

Grief, Hypnosis, and the Afterlife

A Healing Technique for Grief



By

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Objectives

- Understand what grief is
- Identify ways hypnosis can help in the grieving process
- Explore different afterlife beliefs
- Establish a body-mind-soul connection

What is Grief?

It is the natural response to a loss.

We are unique human beings, therefore...our grief is
unique.



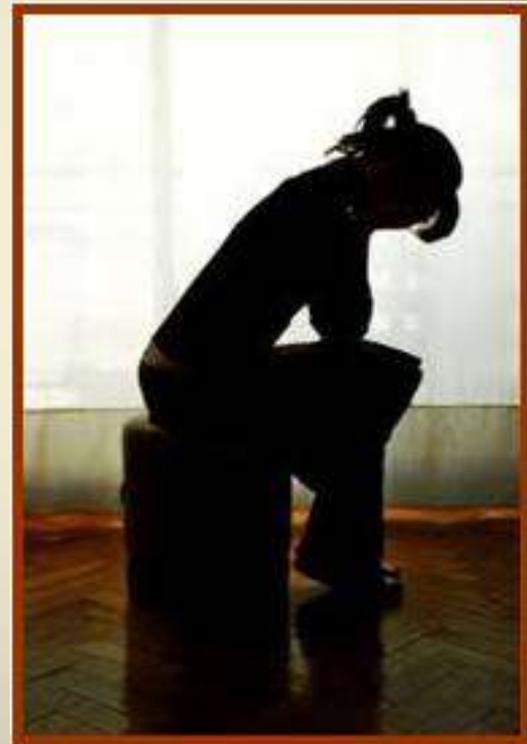


Types of grief

- Anticipatory
- Complicated
- Disenfranchised Grief
- Chronic grief
 - ✓ Secondary gains

Dimensions of Grief

- Physical
- Emotional
- Social
- Spiritual



Physical

- Headache.
- Stomach ache.
- Dizziness and nausea.
- Back pain.
- Heartache.

Physical, cont.

- Lack of appetite.
- Excessive eating.
- Lack of sleep (insomnia).
- Too much sleep.

Emotional

- Depression.
- Anxiety.
- Fear.
- Hyperactivity.
- Anger
- Guilt
- Lethargy.
- Despair.
- Shock.
- Numbness.
- Longing

Social

- Excessive shopping.
- Excessive use of computer
- Isolation.
- Poor communication.
- Excessive going out.
- Overwork.

Spiritual

- Lack of faith.
- Inability to forgive.
- Lack of hope.
- Anger towards God.
- Anger towards life.
- Increased religiosity
- Closer to God
- Looking for meaning

The Loss of a Loved One



Death may be viewed as a threat or as a catalyst toward greater awareness and creativity in life.

A Journey through the Last Dance

Transforming the Relationship

Transforming the relationship with a deceased loved one is an essential component of mourning. The relationship doesn't end. It gets transformed. Stay away from the five stages of grief as the necessary paradigm.

Grief work

Acceptance

Positive memories

Inner healing & connectedness

Rituals invoking the deceased



Guided imagery surrounding the loved one with a white light

To focus on the light and learn from the shadow.

White light. We all possess that light within us, and this light is what your client will take into their lives despite the loss of their loved one.



- Loss a catalyst for growth
- Review your life
- Refocusing the energy
- Breath work also helps in releasing the energy



Grief & Hypnosis

- How can hypnosis help in the grieving process?
- Shifting perspective
- Using self-resources
- Releasing pain and embracing love
- Age regression-My story

Expectations

- Hypnosis is not a “séance”
- Hypnosis is not an “eraser of memory”
- Hypnosis is not a “suppressor of emotion”
- Hypnosis is a spiritual and empowering technique to heal at a deep and spiritual level.

First Hypnosis Session

- Establish Rapport

Create trust and acceptance of beliefs

- Client History: Assessment and Evaluation

History of Loss

- Hypnosis Education

What to expect

- Getting ready for hypnosis: Asking permission

Always necessary-especially asking permission to connect with their loved one.

Intentions

- Self confidence
- Focus on the strengths
- Finding meaning on the loss:
 - ✓ organization
 - ✓ maybe want to stop smoking because of death-
 - ✓ purpose in life

Hypnosis and forgiveness

- Forgiving oneself
- Forgiving the loved one
- Affect bridge to experience
- Reframing the memory

Do a regression to a past situation when they can ask for forgiveness to their loved one. Ask them to finish the sentence to know what emotions they are experiencing if they feel guilt or desire to forgive or being forgiven, take them to that experience always making them feel protected. If it is too hard, detach them in a movie theater of pulling up on the air bird's eye.

Movie Theater

- For traumatic death or memory
- Changing the memory
 - Disassociate
 - Red box

Physical complaints

- What the body is saying
- The body stores energy
- Healing from the inside out

Anxiety

- Progressive relaxation
- Basement of relaxation
- Special place
- White light

Eye Movement Therapy (EMT)

What your client is experiencing

Stem-Sentence

Felt sense

What do they want to feel

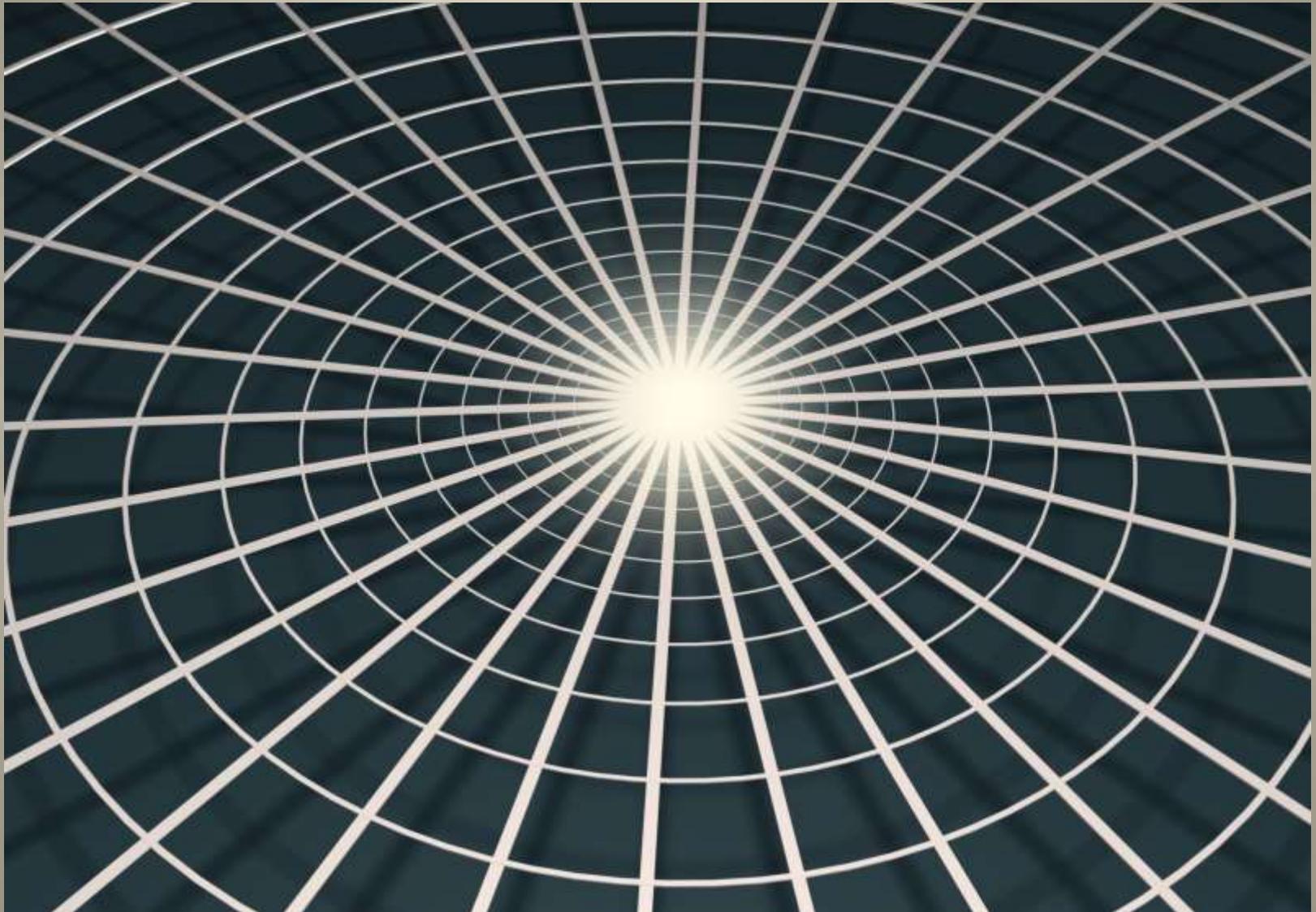
Asking to let go and transform emotion

Instead of saying I cannot live without my love
one but I live with my loved one in my heart

Core Transformation

- What does your client need to feel better?
- Stepping into the feeling-what would feel even better.....until they reach the Core State which generally is:
 - Love
 - Peace
 - Hope
 - Meaning

Interconnectedness and Grief



The Afterlife Phenomena

What happens after we die?

This is a perennial question that provokes philosophical, religious, and existential conversations.

In recent times, the issue of the afterlife has taken much attention with concepts such as NDE (Near Death Experience) and experiences shared by persons who have lost loved ones. It is a fascinating subject and many people want to talk about it, but not everybody engages in the conversation.

After Death Communication

Types of Signs

- Dreams
- Smells
- Words
- Numbers
- Songs
- Butterfly

- Signs when someone who have just died
- Special occasions: birthday, anniversaries, Holidays, Life Transitions

How to receive an after death sign?

- Praying
- Journaling
- Paying attention

Reaching out for our loved one



After death communication

1. Set the atmosphere. You may light a candle and play meditative music. .
2. Before you begin, and based on your client beliefs, set the intention or say a little prayer asking for opening the channels of communication. Do some breathing for relaxation. In your intention you can ask your client's guides to be present.
3. Throughout the session take notes and at the end, ask your client to share with you his or her experience. Tell them to journal about it for any messages (Alex story)

What survives?

What Survives? Contemporary Explorations of Life after Death provides an interesting anthology of different views concerning the afterlife. Gary Doore recognizes the difficulty of arriving at a universal consensus because there is a contradiction between dualism (body and soul) and materialism. Religions, including Western and Eastern contemplate the existence of the soul but materialism denies the existence of any continuation of self. The implication of these beliefs, state Doore, “can influence the quality of one’s present life and one’s relationships to other people and the world...what we believe about death and beyond can have an enormous impact on how we live in the here and now” (Doore, pg. 2).



Near Death Experience

Near Death Experience

Elements in NDEs according to Raymond Moody in his book *Life after Life* (1975).

- (1) hearing strange sounds
- (2) feelings of peace
- (3) feelings of painlessness
- (4) out-of-body experiences
- (5) experiencing a tunnel
- (6) rising rapidly into the heavens
- (7) seeing beings of light
- (8) experiencing a life review
- (9) a reluctance to return to the body

Past Life Regression

Lives Between Lives

- The concept of reincarnation
 - Hinduism
 - Buddhism

Linear religions:

- Judaism
- Christianity
- Islam

- The influence on grief-impermanence
 - Father & Son

Even if your client believe the afterlife exists or have strong religious beliefs...losing a loved one is a painful experience. Grief needs to be acknowledged.

Guided Imagery

Spiritual guides or guiding spirits (it could be the deceased loved one).

Application of Higher Resources, Light, and Higher Beings (*The New Regression Therapy*, McHugh, 2010) is highly spiritual and profound.

Helps in finding answers of a previous life in the Review period of the Inter-life experience.

Higher Beings can be present in the inter-life and they can become teachers or guides. Wisdom and insights can be achieved in LBL.

Past Life Regression

Techniques

- Bridge to a past life: hallway, door, movie theater
- Exploration
- People-feelings-special moments
- Death scene
- Inter life-Lives Between Lives
- Group regression-future progression

The Newton Method of LBL Hypnotherapy is the result of more than 25 years of initial research by Michael Newton with over 7,000 of his clients

Past Life Regression forms a key part of the LBL process on the spiritual journey to Soul Home. LBL clients travel step by step from early memories in this life through experiences gained in past lives and, ultimately, into exploration of the inter-life; the spiritual realm that we can call Soul Home.

Progression into the future instead of only regression as it also helps to deal with the loss of a future that will not happen.

Future Life Progression (FLP)

- Kind of future pacing
- Show your client several possible futures:
 - Integrating their loved one in their lives in a different kind of relationship.
 - Achieving happiness
 - Reaching goals
 - Evaluating past lives (LBL), present life and desired future

Sites

- <http://www.afterlifeconference.com/>
- <http://www.extraordinarygriefexperiences.com/>
- <http://www.afterlifetv.com/>
- <http://www.pflsociety.org/>
- <http://newtoninstitute.org/>

Resources

- Brownstein, Matthew. *Transpersonal Hypnotherapy*. Florida Institute of Hypnotherapy.
- Doore, Gary (1990). *What Survives? Contemporary Explorations of Life After Death*. New York, NY: St. Martin's Press.
- Ericson, Janis. *Light work International. Past-Life Regression*. Hypnotherapy Certification.
- Houben, Ligia M (2009). *Transform your Loss. Your Guide to Strength and Hope*. Insight Publishing, TN.
- McHugh, Greg (2019). *The New Regression Therapy*.
- Moody, Raymond (1975, 2001). *Life after Life*. HarperCollins Publisher, New York, NY.

About the presenter



Ligia M. Houben MA, FT, FAAGC, CPC, CHT, is the founder of My Meaningful Life, LLC and executive director of The Center for Transforming Lives in Miami, Fl where she consults with individuals and families; offers support groups, workshops and meditation classes. Ligia is a whole-hearted speaker in the field of grief & loss and life transitions. She has reached many people with her messages about transformation, meaning, and personal growth. Ligia is Former Board Member of ADEC (The Association for Death, Education, and Counseling), and she is a Fellow in Thanatology: Death, Dying, and Bereavement and a Fellow in the American Academy of Grief Counseling.

Ligia is a Certified Professional Coach (CPC), and Clinical Hypnotherapist.