

HYPNOSIS ASSISTS YOU

Hypnosis may help you to heal this lifetime as well as getting closure in previous existences. You may:

- See or feel previous existence(s); traveling through significant life events.
- Experience true knowledge of your talents or life purpose
- Enable your cell memories to release trauma from earlier events
- Release unusual fears, patterns of behaviour or compulsive traits.
- Release blocks caused by old trauma.
- Discover how powerful you truly are
- Achieve clarity, empowerment and confidence.

YOUR SESSION

A *Past Life Regression* session usually lasts two hours; the *Life Between Lives* may be between three or four hours long!

Your sessions are recorded on CD for you, enabling you to treasure your experience ad infinitum.

Your session includes time to *mine* your previous lifetime for valuable insights and suggestions, for healing that can be done in this lifetime as well as other actions that you can take to improve your life.



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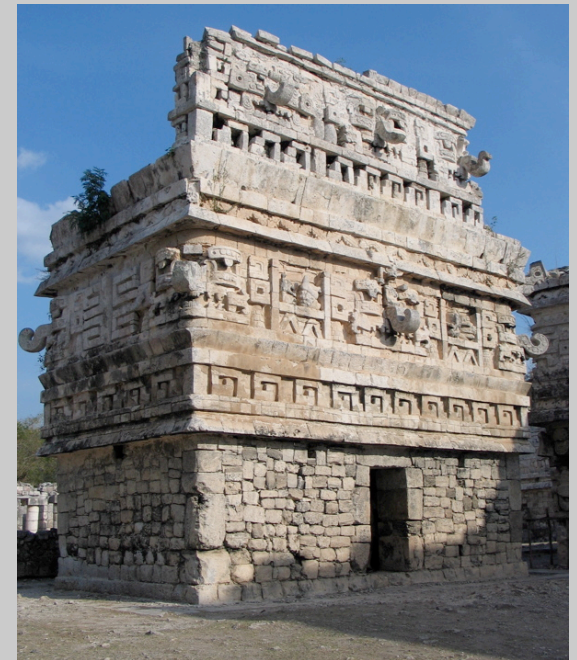
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Past Life Regression

**And Life Between Lives Spiritual
Exploration using Hypnosis**



SOLUTIONS IN MIND





MY EXPERIENCE

I am Karen Eardley, owner of Muskoka Hypnotherapy and I have experienced many past lives through hypnosis. I have published several articles in the Edgar Cayce Canada magazine, "Open Road," as well as for Muskoka Magazine and I have led both group workshops & individual sessions of past life regression, enabling others to access more of their true selves.

PAST LIFE REGRESSION

Past Life Regression is a two hour hypnotherapy session that assists you in accessing previous existences or messages from your subconscious; these sessions are often very enlightening & empowering, and can help to release behavioral traits that are a result of unresolved issues rooted in previous lifetimes.

Following a relaxing journey, you are guided to find yourself in the shoes of a previous existence. From here you gradually become more aware of your physicality, noticing if you are male or female, adult or child etc Your awareness next expands to where you are, what you are doing, your occupation and family situation. Next you move through significant events in that lifetime, getting a thorough understanding for your needs.

By re-experiencing event(s), cell memories recognize these memories were from a prior life, and often spontaneously release what it was holding. We carry out additional healing using visualizations, gestalt techniques, chord cutting and energy work to complete the healing process.

LIFE BETWEEN LIVES

These 3 or 4 hour long sessions explore more spiritual aspects of self in greater depth; this may often result in huge awakenings and life altering perceptions.

You are guided, via your most recent previous existence, up to the realm of spirits; here you may meet to your soul group, view your Akashic Records, or venture to a place of healing. You may become aware of your soul colour, your life purpose and how far along the way you have already traveled. You may also experience powerful lessons, thereby better enabling you to move forwards with your life. Finally, you are guided to your Counsel of Elders where you may ask pre-prepared questions and receive guidance.

PERSONAL GROWTH

Hypnosis can help you to achieve personal advancement and healing, by retrieving and then integrating the parts of you that had been separated or hidden.

Specifically related to past lives, clients have successfully released:

- Never feeling satisfied after eating
- Compulsive behaviour
- Fear of Dentist
- Inability to form good relationships
- Attachment to negative influences

This empowering process may be a gradual increase in self-confidence, and/or an explosion of awareness, often known as that, "Ah-ha" moment!

WHAT IS HYPNOSIS

Hypnosis is a natural state of mind, which happens several times throughout the day to everyone. Highway trance, or even "zoning out" in front of the TV, are common experiences of trance. Whenever you reminisce about the past, you naturally and automatically take yourself into a light trance.

Hypnosis is also a heightened state of focus and awareness where you gain access to internal resources, from your sub-conscious mind, normally outside the range of conscious awareness.

HYPNOSIS FACTS

People are often unaware of the truth about hypnosis:

- All hypnosis is self-hypnosis
- 95% of people can take themselves there
- We work together as a team
- You remain in control
- You remember everything you wish to
- Your extremities may tingle or go numb
- Your mind is alert, whilst your body sleeps
- You awaken feeling relaxed and calm
- You accept only agreeable suggestions

I invite you to explore and welcome more of the aspects of the timeless and infinite you...

