



JENNIFER ENGLER, LLC

HYPNOSIS



www.jenniferengler.com

Why hypnosis

Hypnosis is a deep state of relaxation where one is alert yet in a heightened state of concentration and focused attention. All hypnosis is self-hypnosis because you can't be hypnotized unless you want to be, but everyone can be hypnotized. Whether you're listening to a recording or you're guided live, you can reach this deep state of focus with verbal relaxation cues and guided imagery. In this state, you can ignore ordinary distractions and be more open to your perceptions, sensations, emotions, memories, thoughts, or behaviors. Theories about how hypnosis works include the belief that in this deep state, your conscious mind is quieted and you're able to tap into the unconscious part of your brain where these aspects of your experience originate.

We often experience states like hypnosis when we focus so intently on reading a book or watching TV that we no longer tune into the sounds and activities around us. You do not lose consciousness in hypnosis (except if you fall asleep). You remain aware of who you are, where you are, and you remember what happened. You don't lose control over what you say or what you do. You are not under the control of the hypnotist. You can't be made to quack like a duck or any other behaviors against your will.

Hypnosis allows you to reach expanded levels of consciousness because you're accessing brain waves like those when in meditation or while dreaming. Thus, similar experiences and insights can be gained as in these trance or sleep states. Transpersonal Hypnosis is a type of hypnosis that focuses on helping people heal similar concerns addressed by clinical hypnosis, but it also includes a spiritual component. The hypnosis sessions are structured and facilitated to help connect you with your inner wisdom, intuition and/or higher self, or a level of consciousness that is not your everyday awake state of the thinking mind. If you're open to the idea that your current life could be impacted by experiences outside of your conscious awareness, then you may be interested in exploring your life's purpose, challenges, or patterns. Hypnosis is a powerful tool in its facilitation of self-discovery and healing. This work can help you to explore and gain insights that can amplify the conversation between your body, heart, and higher mind/soul/spirit. This approach is not connected to any religious beliefs. A belief in any religion, deity, or even the belief in the existence of an immortal soul is not a prerequisite.

What is helpful is the desire to tap into your own inner wisdom via the levels of consciousness reached with hypnosis.

I offer two types of sessions:

Each session is customized to your intention and needs, including how best to create a space of safety for your experience, where you can explore without judgment or fear. My intake form helps us to begin this conversation for how best to tailor the experience for you.

Past Life Regression

When we desire to explore beyond the limits of our surface identities to possibly gain a deeper sense of purpose in our lives, or to develop a more complex understanding of a situation in which you find yourself in. This type of session can support you in exploring the ancestry of your soul, however that fits for you, whether it be via 'past lives' or tapping into the voice deep within us that connects to a greater consciousness. Hypnosis allows us to draw our attention so deeply inward that we can connect to a level of consciousness that connects us to a larger sense of knowing, possibly from the past, if that works for you.

The questions that are common for these sessions include:

- How can I better understand and/or heal this pattern in my life?
- How can I better understand my purpose and what I am trying to learn from life so I can live more fully?
- What could help me resolve experiences that seem to be impacting my life, unresolved emotions, anxiety, fears?
- How can I experience a greater sense of peace, clarity, and spiritual understanding?

Divine Guidance

It is necessary to have experienced at least one Past Life Regression session before scheduling this type of session. Please schedule a consultation with me if you have questions.

Each Past Life Regression hypnosis session involves consulting with higher consciousness or Divine beings around the ancestry of our souls and how those experiences connect to the present day with the intention of healing and fuller living. In this session, we move directly into this space to gain guidance for similar questions and concerns. Connecting to a higher level of consciousness with benevolent energies help us gain insights as well as the somatic sense of feeling more connected to what is non-physical and loving whether you connect to that as The Universe, All That Is, or Oneness to describe this Consciousness.

If you have questions, concerns and/or fears about hypnosis or either one of these sessions, please don't hesitate to reach out so that I can address your unique circumstances. [My hypnosis before and aftercare resources may also be helpful.](#)