Then I give a slow awakening procedure, and afterwards ask the client for feedback (debrief). Often I review pertinent parts of the notes if they contain important info...but this is often irrelevant when the communication was not verbalized during the session. In such a case, the client can (and should) meditate shortly after the session and make some personal notes for future reference.

IMPORTANT: I very strongly recommend a background in both parts therapy (or a variation) and regression therapy before any hypnosis professional attempts to facilitate this type of trancework. On rare occasions, a client's Higher Power part has guided the client into a past life regression.

Avoiding Potential Pitfalls

Increasing numbers of hypnotherapists around the world are discovering the fact that hypnosis opens the subconscious to insights. This has a downside for those who fail to recognize a very important ancient saying recorded in the Bible:

***** *Seek and you shall find!* *****

In modern day language, regarding the application of hypnosis, this means the following:

If either the client or the therapist has a preconceived opinion on what will take place during the trance state, *the subconscious will frequently find a way to make it happen! The results = fantasy or false perceptions.*

If you go looking for entities, whether Light or Dark, you shall surely find them...even if they are figments of the imagination.

If you go looking for a past life as a priest in ancient Egypt, the subconscious can easily fabricate a fantasy to satisfy both client and hypnotist alike.

If you ask for insight, wisdom, and/or awareness from a Higher Power, set aside any preconceived opinions or expectations of what the response may be...as personal bias can taint the trance by distorting the

information received. By seeking truth rather than validation of preconceived opinions, you have a far greater probability of finding it.

Also, whenever you are client, be extremely careful of hypnotists or metaphysical practitioners who have their own agenda to install inside their clients. If you do not like where the trance guide takes you, the power to terminate the trance resides in your own mind...and you can bring yourself out of hypnosis. I have done so more than once during my career.

Spiritual trance work is a version of client centered hypnotherapy. The goal is to empower the client at all levels of consciousness, as well as to receive new insight from a Divine Source. This type of hypnotic spiritual journey often results in profound insight for the client.

I am available (if sponsored) to facilitate an experiential workshop exploring the applications of spiritual hypnosis, parts therapy, regression therapy, or any of the techniques covered in my hypnosis texts.

Contact me at: royhunter@msn.com

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Order Products Online!

The Art of Spiritual Hypnosis: Accessing Divine Wisdom (2016, Blooming Twig Publishing): This book includes over 80 case summaries submitted by over 25 highly respected hypnotherapists from around the world. The amazing stories include many examples of life-changing breakthroughs after clients successfully accessed Divine Wisdom from a Higher Power.

Product Number: B07 – USA orders only, \$19.95 * International may order on Amazon.com.

Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy (2005, Crown House Publishing): Roy Hunter's parts therapy book was written in response to numerous requests over the years for an entire book dedicated to parts therapy. Variations (such as ego state therapy) are discussed, and a step-by-step parts therapy process is presented in an easy-to-understand format, with scripts to help the therapist walk the path of successful parts therapy. Roy's work is based on the client-centered teachings of the late Charles Tebbetts, and updated through years of professional experience.

Product Number: B05 - US \$45.00

Spirit Trek

This DVD is a recorded version of a short explanation given several years ago over-viewing the Spirit Trek process of calling out that part of the inner mind closest to the client's perception of God or Higher Power. See Roy demonstrate a group journey in front of a live audience at an IMDHA chapter meeting. Approx. 1¹/₄ hr.

DVD, Product Number: DVD44 - US \$59.00

Parts Therapy workshop and/or Regression Therapy workshop in mp4 format.

View the 2-day parts therapy workshop and/or the 2-day regression therapy workshop presented in 2011 at Costa Mesa, California. Each memory stick contains edited video files of the entire workshop, excluding breaks and most off-topic questions. Each workshop is \$175; or buy both together for \$295. (Price includes shipping in the USA.)

You may order the above products and more online at:

<https://www.royhunter.com/training-materials.htm>