


HOW HEART-BASED HYPNOTHERAPY CAN HELP OVERCOME DEEP WOUNDS: AN EXPLORATION WITH REAL-LIFE TESTIMONIES

PERSONAL ACCOUNTS FROM 75 STRUGGLING WITH DEPRESSION, HOPELESSNESS,
INTRUSIVE THOUGHTS, LONELINESS, FEELING STUCK & PURPOSELESS

THIS WHITEPAPER ALSO FEATURES SOME OF MY CLIENT'S STORIES TO GIVE YOU AN
IDEA OF WHAT SORT OF HEALING IS POSSIBLE WITH HYPNOSIS / REGRESSION AND
SHAMANISM WORK.

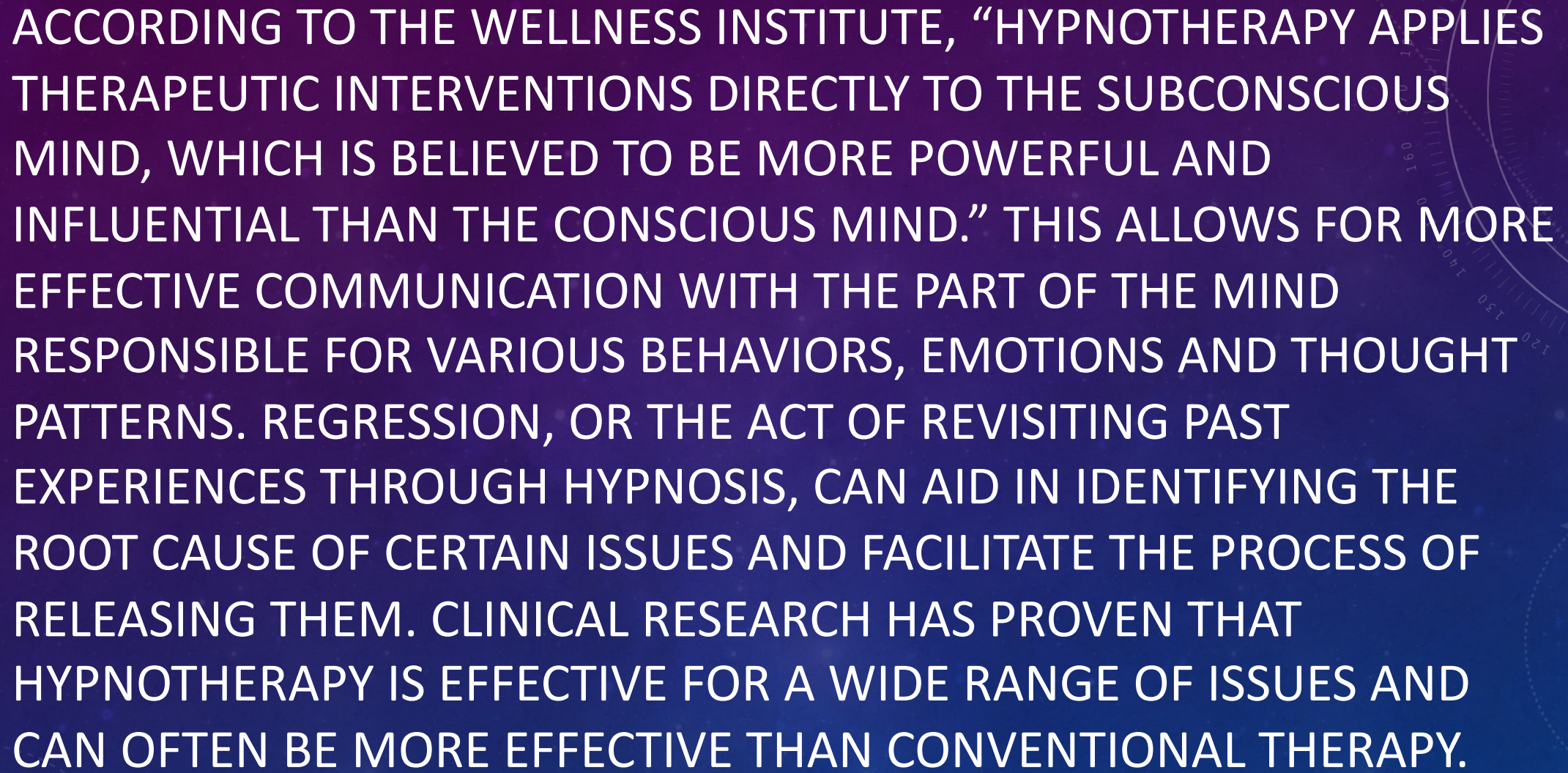


**HEAL THE DEEP WOUNDS OF YOUR PAST
CONQUER SADNESS, GUILT, RAGE,
HOPELESSNESS AND MORE WITH
HYPNOTHERAPY
TRANSFORM YOUR LIFE IN JUST A FEW SESSIONS
UNLOCK HIDDEN STRENGTH WITH
REVOLUTIONARY TECHNIQUES**

Introduction

If you've spent any time researching hypnotherapy / regression work, you know that it's more than just relaxation and hypnotic suggestions. Under the Hypnotherapy umbrella, Hypnosis and Regression work involve therapeutic interventions targeted at the subconscious mind, rather than just the conscious mind.

While some Hypnotherapy practitioners may emphasize affirmations during hypnosis, there is research showing that these suggested changes are often temporary. As a result, Hypnosis and Hypnotherapy have gained a reputation for not producing long-lasting results. However, it is important to understand that these two concepts are different. Some Hypnotherapists rely on "hypnotic programming" during hypnosis, but others, like myself, use other techniques like Age Regression, Parts Therapy, Womb Regression, and Past Life Regression amongst other techniques to achieve deeper healing and lasting results for our clients. This approach allows for a more effective use of the client's time and leads to more lasting results. And it's also important to note that while the effects of hypnotic programming may not be permanent, it can still provide valuable support to clients in distress. We do not underestimate its potential benefits when used responsibly.



ACCORDING TO THE WELLNESS INSTITUTE, “HYPNOTHERAPY APPLIES THERAPEUTIC INTERVENTIONS DIRECTLY TO THE SUBCONSCIOUS MIND, WHICH IS BELIEVED TO BE MORE POWERFUL AND INFLUENTIAL THAN THE CONSCIOUS MIND.” THIS ALLOWS FOR MORE EFFECTIVE COMMUNICATION WITH THE PART OF THE MIND RESPONSIBLE FOR VARIOUS BEHAVIORS, EMOTIONS AND THOUGHT PATTERNS. REGRESSION, OR THE ACT OF REVISITING PAST EXPERIENCES THROUGH HYPNOSIS, CAN AID IN IDENTIFYING THE ROOT CAUSE OF CERTAIN ISSUES AND FACILITATE THE PROCESS OF RELEASING THEM. CLINICAL RESEARCH HAS PROVEN THAT HYPNOTHERAPY IS EFFECTIVE FOR A WIDE RANGE OF ISSUES AND CAN OFTEN BE MORE EFFECTIVE THAN CONVENTIONAL THERAPY.

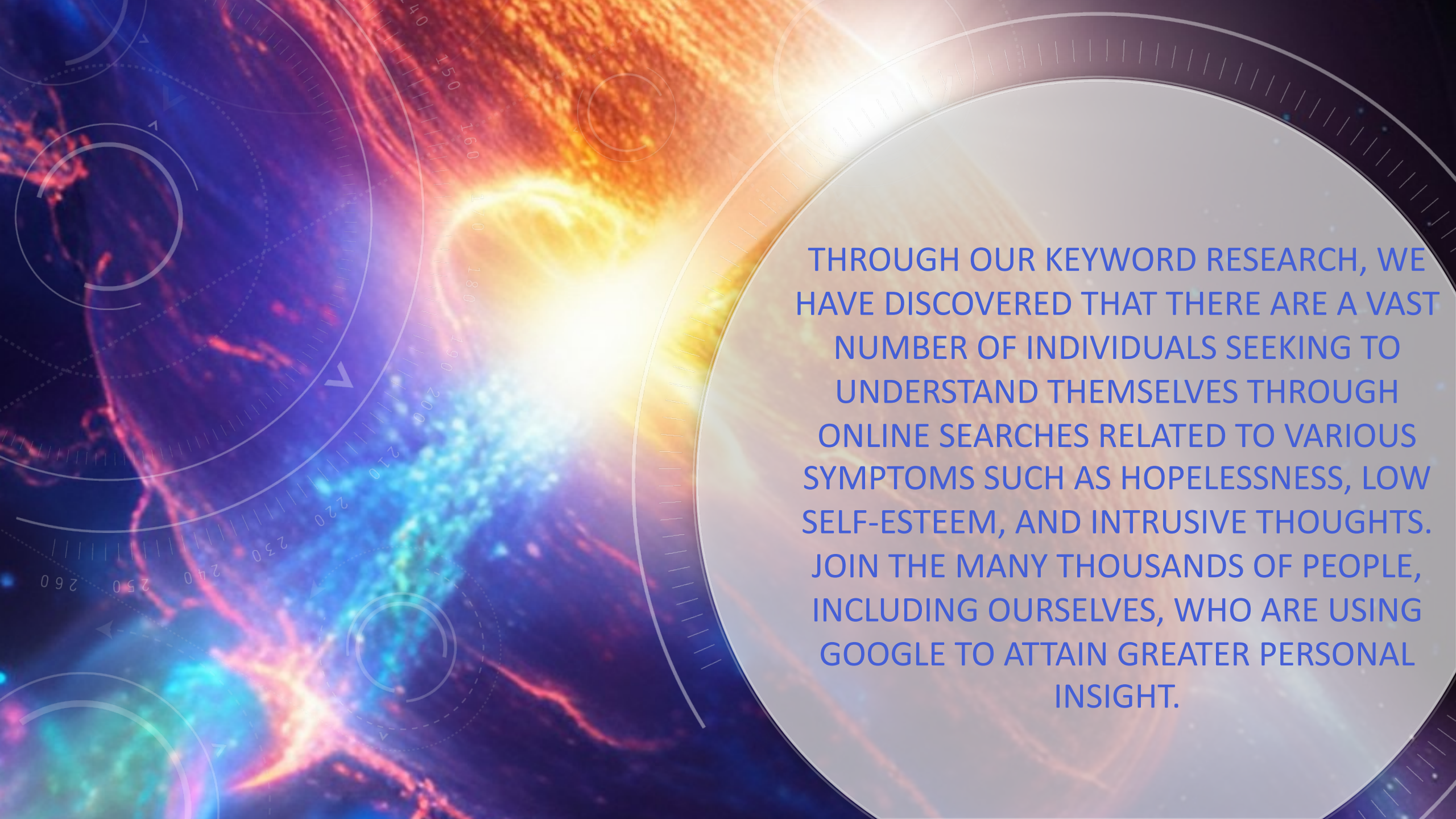
Spiritual Awakening / Done with Suffering?

Going through a spiritual awakening can be a difficult and challenging process, often marked by feelings of hopelessness, intrusive thoughts, and low self-esteem. The dark night of the soul is an unavoidable part of this journey as it forces us to confront our deepest insecurities and fears. In order to grow spiritually, we must face the pain and suffering that comes from within. As painful as this experience may be, it also presents an opportunity for true growth and transformation.

The darkness we feel during the dark night of the soul serves as a reminder that there is still more work to do on ourselves; it encourages us to dig deeper into our inner selves in order to identify what needs healing and how we can best achieve this healing

YOU ARE NOT ALONE!

“CLIENTS OFTEN CONFIDE IN ME THAT THEY FEEL ISOLATED IN THEIR STRUGGLES, BELIEVING THAT NO ONE CAN RELATE TO THEIR BURDENS. HOWEVER, UPON EXAMINING THE STATISTICS, IT BECOMES CLEAR THAT NUMEROUS OTHERS SHARE THE SAME EMOTIONS. LET'S SHED LIGHT ON THIS COMMON EXPERIENCE AND ALLEVIATE THE SENSE OF LONELINESS.”



THROUGH OUR KEYWORD RESEARCH, WE
HAVE DISCOVERED THAT THERE ARE A VAST
NUMBER OF INDIVIDUALS SEEKING TO
UNDERSTAND THEMSELVES THROUGH
ONLINE SEARCHES RELATED TO VARIOUS
SYMPTOMS SUCH AS HOPELESSNESS, LOW
SELF-ESTEEM, AND INTRUSIVE THOUGHTS.
JOIN THE MANY THOUSANDS OF PEOPLE,
INCLUDING OURSELVES, WHO ARE USING
GOOGLE TO ATTAIN GREATER PERSONAL
INSIGHT.



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tools.wordstream.com/fkt?website=hopelessness&cid=&camlink=&campname=

Keyword results for "hopelessness"

[Download all Keywords](#)

Showing 25 of 158 keywords

Keywords	Monthly search volume	Top of page bid (low range)	Top of page bid (high range)	Competition
hopelessness	27,100	\$0.40	\$6.22	LOW
feel hopeless	3,600	\$1.36	\$6.23	LOW
i feel hopeless	1,300	\$1.33	\$5.99	LOW
gen z is hopeless	880	\$0.00	\$0.00	LOW
life feels hopeless	720	\$1.14	\$5.56	MEDIUM
hopelessness depression	480	\$1.89	\$6.49	LOW
feel despair	480	\$1.90	\$6.36	LOW
hopeless life	260	\$1.27	\$4.83	LOW
feel depressed and hopeless	260	\$1.52	\$7.28	MEDIUM
depression and hopelessness	210	\$1.62	\$6.38	LOW

OVER 27K PEOPLE GOOGLING HOPELESSNESS
EVERY MONTH THAT'S 325K SEARCHES IN A YEAR

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Keyword results for "depression"

Showing 25 of 500 keywords

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Keywords	Monthly search volume	Top of page bid (low range)	Top of page bid (high range)	Competition
depression	450,000	\$0.29	\$5.00	LOW
bipolar disorder	368,000	\$0.11	\$1.87	LOW
bipolar	201,000	\$0.15	\$1.66	LOW
depression symptoms	201,000	\$0.15	\$4.09	LOW
postpartum depression	165,000	\$0.16	\$2.88	LOW
clinical depression	135,000	\$1.12	\$4.85	LOW
symptoms of bipolar disorder	135,000	\$0.11	\$2.18	LOW
signs of depression	110,000	\$0.07	\$2.93	MEDIUM
antidepressants	110,000	\$2.19	\$11.38	MEDIUM
bipolar symptoms	90,500	\$0.08	\$1.96	LOW



450K RESEARCHING DEPRESSION PER MONTH!

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Keyword results for "low self esteem"

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Keywords	Monthly search volume	Top of page bid (low range)	Top of page bid (high range)	Competition
low self esteem	22,200	\$0.76	\$5.61	LOW
low self esteem symptoms	1,900	\$1.13	\$4.39	LOW
signs of low self esteem	1,900	\$1.03	\$3.74	LOW
low confidence	1,000	\$0.84	\$5.29	LOW
signs of low self esteem in a woman	1,000	\$1.46	\$4.95	LOW
low self worth	1,000	\$0.60	\$6.58	LOW
low self esteem how to overcome	1,000	\$0.40	\$5.03	LOW
self esteem issues	880	\$1.24	\$5.93	LOW
causes of low self esteem	880	\$0.98	\$4.63	LOW
lacking self confidence	880	\$1.13	\$6.05	LOW



22K RESEARCHING LOW SELF ESTEEM PER MONTH!

WordStream | Free Keyword Tool

tools.wordstream.com/fkt?website=hopelessness&cid=&camplink=&campname=

Update

Keyword results for "intrusive thoughts"

Download all Keywords

Showing 25 of 500 keywords

Keywords	Monthly search volume	Top of page bid (low range)	Top of page bid (high range)	Competition
intrusive thoughts	135,000	\$0.04	\$4.90	LOW
intrusive thoughts examples	8,100	\$0.08	\$2.24	LOW
ocd intrusive thoughts	8,100	\$0.33	\$3.28	LOW
intrusive thoughts definition	6,600	\$0.04	\$1.31	LOW

125K RESEARCHING INTRUSIVE THOUGHTS PER MONTH!

WordStream | Free Keyword Tool

tools.wordstream.com/fkt?website=hopelessness&cid=&camlink=&campaign=

Keyword results for "helpless"

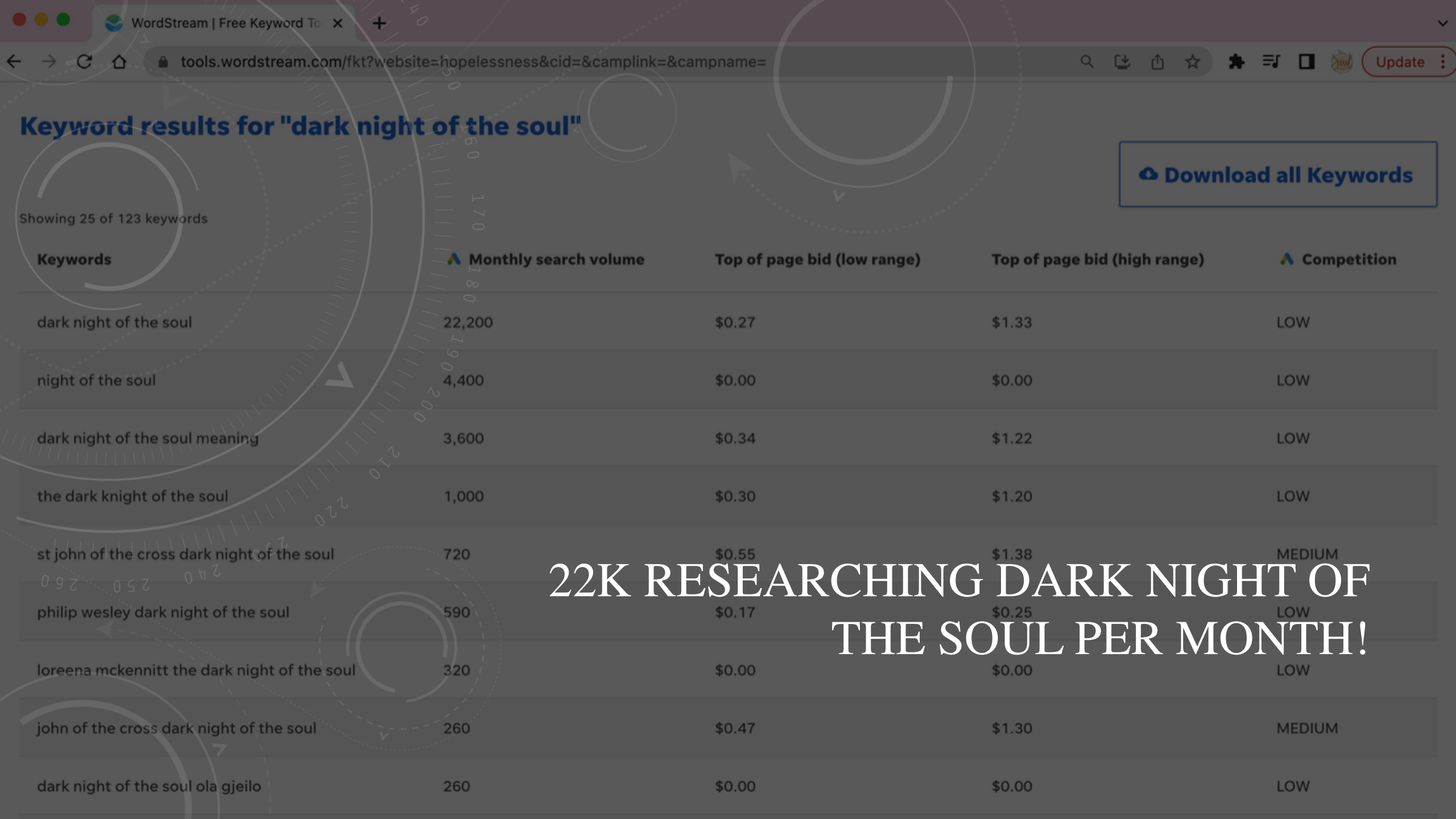
Showing 5 of 5 keywords

Keywords	Monthly search volume	Top of page bid (low range)
helpless	22,200	\$0.00
helpless meaning	1,900	\$0.00
i feel helpless meaning	70	\$0.00
i feel so helpless meaning	20	\$0.00
am helpless	10	\$0.00

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22K RESEARCHING “FEELING HELPLESS” PER MONTH!



Keyword results for "dark night of the soul"

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Showing 25 of 123 keywords

Keywords	Monthly search volume	Top of page bid (low range)	Top of page bid (high range)	Competition
dark night of the soul	22,200	\$0.27	\$1.33	LOW
night of the soul	4,400	\$0.00	\$0.00	LOW
dark night of the soul meaning	3,600	\$0.34	\$1.22	LOW
the dark knight of the soul	1,000	\$0.30	\$1.20	LOW
st john of the cross dark night of the soul	720	\$0.55	\$1.38	MEDIUM
philip wesley dark night of the soul	590	\$0.17	\$0.25	LOW
loreena mckennitt the dark night of the soul	320	\$0.00	\$0.00	LOW
john of the cross dark night of the soul	260	\$0.47	\$1.30	MEDIUM
dark night of the soul ola gjeilo	260	\$0.00	\$0.00	LOW

22K RESEARCHING DARK NIGHT OF THE SOUL PER MONTH!

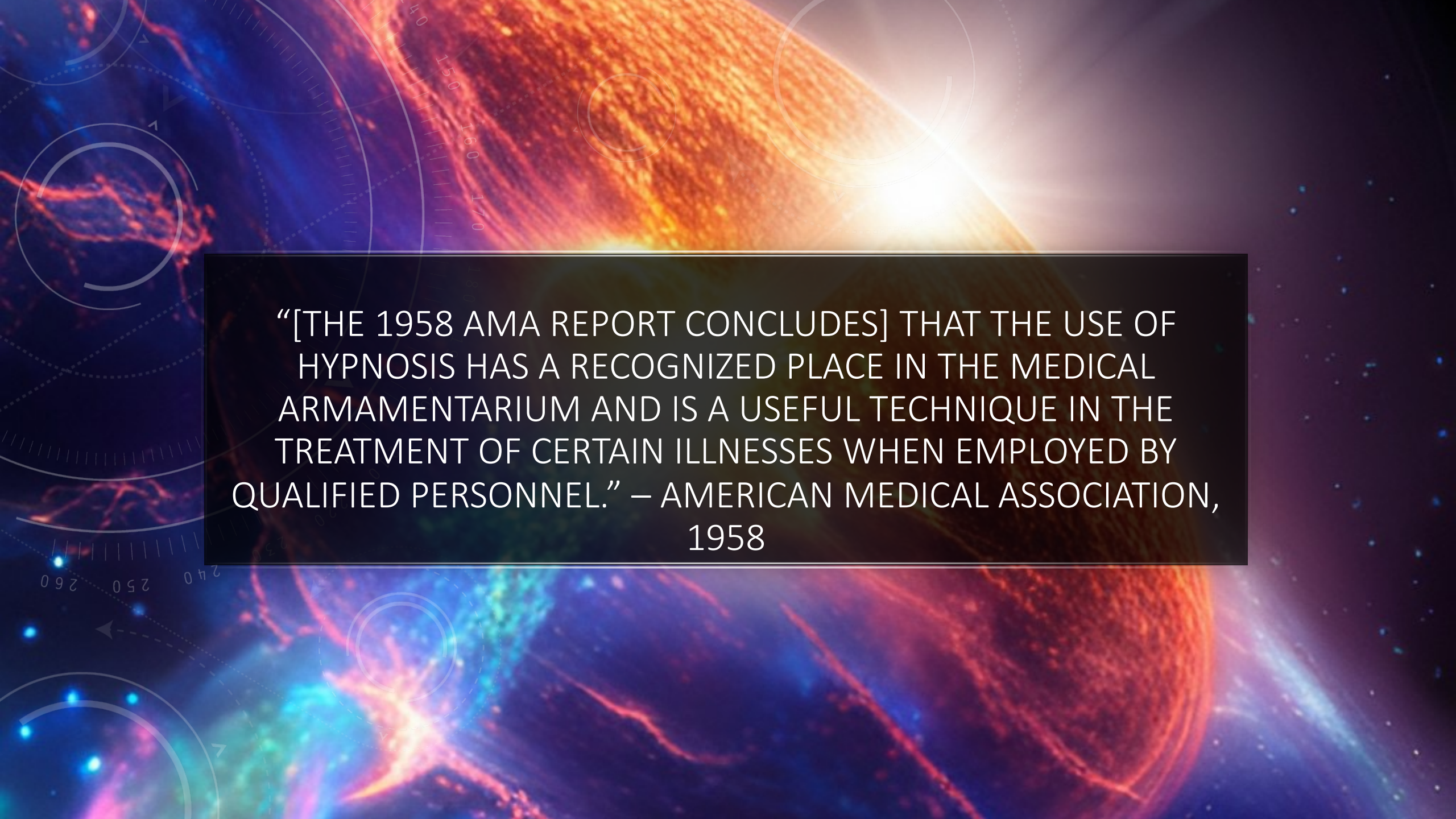
THE BRITISH & AMERICAN
MEDICAL ASSOCIATION
HAS RECOGNIZED
HYPNOTHERAPY AS AN
EFFECTIVE METHOD OF
TREATMENT SINCE 1955.





AFTER EXHAUSTIVE ANALYSIS, BOTH THE BRITISH AND AMERICAN MEDICAL ORGANIZATIONS APPROVED HYPNOTHERAPY AS OFFICIAL METHODS OF TREATMENT FOR MENTAL ILLNESSES, STATING:

“FOR THE PAST HUNDRED YEARS THERE HAS BEEN AN ABUNDANCE OF EVIDENCE THAT PSYCHOLOGICAL AND PHYSIOLOGICAL CHANGES COULD BE PRODUCED BY HYPNOTISM WHICH WERE WORTH STUDY ON THEIR OWN ACCOUNT, AND ALSO THAT SUCH CHANGES MIGHT BE OF GREAT SERVICE IN THE TREATMENT OF PATIENTS.” – BRITISH MEDICAL ASSOCIATION, 1955



“[THE 1958 AMA REPORT CONCLUDES] THAT THE USE OF
HYPNOSIS HAS A RECOGNIZED PLACE IN THE MEDICAL
ARMAMENTARIUM AND IS A USEFUL TECHNIQUE IN THE
TREATMENT OF CERTAIN ILLNESSES WHEN EMPLOYED BY
QUALIFIED PERSONNEL.” – AMERICAN MEDICAL ASSOCIATION,
1958

HYPNOTIC PROCEDURES PROVEN TO BE BENEFICIAL IN A RANGE OF CONDITIONS ENCOUNTERED IN THE PRACTICE OF MEDICINE, PSYCHIATRY AND PSYCHOTHERAPY

**“HYPNOTIC TREATMENT MAY ASSIST IN INSOMNIA IN THE SAME WAY AS OTHER
RELAXATION METHODS.”**

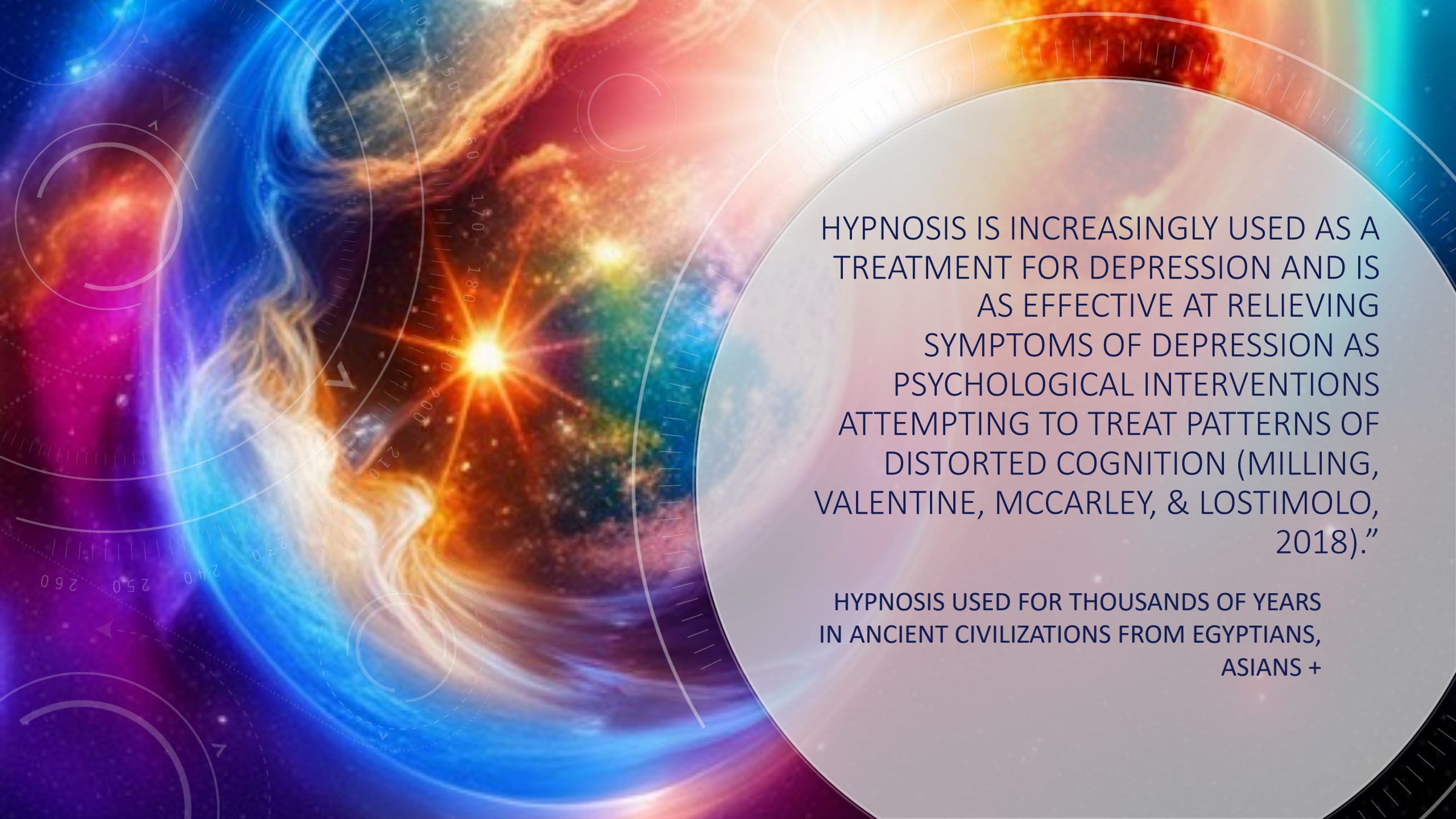
**“THERE IS ENCOURAGING EVIDENCE DEMONSTRATING THE BENEFICIAL EFFECTS OF
HYPNOTHERAPEUTIC PROCEDURES IN ALLEVIATING THE SYMPTOMS OF A RANGE OF
COMPLAINTS THAT FALL UNDER THE HEADING ‘PSYCHOSOMATIC ILLNESS.’ THESE INCLUDE
TENSION HEADACHES AND MIGRAINE; ASTHMA; GASTRO-INTESTINAL COMPLAINTS SUCH
AS IRRITABLE BOWEL SYNDROME; WARTS; AND POSSIBLY OTHER SKIN COMPLAINTS SUCH
AS ECZEMA, PSORIASIS AND URTICARIA [HIVES]. • “THERE IS EVIDENCE FROM SEVERAL
STUDIES THAT ITS [HYPNOSIS’] INCLUSION IN A WEIGHT REDUCTION PROGRAM MAY
SIGNIFICANTLY ENHANCE OUTCOME.”**

FROM THE BRITISH PSYCHOLOGICAL SOCIETY, IN 2001

HYPNOTHERAPY AN EFFECTIVE AND RECOGNIZED AMONGST MEDICAL INSTITUTIONS


- **Hypnotherapy is effective according to American Psychological Association. (2020)**
- “While records go back over 3,000 years, hypnosis was made famous as a medical treatment in the 1700s by Franz Mesmer. (Thomson, 2019).

Because of research and improved training and certification, hypnosis is no longer considered a fringe treatment. It is now promoted by the American Psychological Association (2020) as a therapy beneficial for “pain, anxiety, and mood disorders,” while helping people change negative habits such as smoking.



HYPNOSIS IS INCREASINGLY USED AS A
TREATMENT FOR DEPRESSION AND IS
AS EFFECTIVE AT RELIEVING
SYMPTOMS OF DEPRESSION AS
PSYCHOLOGICAL INTERVENTIONS
ATTEMPTING TO TREAT PATTERNS OF
DISTORTED COGNITION (MILLING,
VALENTINE, MCCARLEY, & LOSTIMOLO,
2018)."

HYPNOSIS USED FOR THOUSANDS OF YEARS
IN ANCIENT CIVILIZATIONS FROM EGYPTIANS,
ASIANS +



HYPNOSIS HAS BEEN USED FOR CENTURIES FOR PAIN CONTROL, INCLUDING DURING THE CIVIL WAR WHEN ARMY SURGEONS HYPNOTIZED INJURED SOLDIERS BEFORE AMPUTATIONS. RECENT STUDIES HAVE CONFIRMED ITS EFFECTIVENESS AS A TOOL TO REDUCE PAIN. AMONG THE LEADING RESEARCHERS IN THE FIELD IS GUY H. MONTGOMERY, PHD, A PSYCHOLOGIST WHO HAS CONDUCTED EXTENSIVE RESEARCH ON HYPNOSIS AND PAIN MANAGEMENT AT MOUNT SINAI SCHOOL OF MEDICINE, WHERE HE IS DIRECTOR OF THE INTEGRATIVE BEHAVIORAL MEDICINE PROGRAM.

• <https://www.apa.org/monitor/2011/01/hypnosis>

What is Regression Work?

Regression therapy is a form of therapy that combines hypnotherapy and psychoanalysis techniques to identify past events, memories, and trauma that could be negatively impacting you in the present.

According to “The Art of Hypnotic Regression Therapy: A Clinical Guide,” practitioners of regression therapy believe that the subconscious mind can repress trauma inflicted at an age when the mind was incapable of appropriately processing it.

What is Regression Work? Continued

“The therapy is based on core psychological principles of the conscious and subconscious and studies the effects of stored memories on the psyche,” shares Bryan Bruno, MD, medical director at Mid City TMS in New York City.

When asked about who practices this type of therapy, Bruno said that “therapists who practice regression therapy typically specialize in trauma recovery, especially in resolving early childhood trauma or determining the causes of current phobias or feelings of guilt and shame that have no recognized cause.”

The Power of Regression

“Regression therapy also helps therapists to get to the core of their patient’s issues so that they can develop an individualized treatment for their patients quickly.”

Regression therapy may help individuals get to bottom of:

- *Fears & Phobias that seems to have no explanations
- *Feelings of guilt, shame, self-consciousness with no known cause
- *Recurring relationship challenges
- *Prevalent intimacy issues

National Library of Medicine, National Center
for Biotechnology Information

Past Life Regression Utilized by Well Known Psychiatrists

In practice based past life research, Hazel Denning studied the results of eight Regression Therapists and over 1000 clients between 1985 and 1992. The results were measured just after the therapy, after six months, one year, two years and five years. Of the 450 clients who could still be tracked after 5 years; 24% reported the symptoms had completely gone, 23% reported considerable or dramatic improvement, 17% reported noticeable improvement (TanDam, 1990).

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5797677/>

Past Life Regression Utilized by Well Known Psychologists & Psychiatrists

Dr. Heather Rivera (2012) worked with 180 clients from a wide range of religious backgrounds and showed that apart from the therapeutic benefits 74% found their life was more meaningful and 80% found death no longer held any fear.

Past Life Regression Utilized by Psychologists & Psychiatrists

In evidence based past life research Ron Van der Maesen (1999) worked with fifty-four clients who had reoccurring disturbing voices or thoughts. At a six month follow up after the therapy by an external Psychiatrist, 25% found the disturbing voices disappeared, and a further 32% could now cope. Overall 80% had a positive subjective experience and would recommend this therapy for reoccurring problems like these in others.

Past Life Regression Utilized by Psychologists & Psychiatrists

Freeman T. B. (1997) Past life and interlife reports of phobic people: Patterns and outcome The Journal of Regression Therapy, Volume XI (1), International Association for Regression Research and Therapies

Snow, C. (1986) Past Life therapy: The experiences of twenty six Therapists The Journal of Regression Therapy, Volume I (2)

Denning, H.(1987) The Restoration of Health Through Hypnosis, Journal of Regression Therapy 2:1, pp. 524.

Rivera, H. (2012) in The Journal of Regression Therapy, Measuring the Therapeutic Effects of Past Life Regression, International Association for Regression Research and Therapies also see www.plrinstitute.org

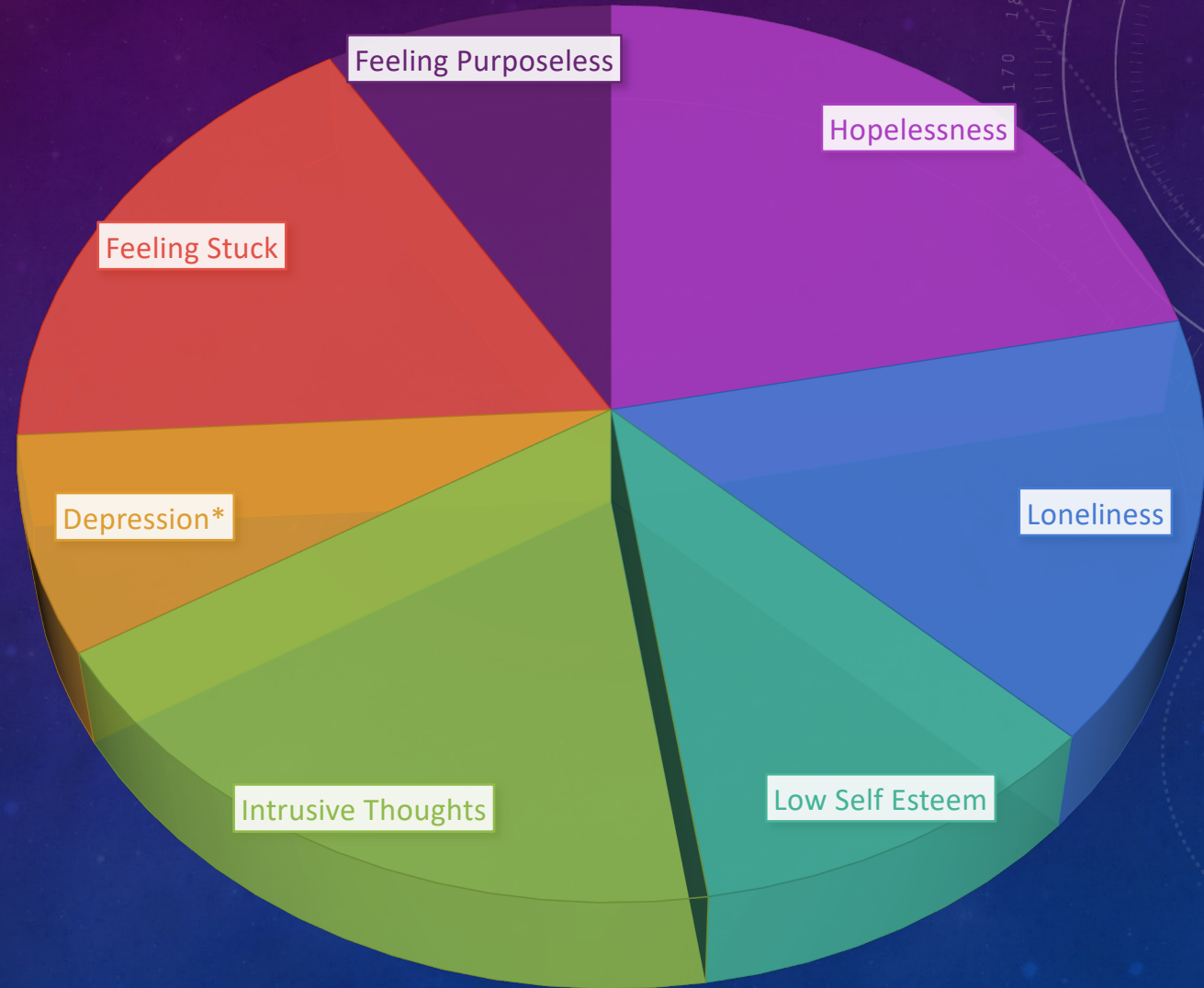
RESULTS ARE IN!

75 INDIVIDUALS WERE
INTERVIEWED TO GAIN
INSIGHT INTO THEIR
EXPERIENCES OF PAIN AND
SUFFERING, PARTICULARLY IN
RELATION TO FEELINGS OF
HOPELESSNESS, LONELINESS,
INTRUSIVE THOUGHTS, AND
LOW SELF-ESTEEM.



RESULTS ARE IN

INDIVIDUALS IN THE RESEARCH



ANOTHER WAY TO SEE THE DATA

	75 Individuals Interviewed plus my own clients
Hopelessness	78%
Loneliness	55%
Low Self Esteem	38%
Intrusive Thoughts	67%
Depression*	28%
Feeling Stuck	62%
Feeling Purposeless	31%

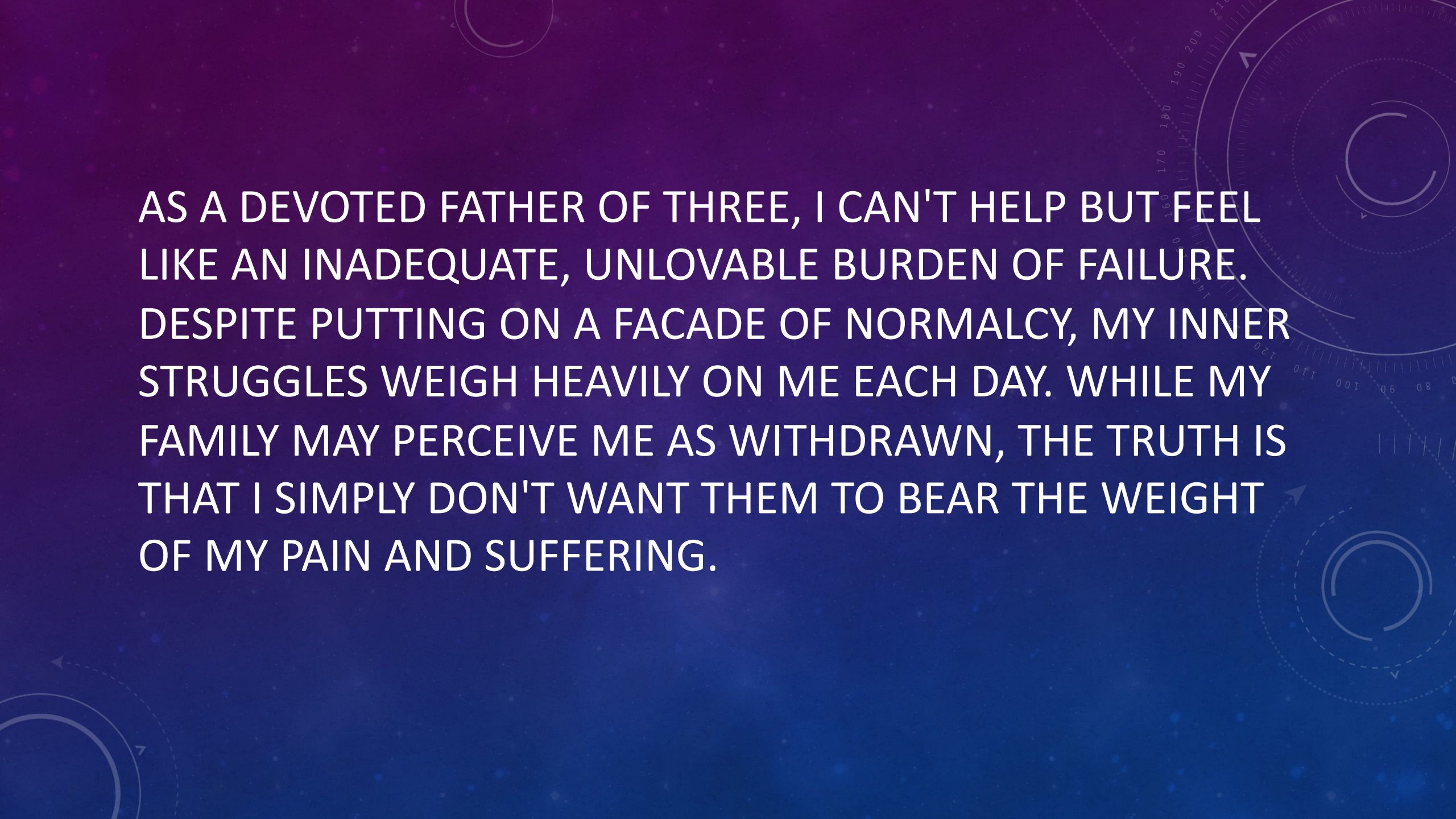
SOME PEOPLE IDENTIFIED WITH MULTIPLE FEELINGS

- FOR EXAMPLE, SEVERAL PEOPLE WHO WERE FEELING DEPRESSED WERE ABLE TO IDENTIFIED WITH ALL THE OTHER EMOTIONS
- WHILE SOMEONE WHO WAS FEELING STUCK, IDENTIFIED WITH FEELING PURPOSELESS AND LONELY BUT NOT WITH THE OTHER EMOTIONS.
- YET ANOTHER PERSON IDENTIFIED HIMSELF AS HOPELESS, PURPOSELESS, STUCK BUT FELT THE SUPPORT OF HIS FAMILY SO HE DID NOT IDENTIFIED WITH THE EMOTION OF FEELING LONELY.

HERE ARE SOME OF THE THINGS PEOPLE SAID BOTHERED THEM THE MOST:

A 55 - FEMALE SAYS

“I HAVE HAD SELF ESTEEM ISSUES FOR OVER 40 YEARS.



AS A DEVOTED FATHER OF THREE, I CAN'T HELP BUT FEEL LIKE AN INADEQUATE, UNLOVABLE BURDEN OF FAILURE. DESPITE PUTTING ON A FACADE OF NORMALCY, MY INNER STRUGGLES WEIGH HEAVILY ON ME EACH DAY. WHILE MY FAMILY MAY PERCEIVE ME AS WITHDRAWN, THE TRUTH IS THAT I SIMPLY DON'T WANT THEM TO BEAR THE WEIGHT OF MY PAIN AND SUFFERING.



I HAVE HAD SELF-ESTEEM ISSUES FOR
THE LAST 17 YEARS.

42 MALE

AM I OFF FOR ASKING MY FIANCÉ TO STOP TELLING ME I'M
"BEAUTIFUL, SEXY, AMAZING"? HE DOESN'T COMPLIMENT
ME VERY OFTEN BECAUSE HE KNOWS I DO NOT LIKE IT, BUT
WHEN HE DOES, I GET VERY ANGRY, HOT, LIKE RAGE
COMING OUT OF DEEP INSIDE ME.

I FEEL LIKE EVERYONE IS BETTER OFF WITHOUT ME AND I
MAKE EVERYONE WANT TO LEAVE ME. (WOMAN, 33.)

I REALLY NEED HELP TO GET OUT THIS CURRENT SITUATION
AND GET HELP TO PUSH ME TO GET MY LIFE BACK EVERY
HOSPITAL KEEPS TELLING ME IT'S ANXIETY OR DEPRESSION
KEEP TRYING TO EXPLAIN TO THEM I THINK IT'S MORE, THEN
JUST DEPRESSION, I AM AT THE BOTTOM OF A DEEP HOLE
AND I CANT FIND MY WAY OUT. (MALE, 28)

I HAVE BEEN BATTLING ANXIETY, PTSD AND DEPRESSION FOR 40 YEARS. I'VE TRIED EVERYTHING. I AM IN A CONSTANT LOOP AND CAN'T GET OUT.

I JUST FEEL SO ALONE, LONELY, UNAPPRECIATED, WORTHLESS AND UNLOVABLE.

I KEPT WONDERING, WHY DID MY MARRIAGE BREAK UP, WHY DO RELATIONSHIPS I HAVE ONLY LAST FOR A SHORT TIME, WHY AM I PASSED OVER FOR PROMOTION??

I FEEL EMPTY AND SECLUDED EVEN THOUGH I AM SURROUNDED BY SO MANY PEOPLE ALL THE TIME. I DON'T KNOW WHAT'S GOING ON, BUT IT ALL FEELS SO HOPELESS AGAIN.

4 DIFF INDIVIDUALS (MALE & FEMALE)

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I FEEL EMPTY AND SECLUDED EVEN THOUGH I AM SURROUNDED BY SO MANY PEOPLE ALL THE TIME. I DON'T KNOW WHAT'S GOING ON, BUT IT ALL FEELS SO HOPELESS AGAIN.

I'M SO TIRED OF FEELING SAD AND LONELY.

4 DIFF MALES & FEMALE

I'M AT A REALLY LOW POINT IN MY LIFE AGAIN. I'VE BEEN WAKING UP EVERY DAY WITH MY BODY AND MIND ATTACKING ME, FROM ACHES TO BURNING BODY SENSATIONS, NUMBNESS AND TINGLES, HEADACHES, EYE FLICKING, MUSCLE SPASMS AND STIFFNESS, AND NOW EVEN DIZZINESS. I DON'T KNOW WHY, AND DOCTORS CAN'T FIND ANSWERS, SO I AM FEELING HOPELESS ABOUT THIS SITUATION. THEY THINK I AM MAKING IT UP.

I'M STARTING TO FEEL HOPELESS ON FINDING SOMETHING THAT WILL WORK FOR ME AND WOULD WANT TO STAY WITH ME UNTIL WE GET OLD TOGETHER.

I AM FEELING EMPTY, ALONE, ISOLATED. LOST, HOPELESS, HELPLESS... I'M NOT GOOD ENOUGH AS A MOTHER OR A SIGNIFICANT OTHER. LIFE IS HARD.

I AM A SCULPTOR AND I HAVE AN IMPORTANT SHOW IN TWO WEEKS. I AM CONTINUING TO PRACTICE A LOT... BUT I FEEL DEAD INSIDE. JOYLESS HOPELESS. AFTER THE THOUGHTS STARTED, I HAVEN'T BEEN THE SAME EVER AGAIN AND THAT WAS 3 YEARS AGO.

4 DIFF MALES & FEMALES

I'M FEELING SO HOPELESS. I HAVE A GOOD LIFE, BUT MY ANXIETY AND DEPRESSION WON'T LET ME ENJOY IT.

WHY CAN'T I EVER HAVE GOOD, HEALTHY PEOPLE IN MY LIFE. I END UP FIGHTING WITH PARTNERS, FRIENDS, AND FAMILY. MY GIRLFRIENDS ALWAYS LEAVE ME, EVENTUALLY THEY GET TIRED OF THE ARGUING AND LEAVE ME FOR GOOD. I CANT CONTROL MY ANGER.

I'M IN SURVIVAL MODE. I'M ALMOST NUMB TO THE PAIN OF THIS DEPRESSION (ALMOST). I HAVE ALWAYS TRIED TO BE THE BEST I COULD FOR MY KIDS BUT EVEN THAT HAS FALLEN TO THE WAYSIDE LATELY.

I JUST WANNA THRIVE AND FIND THE PERSON WHO I WANT TO BE FOR MYSELF

I BEEN MET WITH REJECTION FROM EVERY GIRL I EVER ASK OUT AND CALLED UGLY A NUMBER OF TIMES. I HAVE NO PROBLEM MAKING FRIENDS AND I GET ALONG WELL WITH PEOPLE. BUT NO MATTER WHAT THE THING THAT HOLDS ME BACK SEEM TO BE MY FACE, AND DESPITE ALL THE THINGS I TRY TO IMPROVE NOTHING WILL BE DIFFERENT IN THE END BECAUSE THAT IS ONE THING I CANNOT CHANGE. AT THIS POINT IN MY LIFE, I FEEL LONELY AND HOPELESS AND WORTHLESS LIKE SOMETHING LESSER THAN A HUMAN BEING. (32 MALE)

I THINK ONE OF MY BIGGEST TRIGGERS IS THE FACT I FEEL SO ALONE. MY HUSBAND ONLY SAYS SO MUCH AND HE'S NOT VERY GOOD AT SHOWING HIS EMOTIONS OR SHOWING ME AFFECTION ESPECIALLY WHEN I'M UPSET. (49, FEMALE)

I FEEL HOPELESS, HELPLESS, TIRED ALL THE TIME.

I'M TIRED OF FEELING LIKE I'M NEVER ENOUGH. I'M TIRED OF BEING TOLD "I'M SERIOUS THIS TIME WE'RE GETTING DIVORCED" AND IT NOT HAPPENING. I'M TIRED OF LIVING IN A CONSTANT STATE OF ANXIETY. I WOULD LEAVE BUT THE KIDS WILL THEN BLAME ME AND I COULDN'T TAKE THAT.

I FEEL SO HOPELESS. I DON'T KNOW HOW THINGS CAN EVER GET BETTER. MY ANXIETY MAKES ME THINK SO MANY THOUGHTS THAT I WISH I WOULDN'T THINK OF. I WISH MY ANXIETY WOULD GO AWAY, BUT I KNOW IT NEVER WILL.

I'M JUST TIRED. I'M SO TIRED OF NEVER BEING ENOUGH. I HATE MYSELF. I'M JUST NOT GOOD. I'LL NEVER BEEN SMART ENOUGH, SKILLED ENOUGH, AWARE ENOUGH, ATTRACTIVE ENOUGH, THE RIGHT WEIGHT, ETC...ITS NOT HAPPENING.

DEPRESSION FEELS LIKE NOT BEING INSIDE YOUR BODY. A COMPLETE DISSOCIATION OF YOURSELF THAT IS JUST THERE EVERY SINGLE DAY, ON AND ON. BEING UNABLE TO PROCESS THE WORLD AROUND YOU YET SENSING IT.

THE MOST HOPELESS FEELING I FEEL RIGHT NOW IS THAT LONELINESS.

SHAME, LONELINESS AND FEAR. MY MIND GRAVITATES TO ANYTHING NEGATIVE. MAINLY ABOUT THE PAST. AVOIDANCE AND LACK OF INTEREST IN THINGS. NO PASSION FOR ANYTHING.

4 DIFF PEOPLE (MALES & FEMALE)

I FEEL GUILTY EVERY DAY. MY DEPRESSION AND INTRUSIVE THOUGHTS HAS AFFECTED MY FAMILY NEGATIVELY IN UNBELIEVABLE WAYS SO I FEEL GUILTY THAT THEY ARE SUFFERING FOR ME.

I'VE HELD ON TO GUILT AND HATE OF MYSELF FOR ALONG LONG TIME. NEVER HAVE I BEEN ABLE TO FORGIVE MYSELF, I'VE FORGAVE OTHERS, JUST NOT MYSELF. MY EXCESSIVE INTRUSIVE THOUGHTS JUST MAKE MY LIFE A LIVING HELL. AND ITS SERIOUSLY AFFECTING MY WIFE AND 3 KIDS.

I FEEL VERY LONELY AND UGLY AND NO MATTER WHAT MY FAMILY SAYS TO MAKE ME FEEL BETTER IT LITERALLY MAKES ME FEEL WORSE BECAUSE NOW THEY THINK I'M DOING IT FOR ATTENTION.

THE INTRUSIVE THOUGHTS DON'T STOP, I CANT TURN IT OFF SO I START THINKING ITS ME WHO REALLY WANTS TO DO THE THINGS THAT I HEAR BUT I HEAR THESE THOUGHTS OUTSIDE OF IT, ITS SO CONFUSING.

THE NEGATIVE THOUGHTS CONVINC ME TO DO THINGS I AM ASHAMED OF LIKE SEXUAL THINGS I WOULD NEVER WANT ANYONE TO KNOW ABOUT ME.

I HEAR A VOICE WHO WANTS TO HAVE SEX WITH WOMAN BUT I AM A WOMAN AND I DO NOT LIKE WOMAN LIKE THAT SO I STARTED TO BELIEVE I AM A BISEXUAL AND TRIED IT BUT I DIDN'T ENJOY IT, IT FELT LIKE I WAS A ROBOT JUST DOING WHAT SOMEONE ELSE WANTED ME TO DO.

ASPIRING TO ACHIEVE MY DREAMS, I FIND MYSELF GRAPPLING WITH SELF-DOUBT THAT PREVENTS ME FROM PURSING MY TRUE DESIRES. DESPITE EXCELLING IN MY FIELD, I FEEL UNWORTHY BECAUSE I DID NOT PURSUE A PHD LIKE MY COLLEAGUES, WHICH HINDERS MY ABILITY TO FLOURISH. IF ONLY I COULD CONQUER THIS SENSE OF INADEQUACY AND EMBRACE MY WORTH, I COULD ATTAIN THE REWARDING ROLE AND COMPENSATION I LONG FOR.

AWAKENING THE HEALER CLIENTS SHARE THEIR EXPERIENCES





“I WISH A HEALING JOURNEY WAS MANDATORY FOR EVERY HUMAN BEING; THE WORLD WOULD BE A BETTER PLACE. BUT WE ALL HAVE A ROLE TO PLAY, AND TIMING IS THE KEY; HEALING CAN ONLY OCCUR WHEN WE ARE TRULY READY.

MY JOURNEY CONTINUES. THE PROGRESS I HAVE ACCOMPLISHED IN JUST UNDER ONE (1) YEAR IS TRULY AMAZING, AFTER BEING IN THIS LIFE FOR OVER 55 YEARS. DEATHS, BETRAYALS, BROKEN HEARTEDNESS, LIVING IN DESPAIR, SORROW, HOPELESSNESS, INJUSTICES, JUDGMENTS, EGO, FORGIVENESS, ANGER/FURY, FEARS, TRUST AND CONTROL ISSUES, SYSTEMATIC EMOTIONAL, PHYSICAL, AND MENTAL ABUSE, DISCERNMENT, OPEN MINDEDNESS TOWARDS OTHERS AND SITUATIONS, ONE TRACK MIND, AGGRESSIVENESS, AND ESPECIALLY TRAUMAS ARE ALL THINGS THAT I HAVE BEEN WORKING ON.

EVEN THOUGH THE JOURNEY CONTINUES, AND THERE IS A LONG ROAD AHEAD, I AM SO GRATEFUL THAT THIS TYPE OF HEALING EXISTS. IT MAKES YOU CRAVE TO HEAL MORE EVEN THROUGH THE ROUGH PATCHES. IT CAN'T GET ANY BETTER THAN THAT!”

BY: CH

"THROUGH REGRESSION I WAS GUIDED BY VICTORIA TO LEARN HOW MY CHILDHOOD TRAUMA OF ABUSE AND PAST LIVES ARE IMPACTING MY CURRENT LIFE TODAY. PRIOR TO THIS, I HAD ABSOLUTELY NO EXPERIENCE IN HYPNOSIS, NOR REGRESSION. I CAME INTO THE PROGRAM WITH A LOT OF BLOCKAGES, BUT I DID WANT TO EXPAND IN MY SPIRITUALITY PRACTICES SO I PUSHED THROUGH THOSE BLOCKAGES. I WAS EXPERIENCING FEAR (FEELING EVIL PRESENCES WHEN ASTRAL PROJECTING) WHILE PRACTICING MY SPIRITUALITY. AS I CONTINUED IN THE PROGRAM, I HAD NO IDEA ON HOW INTENSE MY JOURNEY WOULD BE IN HEALING. IN REGRESSION, I LEARNED HOW MY SOUL'S EXPERIENCES IN PAST LIVES ARE CREATING EXTREME FEARS THAT IMPACT MY SPIRITUAL GROWTH, SELF-WORTH AND RELATIONSHIPS. I LEARNED I HAD BEEN EXPERIENCING INTRUSIVE THOUGHTS OF ME NOT FEELING I AM GOOD ENOUGH AND RUNNING OUT OF TIME TO COMPLETE EVERYTHING I NEED TO COMPLETE IN THIS LIFE FOR YEARS. I HAD BEEN BRUSHING OFF THESE THOUGHTS FOR YEARS. I LEARNED THOSE THOUGHTS WERE CONNECTED TO MY PAST LIVES FROM THE PAIN MY SOULS SUFFERED DURING OTHER LIFETIMES. I HAVE EXPERIENCED PHYSICAL SYMPTOMS SUCH AS HIGH LEVELS OF ANXIETY WHILE COPING WITH ALL THIS.

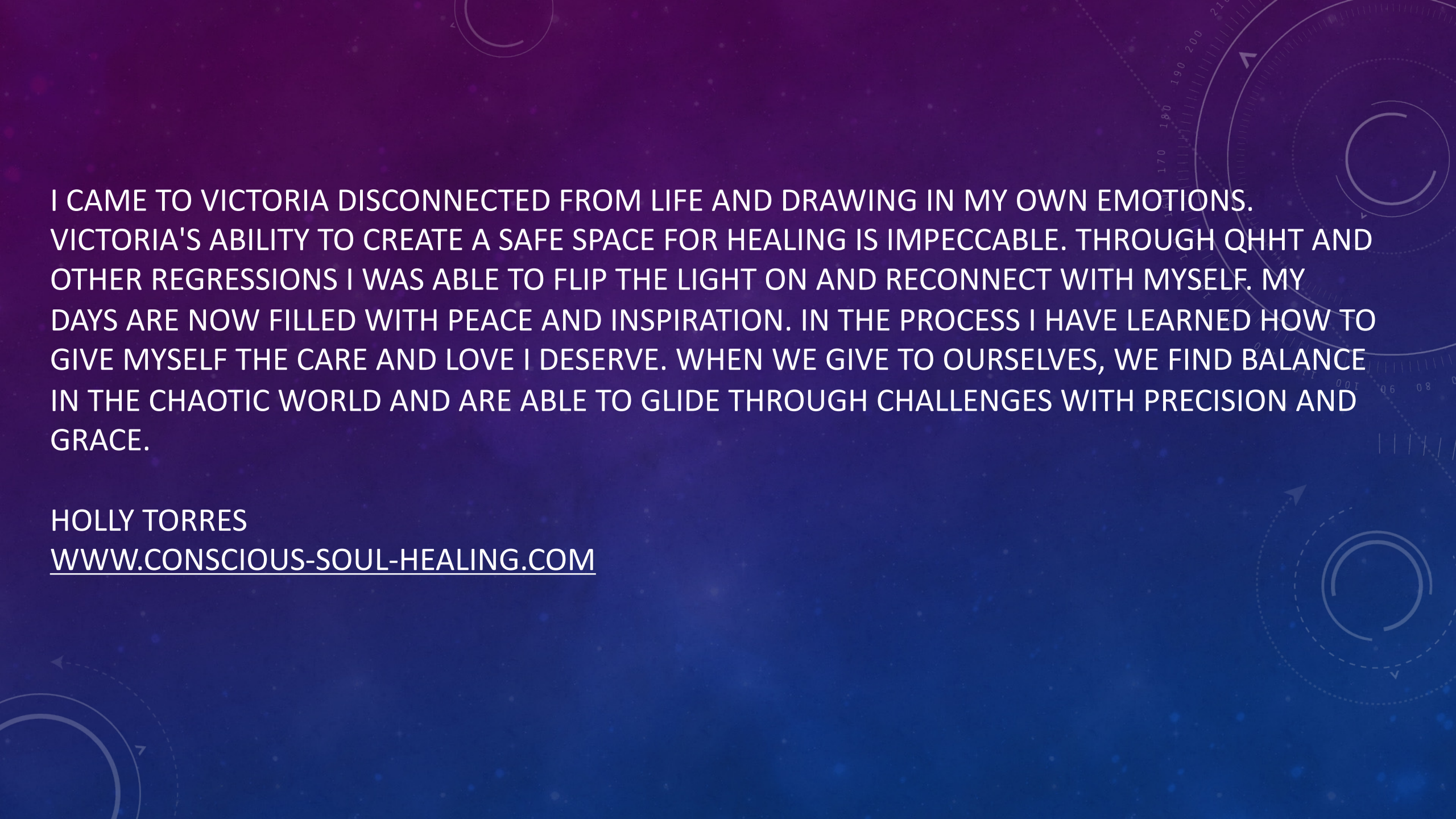
THE INTEGRATION HAS BEEN BOTH HELPFUL AND ESSENTIAL WHEN TRYING TO PUT THE PIECES TOGETHER ON WHAT ACTIONS I NEED TO TAKE TO RID OF THOSE FEARS TO EXPAND IN MY SPIRITUAL DEVELOPMENT AND EXPERIENCE SELF-WORTH IN ROMANTIC RELATIONSHIPS. DUE TO MY SPIRITUAL BACKGROUND, VICTORIA'S PROGRAM CALLED TO ME. ALTHOUGH I AM STILL HEALING, I AM GRATEFUL TO HAVE BEEN ABLE TO CONNECT WHAT IT IS THAT IS PREVENTING ME FROM EXPERIENCING A MORE REWARDING LIFE. THIS IS SOMETHING THAT I HAD NOT BEEN ABLE TO ACHIEVE INDEPENDENTLY AND I AM 41 YEARS OF AGE."

MJ MARSHALL

I'VE PREVIOUSLY HAD THERAPY BUT I WAS LOOKING FOR SOMETHING DEEPER AND MORE POWERFUL, AND WHEN I FOUND VICTORIA I WAS BOTH OPTIMISTIC AND SKEPTICAL. HOWEVER, FROM THE VERY FIRST SESSION, I KNEW I HAD FOUND A MODALITY THAT COULD HELP ME FIND THE HEALING I'D BEEN SEARCHING FOR.

I'VE ALWAYS STRUGGLED TO FEEL AND EXPRESS MY EMOTIONS FULLY- BUT DURING OUR REGRESSIONS, VICTORIA HAS BEEN VERY CALM AND REASSURING, WHILE AT THE SAME TIME INCREDIBLY ENGAGED AND FOCUSED. SHE ENCOURAGES ME TO GO WITHIN, TO PAY ATTENTION TO MY BODY AND TO ACKNOWLEDGE AND ALLOW ANY INTERNAL CHANGE IN ENERGY OR SENSATION THAT OCCURS. SOMETIMES THE EMOTIONAL AND ENERGETIC SHIFTS ARE SUBTLE; OTHER TIMES THEY FEEL QUITE PROFOUND. IT STILL AMAZES ME HOW MUCH OF A PHYSICAL EXPERIENCE IT IS, MUCH MORE SO THAN STANDARD THERAPY. VICTORIA HAS PATIENTLY HELPED ME TO RECONSTRUCT THE IMPACT THAT TRAUMA HAS HAD ON MY LIFE AND HAS BEEN DILIGENT AND COMPASSIONATE THROUGHOUT THE HEALING PROCESS. OUR SESSIONS HAVE GIVEN ME THE CAPACITY TO MOVE FORWARD.

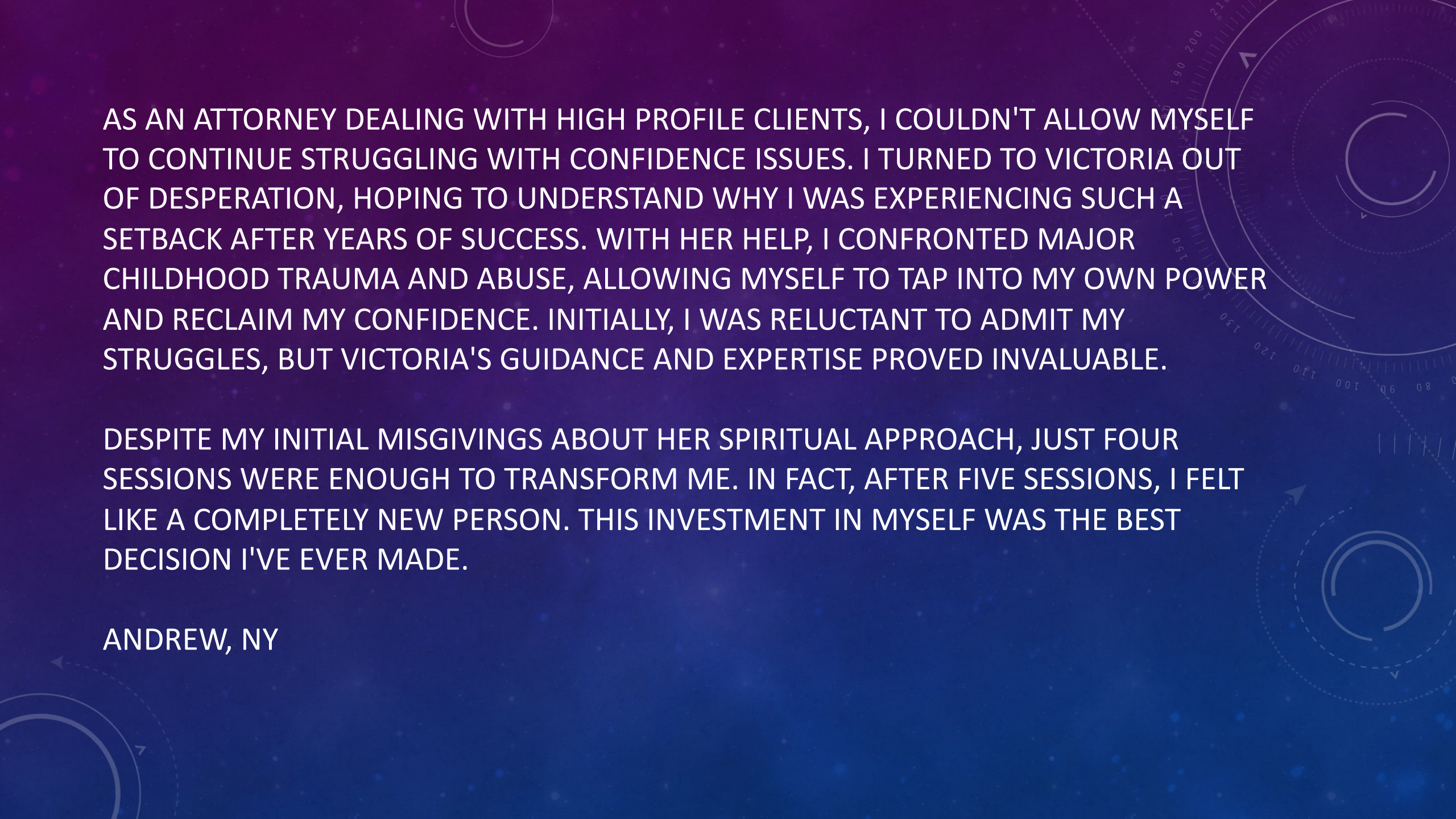
IF YOU HAVE A TENDENCY TO LOSE CONNECTION WITH YOURSELF, BY EITHER FEELING TOO MUCH OR NOT FEELING ENOUGH, VICTORIA HAS AN EXTRAORDINARY PRESENCE THAT HAS THE POWER TO HELP YOU BRING YOURSELF BACK HOME. I GENUINELY LOOK FORWARD TO MY HEALING SESSIONS WITH VICTORIA AND TO EXPERIENCING THE PHYSICAL AND EMOTIONAL SHIFTS EACH SESSION BRINGS. AMELVIS,
THEFOURELEMENTSHEALING.COM



I CAME TO VICTORIA DISCONNECTED FROM LIFE AND DRAWING IN MY OWN EMOTIONS. VICTORIA'S ABILITY TO CREATE A SAFE SPACE FOR HEALING IS IMPECCABLE. THROUGH QHHT AND OTHER REGRESSIONS I WAS ABLE TO FLIP THE LIGHT ON AND RECONNECT WITH MYSELF. MY DAYS ARE NOW FILLED WITH PEACE AND INSPIRATION. IN THE PROCESS I HAVE LEARNED HOW TO GIVE MYSELF THE CARE AND LOVE I DESERVE. WHEN WE GIVE TO OURSELVES, WE FIND BALANCE IN THE CHAOTIC WORLD AND ARE ABLE TO GLIDE THROUGH CHALLENGES WITH PRECISION AND GRACE.

HOLLY TORRES

WWW.CONSCIOUS-SOUL-HEALING.COM



AS AN ATTORNEY DEALING WITH HIGH PROFILE CLIENTS, I COULDN'T ALLOW MYSELF TO CONTINUE STRUGGLING WITH CONFIDENCE ISSUES. I TURNED TO VICTORIA OUT OF DESPERATION, HOPING TO UNDERSTAND WHY I WAS EXPERIENCING SUCH A SETBACK AFTER YEARS OF SUCCESS. WITH HER HELP, I CONFRONTED MAJOR CHILDHOOD TRAUMA AND ABUSE, ALLOWING MYSELF TO TAP INTO MY OWN POWER AND RECLAIM MY CONFIDENCE. INITIALLY, I WAS RELUCTANT TO ADMIT MY STRUGGLES, BUT VICTORIA'S GUIDANCE AND EXPERTISE PROVED INVALUABLE.

DESPITE MY INITIAL MISGIVINGS ABOUT HER SPIRITUAL APPROACH, JUST FOUR SESSIONS WERE ENOUGH TO TRANSFORM ME. IN FACT, AFTER FIVE SESSIONS, I FELT LIKE A COMPLETELY NEW PERSON. THIS INVESTMENT IN MYSELF WAS THE BEST DECISION I'VE EVER MADE.

ANDREW, NY

WHEN I FIRST REACHED OUT TO VICTORIA, I WAS SEEKING ANSWERS ON HOW TO SAVE MY FAMILY BUT WAS HESITANT TO ADMIT IT. INSTEAD, I FOCUSED ON DEVELOPING MY SPIRITUAL ABILITIES IN THE HOPES OF PERFORMING MIRACLES TO HELP THEM. LOOKING BACK NOW, I CAN LAUGH AT HOW NAIVE I WAS. HOWEVER, THE THERAPEUTIC JOURNEY I WENT THROUGH WITH VICTORIA TRANSFORMED ME IN WAYS I COULD NEVER HAVE IMAGINED. I BECAME A BETTER MOTHER, DAUGHTER, SISTER, AND AUNT. THE SESSIONS WERE CHALLENGING, DEMANDING THAT I CONFRONT REAL TRAUMAS THAT I HAD LONG BURIED. THROUGHOUT THE PROCESS, I RELEASED SO MUCH PAIN THAT I DID NOT EVEN REALIZE WAS STILL WITH ME.

AS A SURVIVOR OF CHILDHOOD SEXUAL ABUSE, I WAS LEFT WITH PERMANENT EMOTIONAL SCARS THAT AFFECTED MY ABILITY TO BE INTIMATE WITH MYSELF AND MY PARTNERS. I WAS ON THE VERGE OF ENDING MY SECOND MARRIAGE WHEN I DECIDED TO WORK THROUGH MY ISSUES WITH VICTORIA. THE SESSIONS WERE A TRUE TURNING POINT FOR ME. I REGAINED MY SEXUAL CONFIDENCE AND THE LOVE AND HAPPINESS WITH MY HUSBAND. I WILL BE FOREVER GRATEFUL FOR VICTORIA'S GUIDANCE AND FOR SHOWING ME I HAD THE POWER TO HEAL MYSELF.

BUT IT IS IMPORTANT TO REMEMBER THAT THIS KIND OF THERAPEUTIC JOURNEY IS NOT EASY. EACH SESSION LEFT ME PHYSICALLY AND EMOTIONALLY EXHAUSTED FOR DAYS AFTERWARD. THERE WERE TIMES I FELT LIKE WITHDRAWING FROM THE WORLD ALTOGETHER. STILL, I PUSHED THROUGH AND PERSEVERED. THE EFFORT WAS WORTH IT. NOW, I FEEL A SENSE OF IMMENSE RELIEF AND JOY THAT WAS UNIMAGINABLE BEFORE. IF YOU ARE CONSIDERING EMBARKING ON THIS JOURNEY, KEEP GOING, AND DO NOT GIVE UP. IT WILL BE HARD, BUT THE REWARD IS WAITING FOR YOU. BY M. D. L.A. CALIFORNIA

VICTORIA IS TRULY AMAZING. I WAS NERVOUS DURING MY FIRST SESSION, BUT VICTORIA EASED ME BEAUTIFULLY. SO FAR, I'VE HAD 2 HEALING SESSIONS WITH VICTORIA, AND IT HAS BEEN MORE THAN I EXPECTED. WHEN I FIRST MET VICTORIA, I WAS BATTLING WITH DEEP ABANDONMENT ISSUES AND LOW SELF-ESTEEM. HOWEVER, DURING THE REGRESSION HEALING SESSION I WAS ABLE TO CONNECT WITH THE PARTS OF MY CHILDHOOD THAT CREATED THESE FEELINGS, AND I WAS ABLE TO FORGIVE MYSELF AND PARENTS/FAMILY AND RECEIVE ALL THE LOVE THAT WAS LEFT BEHIND. I FELT A SURGE OF LOVE FOR MYSELF AND OTHERS, AND TRULY FELT FORGIVENESS TO THOSE THAT HAVE HURT ME. I CAN TRULY SAY THAT THE LOVE FOR MYSELF, MY PARENTS AND MY FAMILY HAS BLOSSOMED NEARLY OVERNIGHT. RECEIVING THOSE PIECES OF ME BACK HAS CHANGED MY LIFE. FEELS LIKE I HAVE BEEN GIVEN A SECOND CHANCE AT LIFE SINCE I NO LONGER CARRY THE BURDEN OF ABANDONMENT.

TO THOSE THAT ARE STRUGGLING WITH FEELINGS OF ABANDONMENT I WANT YOU TO KNOW THAT YOU DO NOT HAVE TO LIVE WITH THESE DISABLING FEELINGS FOREVER. I NEVER THOUGHT I WOULD SEE THE OTHER SIDE OF ABANDONMENT. THOSE FEELINGS CRIPPLED ME AND KEPT ME FEELING DOWN ABOUT MYSELF. YOU ALSO CAN FIND RELIEF AND FREE YOURSELF. THE JOURNEY TO HEALING IS NOT ALWAYS EASY, DIGGING INTO THE PAST AND RELIVING THOSE PAINFUL MOMENTS IS TOUGH BUT WITH THE GUIDANCE AND HELP OF VICTORIA AND THE WORK SHE DOES YOU TOO CAN BE TRANSFORMED. VICTORIA ENSURES TO BE THERE FOR YOU EVEN AFTER THE INITIAL SESSION WITH INTEGRATION SESSIONS THAT HELP YOU COPE WITH LINGERING FEELINGS THAT ARE HEAVY TO NAVIGATE THROUGH ON YOUR OWN. IT IS HARD WORK, BUT IT IS WORTH IT; YOU ARE WORTH IT! VICTORIA IS TRULY GIFTED, AND I RECOMMEND ANYONE READING THIS TO CONSIDER WORKING WITH HER.

ARIANA DE LA CRUZ, MS, R.E. PROPERTY MGT

FOR MOST OF MY LIFE I HAVE STRUGGLED WITH INTRUSIVE THOUGHTS, ANXIETY, LACK OF CONFIDENCE, LOW SELF-ESTEEM, STAGNANCY, AND JUST AN OVERALL FEELING OF DISCOMFORT IN MY OWN SKIN. THERE WERE MULTIPLE TIMES IN MY LIFE WHERE SUICIDE BECAME THE MOST LIBERATING THOUGHT I COULD HAVE. I SEARCHED HIGH AND LOW, EVERYWHERE OUTSIDE OF ME FOR A REMEDY, A PURPOSE FOR LIVING, ALL TO NO AVAIL. FINALLY, THROUGH A BOOK I HAD STUMBLED UPON, THE PATH OF SELF-AWARENESS FOUND ME, AND I BEGAN SEARCHING FOR ANSWERS WITHIN. STILL, HAVING NO KNOWLEDGE OR EXPERIENCE IN THIS AREA AND IT NOT BEING A POPULAR ROUTE THAT MOST PEOPLE TOOK, I WAS LIMITED IN WHAT I COULD DO BY MYSELF.

THE “AWAKENING THE HEALER WITHIN” PROGRAM GIFTED ME WITH THE MOST TRUST-WORTHY GUIDE AND THE RESOURCES I NEEDED TO DIVE DEEPER INTO THE DEPTHS OF MY SUBCONSCIOUS, AND I BEGAN TO INTENTIONALLY HEAL MYSELF. THE HARDEST PART OF THE PROGRAM FOR ME WAS TRUSTING THE INFORMATION I WAS RECEIVING WHILE IN THE STATE OF HYPNOSIS, YOU’RE STILL COHERENT AND YOUR ANALYTICAL MIND IS STILL ON DEFENSE BUT BEING ABLE TO PUSH THROUGH THOSE MOMENTS OF DISCOMFORT WITH SOMEONE I FELT SAFE TO BE VULNERABLE AROUND WAS A GAME CHANGER. WE GOT TO THE ROOT OF WHY I FELT SO MUCH SHAME AND GUILT JUST FROM MERELY EXISTING, WE FOUND OUT WHY SOME OF THESE INTRUSIVE THINKING PATTERNS WERE LURKING IN THE SHADOWS OF MY MIND AND ATTACKING ME WHEN I WAS AROUND THE PEOPLE I CARED MOST ABOUT OR JUST TRYING TO ENJOY MYSELF. I RECLAIMED PARTS OF MYSELF THAT I DIDN’T EVEN KNOW WERE MISSING AND THEY WERE MISSING BECAUSE I WAS CARVING OFF PARTS OF MYSELF TO FIT IN THE BOXES OF OTHER PEOPLE AND THEIR IDEALS OF WHO I SHOULD BE. I’VE SINCE EMBRACED THOSE PARTS OF ME AND WELCOMED THEM BACK. I’VE NEVER FELT SO FREE, SO WHOLE, SO AUTHENTICALLY ME. JOY AND PURPOSE NOW FLOW NATURALLY INTO MY LIFE AND I COULDN’T BE MORE GRATEFUL.

TAPPING INTO MY EMOTIONS IS NEVER FUN. IT CAN BE SCARY AND PAINFUL. SO, MY ADVICE TO ANYONE GOING THROUGH A SIMILAR SITUATION WOULD BE THE SAME ADVICE GIVEN TO ME A FEW YEARS AGO AND THAT IS “IF IT SCARES YOU, MOVE TOWARDS IT”. THE “AWAKENING THE HEALER WITHIN” PROGRAM ENSURES THAT YOU DON’T HAVE TO FACE IT ALONE.

BY JESSICA FETTERS, WEB DEVELOPER



JESSICA FETTERS & HER SON

HAVING THE WONDERFUL OPPORTUNITY TO EXPERIENCE QHHT HAS BEEN LIFE-CHANGING FOR ME. THIS BEAUTIFUL GIFT CAME INTO MY LIFE AT A PIVOTAL POINT IN MY SPIRITUAL AWAKENING. BEING ABLE TO GO BACK INTO PAST LIVES AND SEE SIGNIFICANT MOMENTS THAT HAVE INFLUENCED WHO I AM TODAY IS AMAZING. BUT, TO ALSO BE ABLE TO PULL LESSONS AND TOOLS FROM THOSE EXPERIENCE (GOOD AND BAD) TO USE FOR A SITUATIONS IN THIS LIFETIME IS A GAME CHANGER.

ONE THING IN PARTICULAR THAT I HAVE BEEN ABLE TO DO IS WORK THROUGH MY ISSUE OF NEVER WANTING A LIFE PARTNER / HUSBAND. AS A CHILD THAT WAS SOMETHING I COULD ALWAYS REMEMBER SAYING. DURING HYPNOSIS I WAS ABLE TO GO BACK INTO ONE LIFETIME TO SEE WHY MY SOUL CHOSE THAT AND THEN ANOTHER LIFETIME TO SEE MYSELF LIVING A FULL, HAPPY LIFE WITH A HUSBAND. THIS SHOWED ME THAT IT IS POSSIBLE. SINCE THEN, I HAVE COMPLETELY OPENED MY HEART UP TO THE DESIRE AND POSSIBILITY OF MARRIAGE AND ATTRACTING POTENTIAL PARTNERS THAT ARE MORE IN ALIGNMENT WITH AND COMPLIMENTARY TO MY HIGHER SELF AND PURPOSE.

BY CHARRAE MALLARD

I HAVE BEEN SUFFERING FROM DEPRESSION AND ANXIETY MY ENTIRE LIFE. I HAVE BEEN VISITING PSYCHIATRISTS, SEVERAL PSYCHOLOGISTS OVER THE YEARS, I DID THERAPEUTICAL HYPNOSIS, I WAS ALSO SUBMITTED TO TRANSCRANIAL MAGNETIC STIMULATION TREATMENT TWICE, BUT NOTHING HELPED ME ENOUGH.

NOW I'M ALMOST DONE WITH THE "AWAKENING THE HEALER WITHIN" PROGRAM AND I REALLY CAN SAY THAT IT CHANGED MY LIFE, AND THAT IS THANKS TO THE SUPPORT, PATIENCE, GIFTS AND KNOWLEDGE THAT VICTORIA HAS.

EVERYTHING CHANGES WHEN YOU GET TO THE ROOT OF THE PROBLEMS, AND YOU RELEASE ALL THE STUCK ENERGY THAT IS HOLDING YOU BACK.

I STARTED UNDERSTANDING THAT EVERYTHING THAT WE FEEL COULD BE PART OF SOMETHING BIGGER OR DEEPER THAN WHAT WE THINK IT IS, BUT AT THE SAME TIME WE ARE JUST A SMALL PART OF A BEAUTIFUL AND INFINITE UNIT. ABOUT THE PROGRAM ITSELF, EVERY SESSION IS COMPLETELY DIFFERENT TO THE PREVIOUS ONE BUT NEVER LESS AMAZING AND SURPRISING. THE CONNECTION WITH DIFFERENT VERSIONS OF OURSELVES IS SOMETHING THAT IN MY OPINION NO ONE CAN EXACTLY EXPLAIN, BUT PEOPLE NEED TO EXPERIENCE IT TO UNDERSTAND IT AND GROW AND EVOLVE THANKS TO IT.

I STILL HAVE A LOT TO WORK ON, AND AFTER THE PROGRAM ENDS, I WILL STILL HAVE A LOT TO DO (SINCE WE CAN'T NEVER STOP WORKING ON OURSELVES), BUT I'M PROUD OF SAYING THAT I DON'T NEED MEDICATION ANYMORE AND I EVEN FEEL BETTER THAN WHEN I WAS UNDER THEIR "MIRACULOUS" EFFECTS OF MEDICINE. MY PANIC ATTACKS STOPPED COMPLETELY, I FEEL MORE COMFORTABLE WITH MYSELF AND ALSO BEING AROUND OTHERS, AND I CAN ENJOY LITTLE AND SIMPLE THINGS IN A DAILY BASIC LIFE THAT FOR ME WAS UNIMAGINABLE IN THE PAST. SINCE THIS PROGRAM HAS BEEN A BLESSING FOR ME, I HOPE OTHERS WILL HAVE THE SAME CHANCE TO IMPROVE THEIR LIVES TOO. MY ONLY ADVICE TO YOU IS TO TRUST THE PROCESS. IF YOU DO, THE REST WILL COME.

BESOS,
DENISSE D'ATRI

IN THE LAST COUPLE OF YEARS, I'VE SEEN MORE THAN 200 CLIENTS FOR ONE TIME SESSIONS. SOON IT BECAME CLEAR THAT MY CLIENTS HAD TOO MANY HIDDEN TRAUMAS AND FORGOTTEN WOUNDS THAT NEEDED TO BE ADDRESS IN ORDER FOR THEM TO FEEL TRANSFORMATIONAL RELIEF. THEREFORE, I WAS INSTRUCTED BY MY SPIRIT TEAM TO CREATE THE AWAKENING THE HEALER WITHIN TRAINING PROGRAM, OVER 23 PEOPLE WENT THRU THE PROGRAM IN THE 1ST YEAR ALONE AND 24 PEOPLE FINISHED THE PROGRAM IN THE 2ND YEAR. THE RESULTS WERE EYE OPENING. THESE CLIENTS CAME FOR SPIRITUAL AWAKENING REASONS OR BECAUSE THEY WERE EXPERIENCING INTRUSIVE THOUGHTS, LOW SELF ESTEEM, WORTHLESSNESS AND ANXIETY ISSUES.

VICTORIA AMADOR

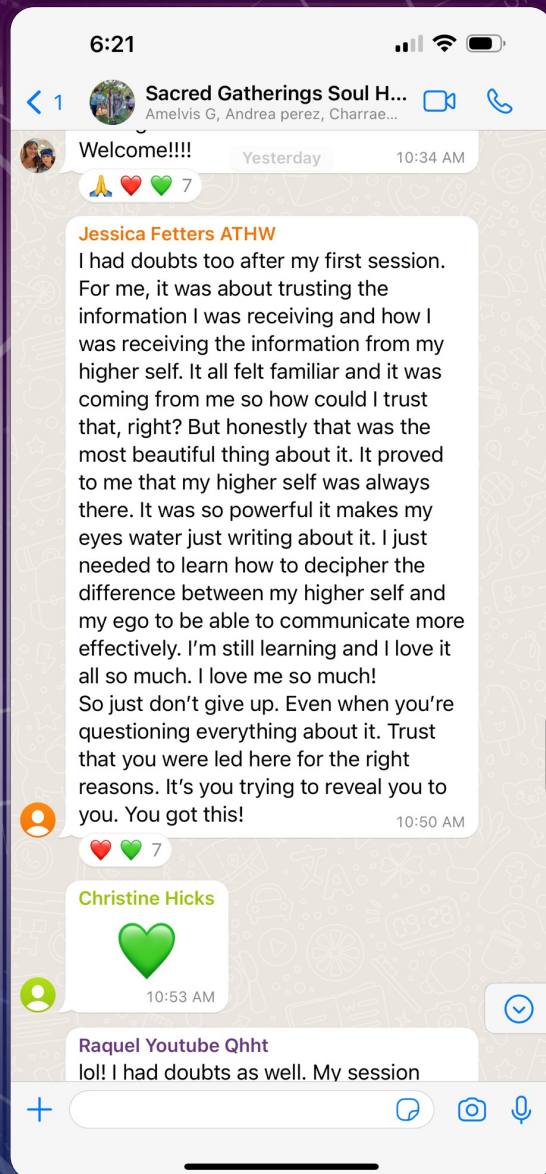


OUT OF 47 PEOPLE THE RESULTS WERE AS FOLLOWED:

- 93% transformational release of wounds and traumas.
- 83% intrusive thoughts release within 5 sessions for those struggling with heavy dark intrusive thoughts.
- 7 people joined due to relationship patterns they needed to heal, 6 people saw 100% improvement while 1 person noticed 80% improvement with some other 'issues' needed to be addressed still.
- What become clear is that within 4-5 sessions the main issue the person had is released so that it cannot longer affect the person as it did before.

WHY ONE SESSION IS NEVER ENOUGH?

TO DO DEEPER WORK WITHIN OUR SUBCONSCIOUS. THERE ARE LAYERS TO THE HEALING JOURNEY SO SPENDING A LIFE LONG WITH TRAUMAS MEANS ITS GOING TO TAKE EFFORT, DEDICATION, CONTEMPLATING, REFLECTION AND SEVERAL SESSIONS TO RELEASE SEVERAL OF THE EMOTIONS RELATED TO YOUR MAIN CHALLENGE.



THE TEXT IMAGES THAT FOLLOWS ARE FROM A GROUP CHAT WHERE SOME OF THE AWAKENING THE HEALER PROGRAM PARTICIPANTS SUPPORT EACH OTHER. I ASKED THE GROUP TO SHARE THEIR EXPERIENCE WITH A NEW MEMBER WHO WAS EXPERIENCING A LOT OF DOUBTS AFTER HER FIRST SESSION, AND THIS IS WHAT SOME OF THEM SHARED.

brain; ask yourself where is that coming from? And why? Is this my ego or my higher self? And with a sense of humor, lol!

I am 57 years old, and went through life, trusting NOT a single soul. Rage and anger dictated my life. I wanted to control everything, everyone, and every outcome!

In less than a year, when I found Victoria and started my healing journey, most people in my life do not even recognize my personality, now. Of course, I still stress out from time to time, and are dealing with lots more issues, but with Victoria I found how to NAVIGATE my



NEW ME

in the way of healing.

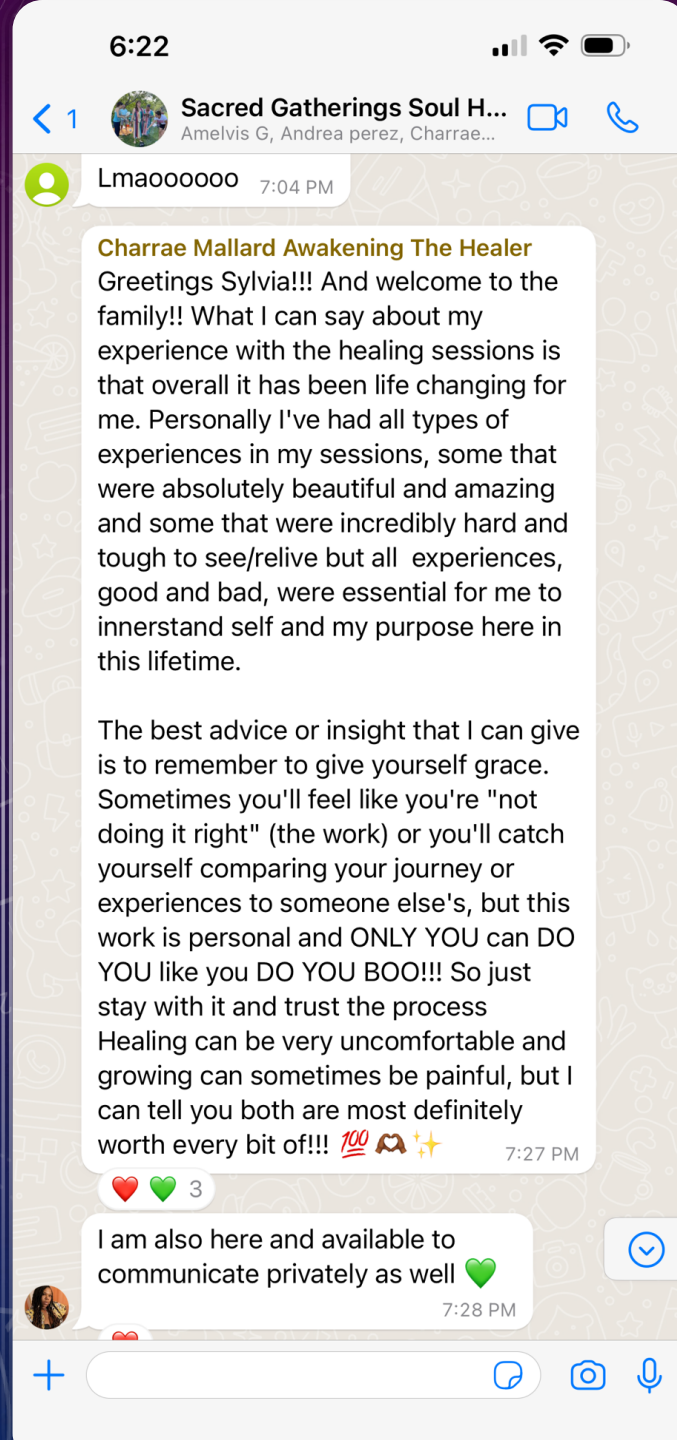
I find when doubts and questions hit the brain; ask yourself where is that coming from? And why? Is this my ego or my higher self? And with a sense of humor, lol!

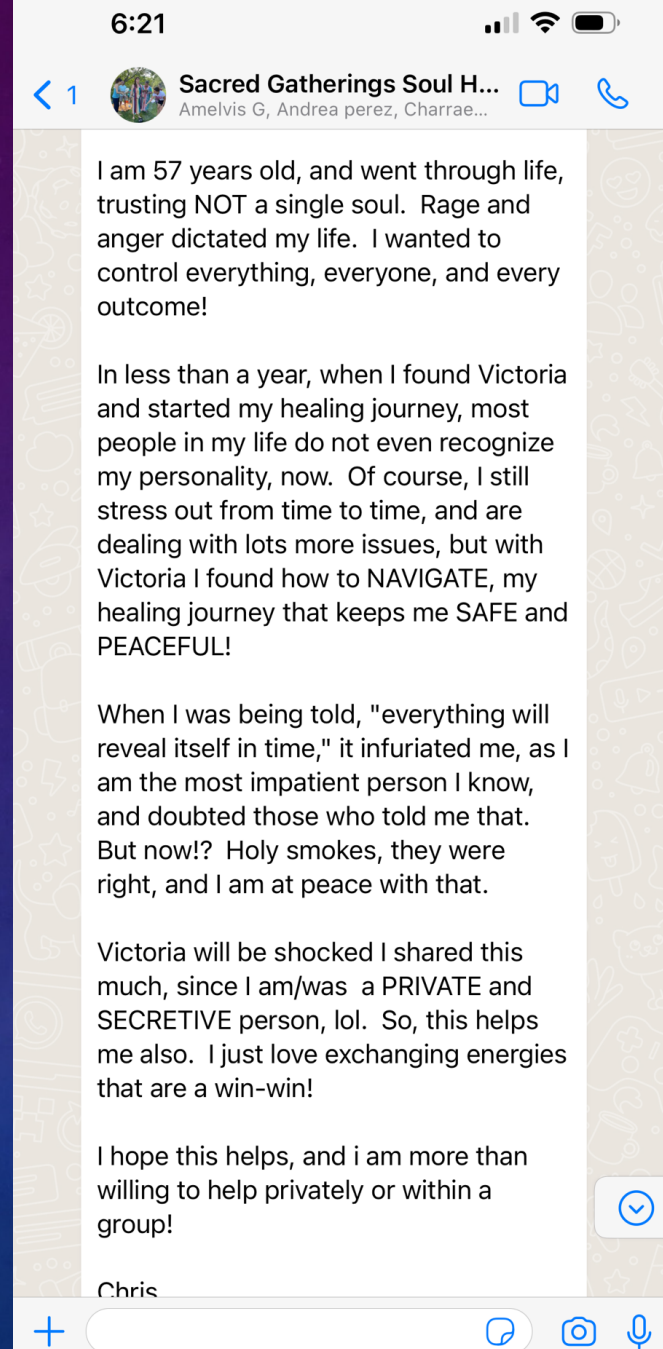
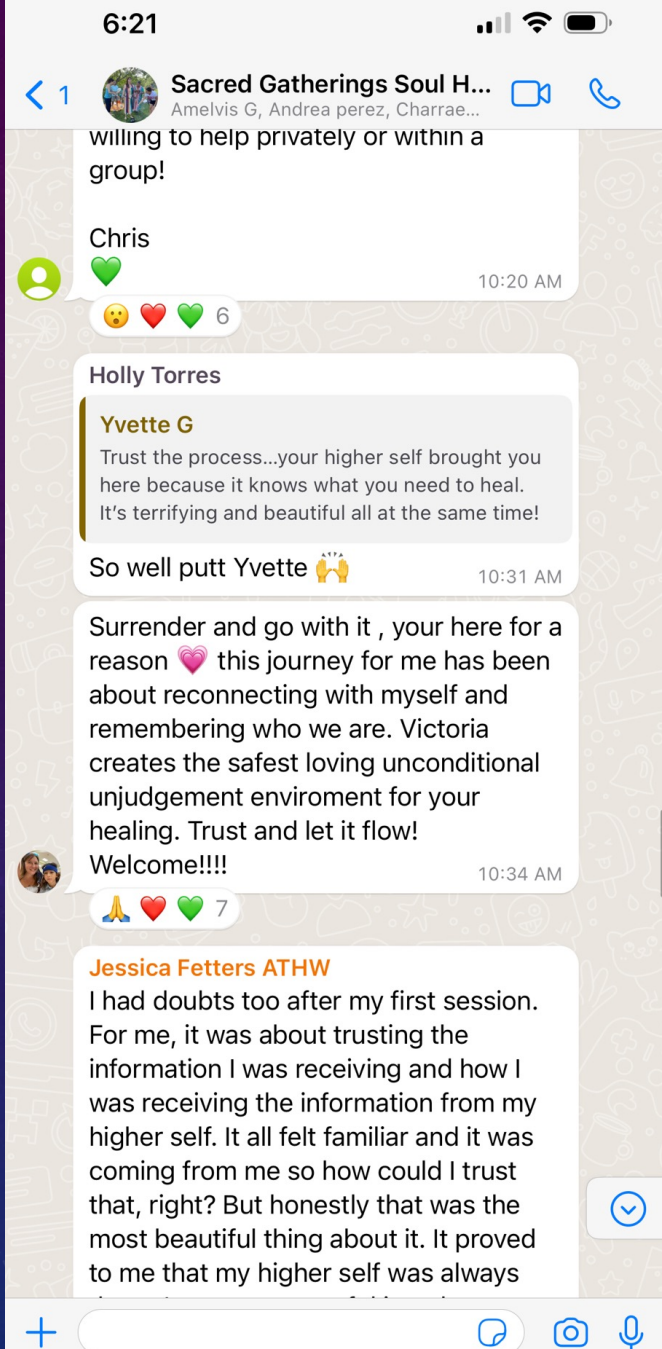
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In less than a year, when I found Victoria and started my healing journey, most people in my life do not even recognize my personality, now. Of course, I still stress out from time to time, and are dealing with lots more issues, but with Victoria I found how to NAVIGATE, my healing journey that keeps me SAFE and PEACEFUL!

that overall it has been life changing for me. Personally I've had all types of experiences in my sessions, some that were absolutely beautiful and amazing and some that were incredibly hard and tough to see/relive but all experiences, good and bad, were essential for me to innerstand self and my purpose here in this lifetime.

The best advice or insight that I can give is to remember to give yourself grace. Sometimes you'll feel like you're "not doing it right" (the work) or you'll catch yourself comparing your journey or experiences to someone else's, but this work is personal and ONLY YOU can DO YOU like you DO YOU BOO!!! So just stay with it and trust the process Healing can be very uncomfortable and growing can sometimes be painful, but I can tell you both are most definitely





6:21



Sacred Gatherings Soul H...

Amelvis G, Andrea perez, Charrae...



8:18 AM

Hello beautiful souls, can you all share your experience doing the healing sessions for someone in this group who just had her first session and has a lot of doubts. I am thinking by sharing you can help her make sense of this healing journey. Thanks you all!!!

9:21 AM ✓



Yvette G

Trust the process...your higher self brought you here because it knows what you need to heal.

It's terrifying and beautiful all at the same time!

I was pretty low when I found Victoria. I didn't think anything could help me, but I kept showing up and little by little my heart has opened up, I have found self-love, I understand my traumas, how they have held me back and most importantly how to let them go.

It wasn't easy, and I have had lots of doubts, but it has been worth every tear, every uncomfortable feeling, every emotion.

I love the saying "don't leave before the miracle"

9:58 AM



I am happy to chat privately too

9:59 AM



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It wasn't easy, and I have had lots of doubts, but it has been worth every tear,

TRUST THE PROCESS

CONFIDENTIALITY

MOST CLIENTS THAT JOIN THE PROGRAM ARE CORPORATE OR HIGH-PROFILE INDIVIDUALS THAT DO NOT WANT TO REVEAL THEIR IDENTITY.

THE INDIVIDUALS THAT ARE GOING THRU SPIRITUAL AWAKENING AND WOULD LIKE TO CONNECT WITH OTHERS CAN JOIN THE COMMUNITY / MEMBERSHIP AREA AND CONNECT WITH OTHERS WALKING THIS JOURNEY TO MAKE NEW FRIENDS AND SUPPORT EACH OTHER.

RESOURCES

LIST OF SEVERAL PRACTITIONERS
IN THE USA, LATIN AMERICA AND
EUROPE

Name	Contact Info	Specialty	Language	City & Country	Sessions
Victoria Amador	Soulhealingtribe.com Awakeningthehealerwithintrainingprogram.com I help those struggling with hopelessness, loneliness, intrusive thoughts and spiritual awakening	Shamanism, Quantum Healing, Age Regression, Past Life Regression, Spirit Releasement, Heart Centered Technique	English & Spanish	WPB, FL Sessions in person or Online	In Person & Online
Amelvis Gomez	https://www.thefourelementshealing.com/	QHHT/ BQH / Shamanism	English & Spanish	South Florida	In Person & online
Holly Torres	Conscious-soul-healing.com	QHHT / BQH Shamanism	English	South Florida	In Person & Online
Natalie Delaine	Nvibetribes.com	Life Coach	English / Spanish / French	South Florida	Online
MJ Marshall	MJguidingothersllc.com, Specializing in helping previously incarcerated women	Life Coach	English	Sarasota FL	Online
Paula Schoihet Haupt	Inst: regresa.ati	Past Life Regression	Spanish	Europe / Latin America	Online
Claudia Cuervo	+34 608594496 c.c.cuervo@gmail.com	Past Life Practitioner	English & Spanish	Guadalajara, Spain	Online, In Person
Jose Quintero	52-3321655436 yosoyjose4797@hotmail.com	Past Life Practitioner	Spanish	Cd Guadalajara, Mexico	Online, In Person
Patricia Pareja Canales	Insta: @patriciaparejacanales Site: patriciapareja.webnode.cl	Biodecoding, Coaching therapy & Past Life Regression Therapy, Flores de Bach	Spanish (Español)	Sessions Online (Los Andes, Chile),	Online
Clara Hoyos	Clarahoyo5@gmail.com	Quantum Healing, Past Life Regression & Flores de Bach	French & Spanish	Sherbrooke, Canada, Online Sessions & In Person	In Person & Online
Maria Fernanda Fernandez	Centrohopecicoterapia.es centrohope@gmail.com	Psychiatrist and Psychotherapy (focused on emotional trauma and children / teenagers and adults)	English & Spanish	Madrid, Spain; Sessions In Person and Online	In Person & Online
Marcia Mandrile	Mn-mandrille@hotmail.com +54-340-640-3139	Trauma & Past Life Regression	Spanish	Sessions In Person or Online, San Jorge, Pcia de Santa Fe, Argentina	In Person & Online