



Life & Soul Healing & Transformation Therapy





A synthesis of Past Life Recall & Quantum Healing Hypnosis Therapy

A gentle but powerful healing and transformation therapy that incorporates past life recall, and uses a regression hypnosis technique to help you achieve deep relaxation and access the wisdom of your Higher Consciousness. . .

I trained in past life therapies with two of the leading practitioners in the world: Dr Brian Weiss, author of international bestseller *Many Lives, Many Masters*; and the late Dolores Cannon, author and founder of Quantum Healing Hypnosis Therapy or QHHT. I was fortunate to also train in *advanced* QHHT with Dolores in person during her last Level 2 QHHT class.

Life & Soul Healing & Transformation Therapy is largely based on Dolores' powerful and pioneering QHHT technique—but I am evolving the technique in my own practice as I integrate insights from my own experience as a facilitator of healing and transformation through regression hypnosis with clients.

Regression hypnosis is a gentle technique during which *you* are always in control. As the facilitator I guide you to thoroughly explore each experience, glean the relevant information and make any connections with your current life. I also support you in resolving and healing any past life sources of present day issues. Working together we may be able to free you from any blockages, fears, or other emotional patterns that are currently limiting you from living your life to the fullest. This therapy can help you to release anything that is holding you back from reaching your highest potential and fulfilling your life and soul purpose.

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How does Life & Soul Healing & Transformation Therapy work?

Our soul's consciousness is a memory bank of all experiences—every life we have lived, as well as our experiences as pure consciousness between physical lifetimes. In a trance state a person can access and recall experiences from their past lives, and throughout time and space. A skilled facilitator helps you to gain the most insights and healing from your experience.





If the client is ready, I guide them deeper to access their Higher Consciousness for ultimate understanding and healing benefits. Our Higher Consciousness knows everything about us—it can answer questions about life lessons (past and present), life purpose, soulmates, emotional blocks, dysfunctional relationship patterns, unresolved grief, fears, anxieties, phobias, the root cause of addictions and physical conditions, and anything really. Physical healings are also possible.

Life & Soul Healing & Transformation Therapy requires a full-day booking. Often only one session is required for profound insights, healing and transformation, but clients are welcome to book further sessions.

A day session involves a detailed discussion of your current life issues, an assessment of what you hope for from the session, about two hours of hypnosis, and a post-hypnosis debrief. You are also given a recording of the hypnosis.

I love using this gentle but powerful technique to help improve, and potentially transform, the lives of my clients. Each session is unique.

Please visit my website for more information, blogs, testimonials and fees.

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