

Life Transformation Report

Information on How Hypnotherapy Helps to Live a More Fulfilling Life

ISSUE 1



this issue

The Life Transformation Intensive
Energetic Psychodrama
Breathwork
Heart-Centered Therapies

The Life Transformation Intensive

The Life Transformation Intensive is a six part program where the same group meets one weekend a month for a six month period. Each weekend has a specific theme and processes to match that subject and facilitate deep healing in each individual in the group. The strength of these group processes is that they are profound and during each process not only does the individual makes gains in their individual journey but there is a learning and an increased ability in each of the participants as they observe the work done by the others in the group. Each weekend is designed to build on the last and address a variety of areas that impact the lives of the participants. Also, during each weekend there is trance work of some kind. In the early weekends there is hypnotherapy that targets specific issues of each participant and in later weekends there will be energetic psychodrama which will be discussed in detail on the next page. On Sunday each weekend there will also be Breathwork which also has an article in this issue on the third page.

The difference between these group intensives and regular hypnotherapy is akin to the difference between talk therapy and hypnotherapy. Hypnotherapy goes deeper and works much faster than talk therapy and the Life Transformation intensive goes even deeper and brings about more change than hypnotherapy alone can do. (See the side bar about trance work in groups). Most participants to a Life Transformation Intensive want to get their life partner or other family members to an Intensive so they can grow together and understand each other in a deeper way.

GROUP PROCESSES

When a group does deep trance work together there is an energy that builds up within the group and among the participants. There is an opening as each participant does their healing work and it is witnessed by the group. As this energy or synergy grows within the group a unique phenomenon takes place – when a participant does their individual session other participants have parts of their lives healed too. Additionally, there are opportunities for group members to serve each other during the intensive that brings about openings in both the giver and receiver.

Another aspect of these group processes is that a true compassion and love for each other begins to grow within the group and among the group members. Close connections form and the group members begin to experience each other in ways they have not experienced others before and this often carries over into life outside the Intensive. Many group members begin to find their relationships in life improving as a natural result of the life changes they realize from the intensive.

Energetic Psychodrama

Going Even Deeper into the Unconscious

Energetic Psychodrama combines the power of psychodrama with the sensitivity of hypnosis, assisting the participant to access repressed traumatic material. The trance state is useful in promoting suspense of disbelief, lessening the inhibition, improving the integration of unconscious material into consciousness, achieving deeper states of spontaneity, and retrieving repressed memories. Regular psychodrama is a process done in the conscious state and energetic psychodrama is done in the trance state. The difference between hypnotherapy and energetic psychodrama is that in psychodrama we represent externally our internal psyche. In other words we begin to bring our internal world into the outer world. We are able to experience physically what has been only experienced psychologically. This allows objective observation and completion of unresolved conflicts through re-experiencing them with a corrective experience. One of the main components of energetic psychodrama that makes it so powerful is that it is group assisted. Others participate in the psychodrama to bring the participant to deeper levels of realization and the facilitator and the group help the client bring their process into the external world by interacting with them physically sometimes during the psychodrama. The group members will play roles of the people who come up in the participant's psychodrama. These roles may be someone from their current life, like a spouse, or may be someone from childhood. By playing these roles for the participant it helps bring that internal process into the external and it helps the participant go to deeper levels of their unconscious and the issues they are working on.

Another example of bringing the internal process into the external world is – sometimes the participant feels they have lost something in their life to a person from their childhood. Often one of their parents and in our example

we will use the father of the participant. The participant is given a pillow that is held on the other side by a group member who has played the role of the father in the psychodrama. The participant then is instructed to take back what it is they feel they have lost in that relationship. The group member resists giving that thing back and the participant must actually take it back. There is an empowerment that takes place during this process. The participant takes back what they lost and their power at the same time. The reverse process can also be done if the participant feels they have taken on things from their father that belongs to him and do not belong to the client. In both these processes there is a corrective experience of not being a victim to the situation but being in power and speaking up and making a choice for a healthy outcome. These two processes are just the tip of the iceberg of what can be addressed in energetic psychodrama.

Psychodrama is inherently corrective. In psychodrama we can re-write history. We can react differently than we did originally, saying what we couldn't then, protecting what we couldn't then, setting much-needed boundaries. A participant can see the abused child that was him or her sympathetically, contrary to the judgments and shame which have filled their self-experience ever since childhood and whatever circumstances they were confronted with.



HEART-CENTERED THERAPIES

All of the trance techniques we use are called Heart-Centered Therapies developed by Diane Zimmeroff and David Hartman of the Wellness Institute in Issaquah, WA. Bob studied advanced topics there for nine years.

The goal in Heart-Centered Therapies is to hear the client's stories (old reality), help them to break free from their false identification (old reality and identity), and to reach a new reality that is their true identification/self and encompasses health on all levels of existence (physical, mental, emotional, and spiritual). In most cases the old reality will probably be proportionately larger in the initial sessions when the client is experiencing the most emotional, psychological, physical, and/or spiritual pain. One the client gains the awareness of emotional, thought and behavior patterns that are no longer helpful or healthful, this allows them to be responsive to suggestions for transformational possibilities. Then when the client begins to understand and integrate the transformational possibilities healing occurs which leads to the new reality of taking full responsibility for a conscious, healthy, spiritual life.

There is a freedom in taking full responsibility for all aspects of one's life. When we have reached this state we are no longer victim to other people's actions or opinions or the things that have happened in our past. We have transformed the pain of our past into empowerment and freedom to choose how we live rather than in reaction to those around us and their words and actions.



Breathwork

Breathwork is another trance process used in Heart-Centered Therapies and during the Life Transformation Intensive. A Breathwork session is done at the end of every weekend. Breathwork is a powerful therapeutic modality. It provides a means to work on several levels: the physical, the emotional/psychological, and the spiritual. It accesses perinatal material (in utero and birth experiences) and transpersonal material (archetypal, shamanic, and cosmic experience) as well as early childhood and repressed biographical material.

On the physical level, the breathwork experience actually begins to change the structure and functioning of the body. We bring the breath under conscious control. We begin to understand the subtle energy we are composed of and learn to manage it for optimal health and growth. On the emotional/psychological level we heal the wounds of unresolved trauma, at the deepest of levels, in the developmental state in which they were left unresolved. On the spiritual level we often experience a transcendent unity with nature, with life, with God's creatures and perhaps God's embrace. The process itself requires a surrender of cognitive control, turning the session over to the unconscious body/mind.

In breathwork we access the unconscious directly, both the higher and lower aspects. The individual's lower unconscious consists of all the psychologically damaging experiences of every developmental age, and includes the collective lower unconscious, called the

transpersonal shadow. This may incorporate past-life and dark entity experiences. The high unconscious consists of the transpersonal qualities, called peak experiences. This incorporates spiritual reverie, deep peacefulness and pre-conception experiences.

Serving to repress the lower unconscious are shame, fear, loneliness, unworthiness, pain, abandonment, and spiritual isolation. Because breathwork operates directly through the body on the unconscious, these defenses are rendered less effective than in cognitive, verbal therapy.

The purpose of breathwork is to release any birth trauma, to bring consciousness to birth issues, to release all emotional blocks, to experience the deepest level of healing, to increase energy by releasing energy blocks held in the body, to bring suppressed feelings to the surface and release them, to release judgments and "make wrong thinking," to release dysfunctional patterns of behavior, to achieve personal clarity at the very deepest level, to experience Enlightenment, Spiritual Connectedness, and Unconditional Love. It can also open up the Chakras and promote personal healing on the deepest levels.

Rebirthing

Often during early breathwork sessions a participant may experience a rebirthing. In other words, the participant may have the experience of being in the womb (or in many other stages from conception to birth) and have a corrective experience of their birthing.

Birth and death are very similar processes and they are often not pleasant for a variety of reasons. And if the baby does not feel the love of their parents or does not feel welcomed by their parents it may have a profound effect on their quality of life.

In my personal experience my mother and father had a lot of conflict while I was in the womb and my perception was that I was the cause of this conflict. The conflict was so intense that there was violence involved. In the womb I felt that my parents did not love me and therefore decided not to be born. When it was time to be born I just gave up and would not work to enter the world. The delivery staff used forceps to pull me from the womb leaving me with the feeling that I did not have choice and I do not have choice in life. During one of my breathwork sessions I was in the same dilemma and would not allow myself to be born. In the corrective experience there was no one to pull me from the womb and the womb became more and more uncomfortable. Eventually, I made a new choice to be born and live this life. That choice has helped me embrace this life and live more fully and deeply than I ever have before.

The information about being pulled from the womb with forceps has been verified by my Mother and I also did not breathe when I was born and the delivery staff smacked me many times to get me to cry and therefore breathe. It was a struggle to get me started in this life.

There are many more ways that rebirthing can contribute to the healing of a participant and they are all unique to the individual. There will be further discussion about the stages where someone can get stuck in the next issue of the newsletter.



Upcoming Events

Enlightenment Dyad Evenings

These nights are an introduction to the Enlightenment Intensive and a way for those who have attended Intensives to continue their practice.

The Enlightenment Intensive

The Enlightenment Intensive is a modern answer to the question, “Where can I go to directly experience the true nature of life, others and myself?” With one foot rooted in the ancient tradition of Rinzai Zen and the other in the modern dyad process of communication, the Enlightenment Intensive is a three-day retreat capable of producing deep spiritual awakenings at the core.

The Life Transformation Intensive

This is an EXPERIENTIAL WORKSHOP designed to give you the answers you have been looking for. It meets for six weekends over a six-month period, providing a loving and accepting environment for the challenge of profound personal growth.

The Life Transformation Intensive supports you in your spiritual path, whatever that is. Through the use of a variety of Heart-Centered trance techniques, you will learn to open up to Soul Work and to discover a much broader aspect of who you really are and what your purpose is at this time on earth.

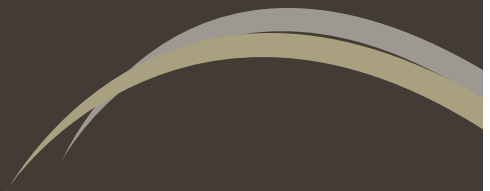
Master Sessions

Spend an evening with The Masters bringing in their information for our members to enjoy. We have invited Friend; a Master that has been channeling through since 1983. Friend will speak about future times and special spiritual theories. He'll then bring in other Masters that will guide us through our special evening. The topics will range from developing businesses to personal growth and metaphysical issues. Friend also guides us in an adventure meditation. The Masters then go into a more esoteric range of topics on the paranormal and prophecy. Our members always walk away from the experience with wonder and excitement for their own and the planet's future.

Next Issue

The Life Transformation Intensive II
Abundance, Spirituality and Shadow
Work

Life Transformation Intensive
Issue 1



Master Studies Institute, LLC

Robert Keller, M.A.,

LMFT, LMHC

Advanced Clinical
Hypnotherapist

PO Box 12015
Olympia, Washington 98508

360-754-4607
Fax: 360-867-1328

www.masterstudiesinstitute.com