



Integrated Imagery: Regression Hypnosis

Covering the entire continuum of states of consciousness including present biographical life, the pre- and perinatal, perceived past life, afterlife, between life, before life and future life states.

Date of intake: _____

Name: _____

Age: _____ Birthday (Month / Day) ____ / ____

Home Phone Number: _____

Work Phone Number: _____

Text Number if Available: _____

What is the best way to reach you during the day?
___ Home Phone ___ Work Phone ___ Text ___ Email

Email Address: _____

How did you hear about Hypnosis Works NYC?

Have you ever been regressed including Past Life Regression or a Life Between Lives Regression before?

If no, have you ever been hypnotized before and if so, what was your experience like?

Please describe what you hope to gain though this experience.

Underlying Spiritual Philosophy:

The Soul is that spiritual aspect of our immortal Spirit that chooses to become embodied: entering our physical form at our first breath and departing at our final exhale. I believe only some portion of our Immortal Spirit (also called the Higher Self or Over Soul), is embodied; the remainder stays in the Spiritual/Mystical Realms where it continues with other work.

Lifetimes on Earth are precious opportunities affording us the possibility to learn, to grow, to be of service, expand compassion and at the end, to bring what we have gained back into our Immortal Self, which expands and continues its enhanced Journey toward Pure Awareness.

We have many guides and helpers along this Path. Our Immortal Spirit ~our Over Soul (amongst others) are compassionate resources that we can learn to communicate with. We will not be told “what to do,” for Free Will is the guide; otherwise our opportunity to learn is taken from us.

But we can learn to listen for suggestions, information, promptings and potential directions. Most of all, we discover, there is no harsh Judge. Instead we are bathed in deep kindness and love by those very resources who support the challenges of our Embodied Journey.

If presented with an opportunity to ask your personal spirit guide or Helper spirit for assistance, what would ask for?

Please describe to me what type of imagery is most relaxing to you – whether it be indoors or in nature, at the ocean, in a meadow, a forest – whether you prefer imagery which includes bright sunlight and warmth or cool breezes, etc. If it's easier, feel free to bring in photographs of your favorite imagery. You may also let me know if you find it easy or difficult to visualize, or if you prefer simply imagining your peaceful place. This session will include a rather lengthy deepening phase during which I will guide you through imagery or imagination into a very deep, restful, peaceful state of mind and body.

What might you expect?

Frequently, a client may feel he or she is “making things up” during their session. Although it may seem that way at first, please trust your subconscious and the process and allow thoughts and images to bubble up to the surface without over-analyzing or questioning them – allow yourself to be amazed and to enjoy the experience. It may be helpful to realize that for a person to construct a fantasy about the spirit world while in deep hypnosis would be exceedingly improbable, since people who are experiencing a deep trance state are very honest and quite precise about what they see and feel and otherwise sense. As the session progresses, you may find that what seemed at first to be a product of your imagination, begins to take on such detail and form that your experience may become “larger than life” or feel more real than your everyday experience. At the end of a Life Between Lives session, most clients state that they have an inner knowing that what they have experienced is real. Trust the process and expect an extraordinary journey.