

Spirit Guide Contact Through Hypnosis

A guide to using self-hypnosis to aid in breaking of bad habits such as smoking.

Free yourself from the limitations of the earth plane and the laws of space and time. Astral Voyages presents more than 65 exercises that train you to safely leave your physical body and return unharmed from explorations of the upper astral plane and the causal, mental, or etheric realms. You might even venture to the soul plane and observe the process of selecting your next lifetime! Dr. Goldberg unveils his paradigm of the 13 dimensions, developed from 25 years of experience with hypnotic regression, progression, and out-of-body experiences. Specific scripts train you for guided imagery astral voyage, lucid dreams, accessing the Akashic records, cabalistic projection, and advanced techniques such as the Witch’s Cradle and the 37-Degree Technique used by the ancient Egyptians. Other topics in this metaphysical book include astral entities, astral sex, astral healing, and scientific studies on astral voyaging.

"By providing easy-to-follow techniques of self-hypnosis and guided meditation, Dr. Bruce Goldberg makes the mechanism of contact with one’s spirit guides accessible to all who sincerely apply themselves. Dr. Goldberg has blessed his readers with countless hours of inspiration and guidance. This is a book that will bring comfort and joy to millions." –Brad Steiger, author of Guardian Angels and Spirit Guides Contacting spirit guides is as old as civilization itself. Shamans dating back to at least 50,000 B.C. rituallysically 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.

A Fifth Dimension Odyssey

Karmic Capitalism

How to Connect and Communicate with Your Cosmic Helpers

Easy Ways to Hypnotize Your Problems Away: Easyread Super Large 24pt Edition

Lifetimes

Time Travelers From Our Future

Fifteen years ago while studying energy healing, Marilyn Kaufman found herself in a spontaneous past life. The incredible experience left her wondering what other lifetimes could be influencing her current existence. And so she began an introspective journey to find out more. After gaining a better understanding of the experience, Marilyn began studying hypnosis and regression therapy, and eventually incorporated the techniques into her existing energy healing practice. While guiding her clients down an enlightening path through past lives, into the between, and to connect to their Spirit guides, Marilyn learned much about the purpose of life. By sharing her insights, Marilyn helps others who may be awakening or searching for meaning in their lives to embrace the power of past life regression therapy to move through challenging obstacles, explore and heal relationships, and realize their true life’s purpose. Lifetimes shares fascinating personal stories of an empath’s journey and related experiences with past life regression as she achieved peace, gained eternal knowledge, and went on to guide others down a path of self-actualization.

Karmic Capitalism trains the reader to become empowered, financially independent and attain spiritual growth during this process. I discuss the concepts of limiting beliefs, affirmations, visual imagery and access our Higher Self to raise our consciousness and establish a foundation for karmic capitalism. Many self-hypnosis exercises are presented to guide the reader step-by-step through the techniques of karmic capitalism.

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.

Easyread Super Large 18pt Edition

Hypnotherapy for Spiritual Regression

Spirit Guide Contact Through Hypnosis

Hypnosis

A Guide to Working with Plant Consciousness

Signs from Heaven

According to the author of this text, we often experience spirit contact in our lives but fail to recognize it for what it is. As a solution, this book shows how to access and attune to beings such as guardian angels, nature spirits and elementals, spirit totems, archangels, gods and goddesses, as well as family and friends after their physical death.

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

Contacting spirit guides is as old as civilization itself. Shamans dating back to at least 50,000 B.C. rituallysically 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.**

Exploring Your Past Lives and Life Between Lives Can Empower You to Live the Life You Were Meant to Live

Life Between Lives

New Case Studies of Life Between Lives

My Spirit Is Not Religious

Meet Your Spirit Guides Hypnosis and Meditation

Easy Ways to Hypnotize Your Problems Away: Easy Read Comfort Edition

What is a soul? In reading this book there will be a clear understanding and a desire to do more research. This book is perfect for people who are searching for understanding of self and how we all fit into the circle of life. L.Robb brings to life the understanding of the spiritual aspects of what is happening in our worlds.

*Dr. Michael Newton is world-famous for his spiritual regression techniques that take hypnotic subjects back to their time in the spirit world. His two best-selling books of client case studies, *Journees of Souls and Destiny of Souls*, have left thousands of readers eager to discover their own afterlife adventures, their soul companions and guides, and their purpose in this lifetime. Now, for the first time in print, Dr. Newton reveals his step-by-step methods. His experiential approach to the spiritual realms sheds light on the age-old questions of who we are, where we came from, and why we are here. This groundbreaking guidebook, designed for both hypnosis professionals and the general public, completes the afterlife trilogy by Dr. Newton.*

Self Help.

How to Read the Messages from Your Loved Ones in the Spirit World

A Guide to Living Beyond the Human Drama

My Journeys to the Spirit World

Soul Healing

Opening A Window To The Soul

Easyread Large Bold Edition

A hands-on approach to working with the healing powers of plant spirits • Explores the scientific basis underlying the practices of indigenous healers and shamans • Illuminates the matrix where plant intelligence and human intelligence join • Reveals that partnering with plants is an evolutionary imperative Indigenous healers and shamans have known since antiquity that plants possess a spirit essence that can communicate through light, sound, and vibration. Now scientific studies are verifying this understanding. Plant Spirit Healing reveals the power of plant spirits to join with human intelligence to bring about profound healing. These spirits take us beyond mere symptomatic treatment to aligning us with the vast web of nature. Plants are more than their chemical constituents. They are intelligent beings that have the capacity to raise consciousness to a level where true healing can take place. In this book, herbalist Pam Montgomery offers an understanding of the origins of disease and the therapeutic use of plant spirits to bring balance and healing. She offers a process engaging heart, soul, and spirit that she calls the triple spiral path. In our modern existence, we are increasingly challenged with broken hearts, souls in exile, and malnourished spirits. By working through the heart, we connect with the soul and gain access to spirit. She explains that the evolution of plants has always preceded their animal counterparts and that plant spirits offer a guide to our spiritual evolution—a stage of growth imperative not only for the healing of humans but also the healing of the earth.

Written by a certified and practicing medium, this practical text relates fantastic stories from real-life psychics that run the gamut of spiritual entity encounters.

"Journey of Souls and Destiny of Souls are two of the most fascinating books I have ever read."—Academy Award-Winning Actress and Author Shirley MacLaine A pioneer in uncovering the secrets of life, internationally recognized spiritual hypnotherapist Dr. Michael Newton takes you once again into the heart of the spirit world. His groundbreaking research was first published in the bestselling Journey of Souls, the definitive study on the afterlife. Now, in Destiny of Souls, the saga continues with 70 case histories of real people who were regressed into their lives between lives. Dr. Newton answers the requests of the thousands of readers of the first book who wanted more details about various aspects of life on the other side. Destiny of Souls is also designed for the enjoyment of first-time readers who haven't read Journey of Souls. Explore the meaning behind your own spiritual memories as you read the stories of people in deep hypnosis, and learn fascinating details about: Our purpose on Earth Soul mates and spirit guides Spiritual settings and where souls go after death Soul travel between lives Ways spirits connect with and comfort the living The soul-brain connection Why we choose certain bodies

A Guide for Practitioners

Achieve Balance and Wellness Through the Body’s Energy Centers

Contacting Your Spirit Guide

Unleash Your Psychic Powers

The Facts on Spirit Guides

How to Meet & Work with Spirit Guides

Discover the different types of spirit guides, how to communicate and work with them and how they can help you in every facet of life. Connect with your personal team of spirit guides, and draw on their ancient wisdom and healing to overcome challenges, unlock success and achieve your dreams. The Seven Types of Spirit Guide is the first-ever exploration of the cosmic helpers who have communicated with everyday people across cultures and throughout human history. Spirit guides take many forms, and in this book spirit guide medium Yamilé Yemoonyah will introduce you to each of the seven types: angels, ancestors, nature spirits, star beings, animal spirits, ascended masters and deities. Each has specific characteristics, gifts and challenges, and you’ll learn the unique reasons your spirit guides are here to support you on your personal path. Featuring an extensive quiz to help you discover which types of spirit guide, or guides, you have, and practical advice on identifying and communicating with them, this refreshing and inclusive companion will help you to further your spiritual development, manifest your dreams and live your purpose.

A profound and in-depth dialog of Spirit-guided insights describing the nature of the soul essence and presenting imaginative, practical tools to transform human dramas.Addressing commonly asked questions, Opening a Window to the Soul presents a unique way to understand how the world operates, heal painful emotions, get along with difficult people, and clear unhealthy patterns. With potent examples from the author’s personal journey as well as client sessions, the messages are compassionate, enlightening and universally applicable.Topics include: the nature of the soul essence; what’s between lives; soul memories, emotions, ego, and creative thought as aspects of the àEarth Suit;à how past life experiences impact present time; the soul family as relating to childhood and karmic agreements; love relationships and soul mates; working with the Spirit team (soul family guides) and soul purpose.

Look inside for answers from higher beings To many of lifes questions, including: What happens the moment following death? How to meet your spirit guides. Are you on your correct path? What is the basis of fear? Do higher beings believe in God? What happens during life between lives? How to heal yourself: physically and emotionally.

Plant Spirit Healing

Self-Empowerment Through Self Hypnosis

The Art of Spiritual Hypnosis

Secrets of Self-hypnosis

What You Don't Know About Your Soul

The Spirit-filled Life

Sit back, relax, and go on a journey to meet your spirit guides. This hypnosis session guides you into the light and then takes you through a process that lets you meet your guides and know who they are. In the audio you learn how your guides interact with you throughout the day. You will get to see something your guide has been trying to show you and at the end you are able to ask a question. Listen now and enjoy the experience. This book is for a script only. To listen you can get it on audible.com.

Unleash Your Psychic Powers trains the reader to maximize their psychic abilities through dozens of simple exercises. Dr. Goldberg presents many self-hypnosis and meditation techniques to guide the reader to meet their Higher Self, see auras, perform energy healing, telepathy, crystal ball methods and many others. This book is a must read for anyone interested in both experiencing psychic phenomena, and maximizing its use to grow spiritually.

Even doctors and the most sophisticated tests can't always find the source of a health issue, but there is one authority that always knows-your own body. "We intuitively perceive what we need for physical, emotional, and spiritual healing," teaches Marie Manuchehri. "The biggest challenge for most of us is learning to trust our inner guidance." With Intuitive Self-Healing, this registered nurse and renowned energy healer provides accessible instruction for helping you tune into your health at a deeper level. Offering a compendium of illuminating case studies and practical self-care techniques, Marie invites you to learn more about: The chakra system-how to access and activate seven energy centers that hold the key to our wholeness and intuitive gifts A chakra-by-chakra examination of specific health and emotional issues, with easy self-assessment quizzes Energetic preventative care-detecting and addressing potential health problems before they physically manifest Hands-on tools for accessing intuition, including one-minute exercises to ground and balance your energy-anywhere Your intuitive style-how to discover your unique strengths for reading and working with subtle energy Through her popular radio show and workshops, Marie Manuchehri has provided invaluable guidance for those seeking to take a more active role in their own well-being. "Everyone has the power to create a vital, fulfilling, and healthy life," teaches Manuchehri-and with Intuitive Self-Healing, she offers key insights for awakening your own life-changing gifts. "This engaging book is the result of one person's dedication to trusting her intuition and learning from careful observation of people in need. Each case example gives an 'inside scoop' about the ways an energy healer's perceptions can guide whole-person healing. Each personal exercise given is a valuable guide for activating the reader's intuition. I strongly recommend this fascinating guidebook!" –Dorothea Hover-Kramer, EdD, RN, DCEP Excerpt Intuitive Healing isn't new. It's been around for centuries, but we have forgotten what it means to listen to our own body's messages. Instead, we have given our healing power away by not paying attention to our feelings and centered thoughts when we feel ill or are diagnosed with a disease. Intuition by definition is about knowing. Intuitive healing begins with discovering the vital energy within. There is nothing unusual about it. We all possess it. Each of us is our own best healer. Coming to know this intelligence within manifests itself in many different ways. Some people view images in their mind, hear words, or feel sensations. Others pick up insights during their daily life which seem to come from others—from radio, television, or billboard advertisements. Wherever our insights arise from, we all possess the aptitude to recognize them and discover what is in our best interest. Even if you have tried many times to perceive your internal messages, but feel that you possess no skill to do so—trust me you do. After working with thousands of clients, I've learned that everyone has the capacity to receive, interpret, and successfully use their senses. You have this ability because we are genetically powerful. You might be unaware of your great fortune, but nevertheless you are powerful. Table of Contents Chapter 1: Intuitive Self-Healing Chapter 2: First Chakra: Embracing Your First Family Chapter 3: Second Chakra: Becoming Passionate Chapter 4: Third Chakra: Learning to Love Yourself Chapter 5: Fourth Chakra: Giving and Receiving Chapter 6: Fifth Chakra: Speaking Your Truth Chapter 7: Sixth Chakra: Becoming a Multisensory Being Chapter 8: Seventh Chakra: Connecting to Spirit Chapter 9: Scanning the Body and the Human Aura Appendix: Chakra Reference Table

Easyread Comfort Edition

Astral Projection & Meeting Your Spirit Guides: Metaphysical Hypnosis Course, Pt. 2 Meditation Relax

Easyread Super Large 24pt Edition

A Guide To Living Your Authentic Life

Over 20 Years of Answers from My Spirit Guides

Tools for Life DVD

How does it happen? How does someone raised Roman Catholic find himself journeying to the spirit world, interacting with spirit guides, and performing soul retrievals? This book is Paul J. McAllister's answer to that question. What makes the book interesting is that, unlike many how-to shamanic books, My Journeys To The Spirit World focuses on the author's personal journeying experiences. Beginning with approximately 200 journeys to the spirit world; journaling each visit immediately after it occurred. This book presents the thirty plus most memorable journeys. It includes details of his interactions with power animals and spirit guides, the intentions for each journey, and the beneficial results of contacting the spirit world. In Chapter One the author describes initial spirit contacts he had while in college. Later, Paul was awakened from a sound sleep by Hawaiian spirits and given the opportunity to follow a new path. He accepted their invitation. In Chapter Two, the author briefly describes his personal spiritual quest. Following Catholicism into adulthood, the author's life took a turn into alternative spiritual ideas including years spent studying Rosicrucianism, Buddhism, Transcendental Meditation, practice. Chapter Three relates how he began journeying on his own. The author describes purchasing Awakening to the Spirit World by Sandra Ingheman and Hank Wesselman, reading their instructions on journeying, and using the accompanying CD to journey easily into and out of the spirit world. After several months, he decided to verify his experiences and signed up for a class titled "Introduct teacher of shamanic practices. Chapters Four and Five describe the author's success in confirming his own experiences through that training. Paul describes his journeys during four shamanic training courses as well as his own personal journeys during this timeframe. The author uses Chapter Six as an introduction to the process of healing by describing his experiences during three years as a

discussions of soul retrievals and soul retrieval training which are covered in Chapter Seven. Chapter Eight describes four soul retrievals and includes positive post retrieval comments from each of the clients. Chapter Nine discusses the use of drums, rattles, dreams, omens, other forms of divination, and how these tools compliment healing and soul retrievals. Chapter Ten focuses on a discussion of the inherent right of all human beings, and how journeying will help us discover our individual purpose which in turn will help us implement the destiny of all humanity. My Journeys To The Spirit World, is not a dry, intellectual approach to shamanic journeying. Rather it is an exciting, sometimes emotional retelling of the author's personal view of the journeying process. It is the wonderful culmination of a lifetime of experiences. This book illustrates how time travel will be discovered in one thousand years and documents how these futuristic humans have traveled bask in time to interact with us throughout history and are here with us today. Many self-hypnosis exercises are provided, including fifth dimension travel and teleportation, to train the reader to contact these time travelers and travel in time himself.

Teaches readers how to use self-hypnosis to discover past lives, contact departed loved ones, meet guardian angels, and increase self-confidence.

Self Hypnosis

Easyread Super Large 20pt Edition

The Seven Types of Spirit Guide

Journey into Knowledge

Astral Voyages

Past Life Regression

How to avoid the seduction of the spirit world & demonic powers. Thousands of people are communicating with the spirit world in a search for spiritual guidance in their lives. The "spirit guides" they're contacting claim to speak with absolute certainty about the nature of God and the purpose of life. What is the true story behind these spirit beings? Are they good spirits as declared... or are they the demons spoken of in the Bible? This book reveals the demonic powers behind these spirit guides and provides much-needed help for recognizing this perilous deception.

Most of us have experienced losing someone that we loved dearly. And in the midst of our grief we have wondered why they were taken from us and mourned the end of their life. But what if death was not the end? What if our loved ones were still alive somewhere? What if the very essence of who they were was around us and we could communicate with them whenever we wanted? Combining information from her research, Archangel Azrael and the Spirits themselves, Hypnotherapist and Spiritual Teacher Donna Watkins takes you on a journey through life after death and what happens to your loved ones after they cross over to the Other Side. This is an afterlife and your departed loved ones live it in a world that is just as real as this one and has been described many, many times. Those who inhabit the Spirit World communicate with us all of the time; just in a different way that requires a little interpretation. This book will teach you about how your loved ones in the afterlife send you signs and messages to give you comfort. It teaches you what those Signs from Heaven are and how to read them so that you can continue to experience their love-a love that never dies. There is also an exercise for contacting a loved one in the Spirit World.

Designed to help readers find their spirit guide, this book addresses how to recognize who he/she is, the messages he/she can provide, and how to discern their names in order to get better "reception."

The Amazing New Technique to Lose Weight, Quit Smoking, Improve Memory, Change Bad Habits

New Age Hypnosis

Destiny of Souls

Harnessing the Enormous Potential of the Mind

Intuitive Self-Healing

How to Communicate with Spirits

A holistic spiritual practitioner shares tips on how to evolve from traditional religious teachings to a spirituality that reflects your true beliefs. Millions of people today experience guilt, shame, anger, anxiety, depression, or similarly disempowering emotions as a result of their indoctrination into organized religion. More individuals are leaving the faith they were born into and identifying themselves as spiritual rather than religious. My Spirit Is Not Religious: A Guide to Living YOUR Authentic Life, will help you eliminate emotional obstacles while providing guidelines for living a heartfelt spiritual life via lessons delivered from personal experiences—Tina Sacchi ’s as well as those of her many clients and students. The intention is not to dismiss all organized religions, but to guide those for whom they no longer work and laying the groundwork for overcoming guilt, shame, loneliness, blame, anxiety, sadness, disappointment, and confusion. Whether you have a background in religion or not, this book will guide you to living YOUR authentic life. “ I highly recommend Tina ’s book to everyone that breathes and thinks. Tina ’s book opened my eyes and my soul to areas I had thought I had clarity around my faith. ” —Wise Women Read

People of all faiths pray, seeking answers from a Higher Power. Whether or not you pray often, seldom, or never, have you ever wondered what it would feel like to receive an immediate response from a prayer? What if hypnosis and meditation were keys to making this possibility become reality? This book includes the spiritual sessions of scores of people from around the world, documented by some of the leading hypnosis practitioners from countries in both hemispheres. Perhaps this may sound somewhat far-fetched. Perhaps it may sound like fantasy. Whatever your opinions, please do yourself a favor and read this book with an open mind. Open yourself up to the possibilities of Spiritual Hypnosis: Accessing Divine Wisdom.