

# Hypnotherapy & Past Life Regression

Hypnotherapy is a guided meditative process that helps support positive change in beliefs, feelings, wellness, fears, or habit cessations. The client is lead to a trancelike state of very deep relaxation, much like sleep, where positive suggestions are then offered to the client's relaxed mind. This relaxed state by-passes the conscious mind and quiets its ability to rationalize old, out dated patterns, habits and fears. A new, empowered state of being is suggested that meets the client's new goals. Past life sessions can include resolving karmic life patterns, previous vows or oaths and a heal habituated stories to unleash your ability to life the life without such constraints.

**Hypnotherapists:**

**Dr. Rev. Deborah Lallier, ThD, CBT, HTP, CHt**