

# Overview of the Spiritual Journeys Methodology

“A Practical Methodology For Accelerated Spiritual Development and Experiential Exploration”

The Spiritual Journeys Program teaches Certified Hypnotherapists how to coach their clients into a self-hypnotic state of conscious awareness where they can consciously communicate with their own Higher Self and Spirit Guide, and where they can begin to recall the activities that their soul has previously experienced, and to access any information in the Universal Akashic Record. The Spiritual Journeys Program information and procedures are provided in a series of up to sixteen one-on-one optional and individual sessions you will conduct for each client; each session will build on the information and experiences of your client's prior sessions.

All the materials to train you to support each of the individual Spiritual Journeys sessions with your clients (including complete scripts for each Journey) are provided in a single digital download that includes an informative instructive presentation in either a PowerPoint format (.pptx) or a Windows Media Video (.wmv) format. This download provides the hypnotic scripts tailored for each Journey, and is made available only to Certified Hypnotherapists.

A detailed User's Manual that is written for both Hypnotherapists and the general public is available from Amazon.com in either paperback or Kindle form; this manual describes the objectives and processes for each Journey, but does not include the hypnotic instructions for each process. Each of the sixteen individual Spiritual Journeys processes is summarized below. The three “Spiritual Foundations” Journeys must be taken in order first. After Journey 3, the optional “Spiritual Healing” path (Journeys 4-6), the “Personal Spiritual Growth” path (Journeys 7-10), or the “Spiritual Exploration” path (Journeys 11-16) may be taken in any order and at the student's own pace.

## Spiritual Foundations

**Journey 1 – Learn Deep Self-Hypnosis:** Pre-Talk; Determine the Visual, Auditory or Kinesthetic (V-A-K) words to emphasize; Get your Hypnotic Agreement; Watch What Hypnosis Is and Isn't; Hypnotic induction using the Elman and/or the 7±2 Confusion Induction; Install and anchor an ideomotor cue (Index Finger Drop ) to take them to the Esdaile State using the Simpson Protocol; Y-N-? Programming; Time Limit instructions; Practice with a time limit; Review Benefits of Self-Hypnosis; Teach client how to safely emerge from Self-Hypnosis and return to full conscious awareness; provide Deepening CD of digital file for daily practice at home for a week or more.

**Journey 2 – Rise Into Spiritual Area:** Begin with Index Finger Drop to Esdaile; Install and anchor the Thumb Drop technique that also takes the client to Esdaile, but allows them to rise into their Spiritual Area before emerging from Self-Hypnosis; Provide the Cocoon Visualization; Rise through three specific levels of awareness; Ensure protection in the Spiritual Realms; Establish channel of communication to highest levels of Love and Wisdom; Ask that all information you receive be only for the Greater Good of all concerned; Provide instructions for returning to full conscious awareness; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide practice CD or digital file to coach your client into their Spiritual Area each day for a week or more.

**Journey 3 – Meet Higher Self & Spirit Guide:** Record the session; Begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Consciously meet and converse with your Higher Self; Learn your Spiritual Name; Call for your Spirit Guide to come forward; Learn the Spiritual Challenge to accept only those in service to the Light, and the Banishing Technique to remove all others; Learn your Guide's Name;

Receive a message from your Guide; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide client with a copy of recording (usually an mp3 file on Flash Drive).

**Spiritual Healing** (Note: These are normally done in sequential order, depending on client's prior spiritual experiences. Journey 4 emphasizes release of negative energies from client's own being, Journey 4 introduces Remote Healing of the client, and Journey 5 illustrates healing of groups of individuals.)

**Journey 4 – The Hall of Transformation:** Begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Move to the Hall of Transformation; Raise the Violet Flame of Transmutation; Step into the Violet Flame; transform all negative thoughts, beliefs and energies that limit your love and happiness into gold; offer gold to Supreme Architect; Expand Violet Flame outward; Exit Hall of Transformation; Return to Cocoon below; Emerge from Self-Hypnosis and return to full conscious awareness; Provide Violet Flame Meditation CD or digital file; Encourage its use often.

**Journey 5 – The Temple of Healing:** Begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Call for the Higher Self of your client to come forward; Challenge and confirm their identity; Learn their Spiritual Name; Get permission to go to the Temple of Healing; Move to the Temple of Healing; Describe its appearance; Enter and locate the Healing Room; Notice a Healing Table; Invite Archangel Raphael (the Archangel of Healing) and the White Light Angels to assist you; Remove client's negative energies, restore their own energies; Provide healing energies if so trained; Issue Healing Decree in the Name of the One Infinite Creator; Get message for the client from the Angels; Thank and release White Light Angels; Emerge from Self-Hypnosis and return to full conscious awareness; Provide client with a written summary of actions taken and observations received.

**Journey 6 – Your Personal Pyramid Of Power:** Begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Move to your own Personal Pyramid of Power; Describe how the interior appears to you; learn procedures for healing a situation or conflict; Learn procedures for making difficult decisions and manifesting desired objectives; Learn procedures for healing yourself; Learn procedures for healing a remote client; Learn procedures for healing groups of people; Learn procedures for healing collective consciousnesses, including the Collective Conscious of Humanity; Return to your Spiritual Area; Emerge from self-hypnosis.

**Personal Spiritual Growth** (Note: These four sessions are normally done with your client physically present. Also, it is preferable to have the client's Higher Self provide the actual information, with their Spirit Guide assisting as required.)

**Journey 7 – Past Earth Lifetime:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client's Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the client's personal Akashic Record for the purpose of re-experiencing a pleasant past lifetime on Earth; If permission is granted, direct client's Higher Self to examine a re-live a pleasant (non-therapeutic) past lifetime on Earth; Examine the details, reflect on entire lifetime to see if the desired challenges were learned; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Journey 8 – First Earth Lifetime:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client's Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the client's personal Akashic Record for the purpose of re-experiencing their very first lifetime on Earth; If permission is granted, begin by asking their Higher Self how they became aware of Earth, and how they felt and what they became aware of as they approached Earth's atmosphere for the first time; Get

the details, follow where led; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Journey 9 – First Soul Memories:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client’s Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the client’s personal Akashic Record for the purpose of re-experiencing their very first feelings and what they were aware of at the instant that they first knew they were a unique and individuated soul essence, “separate” from Creator; If permission is granted, ask Higher Self: What did they decide to do? Where did they go FIRST? (Be prepared for visits to other worlds, dimensions and universes.) Why did they go there? Who told them? Get the details, follow where led; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Journey 10 – Memories of Oneness:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client’s Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the client’s personal Akashic Record for the purpose of re-experiencing their very first feelings and what they were aware of at the instant that client’s soul essence was first created; If permission is granted, ask Guide to move to the Akashic Record just before creation of client’s soul - what was Guide aware of? What was Guide aware of as client’s soul was being created? Ask the client’s Higher Self what they were first aware of at that instant – at the very beginning of their soul record before they left the mind/energy of Creator, before they individuated into the lower dimensions of form? Get the details, follow where led; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Spiritual Exploration** (Note: Here the client’s Spirit Guide will probably provide more complete information than is available to the client’s Higher Self.)

**Journey 11 – The Akashic Records:** Decide on topic of investigation; Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client’s Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the universal Akashic Record for the purpose of learning about (topic of investigation and other details, for instance its ramifications, influence or impact on human evolution, etc.). If permission is granted, ask client’s Guide to provide all the details, and follow where led; Thank Guide; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Journey 12 – The Angelic Kingdom:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client’s Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the universal Akashic Record for the purpose of learning about the Angelic Kingdom, and the functions and responsibilities of the various spiritual and Angelic beings. If permission is granted, ask client’s Guide to provide all the details, and follow where led; Thank Guide; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Journey 13 – The Plant and Mineral Kingdoms:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client’s Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the universal Akashic Record for the purpose of learning about the Plant and Mineral Kingdoms, and about the characteristics and functions of the various elements, and their interaction with

Gaia, the consciousness of Mother Earth. If permission is granted, ask client's Guide to provide all the details, and follow where led; Thank Guide; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Journey 14 – The Elemental Kingdom:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client's Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the universal Akashic Record for the purpose of learning about the Elemental Kingdom, and about the characteristics and functions of the various elemental beings or energies of Earth, Air Fire and Water, and their interaction with Gaia, the consciousness of Mother Earth. If permission is granted, ask client's Guide to provide all the details, and follow where led; Thank Guide; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Journey 15 – The Ascension of Gaia:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client's Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the universal Akashic Record for the purpose of learning about the true history of Planet Earth, Gaia – its consciousness, and about the physical and spiritual evolution of sentient life forms on Planet Earth. If permission is granted, ask client's Guide to provide all the details, and follow where led; Thank Guide; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Journey 16 – The Golden Age:** Record the session; Coach client to begin with Thumb Drop to Spiritual Area; Do the three things you must always do each time; Thank client's Higher Self for coming today; Call for their Spirit Guide to come forward and have client challenge them to confirm their identity; Ask Guide for permission to access the universal Akashic Record for the purpose of learning about the probable events and changes in humanity's governmental, social, monetary, agricultural, ecological, technological and medical institutions (and any others that you can think of) that are now recorded there; If permission is granted, ask client's Guide to provide all the details, and follow where led; Thank Guide; Return to Cocoon; Emerge from Self-Hypnosis and return to full conscious awareness; Provide copy of recording (usually an mp3 file on Flash Drive).

**Our Path Ahead** (Once all this information is available, what do we do with it?)

**Spiritual Discussion Groups:** Each Spiritual Journeys Practitioner may wish to establish a local "Spiritual Discussion Group" of their own clients who have progressed through various Journeys to share and validate their own experiences. What information should be discussed, and what should not? What safeguards should be applied to protect the individual's anonymity? With whom should the information be shared, if at all? How should the information be shared?

**Inter-Group Collaboration:** As several independent Spiritual Discussion Groups are formed by Hypnotherapists in various areas, should information about individual Spiritual Journeys sessions be shared between Groups? In what formats? Via what media? How will the information be archived and accessed for future reference and research? By whom?

Comments and suggested procedures for further development of the Spiritual Journeys program are welcomed!

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