



**RESEARCH  
ARTICLE**

# Can Trance Channeling Be Learned? A Case Study of a Scientist's Experience

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## HIGHLIGHTS

A new study suggests that a structured hypnosis and out-of-body protocol can allow individuals with some innate capacity to learn the phenomenon of trance channeling.

## ABSTRACT

Trance channeling, a practice steeped in ancient history involving communication with deities, remains prevalent across diverse cultures. This case study examines the adaptation of a structured hypnotic protocol to explore trance channeling, focusing on shifting consciousness to allow “non-physical beings” to communicate through the participant. Utilizing a protocol developed by Pederzoli and Tressoldi, the study involved hypnosis, out-of-body experience (OBE) induction, and the transition into trance channeling. Conducted with a 45-year-old female scientist familiar with psi phenomena but inexperienced in trance channeling, the study aimed to assess the protocol’s efficacy and adaptability. Over six sessions, the participant progressed from deep relaxation to trance channeling, guided by hypnosis in an electromagnetically shielded environment, enhancing rapport and personal safety. The participant’s successful channeling of different non-physical beings highlighted the potential for structured training to develop trance channeling skills, suggesting a blend of inherent capacity and learned ability. The study underscores hypnosis as an effective tool for guiding OBEs, essential in facilitating trance states, and highlights the role of repeated OBEs in loosening ego control and enhancing awareness. Future research is encouraged to explore the link between OBEs and various psi abilities, examining demographic influences and employing brain-imaging studies for deeper understanding. This research contributes to the understanding non-local consciousness and the mechanisms enabling these experiences, setting the stage for further scientific inquiry into trance channeling and related phenomena.

## KEYWORDS

Trance Channeling, Hypnosis, Out-of-Body Experience (OBE), Consciousness, Non-Physical Beings.



Trance channeling, also referred to as prophecy, oracle, spiritual communication, and spirit possession has been documented through written history for over three thousand years (Hastings, 1991; Helfrich, 2009). Ancient civilizations, including the Mayans, Greeks, Chinese, Egyptians, and Middle Eastern societies, have a rich history of channelers who claimed to communicate with different deities, such as Ishtar, Apollo, Hercules, and Zeus, providing guidance on everyday affairs as well as significant civil and military matters (Burkert, 1991; Hastings, 1991; Schwartz, 2015). From ancient oracles to modern spiritual communication, trance channeling has played a crucial role across numerous cultures and epochs, engaging both past and contemporary societies in accessing nonlocal perception to guide governance, facilitate healing, and provide insights.

Channeling continues to be observed in contemporary society. A survey revealed that 90 percent of 488 global societies have a concept of communicating with or being possessed by spirits (Bourguignon, 1976). This phenomenon exists in diverse cultures, such as Ladakh in northwest India (Crook, 1997), Spiritist groups in Brazil (Hageman et al., 2009; Negro et al., 2002), and Spiritualists in the UK (Roxburgh & Roe, 2011). The practices have been extensively studied in the fields of cross-cultural psychiatry and anthropology (Bastos et al., 2015; Bourguignon, 1973; Cardeña et al., 2009; Hunter & Luke, 2014). While the source (i.e. spirits) of these channeling experiences cannot currently be confirmed, it is exceedingly clear that these experiences have been and continue to be an intrinsic part of the human experience. Hereafter, the perceived source of trance channeling will be referred to as “non-physical beings,” knowing that there is currently no known way to definitively verify the source of the information. The primary research focus of this paper is the participant’s perception of how, during a trance channeling session, their consciousness shifts from being constrained in their physical body to allowing another “consciousness” to communicate through their body.

Most relevant to this case study is the work by Pederzoli and Tressoldi who developed a structured protocol to guide participants with hypnosis into out-of-body experiences (OBEs) (Pederzoli & Tressoldi, 2018), and then into trance channeling states (Pederzoli et al., 2020). The procedure consisted of four stages: relaxation, hypnosis induction, OBE induction, and trance channeling of discarnate entities. The procedure was used with nine different participants naive to trance channeling, who successfully trance channeled seven different non-physical beings.

## Case study context

Upon learning about this protocol, the first author, HW, decided to attempt the protocol themselves, driven by personal interest in learning trance channeling, family history of observing hundreds of family members’ trance channeling sessions throughout their life, and gaining insight into how to study the phenomena. This case study provides a unique situation where the researcher is a participant and reporting their experience learning how to trance channel.

The goals of this case study were to:

1. Adapt the hypno-channeling protocols (Pederzoli et al., 2020) into a structured format for use in a laboratory setting;
2. Administer the protocol to HW and assess the protocols’ efficacy on this individual, i.e., did the participant learn to trance channel and what can be learned from their experience; and
3. Set the stage for further study within a broader and more diverse pool of participants.

## METHOD

### Overview of Pederzoli & Tressoldi Protocol

The hypnosis protocol used in this case study was adapted from Pederzoli and Tressoldi’s “Guide for OBE Induction,” an in-depth manual for inducing OBEs in both first-time and more advanced participants (Pederzoli & Tressoldi, 2018).

Pederzoli and Tressoldi’s (2018, 2020) initial procedure entailed four phases: hypnotic induction, OBE induction, an invitation for trance channeling, and exit from the hypnotic state. The hypnotic induction phase guided the subject through both relaxation and hypnotic induction. The OBE induction phase included instructions around the consciousness detaching from the body, cultivation of skills helpful during an OBE, such as voice, movement, and sight control, and exploration of consciousness “moving” through time and space disconnected from the physical body. The manual also provided more advanced training in navigating different realities and universes, in particular, providing direction on skills required to navigate “a four-dimensional space and two-directional time” (Pederzoli & Tressoldi, 2018, p. 9). These included the application of extended or psi capacities, such as precognition, remote viewing, telepathy, psychometry, or xenoglossy (i.e., the ability to speak, write, or understand a foreign language without having learned it in the normal way). Once it was established that the participant was experiencing an

easeful OBE, they could choose to attempt trance channeling. The researchers first confirmed with the participant that they had detached from their physical bodies. Once affirmed, the researchers would ask the OBE subject “to make him/herself available for contact” by apparent beneficial entities, thus initiating consensual trance channeling (Pederzoli et al., 2020, p. 507). The final phase that exited the hypnotic state guided the consciousness back into the physical body.

### Adapted Hypnotically Induced Trance Channeling Protocol

A certified hypnotist in practice for more than ten years was recruited to be part of this study. The hypnotist adapted the above protocol for use in a laboratory setting including the generation of hypnotic scripts for six sessions. They also supplemented the scripts with guidance sourced from subsequent research on hypno-channeling (Pederzoli et al., 2020) and their own training and experience with successful hypnosis sessions, ensuring strong rapport-building and creating a safe space for the participant. The general progression of each of the six sessions was to first establish a sense of safety and familiarity with the hypnosis process, develop means of communication while under the hypnotic state (e.g., finger raises), and then gradually advance to sessions that were more abstract, novel, and detached from the physical body, including achieving the OBE and then trance channeling.

The flow of the adapted protocol follows an intentional progression from deep relaxation to OBE and consciousness exploration beyond the body, to a trance channeling experience where the participant invites a “non-physical being” to use their physical body for communication. Each session shifted from practitioner-led to participant-focused, advancing the participant into deeper relaxation, self-trust, and hypnosis familiarity. This progression illustrates a journey of expanded consciousness, increased

complexity, and depth of experience (see Table 1). Table 1 provides a brief summary of the six sessions. Please see the Appendix for session scripts.

**Session 1.** The session’s main objective was to familiarize the participant with the processes of hypnosis and establish a safe place to allow deep relaxation. It introduced the participant to induction techniques, deepened relaxation, and released any stress or tension in the body. Communication responses were established (teaching the participant to respond ‘yes’ or ‘no’ by lifting fingers). A trigger for deeper relaxation (touching thumb and forefinger together) was also embedded.

**Session 2.** The session’s goal was to establish a sense of safety, grounding, protection, and encourage the participant to leave their physical body and explore a range of environments while observing and interacting with different aspects of their consciousness, such as the subtle body or psychic body. It introduced the possibility of exploring spaces outside of the body. Language and imagery of motion (e.g., floating, flying, and hovering) were used to encourage a sense of effortless and gentle expansion of awareness beyond the physical body.

**Session 3.** This session explored more foreign landscapes during the OBE than previous sessions, established a connection to the earth and a ‘divine source’ as an anchor to provide a framework for safety, security, and stability during the journey. The participant was guided to journey beyond Earth, into the cosmos, and connect with various archetypal energies and planets. The hypnotist encouraged feelings of strength, love, logic, intuition, and more, culminating in a visualization to incorporate timeless wisdom and integrate these archetypes. This led to the suggestion that one could acquire profound insights and talents from meditating on and integrating these archetypal energies.

**Session 4.** This session continued to explore the experience of a “disembodied” consciousness during the OBE. The participant was encouraged to attune their senses to the atmosphere, energy, and specific objects or people in

**Table 1.** Summary of Each Session for Adapted Protocol.

Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Visualization</li> <li>• Finding participant safe place</li> <li>• Establishing comfort and familiarity in the hypnosis process</li> </ul>	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Visualization</li> <li>• Journeying outside the body, exploring through the senses, observing nearby locations, and aspects of the psyche</li> <li>• Focus on sensations and movement</li> </ul>	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Establishing protection from higher powers</li> <li>• Visualizing a cord to the physical body</li> <li>• Journeying through outer space</li> </ul>	<ul style="list-style-type: none"> <li>• Relaxation</li> <li>• Visualizing a cord to the physical body</li> <li>• Journeying to specific destinations, cities, etc</li> <li>• Interacting with objects in these environments</li> </ul>	<ul style="list-style-type: none"> <li>• Visualizing a cord to the physical body</li> <li>• Establishing connection to higher powers, protection, and spiritual support</li> <li>• Exploration of different dimensions and future timelines</li> <li>• Receiving information</li> </ul>	<ul style="list-style-type: none"> <li>• Visualizing a cord to the physical body</li> <li>• Establishing connection to higher powers, protection, and spiritual support</li> <li>• Focus on trance channeling</li> <li>• Direct communication with a being of higher consciousness</li> </ul>



the environment. There was a greater focus on describing sensory details of the environment and what the participant was experiencing, including specific details such as the texture of the furniture.

**Session 5.** This session established a safe space and a grounding cord that connected the participant to their body and Earth. More sophisticated exploration of consciousness during the OBE was introduced, such as traveling to a planet with five dimensions and stars.

**Session 6.** The final session was focused on moving from an OBE to a consensual trance channeling experience. It began with creating a safe space, and grounding and protecting the participant and environment. Then intentions were set for only “the highest love and light dimensional beings” to participate in the trance channeling. Then, the following statement was made by the hypnotist inviting the trance channeling to begin.

{Participant} has given her (/his/their) permission for her (/his/their) body to be used by a higher love and light dimensional being, to communicate directly. The channel is now welcome to enter {Participant}'s body with ease and flow. The highest love and light dimensional being, can enter {Participant}'s body with ease and flow. (pause) You may speak, as the highest love and light dimensional being now. Can you identify yourself? (pause)

A trance channeling conversation then ensued. Finally, it concluded by gently guiding the participant to reintegrate once the trance channeling experience was complete.

### Case Study Procedure

This adapted protocol was then applied to the case study participant. The participant and first author, HW, is a 45-year-old female scientist who despite this family history, had not yet experienced trance channeling, although they regularly had other psi experiences, including regular communication with who they believed were their spiritual guides (e.g., through clairaudience). HW has a strong personal belief in “non-physical beings,” but as a scientist believes that their existence has not as of yet been definitively demonstrated through the scientific method. They hold advanced degrees, including a clinical naturopathic doctorate and master’s in clinical research, and have no history of mental illness or hallucinations. Prior to this study, they had never experienced an OBE or engaged in trance channeling. They are also a regular meditator of 20

years (at the time of the study). This research is exempt from Institutional Review Board ethical review (IONS IRB#0003743).

Prior to beginning these sessions, HW was given an overview of the protocol’s structure. All sessions occurred between July 10 and October 18, 2018. They were conducted in a private space to ensure confidentiality and facilitate a serene and therapeutic atmosphere at the Institute of Noetic Sciences’ Earthrise campus, specifically inside an 8 × 8 × 8 electromagnetically shielded room. Each session lasted between 30-60 minutes, with variations in length allowed for the participant’s organic experience. After establishing a deep state of relaxation and comfort in the environmental and hypnotic process, the sessions used guided imagery and imaginative prompts encouraging the participant to use their creativity and intuition to navigate the process. Real-time adjustments were implemented to accommodate the participant’s feedback. In several instances, the unfolding experience built upon narratives or themes from previous sessions, HW’s personal history, reactions, and feedback, allowing for a sense of continuity and deepening exploration. Each session concluded with a gradual and gentle return to a state of wakefulness, utilizing a slow count to guide the participant back from the mental landscapes they had been exploring (see Appendix for detailed session components).

### Case Presentation/Participant Experience

There were some general themes from the participant’s experience that may be useful for the reader.

#### *Relationship to Practitioner and Setting the Stage*

Establishing rapport with the practitioner was essential for the participant’s perceived safety. The participant felt that establishing a safe and supportive space was required for the ego mind to release control and for the OBE and trance channeling experiences to occur. The deep relaxation and hypnosis induction facilitated the release of the ego mind.

#### **OBE Process**

The participant expressed resistance in initially leaving the body. They also described difficulty getting through the ceiling, expressing a split in consciousness with one part still inhabiting the physical body and another able to go beyond the body through the ceiling. This barrier was

overcome with coaching from the hypnotist, who provided more information for the participant to successfully visualize the transition through the ceiling. HW realized that their consciousness could be in multiple places simultaneously. HW had a preconceived notion of ‘popping’ out of the body and being able to view the body from a different location as a typical OBE, as described by others. However, they did not experience that and initially had doubts about the veracity of the OBE because the experience of split consciousness did not meet their expectations. There was also a great sense of freedom with the OBE, noting the ease and fluidity of movement by simply thinking of being somewhere, including locales beyond Earth. There was also variation in the visual sensory experience, where some things were very clear, and others appeared blurry.

### **Trance Channeling**

The participant expressed great surprise by how easily they could engage in trance channeling once a safe, supportive environment was established. They were amazed at how words that did not feel were coming from their own consciousness flowed from them spontaneously. Key factors included safety, grounding, protection, and intentions to ensure the interaction of only beneficial beings, in addition to a deep relaxation of the mind and body allowing the ego mind to open willingly and not resist the process. Importantly, HW believed that trance channeling was possible in general, and that they could learn how to trance channel.

There were two “non-physical beings” channeled by HW that communicated with different voices and cadences, an unnamed spirit guide and Louie. The first was an unnamed spokesperson of HW’s spiritual guide team who: 1) affirmed that the channeler is capable of trance channeling; 2) discussed the results of an EEG study of trance channeling HW had completed suggesting that the lack of findings was due to current limitations in measuring the subtle energetic and physical changes that occur during such spiritual connections, and that future, more advanced technologies may provide better insights; 3) encouraged continuation of scientific studies demonstrating consciousness beyond the physical brain, highlighting the importance of selecting individuals with specific qualities, such as high hypnotizability and openness to otherworldly experiences; 4) recommended daily meditation to quiet the mind, thus allowing more profound and detailed information to flow through; and 5) suggested writing, typing,

or drawing as mechanisms to facilitate the reception and recording of messages. A second “non-physical being,” Louie, was recognized as a relative of the hypnotist. He conveyed a message of deep love and gratitude, emphasizing the inseparable, intrinsic connection shared with the hypnotist that transcended time and space. He reassured the hypnotist of his well-being in the afterlife and provided comfort by expressing his continued presence and support. The hypnotist mentioned a shared experience from their lives that Louie responded to appropriately. The interaction concluded with Louie offering blessings and taking his leave.

### **DISCUSSION**

While empirical evidence supporting the acquisition of skills such as trance channeling, telepathy, and psychokinesis remains limited, numerous training protocols claim to successfully develop these abilities. This is particularly true for remote viewing as was extensively documented in the Stanford Research Institute’s (SRI) Star Gate program commissioned by the Central Intelligence Agency (CIA) and other government agencies in 1972. This program trained individuals in how to view remotely with extreme accuracy in a short period of time (May & Marwaha, 2019; Mumford et al., 1995). Today, remote viewing is an applied training modality, both in organizations dedicated to its cultivation like the International Remote Viewing Association, and for purposes of crime solving, pet finding, and financial forecasting (Katz & Tressoldi, 2022). Although trance channeling has a documented history spanning millennia (Hastings, 1991; Helfrich, 2009), it has not received comparable funding or scientific attention for its study or development of training protocols.

This case study showcases a potential training protocol for trance channeling. The protocol effectively guided the participant from a state of hypnosis, to repeated OBEs, to the final session which culminated in their experience of channeling “non-physical beings.” The participant’s pathway into a trance channeling state was a multi-step process that first cultivated familiarity with out-of-body states through the vessel of hypnosis.

### **Hypnosis as OBE Induction Tool**

An OBE is defined as a “subjective experience in which the person has the feeling of existence without a physical body (i.e., disembodiment), usually accompanied by various phenomenological features, such as differing degrees

of lucidity, realism, control of actions, anomalous cognition, emotional content, among others” (Weiler et al., 2024, p. 1). Estimates posit that 10-15% of the population has experienced OBEs (Alvarado, 2000; Blackmore, 1982), though college students and those interested in psychic phenomena report higher incidence (over 20% and 40%, respectively; Alvarado, 2000). OBEs can be induced through sensory deprivation/stimulation, hypnosis, meditation, or psychedelics (Blackmore, 1982; Bünning & Blanke, 2005; Facco et al., 2019), or manifest spontaneously, for example, through near-death experiences (Bünning & Blanke, 2005; Greyson, 2000). OBEs are important in this context because they are experienced as consciousness being freed from the constraints of the physical body, loosening the construct that the self is tied to the physical body. This separation of consciousness from the physical body may be a crucial step in facilitating trance channeling.

Hypnosis may be a particularly effective method for transitioning into OBE states, as it is affordable, non-invasive, not time intensive, and has minimal potential side effects. During hypnosis, individuals enter a state of focused attention and enhanced suggestibility which may facilitate the experience of being separated from their physical bodies (Pekala et al., 2010). Hypnotically induced OBE participants more frequently report that they do not experience the usual boundaries imposed by the physical body, although still retain their distinct personal identities as ‘separate from the outside world’ (73% of the hypnotically-induced OBEs compared with 59% of spontaneous OBEs; DeFoe, 2020). Another hypnotically-induced OBE study demonstrated the depth of OBE induction in hypnosis, and that the resulting experiences were distinct from those that resulted from the same imaginary task performed without hypnosis (Facco et al., 2019). Further, evaluation of neural correlates of these experiences have also begun such as in one study of hypnotically induced OBEs that found a high correlation between power at alpha and high-gamma frequency-bands and the degree of perceived change in self-location (Zeev-Wolf et al., 2017).

### OBEs as Trance Conduit

Pederolzi et al. (2020) discovered that practicing hypnotically induced OBEs facilitated an easeful transition into trance channeling states. HW described the experience of OBEs in Sessions 2-5 as experiences that helped them prepare for trance channeling. They reported a loosening of the ego as they became more familiar with the OBE state, continuing the practice until they felt ready to

allow a “non-physical being” to incorporate and communicate through them. Experiencing repeated OBEs may serve as a gateway to trance channeling by sensitizing individuals to the process of detaching from the physical body and navigating the cognitive and perceptual shifts that accompany this separation. While trancelike states are generally considered to have dissociative properties (Castillo, 2003; Seligman, 2005; Seligman & Kirmayer, 2008), they do not reach pathological levels in studies conducted with channelers (Roxburgh & Roe, 2011; Seligman, 2005; Seligman & Kirmayer, 2008; Wahbeh & Butzer, 2020). OBEs may result at least partially “from a disruption in the brain regions underlying multi-sensory integration processes (visual/proprioceptive/tactile/vestibular) which are collectively important for the representation of the body, self and feelings of embodiment” (Braithwaite et al., 2011, pp. 5–6). It would be worthwhile to further investigate whether repeated exposure to this disruption to the multi-sensory integration process helps facilitate transition into trance states. HW also described the repetition of OBEs in the language of loosening of the ego. While ego dissolution may simply be another way of framing these dissociative experiences, it also may signal something else at work: an experience of interconnection. Yaden et al. (2017) describes two components of self-transcendent experiences: the annihilational component (self-loss) and the relational component (an expansive sense of connectedness with entities beyond the self). A recent study noted that a persistent effect from OBEs is “heightened prosocial behavior such as empathy” and proposed that the intrinsic feeling of disembodiment experienced in OBEs enable ego dissolution, feelings of oneness or profound interconnection, which then results in empathetic behaviors (Weiler et al., 2024). Trance channeling may follow a similar path, with relationality manifesting in an individual allowing “non-physical beings” to incorporate and communicate through them.

### Awareness During OBE Experiences

HW also noted that their experience of repeat OBEs was not a full vacating from the physical body but rather a split awareness of form. While colloquial definitions of OBEs may explicitly separate the self or subject from their physical bodies, literature documenting the phenomena contributes significantly more nuance. In a survey of hundreds of people who had OBEs, Gabbard and Twemlow (1984) reported that 21% of respondents felt connected to their physical bodies, with similar results from research

conducted by Blackmore (1984). What this exactly means requires more investigation. Those who have had OBEs seem to experience a variety of phenomena related to their relationship with their physical bodies, with some reporting fully vacating and viewing their bodies, some experiencing autoscapy or seeing their bodies, some having no visual experience, some experiencing a partial separation, and some experiencing their body as light or shape (Blackmore, 1984; Cheyne & Girard, 2009; Terhune, 2009). Caruthers (2015) paints a complex picture of the out-of-body experience, elevating the span and diversity of OBE experiences. He asserts a more nuanced phenomenological tripartite map of the OBE experience: sense of ownership (experiencing the body as an object attributed to oneself), sense of embodiment (where one perceives their body as themselves within the world), and sense of subjectivity (the experience of oneself as a mental entity separate from the physical body). It is clear from the complex categorization of OBEs that the colloquial dualistic separation that distinguishes an experiencing or mental subject from a physically embodied entity may oversimplify and obfuscate OBEs.

### Awareness During Trance Experiences

HW also reported being conscious during the trance experience, feeling both inhabited but also retaining a witnessing ability. This seems to be a common experience, and understanding the degree of consciousness that individuals maintain while engaged in trance channeling is fundamental to the study of this phenomenon. Anecdotal evidence and personal accounts have revealed significant variability in the awareness levels of trance channelers. For instance, some channelers describe their experiences as resembling sleep, with no memory of the episodes upon “waking.” Conversely, other trance channelers report observing their channeling experiences and retaining memories of the events.

To quantitatively assess this variability, a study measured the levels of awareness among trance channelers. Participants were asked to rate their awareness on a scale from 0 to 100, with zero indicating full consciousness and awareness, and 100 representing complete unconsciousness and lack of awareness. The mean awareness level for the sample was forty-seven, indicating a moderate level of consciousness during channeling (Wahbeh & Butzer, 2020). These findings were corroborated by similar research conducted by Negro et al. (2002) and Wahbeh et al. (2019).

These results are noteworthy for several reasons. First, they challenge the conventional Diagnostic and Statistical Manual of Mental Disorders (DSM) criteria for dissociative identity disorder (DID) with respect to amnesia. Specifically, the data suggest that most trance channelers do not experience the complete amnesia often associated with DID. Instead, many contemporary Western trance channelers describe their experience as “stepping aside” and observing the events, rather than being entirely unaware. Secondly, the common perception that trance channelers enter a full trance state — characterized by total unconsciousness and lack of awareness — is not supported by the findings. Although certain indigenous cultures have channeling rituals that induce complete trance states, this is less commonly observed among Western channelers today.

### Information Validity and Source

In Session 6, HW channeled “non-physical beings,” and reported energetic and visceral distinctions as they experienced these entities. This experience was accompanied by marked shifts in body, words, and voice tenor.

The sources of trance-channeled information have been explored through various models, each offering distinct explanations. These models vary from psychoanalytic models, grounded in the channeler’s unconscious mind (Freud & Brill, 1914), to transpersonal psychology, which posits that channeled material may emerge from aspects of the self beyond individual consciousness connected to universal values and spiritual insights (Assagioli, 1965; Hastings, 1991), to psi and superpsi hypotheses, which propose that mediums retrieve information telepathically or through extrasensory channels (Beischel & Rock, 2009; Braude, 2003), to the survival model that theorizes that mediums are communicating with the spirits of deceased individuals (Beischel et al., 2017; Rock et al., 2009). Surveys conducted with individuals who channel, either through trance or other means, reveal a diverse range of reported sources for the information they receive, including the higher self, universal mind, divine beings, and uncertainty about precise source (Wahbeh et al., 2018a; Wahbeh & Butzer, 2020). In one study, five trance channelers purportedly communicated with 21 different beings over three days, including archangels, ascended masters, members of the deva kingdom, and extraterrestrials from seven different star systems (Wahbeh et al., 2018a). Remarkably, the channelers were able to shift seamlessly between these beings, changing their tone, mannerisms,

and vocabulary to match each entity. These findings underscore the wide range of nonphysical beings and concepts channelers believe they communicate with, suggesting that channeling may tap into multiple sources, and perhaps even multiple layers of consciousness or nonphysical dimensions, depending on the individual and their experiences (Wahbeh et al., 2018a).

HW's trance channeling session revealed information about the participant and the hypnotist, as well as broader ontological and scientific topics. The accuracy of trance-channeled information has been explored in a limited number of formal studies, suggesting that such information can, at times, be strikingly precise. For example, an analysis of automatic writings by Chico Xavier, a renowned Brazilian channeler, identified 99 items of verifiable information, 98% of which were rated as a "clear and precise fit" with factual data (Rocha et al., 2014; Schwartz, 2015). However, further research is needed to systematically assess the reliability and scope of such material across different contexts.

### Participant Context

When evaluating potential protocol efficacy, it is essential to differentiate between capacity, ability, and skill of the learner. Capacity is the inherent potential that exists for everyone; ability is how naturally this potential is expressed; and skill is proficiency gained through practice. This differentiation helps contextualize channeling as both a natural human potential and a teachable skill. Similar to musical or athletic talents, while some may excel naturally, others need more practice. Although HW had not had previous trance channeling experiences, several predisposing factors may have facilitated their successful transition into a channeling state during Session 6.

### Evidence for Nature and Nurture: Trance Channeling as an Inherited and Learned Trait

HW comes from a long lineage of channelers, with every member on their maternal side possessing channeling abilities. There are numerous anecdotes supporting the idea that trance channeling abilities run in families. However, it is unclear whether channeling capacities are innate talents or skills that can be developed through training. Empirical studies on inheritability of channeling skills are scarce. For example, one study found that individuals with second sight (i.e., spontaneous prophecy) were more inclined to report the presence of a blood relative exhibiting the same

ability (Cohn, 1994) and a second study found an autosomal dominant pattern in families with the experiences (Cohn, 1999). In practical terms, this means that if one of your parents possesses second sight, there is a 50 percent chance that you will also possess it. If both of your parents possess it, the probability increases to 50 to 100 percent. Another small pilot study found a genetic difference between 13 psychics and age, sex, and race-matched controls (Wahbeh, 2022). However, these studies are not specific to trance channeling. One study of 83 trance channelers found that 14% had family members who could channel, but 41% did not (Wahbeh et al., 2018b). While anecdotal reports suggest trance channeling runs in families, there is little formal evidence that establishes such a claim.

HW also holds positive feelings and beliefs around psi, spiritual guides, and "non-physical beings," established from early in their life. Beginning at the age of 10 years old, HW participated in channeling sessions conducted by members of their family, so was familiar with observing, and sometimes receiving information, from these sessions. Their associations with trance channeling were deeply rooted in feelings of love and trust toward those with whom they shared close bonds. These positive associations and underlying belief systems set the stage for the participant's openness to and trust of self in the process and likely contributed to the participant's ability to allow "non-physical beings" to communicate through them. Indeed, openness to experience is positively correlated with psi beliefs (Chauvin & Mullet, 2021).

Belief in the paranormal can significantly influence individuals' experiences, shaping not only the interpretation, but also the occurrence of anomalous phenomena, and is one of the strongest predictors of spontaneous psi phenomena and performance in the lab (besides meditation) (Storm & Tressoldi, 2017). Research suggests that individuals who hold strong beliefs in the paranormal are more likely to report experiences such as extrasensory perception, psychokinesis, and encounters with nonphysical beings (Glicksohn, 1990; Pehlivanova et al., 2024; Spinelli et al., 2002; Wahbeh et al., 2020; Wahbeh et al., 2018b). Wahbeh et al. (2018a, 2018b) also found belief plays a critical role in shaping the experiences and practices of mediums, who report regular communication with nonphysical entities.

While HW may have exhibited many predisposing factors, there is also evidence that channeling abilities can indeed be developed through dedicated training. Anecdotal reports suggest that trance channeling abilities can be acquired through learning. There are some examples

of the cultivation of trance channeling skills, both within and outside of cultural containers. For example, in cases of West African spirit mediumship, Tibetan Buddhist tulpa creation, and Amazonian shamanism, the cultivation of trance channeling skills is often embedded within broader spiritual and communal practices (Luhmann et al., 2023). Individuals within these traditions are trained to recognize and channel various “non-physical beings,” suggesting that trance channeling can be an acquired skill developed through intentional practices. Trance channeling teachers have also demonstrated their ability to teach trance channeling to participants outside of such a cultural context. Emphasizing the importance of believing in one’s ability to channel, workshops often incorporate hypnosis, meditation, and other techniques (Kharusi, 2023). Some individuals may naturally excel in specific types of channeling, while others may require more practice to achieve proficiency. Administering this protocol with a diverse range of participants would provide deeper insights into its effectiveness across varying capacities, abilities, and skill levels.

### Protocol Context

Alongside the participant’s predisposing context, there were additional factors that likely augmented the protocol’s efficacy. This included the relationship between participant and hypnotist, the personalization of the protocols themselves, and the general approach to practice. HW noted the importance of strong rapport with the hypnotist. They cited the temperamental and relational match as facilitating an emotional and physical space conducive to surrender and exploration. Another contributing factor may have been the hypnotist’s experience, as they were skilled and confident in adjusting protocols in real time. Personalization of these protocols seemed to play a role in their efficacy. The transcripts showed that the scripts were customized to fit the participant’s history and memories during hypnosis, fostering what HW experienced as a deeper connection and potentially enhancing outcomes. Personalization was essential, as scripts are templates requiring adjustment for each participant. This adaptability was crucial for an effective therapeutic environment that respected individual experiences. Finally, both the protocol’s structure and the hypnotist’s approach facilitated a spaciousness of experience, allowing the participant to slowly familiarize, normalize, and practice loosening ego control and separating the locus of consciousness from the physical body.

### The Role of Self-Experimentation

This case study highlights self-experimentation in research. Self-experimentation has advanced medical and psychological research by providing firsthand insights often unattainable through traditional experimental designs. Historically, it has driven key discoveries, particularly in pharmacology and physiology, and has been the foundation for groundbreaking advancements, as evidenced by several Nobel Prize recipients who engaged in this practice (Weisse, 2012). In the realm of psychoactive substances, self-experimentation has offered unique perspectives on complex subjective experiences that are challenging to quantify and describe through conventional means (Passie & Brandt, 2018). In parapsychology, self-experimentation poses few, if any, adverse effects and could enhance a researcher’s understanding of phenomena, strengthening their research questions and study designs. One notable example is J.B. Rhine, who, while focused on methodological rigor, engaged in informal self-experimentation and experiments with colleagues (Rhine, 1934). Also, William James conducted personal experiments with substances like nitrous oxide to explore the boundaries of consciousness (James, 1985). Although self-experimentation has declined due to ethical concerns and the rise of more rigorous scientific methodologies, its contributions have undeniably shaped our understanding of human biology and behavior (Passie & Brandt, 2018; Weisse, 2012).

### IMPLICATIONS AND APPLICATIONS

This case study showcases the efficacy of protocols developed by Pederzoli and Tressoldi in facilitating OBEs and trance channeling states. Adapting these protocols in one participant, it underscores hypnosis as an effective tool for guiding OBEs and trance states and highlights the role of repeated OBEs in loosening ego control and developing familiarity with resulting perceptual shifts. Utilizing the methodology of self-experimentation, this study contributes to understanding non-local consciousness and the mechanisms enabling these experiences. It lays the groundwork for future studies on trance channeling in diverse participant groups, including further investigation into the connection between OBEs, trance channeling, and psi capabilities.

### FUTURE RESEARCH

This case study illuminates one individual’s experience with a series of adapted protocols and highlights the

potential for wider application in participants of diverse backgrounds. While expanding the testing of these protocols in a broader pool would be worthwhile, studies could also focus on isolating demographic variables that could contribute or hinder protocol efficacy. For example, studies could focus on participants with/without genetic hereditary factors, with particular psychological characteristics like openness, or with previous capability in another type of psi skill (e.g., remote viewing).

The connection between OBEs and trance channeling, as demonstrated in this case, opens a promising area for further study. Future research could investigate if and which mechanisms underlying OBEs facilitate the development of trance channeling abilities. It could look at the variable of repetition, which may allow for more intentional direction or control by the experiencer (Blackmore, 1982), and investigate the optimal duration or consistency of OBE practice that would facilitate the channeling of information from “non-physical beings.” Additionally, brain-imaging studies during OBEs and trance channeling states could offer valuable insights into the neurological correlations between these phenomena.

The protocols outlined in this study provide an intriguing foundation for exploring a broader range of psi capabilities. Researchers could investigate whether these protocols could be adapted to cultivate other skills tapping into non-local consciousness, such as remote viewing, telepathy, or psychokinesis within the OBE state. Systematic trials with these skills may shed light on whether similar cognitive or energetic processes are at work across different psi phenomena. Ultimately, this line of research has the potential to provide a more comprehensive understanding of non-local consciousness and the underlying mechanisms that enable these extraordinary experiences.

## STATEMENT OF DECLARATION

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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## AUTHOR CONTRIBUTIONS

HW contributed to conceptualization, methodology, investigation, data curation, project administration, writing – original draft, and writing – review & editing. ST

contributed to data curation, investigation, writing – original draft, and writing – review & editing. BG contributed to writing – original draft, and writing – review & editing.

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## APPENDIX

### Session Scripts

#### Script 1

Hypnotist: Hello, {Participant's name}. This is {Hypnotist's name}. As we begin, you make yourself as comfortable as you possibly can in the recliner, or chair or bed. However lightly or however deeply you may choose to relax, it's just perfect for you. So feel free to shift your position at any time for comfort rather than distracting you, as it can relax you even further.

With your eyes closed imagine a beautiful wave of relaxation flowing down your body. Allow all the muscles around your eyes to relax. Just allow those muscles to relax so much that your eyes just won't open. Pretend that they won't open. It's as if your eyelids are locked in place, sealed down tight. It's as if your eyelids are glued together. And in a moment, I'm going to have you try to open your eyes, and you may notice the more you try, the better you feel. The more you try, the greater your results, the more motivated and determined you are. Then, when you're certain that your eyes won't open, try to open them. Only when you're absolutely certain that your eyes will not open, just test them and see that they will not open.

Good, very good. Allow the relaxation around your eyes to float all the way down your body like a warming wave of soothing relaxation. Allow yourself to feel that relaxation, as it moves like a wave all the way down to the tips of your toes. Making you relaxed all over. All over. Very good. Thank you for relaxing.

And you may allow yourself to go deeper into relaxation. Now make a fist, and all the tension all the stress and fears are moving into your fist. Just like a magnet's gravity, all the tension, stress, strain, confusion, anxiety; all negative emotions, such as anger, fear, sadness. Any negative energies. Blow into your fist. Any hurt from the past moves to your fist. Now release, opening your hand, and push. And just like a waterfall cascades down, you let go. That's right, letting go. Any tension, stress, anxiety, pain of the past. Release (woooosh) past negative emotions flows out of your hand out of your body's awareness. Out of your minds awareness. You relax and let go.

You're calm. Relaxed. Peaceful. Perhaps you notice a sound or a color. Relaxing deeper and deeper. (pause) Good. Very good. Anytime during the day, if you get a negative thought or emotion, or notice any negative energies,

you just make your fist and all the negative emotions and energy go into your fist. And then you open it and woosh - releasing and letting go. Releasing and letting go.

Allowing you to feel relaxed. Relaxing deeper and deeper. That's right, relaxing deeper and deeper. Now that you're relaxed and comfortable, so that you know, and I know, that a wonderful change is going to happen today, I would like you to use the right index finger for a yes response by moving it slightly now. (pause) That's right. You're doing perfectly. Taking a deep full breath, and letting it out with the sigh. Thank you.

So that you know, and I know, that your powerful higher consciousness is going to work with us today, please use your left index finger by moving it slightly for no response. (pause) You are doing perfectly. From this point forward, if I ask you a question during this or any other hypnosis process, I want you to remember the right index finger signals for 'yes' and the left index finger signals for 'no'.

Now that you know, and I know, you can relax and go even deeper. Letting go of outside thoughts or activities, there is nothing that needs to be done. No place you need to be. This is your time to relax. Let go. Relax. Let go. In a moment, I'm going to count from ten down to one. On each count, you may allow yourself to drift, into deep relaxation at your own pace. But first, I invite you to imagine a custom cloud, snuggling up to your body in the shape of a chair. And imagine that this chair has arms on it. It's very warm and comfortable. It's the right temperature for your body. It is your personal cloud. Notice how it snuggles up to your body. Now it's going to take you to a very, very beautiful place. A special place in your life. A safe place, a comfortable place. And Source guides you on this journey. That's right. Source travels with us on this journey.

Going to your special place, a safe place. A place where you're happy. A place where you feel good. A place where you sound good. A place where you look good. A safe place where you have a deep sense of peace and well-being. So allow this custom cloud now to just snuggle up to your body and to just take you to your special place. Where you are joyful. Relaxed. Peaceful. Light. And free. And very calm. And peaceful.

And just allow your personal cloud to take you to your safe place, as I begin to count and you allow yourself to go deeper and deeper into relaxation. Ten... nine.... eight.... seven... six... five... four... three... two... one... Deep, deep relaxation. You're in your safe place. Feeling safe. Peaceful. Calm. Feeling light. Look around your safe place. What do you notice? Feeling safe, paint an image in your mind. A picture of a place where you felt very safe. It could be a

sound. A certain type of music. Or someone's voice talking to you. Or the safe place could simply be a feeling. A feeling coming from within you.

Giving a yes response by moving your right index finger when you're comfortable in your safe place. That's right. Taking all the time you need to come to your safe place. And deeper, and deeper, in your safe place. You're connected to Source. Look around your safe place. Feeling safe, peaceful, calm. You may be noticing that in your safe place, the temperature is just right. (pause)

Whatever this safe place is for you, allow yourself to move into it, and let it build within you. Allow this safe place to become a part of your very existence right here and right now. Through the power of your mind and imagination, this safe place is resonating around you as your magnetic shield. You are safe. (pause) In your safe place, all is well. You're safe, peaceful, light, calm, joyful. Relaxing deeper and deeper, more comfortable in your safe place. And you love and protect it. Surrounded and filled with love. Surrounded by Source. Sweet guides and angels. And your loving spiritual team. (pause) If you're feeling safe and comfortable, joyful peaceful, and calm in your safe place, give me a yes response if so that I know please.

Perfect. That's right. You're perfectly safe, peaceful, joyful, light. You are safe. You are protected. You are appreciated. You are loved. You are valuable. Are safe. In a moment, I'm going to countdown from three to one. With each descending number, just let that safe place resonate out and fill the room. (Counting slowly) Three... two... one... Imagine that with each and every breath, the safe place is now growing and building. It fills your body. The room. And even the building that you're now in. And it slowly begins to fill this city. Your safe place is growing so that wherever you go, you now know that you have access to it in your higher mind.

From the city to the state. (pause) From the state to the country. (pause) From the country to the world. (pause) And now from the world to the solar system. (pause) And from the solar system to the universe. (pause) And now to the omniverse. (pause) Allowing your powerful mind, through the use of your imagination, to expand and explore. Transmitting and receiving the higher thought of your own being. And in your safe place, it's safe to relax. It's safe to connect to Source. It's safe to make positive changes, allowing you to live your life joyfully, light, and free. It's safe to release anything that stops or blocks you from living your life joyfully, light, and free.

It's safe to clear any energy that does not belong to you. Releasing, returning it back to Source. Allowing Source to

fill you. Love flowing through every cell, system, and organ of your body. It's safe to call back all of your energy, cleansed and purified. It's safe to be liked, free, joyful. It's safe to let go and relax. Releasing anything that stops or blocks you from living a healthy lifestyle effortlessly. And making wise choices for your body. You tune into your body's wisdom, and choose behaviors, thoughts, and actions that honor that wisdom with ease and grace. It's safe to discover love. And find joy in making healthy choices for your body.

And I'm wondering if you notice, it's fun making healthy choices for your body. Listening to your body's wisdom. And choosing the behaviors, thoughts, and actions that honor that wisdom with ease and grace. (pause)

I invite you to imagine you're living your life joyfully. Light and free. Looking shiny, happy. Hearing sounds of the neighbors. Feeling light, joyful, feeling good in your body. Expanded. Lightness. Feeling free. And when you've gone through the day, living your life joyful, and light and free. Tuning into your body's wisdom, and choosing the behaviors, thoughts, and actions that honor that wisdom with ease and grace. Give me a yes response so that I know please.

That's right, you did it. Now I invite you to imagine going through the days, and it's a week from today. And there you are, living your life joyfully; light and free. Feeling safe and secure. (pause) Living a healthy lifestyle effortlessly. And listening to your body's wisdom and choosing behaviors, thoughts, and actions that honor that wisdom with ease and grace. And when you've gone through the days, and it's a week from today, there you are, living your life joyfully, light, and free. Give me a yes response so that I know please. That's right, you did it, with ease and grace. Imagine going through the days, the weeks, and it's a month from today, and there you are. Living your life joyfully, light, and free. Looking shining, happy. Hearing sounds of the night, and the neighbors. Feeling light, joyful, feeling good in your body. Feeling expanded and limitless. Feeling free. Living a healthy lifestyle effortlessly. You tune into your body's wisdom. And choosing behaviors, thoughts, and actions that honor that wisdom, with ease and grace. When you've gone through the days, the weeks, it's a future day; and there you are. Living life joyfully, light and free. Give me a yes response to that.

That's right. Congratulations, you did it. Living your life joyfully, light, and free. Living a healthy lifestyle effortlessly. Tuning into your body's wisdom and choosing behaviors, thoughts, and actions that honor that wisdom, with ease and grace. And journeying deep, deep within you

- is there any part of you that objects to living your life joyfully, light, and free? Living a healthy lifestyle effortlessly?

That's right. Notice 100% commitment. It's safe, right, and good for you to live your life joyfully, light, and free. Living a healthy lifestyle effortlessly. Easily making healthy choices for your body, mind, and spirit. Listening to your body's signals and making wise choices for your body. Tuning into your body's wisdom. And choosing behaviors, thoughts, and actions that honor that wisdom with ease and grace. Having fun discovering that you love making healthy choices for your body. Discovering the fun of making healthy choices and listening to your body. Loving making healthy choices. And it becomes easy and effortless to tune into your body's wisdom and listen to your body's needs.

Relaxing deeper and deeper into relaxation. Every cell, system, and organ of your body is remembering. It's safe to live your life joyfully, light, and free. Living a healthy lifestyle, effortlessly. That's right. Living a healthy lifestyle effortlessly. Feeling joyful, light, and free. (pause) You did it. Congratulations. You are safe. It's safe to live your life joyfully, light, and free. Living a healthy lifestyle effortlessly. Easily making the healthy choices for your body, mind, and spirit. All for the highest good. You honor and love yourself. Thank you.

My voice will now pause, and as I pause, the seconds will become hours. The hours will become days, and the days will become weeks. It is from here that whatever change you may be working on, or whatever you want to accomplish today, will happen. When my voice returns, it will not startle you at all. In fact, it will place you into a deeper and more relaxed place in consciousness. And this is so.

(long pause)

As you once again become aware of my voice, you realize you will bring the safe place back with you. Back from the omniverse. Into the universe. Into the solar system. Into this world. Into this country. Into this state. Into the city. Into this individual building. Into this body. And began to breathe energy into your body. Feeling joyful, light, and free. Feeling calm and peaceful.

Love before you. Love behind you. Love to your left. Love to your right. Love above you love. Below you love unto you. Love in all your surroundings, love to all. Love to the universe. Peace before you. Peace behind you. Peace at your left. Peace at your right. Peace above you. Piece below you. Peace unto you. Peace in your surroundings. Peace to all. Peace to the universe. Light before you. Light behind you. Light at your left. Light it. You're right. Light

above you. Light below you. Light unto you. Light in your surroundings. Light to the universe. You are loved and supported. You are valuable, worthy, and deserving. Thank you for being you. Connected to source. To your sweet guides and angels, your loving spiritual team. Thank you.

All of these ideas are penetrating into your deep inner mind, having a powerful effect on you, helping you greatly. In a moment, I'm going to count from one to five to awaken you. Before I do that, I want you to know that whenever you would like to enter this wonderful deep state of relaxation, you can do it very simply, very easily. Whenever you wish to enter this wonderful deep state of relaxation, all you have to do is take a deep breath, and count, one...two... three... and touch together your thumb and forefinger, and you'll automatically go in to a deep, relaxed state, just as you are now. Go ahead and take a deep breath in and count one...two...three... and touch together your thumb and forefinger.

That's right, and you automatically go into a deep state of relaxation, a deep sense of peace and well-being. And relaxing your thumb and forefinger. Feeling a deep sense of peace and well-being. Relaxed. If you listen to this process before bedtime, you can ignore all the awakening suggestions. You can just feel free to float off to sleep, you can rest assured that you're relaxing very deeply and that you're having positive results. Listen to this process on a regular basis and every time you listen, you'll be able to go more and more deeply. If this is the time of sleep, you sleep a deep sleep, a rejuvenating sleep, dreaming the incredible dreams of your bright and compelling future. Living your life joyfully, light, and free. And awakening at your predetermined time, feeling refreshed, excited, and looking forward to the day.

Now I'm going to count from the number one to five, and when I reach the number five, you're going to feel wonderful, refreshed, and relaxed; just as if you've had a full night's sleep, feeling full of life and energy, with a sense of vitality and peacefulness and joy. So this is a time for you to be awake and alert, stirring to come back now. One... full of life.... Two.... Full of energy... Three... and a wonderful sense of well-being... Four... feeling happy and free... And five, feeling joyful. Opening your eyes, feels wonderful, doesn't it?

## Script 2

Hypnotist: Hello, {Participant's name}. This is {Hypnotist's name}. As we begin, let's take a deep breath. (pause)

There, good job. And as you exhale, just let go. Very good. That's right. Making yourself comfortable. Feel free to shift your position at any time, allowing you to relax deeper and deeper. I invite you to begin to relax your toes, start relaxing the muscles and tendons of both big toes. Then the next toe. Then all the muscles and tendons of the third toe. Move to the fourth, and then the little toe. Focus on the foot and relax all the muscles and tendons of the top of the foot. Then those on the sole. Now concentrate on the ankles and relax all the muscles, tendons, and ligaments of the calves and feet. Move up to the calves and totally relax the muscles. And those of the shin. Now focus on the knees and relax everything there. The muscles, ligaments, and tendons. Everything inside the knees. And then move your attention to the thighs and let them relax completely. Relaxing. Then relax the groin. Relax the muscles in the lower abdomen. Go inside and relax all intestinal and inner muscles. Let them all go. Let go and relax.

Focus on the back and relax all the muscles and tendons. From the buttocks to the shoulder blades. Letting go of any tension and relax. That's right, let go and relax. Now return to the front and relax the remaining abdominal wall muscles, the chest and all of the trunk muscles. Then focus again on the digestive system. Relaxing. Let go and relax any tension. Returning to the back and moving to the shoulder blades. Let go of any tension and relax. Relaxing everything. All of the muscles, the tendons and ligaments. Relaxing everything. And on the front of your body, relaxing everything about the collarbones. Especially the muscles connecting the shoulders to the neck. That's right. Letting go and relaxing, letting go of any tension or stress. Let go and relax deeper down, deeper down.

Focus on the shoulder joints and relax them completely. Relaxing muscles, tendons, ligaments. Let go and relax. Then move down to the arms and relax, likewise there. Letting go and relaxing. Totally relax the muscles, tendons, and ligaments which joined at the elbow. Move down the forearms and focus on relaxing everything there. Now relax the wrists too, and their ligaments. Go to the top of your hands and relax all tendons. Then the muscles and tendons of the palms. And focus on relaxing all the tendons in your thumbs. And return to the neck. And in the neck, relax all the muscles and tendons in the throat. Then the muscles in the back. Move to the muscles of your scalp. Relax those also. Relax your forehead, ears, your cheek muscles relax. The nose. Your mouth, your jaw relaxes. Letting go of any tension, or stress. Letting go. Relax. Deeper down, deeper down. Relaxing the chin.

Now your body is completely relaxed. Your heartbeat is

slow. Each breath is deep, slow, and relaxed and the blood circulates freely. You're feeling totally at ease, and your body is safe, and relaxed. And you may relax deeper down, deeper down. With each breath that you take, you automatically relax. Deeper and deeper.

Now you are walking barefoot in a Meadow, surrounded by flowers. You can smell the grass. And under your feet, you can feel the strands with each step; along with the soft earth, which is warm and a little damp. You see many beautiful flowers and many shades of colors; arranged in islands of colors. Islands of red, blue, orange, purple, yellow, indigo, and white flowers. You feel a gentle breeze which carries the scents of all those flowers, one color at a time. Together with their fragrances, you could also taste their nectar, like liquid honey. A different taste for each flower.

You hear birds chirping. And insects buzzing. You see wispy clouds in a clear sky. You feel the sun's warmth on your skin. You're totally at ease, and peace. Calm and relaxed. You walk towards a cave-like opening in which you see a balustrade. You approach it and see a very long descending spiral staircase going deep down into yourself. At the end of the wedge, there's a small, very bright white light.

You want to reach it because it's inside yourself. Beside the balustrade, you see an elevator. You walk towards it and press the call button. The doors open and you go inside, pressing the down button. The elevator moves quickly with a white hiss. There's a mirror in front of you and you see a reflection of yourself. As more relaxed, and light, due to the acceleration. You're bathed in a gentle blue light. And in the background, you hear relaxing music playing at low volume. You feel the cushiness of the carpet beneath your shoes. And you lean on a smooth glass wall. Relaxing deeper and deeper.

The floor counter appears again and begins to count down. (counting very slowly) Ten... nine.... eight.... seven... six... five... four... three... two... one... zero (pause) The elevator stops. And the doors open. You exit and find yourself in a clean room made of rough stone, with a black polished floor. The temperature and humidity are pleasant. And it is suffused in a green light, which casts no shadow. It's a beautiful green light. A nice background music is playing. And there's a heavy fragrance of flowers in the air. There's a black leather armchair here in the middle of the large room. You approach this armchair and sit on it, feeling as if you were sitting on a cloud.

Suddenly you feel weightless. It's amazing; you feel really good. The only thing you are aware of is a smell, and a feel of leather on the skin of your arms. After a while

those too disappear, and you find yourself lying. You gently detach yourself from your body. You feel at ease. And rise towards the ceiling. You'll lean against it, push it slightly, and move through. As if you were projected, as if you were a projected image that isn't real, until you could emerge into the sky. Continue to climb until you find a peaceful place where nobody can bother you. You're aware of being outside your body and you concentrate on it only to attain control of your voice. When you have done this, say yes.

[Participant responds]

Hypnotist: OK. Thank you. So going back to the ceiling. You're safe, you're safe to go through the ceiling. And then lean against it. Watch it move with ease and grace. Watch as you easily move through it. (pause) Relax. It's safe to move through it. (pause) And let me know when you've gone through the ceiling, with ease and grace.

[Participant responds]

Hypnotist: Thank you for sharing that. And for the part that is there, what is that part noticing?

[Participant responds]

Hypnotist: And for the part that's not there, what is it noticing?

Participant: That I'm split, that part of me is in the box here. Part of me is in the leather armchair. And so, the direction to go through the ceiling confused me. I wanted to go through the ceiling of the box. But then, I was in the armchair, and in the cave, but I didn't know what that ceiling looked like.

Hypnotist: Wonderful. So, what does the part that's not there, that's split, because it's part in the box - What does it need to know so that it's OK to join the rest of you and go through the ceiling? Or does that part want to remain there with the body, in the box, where it's safe? And the other part of you journeys on?

Participant: I think I need more information about what's above me here so visualizing going through this ceiling seems easier than going through the leather chair ceiling, if that makes any sense.

Hypnotist: So going through the ceiling here is easier.

Participant: Right.

Hypnotist: So, is it OK for that part of you to join the other part going through the ceiling here?

[Participant responds]

Hypnotist: I'm going to count from five down to one. And then you'll be through the ceiling. Is that OK with you?

[Participant responds]

Hypnotist: Five... four... three... two... one... (pause) Emerging into the sky. Continue to climb until you find a peaceful place where nobody can bother you. (pause) In a

peaceful place. (pause) You're aware of being outside your body, and you concentrate on it, only to attain control of your voice. When you've done this, say yes.

[Participant responds]

Hypnotist: Wonderful. Thank you. How does it feel to be in the sky?

[Participant responds]

Hypnotist: Flying, there is no danger of falling. Even if you're floating in the sky, you're weightless and can move freely. Simply by willing it. Try to move up. (small pause) Down. (small pause) To the right. (small pause) To the left. (small pause) Forward. (small pause) And backward. (small pause) And then do a somersault. (small pause) Now that you know how, have some fun moving around. (pause) And as you do this, tell me how it feels.

[Participant responds]

(pause)

Hypnotist: Now fly and locate a road with the house, and parked cars, and a quiet place nearby. Where you can sit and rest. (pause) Wonderful. Thank you. Now go to the road and move through the parked cars. What do you feel?

[Participant responds]

Hypnotist: Locate the wall of a house nearby. Go towards it. Lean gently on it. And go inside. Through the wall. Then come out again. (pause) What did you feel?

[Participant responds]

Hypnotist: Thank you. Now go to the train station. Traveling along the road at a comfortable altitude and speed. Start slowly, then gradually get faster. Following the road. While you travel, practice acquiring full control of movement. When you arrive at your destination, say yes. (pause)

[Participant responds]

Hypnotist: Thank you. What is the name of the station?

[Participant responds]

Hypnotist: Find a calendar and read the date.

[Participant responds]

Hypnotist: And the year?

[Participant responds]

Hypnotist: Find a clock. What time is it?

[Participant responds]

Hypnotist: Find a train about to leave. Go in front of it. Then enter it. Either standing on the tracks or floating above them. When I say the train departs the station, get it to move alongside you. Look inside as it moves past and note that you are feeling nothing. (pause) Tell me what you felt.

[Participant responds]

(pause)

Hypnotist: Is it day or night?

[Participant responds]

Hypnotist: Look carefully at the train. What do you notice?

[Participant responds]

(pause)

Hypnotist: Do you need to move to see it at a different angle?

[Participant responds]

Hypnotist: Go to another angle.

[Participant responds]

Hypnotist: And is this the only reality you can see? Or are there others?

[Participant responds]

(pause)

Hypnotist: Now we turn to the reference location, traveling in a straight line. The reference point is the road with the houses and the parked cars. A quiet place. Returning to the reference location, travelling in a straight line, as fast as possible above the buildings. When you arrive, say yes.

[Participant responds]

Hypnotist: Wonderful. Thank you. Sit down and relax. Now look at yourself from the outside. What do you look like?

[Participant responds]

Hypnotist: Thank you. (pause) So there's your physical body, and this other ghostly one, which we'll call the subtle body. Looking at your subtle body from the outside, what do you look like?

[Participant responds]

Hypnotist: Can you see your hands and feet?

[Participant responds]

Hypnotist: So, you're aware of the existence of a third entity of yourself, which we will call the psychic body. So, there are three of you: Physical body. Subtle body. And psychic body. Now enter your subtle body. And look around you. (pause) Now combine the subtle body with the psychic body. And look around at what you see. (pause) Note the differences. (pause) And what are you noticing about the differences? (pause)

[Participant responds]

(pause)

Hypnotist: And what do you notice about the psychic body?

[Participant responds]

Hypnotist: Oh, that's OK, that's fine. Thank you. And the subtle body is a shimmering, elongated, body. And how does the hat one feel?

[Participant responds]

Hypnotist: Thank you. (pause) Now with the reference point. The house, with the cars, feeling peaceful, depart from the reference point. And rise vertically, while accelerating. At first, the sky above the clouds is blue. Then as you get higher, it darkens. And eventually becomes black. Moving about with ease, you can feel the sun's heat, and the coldest space. But none of it bothers you. You can see the Earth's curvature becomes more noticeable. Until you see the entire sphere, becoming smaller as you keep moving away. When you are halfway between the earth and the moon, stop, and look at both of them. (pause) Describe how they appear to you in their entirety.

[Participant responds]

Hypnotist: Go ahead and fly. Move closer to the moon.

[Participant responds]

(pause)

Hypnotist: Move to a star. And what do you notice about the star?

[Participant responds]

(pause)

Hypnotist: And does the star have a message for you?

[Participant responds]

(pause)

Hypnotist: Fly around the star. (pause) And what are you noticing?

[Participant responds]

(pause)

Hypnotist: Fly to the twin.

(pause)

[Participant responds]

Hypnotist: And does the twin star, have a message for you?

(pause)

[Participant responds]

(pause)

Hypnotist: Are you complete with the twin star?

Hypnotist: Then flying to the first star, the welcome-love star. (pause) Flying (pause) flying back (pause) flying back to the black armchair. (pause) Then rise from the black armchair and go to the elevator and press the call button. The door is open. You enter and press the Up button. The doors close. And it starts to move with a light hiss. You're perfectly at ease and in joy. The background music... and the blue light... as you look at your reflection in the mirror. The elevator travels very quickly. And then begins too rapidly slow down. The floor counter is again visible and begins to count down. (counting slowly) Ten... nine.... eight....

seven... six... five... four... three... two... one... zero. The elevator stops. The doors open. You exit. And we're back here again. (pause) And take a moment.

Hypnotist: And then just go ahead and take a deep breath in. Wonderful. And I'm going to have you open your eyes and look around the room and kind of shake your body. OK. And then close your eyes again. And then we're just going to have you tense up all your muscles. Just hold for the count of three: one...two...three... and then let it go - ahhhh - with a sigh. And we're going to do that a couple more times, so go ahead and tighten up your whole body and then let go. Let's take a deep breath. Wonderful. And one more time just tighten up and hold it, hold it, hold it... and then ahhhhh let it go. Wonderful. Beautiful.

Go ahead and just shake your body and just get more comfortable in the chair. Beautiful. Thank you. You're doing perfectly. Thank you for taking a deep breath in and letting go and relaxing your body. Just going deeper. Just allowing yourself to be in this present moment. Whatever you're feeling, just allow it to be. If thoughts come, let them pass you by like the breeze, like the clouds. And a beautiful peaceful wave of relaxation flows over the top of your head to the tips of your toes, relaxing all over... all over. And it's right and good to relax, and allow this beautiful healing wave, this peaceful wave of relaxation to flow freely through you to every cell, system, and organ of your body. This beautiful wave of relaxation flows freely to every cell, system, and organ of your body. You hear a sound, a feeling of love; of peace. You may see a light, a healing light flowing freely through your body, relaxing deeper and deeper into relaxation, into healing and into peacefulness, a deep sense of well-being.

What does your body say in the chair? I invite you to imagine a chord. From this cord, you float up, through the cord, through the ceiling. You're at the top of the ceiling, looking down at your body. Just noticing your body in the chair, safe, relaxing. Your body and the chair are safe. And the beautiful wave of healing relaxation flows through your body and heals and rejuvenates. While another part of you is above, looking down from the ceiling at your body.

(pause)

When your body is safe in your chair, relaxing deeper and deeper in relaxation, into a deep sense of well-being, say yes so that I know please.

(pause)

Floating gently above your body. Yes, beautiful. Great. And your body is safe in the chair, healing, rejuvenating, as a part of you continues to float. Float higher and higher, through the ceiling. And when you're above the ceiling,

above the building, give me a yes response and let me know please. That's right. Floating, and now you can fly. Looking down, seeing the land, the buildings. It's safe to fly, flying to your house. (pause) And then flying higher in the sky. Flying to a cloud. Floating along with the cloud; flying. Flying higher, and higher. Flying, halfway between the earth and the moon. (pause)

And let me know by saying yes, when you're halfway between the earth. And the moon.

(pause)

That's right. Halfway between the moon and the earth. And look around. What do you notice? (pause) Exploring.

Session continues with hypnotist engaging participant to do the following.

**Initial Visualization:** Invite the subject to notice celestial bodies, starting with the shadows on the moon and the spin of the Earth. Encourage them to sense the light of the sun, even if it's not visible directly.

**Exploration of the Stars and Planets:** Ask them to notice the stars and imagine flying from one star to another, playing and exploring. Encourage the subject to jump between planets and notice their unique energies.

**Guided Journey to a Planet:** Prompt them to fly to a specific planet, ensuring they feel comfortable when they arrive. Invite them to observe any features of this planet, such as brightness and sounds (e.g., hearing water).

**Returning to Earth:** Guide the subject to fly back to Earth and re-enter their body gently, emphasizing relaxation. Encourage a peaceful wave of relaxation as they awake, focusing on self-love, self-acceptance, and gratitude. Guide the subject through conscious breathing, fostering feelings of peace and love.

**Reflection and Learning:** Encourage acknowledging the dual presence of consciousness in different places. Reinforce acceptance of how their experiences manifest in their consciousness.

**Further Consciousness Exploration:** Allow the subject to request more of their consciousness to be present in various experiences. Encourage a deeper relaxation of the body to facilitate greater exploration.

**Enjoyment and Discovery:** Promote the enjoyment of cosmic exploration, encouraging curiosity and learning from the experience.

### Script 3

Hypnotist: Hello, {Participant's name}. This is {Hypnotist's name}. Go ahead and make yourself comfortable and

take a deep breath in and hold it for the mental count of three or four. And then slowly breathe out, taking twice as long to exhale as you did to inhale. As you slowly breathe in you may imagine that you're inhaling pure relaxation. And as you release the breath imagine that you're also releasing any stress, any tension and discomfort from any place in your body. Just think about, pretend, imagine, or even visualize relaxing your entire body from head to toe. It is amazing, how often all we have to do is think about relaxing and the body automatically starts to relax, as yours is probably doing right now. Perhaps you're noticing the muscles in one or two places relaxing, letting go already smoothing out, relaxing. Maybe your scalp and facial muscles, or perhaps your neck and shoulders. Your left arm, or your right knee. Or to on your left foot, or a toe on both feet at the same time. Or some other part of your body. (pause) You may now notice how much more comfortable your body is already beginning to feel. You may notice at one or two, or maybe even three or more places in your body seem to be even more relaxed than the rest.

Direct your attention and become aware of that feeling of comfort in one of those places now. You may be aware of a sense of relaxation or a comfortable, or even tired feeling, there in that place. Whatever it is for you, just allow that to magnify and increase for your benefit and comfort. This is something that only you can do. Nobody can do it for you. So take your time and allow that pleasant sense to grow even deeper. Just allow that sense of relaxation now in that place in your body to move outward, to expand in imaginary waves or ripples. Like tossing a Pebble into a calm pond. (pause) And begin to spread throughout your body and mind. As this wave of relaxation moves outward, every place in your body and mind that it touches can just let go and relax. That's right. Just let go and relax. Deeper and deeper, relaxed. More responsive, more receptive.

As you continue to relax in the drift and float deeper and deeper, you could perhaps notice the way the chair supports you. Beneath your legs, beneath your arms, beneath your shoulders. And you could notice a sense of comfort as you continue to relax your whole body for your benefit. You might notice the sensations in your feet as you relax them completely. And I'm wondering if that comfortable feeling in your feet will spread up to the rest of your body now, like another wonderful wave of relaxation. Coming up from your feet, up through both ankles, shins, and calves, through the knees, into the thighs, and on up into the hips. Soothing and relaxing, all the muscles in your legs. Comfortably and peacefully limp. Totally and completely

relaxed. In fact, finding your legs becoming so heavy. So very, very heavy now, that as I count five to one, they'll become so heavy that when I get to one, you may find with amusement that they are so heavy that even if you were to try to lift them, you would be unable to. Five, becoming heavier and heavier now. Four, it's as if the surface they're resting upon were molded directly to your legs. Three, it's as if they are glued to the surface they are resting upon. Two, the heavier they become, the greater your results. The more motivated and determined you become to produce results. And one, so very, very heavy now. That even if you were to try, you simply find with amusement that you cannot.

Doubling your relaxation now. That's right, {Participant's name}. You always have a choice. And you may choose to relax deeper now. Deeper and deeper into relaxation. (pause) Allowing the beautiful wave of relaxation to continue flowing, up into the torso and arms, up into the shoulders, neck, face, and scalp now. Very good. Now just slow down a little bit. And mentally examine, slowly scan your entire body. If you find any area or place it is not completely relaxed, just allow that part to catch up and become as relaxed as a rest. (pause) Now allow yourself to slow down just a little bit more. Then a little bit more. (pause) I'm going to count from ten down to one. With each descending number, you may just allow yourself to slow down, become even more still. Becoming more relaxed. More receptive to the helpful and beneficial suggestions. With every number, relaxing deeper down. A deep sense of peace and well-being. (pause) And at the count of 1 you can easily enter into your own natural level of relaxation. Ten... nine.... eight.... seven... six... five... four... three... two... one...

You are now at your own natural level of relaxation that is best for you right here, right now. From this level, you may move to any other level with complete awareness and function at will. You are in complete control at each and every level of your body and mind at this and every level of awareness. You may take another deep breath now. And you will notice that a drifting might occur. A gentle drifting and floating down. Deeper down. Into calm and quiet. Soothing, hypnotic relaxation. You may feel a lightness or a sensation, as though you're melting into the surface you're resting upon. Or even a tingling sensation. Or no sensation. Whatever you experience is perfect for you. It may be as though your body is asleep. Yet your mind remains alert. There is less and less importance attached to my voice, and more and more significance to your own inner reality,

your own inner experience now. (pause) Relaxing deeper and deeper. You are safe and secure. That's right. Relaxing deeper down, deeper down, the beautiful wave of relaxation continues to flow freely through your body, mind, and spirit. Letting go and relaxing deeper down, deeper down. Good. Very good. Thank you.

Now send a grounding cord, a beautiful golden cord, down to the floor. Through the floor, down to the ground, continuing down to the center of the Earth's crystal. Wrapping your cord around the beautiful Earth's crystal. You are grounded to Mother Earth. Breathing in deeply. And exhaling slowly. Relaxing. Grounded to Mother Earth. You are safe. Grounded to Mother Earth. Breathing fully and gently. Relaxed and comfortable. Confident. Grounded to Mother Earth. (pause) And when you are feeling safe, comfortable, secure, relaxed, peaceful, grounded to Mother Earth, give me a yes response so that I know please. That's right. You're doing perfectly. Thank you. And you may relax deeper down, and deeper down. Knowing that you are connected to Mother Earth. All is well. You are safe. (pause)

Now that you are grounded, imagine another chord, a beautiful white chord, going up. Up and out the top of your head. To your home star. Connecting to Divine Mother. Father God. Source of all that is. Connecting to your sweet guides and angels. And your loving spiritual team. (pause) And when you are connected, safe, and protected by Divine Mother, Father, God, Source of all that is, sweet guides and angels and your loving spiritual team, give me a 'yes' so that I know. That's right. You are connected. You are safe and protected. And it's safe for you to journey now. Connected to Divine Mother, Father God, Source of all that is, sweet guides and angels, and with your loving spiritual team.

As you journey, your body is grounded to this Earth, to Mother Earth. And you are safe and protected as you journey now. Imagine a part of you is floating above your head. Floating to the white cord. (pause) You are now connected to the white cord. Floating towards a ceiling, you look down and noticed your body. Your body relaxing there. Safe and secure. (pause) And when you notice your body relaxing there, safe and secure, and you are ready to continue on your journey, give me a 'yes response' so that I know. That's right. Your body is safe and secure. And it's safe and secure for you to continue on your journey. Going through the ceiling now. Floating outside. Safe and secure. Feel yourself floating amongst the buildings. Slowly drifting upwards now. Knowing that as you continue drifting upwards, your body is safe and relaxed in the chair. (pause) And as you're floating above the trees, give me a 'yes' response so that I

know. That's right. You're doing perfectly. Thank you.

Now continue. Drifting upwards. Above the buildings. Slowly moving upwards. Safe and secure. Warm and comfortable. Drifting upwards past the rooftops. And now you begin to see the whole area. Streets, houses and roads. And drift higher, and higher. Drifting among the clouds. Soft fleecy clouds. Rolling around you like warm soft air. Wafting upwards. And then you are past the clouds. Looking down on them. And they're getting further and further away as you go upwards. Rising on and on. You become aware of a gentle sound. Like Angel's breath. And you look up at the stars high above, pure and clear. (pause)

And you find yourself drifting. Floating among the stars. All around you, you can feel the vastness of space. The Majesty of the heavens. (pause) The constellations like diamonds, scattered across a field of dreams. (pause) And you're taken on a tour of the heavens. To visit each of the astrological signs of the planets. Visiting each astrological planet, to learn what each keeper has. What has been learned in depths of time. What gives a wisdom and insight the astral traveler can find? And you'll learn that you, now, because you are in this state, you are to be given an opportunity. To choose what gifts of wisdom and insight you want to take. What you want to take back with you? And you could gather up all these, like stars in a bag, and take whatever you need for your highest good. So getting ready to visit each house in the star signs. And you find yourself moving, spinning. Covering great distance in an instant, as you begin to sense the crystal spheres of eternity, and journey through the entire solar system. (pause)

And you come to a space ruled by the planet Mars. And you find yourself in the House of Aries, the Ram. (pause) You have been shown your life, as it has been. And you are shown your life as it can be. (pause) And you see yourself ambitious, independent. And there, you are offered the strength of the Ram. To be assertive, independent, energetic. You learn the wisdom of the Ram. The wisdom of planet Mars. (pause) And you gathered the wisdom that you want to take with you. Giving gratitude to the planet, to the Ram, to the wisdom you have learned. The treasures that you have gathered from the Ram.

And now you are drifting out to the planet Venus. A place of love and beauty. And there is the House of Taurus the bull. And you hear beautiful music. And the music carries you away. And in that music, you are offered all the gifts of Venus. (pause) You can be generous, sensuous, affectionate, and enjoy stable relationships from now on. (pause) Playing on the planet Venus. Learning the wisdom of planet

Venus. And the House of Taurus the bull. (pause) Exploring planet Venus. Exploring the love and beauty. The wisdom. The feminine power. (pause) Gathering the love and beauty and wisdom of planet Venus to bring with you. Give me a 'yes' response when you are ready to fly to the next planet. That's right.

Drifting now towards the sun, you come to the planet Mercury. A place of logic and reason. And the House of Gemini, the twins. And there, the twins give you your gifts, give you their gifts. (pause) From now on, you can choose to be sociable, funny, flexible. You could learn to learn. To learn to teach. To enjoy your intellect. Be proud of your mind. Playing with the twins. Receiving their gifts, their wisdom. (pause) And gathering the House of Gemini, the twins' gifts. Give me a 'yes' response when you are ready to fly to the next planet. That's right.

Now you are seeing the moon. And in that cold light, you see the crab in the sky. And the crab uses its claws to pull apart those defenses that have been holding you back. That keep you from the truth. And as those barriers fall, you become open to all the powers of being psychic and sensitive. The crab offers you the gifts of imagination, intuition, and caring. (pause) You're safe and secure as you expand the powers of psychic imagination, intuition, and caring. Comfortable and calm. Peaceful with your powers and gifts. (pause) Gathering the wisdom the crab offers you now. (pause) And when you are ready to move on to the next planet, give me a 'yes' response so that I know. That's right.

Flying, you move on, into the brilliant light of the sun. And there is a fiery lion. The sign of Leo is outlined in the fire. You're in the House of Leo. You can collect the ability to be self-assured, energetic, and the ambition to succeed. (pause) Gathering the wisdom of the sun. (pause) Basking in the warmth of the sun. The wisdom. (pause) And when you have gathered the gifts of Leo, and the gifts of the sun, give me a 'yes' response so that I know. That's right.

Continuing your journey, flying to the planet Mercury in the sign of Virgo. In Virgo you may feel your mind being explored. Your values sorted. And you are left with the gift of analysis. Of seeing patterns and mysteries. (pause) Receiving the gifts of Virgo. And the planet Mercury. (pause) When you are comfortable, with the gifts and the wisdom, with the planet Mercury and the Virgo, give me a 'yes' response so that I know. Beautiful. Thank you.

Flying, among the stars and the planets. Perhaps you see yourself somersaulting; or feel yourself doing a somersault. Playing in the night sky. (pause) Flying to the planet

Venus. The place of marriage and love. And there you were offered the gift of balance from Libra the scales. Learning how to be sociable and diplomatic. (pause) Play on the Planet of Venus. Play with love, beauty, with the feminine. (pause) Hearing the wisdom of Libra. And give me your 'yes' response when you're ready to continue your journey going to the next planet. That's right.

Now off to Pluto. (pause) Far out in the cold reaches of space. A place of death and rebirth. Where the sign of Scorpio rules. And in that place, you could be reborn, and learn the mysteries of life, and beyond life. (pause) Continuing to learn the mysteries of life. And beyond life. It's a continual journey that you will bring back with you. Your enthusiasm, and joy, and learning. (pause) And when you're ready for the next planet, give me a 'yes' response so that I know. That's right.

Moving on, to Jupiter, the planet of adventure and travel. A chance to get all the optimism and enthusiasm that Sagittarius has. (pause) Receiving all the gifts of Jupiter and the wisdom of Sagittarius. The information is downloaded instantly to you. (pause) When you are calm and comfortable with the gifts and the wisdom, the optimism, and the enthusiasm, give me a 'yes' response so that I know please. That's right.

And continuing on your journey to Saturn with its rings. It appears before you. And in those rings, you find the constellation of Capricorn. (pause) You learn to be organized and patient. And have the endurance to make your life better. To plan and prosper and rise above the ranks. (pause) Enjoying life. Receiving the gifts and the wisdom of Saturn. And the constellation of Capricorn. (pause) When you have received the gifts and the wisdom of Saturn and the constellation Capricorn, give me a 'yes' response so that I know please. That's right.

And continuing on, flying in the beautiful universe. Out past Saturn is lonely Uranus, the planet of freedom and change. And there you touch Aquarius, the water carrier. And drinking that water gives you the gift of languages, and curiosity, and a love of change. (pause) You may play in the water. (pause) Freeing you. Relaxing you. More confident in yourself. In your journey. (pause) When you gathered the gifts and the wisdom of Uranus and Aquarius, give me a 'yes' response so that I know please. That's right.

Gathering your gifts, and now flying on to icy Neptune, God of the Eternal Sea, and the realm of Pisces the fish. Here you learn sensitivity to others, and the power of imagination, and this leads you to great things for you. (pause) Receiving these gifts for you. Exploring Neptune.

(pause) Receiving the gifts and the wisdom of Neptune and Pisces the fish. (pause) And when you are ready to continue on in your journey, give me a 'yes' response so that I know please. That's right. Receiving the gifts and the wisdom. And continuing your journey.

You may feel everything slowing down. (pause) There's a bag, a container of some sort. And even though it's filled with age-old wisdom and the power of a million suns, and rare and wonderful talents, so rare that you can only marvel at... it weighs next to nothing. And you find yourself touching it. Wrapping around you this beautiful container, this bag with age-old wisdom, and the power of a million suns. And rare, wonderful talents. (pause) And you bring back the ancient powers within you. And all the wisdom and gifts on your journey. Playing in the night sky. Flying back to the stars. (pause) Flying down to the clouds. Flying down, to the Earth.

[Exploration of Agreed Upon Physical Location on Earth]

Hypnotist: Wonderful. Thank you. And then flying above {{the wet lab}}. Clearing any energy that does not belong to you. Returning it back to Source. (pause) Calling back all of your energy. Cleansed and purified. And give me a 'yes' response. Perfect. Thank you. And then coming back into the wet lab, into the box. Floating above the ceiling. Noticing your body relaxed in the chair. Safe and secure. And when you're floating above the ceiling, looking at your body, give me a 'yes' response so that I know please. Wonderful. Thank you.

Now, coming back down into your body. Feeling safe and secure. Safe and secure. And I'm going to give you a moment. Just to be One with your body, mind and spirit. One with your body, mind and spirit. Connected to Mother Earth. And connected to Divine Mother, Father, God, Source of all that is. Connected to your sweet guides, and the angels, and your loving spiritual team. (pause) Relax. Rejuvenate. Integrating all the wisdom and the gifts from your journey of today. (pause) Reclaiming all your power. All your divine love, and grace, and beauty, and power. Moving more joyfully through life, free. Comfortable in your body. (pause)

Love before you. Love behind you. Love to your left. Love at your right. Love above you, love below you. Love unto you. Loving your surroundings. Love to all. Loved to the universe. Peace before you. Peace behind you. Peace at your left. Piece at your right. Peace above you. Peace below you. Peace onto you. Peace in your surroundings. Peace to all. Piece to the universe. Light before you. Light behind you. Light at your left. Light at your right. Light above you.

Light below you. Light onto you. Light in your surroundings. Light to all. Light to the universe. You are loved, valuable and worthy. Thank you, for being you. For adding love, peace, light, and wisdom to this world, in this time, in this place. Comfortable in your body.

And I'm going to count from the number one to the number five. And when I reach the number five, you're going to feel wonderful, refreshed, and relaxed. Just as if you had a full night's sleep. Feeling full of life and energy, with a sense of vitality and peacefulness and joy. So coming on back now. One, full of life. Two, full of energy. Three, and a wonderful sense of well-being. Four, feeling happy and free. And five, coming back fully to the here and now, feeling joy. Opening your eyes, feeling wonderful. Feels wonderful, doesn't it?

#### Script 4

Hypnotist: Go ahead and get nice and comfortable now. And let yourself relax completely. Just take a deep breath in. And exhale slowly. And as you do, just let go and relax. You can let your mind relax. And let your body relax. And when you're ready, take another deep breath in. And exhale slowly once again. And let a peaceful wave of relaxing energy wash over your body and mind. Just like a waterfall of relaxation from your head, all the way down to your feet. Pay attention to your breathing, and as you do, you just allow yourself to relax even more deeply. Allowing a peaceful wave of relaxing energy wash up over your body and mind. Just like a waterfall of relaxation. Wshhhhhhh. From the top of your head all the way to the tips of your toes. Allow yourself to relax. Deeper and deeper. And you allow yourself to relax even more deeply.

And I'd like you pay attention, as you're breathing, I'm going to count from ten down to one. And you could just allow yourself to relax even more. (slowly) Ten... nine... eight... seven... six... five... four... three... two... one... Just let your mind relax and your body relax. And go even deeper now. Very, very relaxed. Good. Very good. Thank you.

You may let yourself go even more deeply now. I'm going to count from five to one. And as I do, you relax even more. Five, going much deeper now. Four, relaxing more and more. Three, very, very peaceful and deep. Very peaceful and deep. Two, very, very relaxed. One, nice and comfortable and deep. That's great. Now you can go even deeper. You may be able to double or triple the level of your relaxation. Let's go from level A. To level B. To level C. Level C is the deepest. From level A, down to level B. From level B, down to level C. Very, very relaxed.

Now send a grounding chord, a beautiful golden chord down to the floor. Through the floor. Down to the ground. Continuing down to the center of the Earth's crystal. Wrapping your cord around the beautiful Earth's crystal. (pause) To Mother Earth. Breathing in deeply; and exhaling slowly. You are grounded to Mother Earth. You're safe. And secure. Grounded to Mother Earth.

Now that you are grounded. Imagine another chord. A beautiful white cord. Going up, up, and out the top of your head. To your home star. (pause) You are securely tethered to your body. And your guides watch over this tethering and protect it. You are safe and secure. (pause) Connecting to Divine Mother. Father God. Source of all that is. Sweet guides and angels, and your loving spiritual team. You are connected to Divine Mother. Father God. Source of all that is. Sweet guides and angels, and your loving spiritual team. You are securely tethered to your body. And your guides watch over this tethering, and protect it. You are safe and secure. And you could return to your body anytime you choose. Relaxing deeper and deeper. You are safe and protected. As you journey now.

As you leave your body, it's just like falling asleep. You are safe and protected as you journey now. (pause) That's right. As you leave your body, it's just like falling asleep. Imagine a part of you is floating above your head. Floating to the white cord. We're now connected to the white chord. You are securely tethered to your body. And your guide watch over this tethering and protect it. You are safe and secure to journey. And you can return to your body anytime you choose.

Continue floating towards the ceiling. Safe and secure. Floating towards the ceiling. You look down and notice your body. Your body relaxing there, safe, and secure. You continue on your journey. Going through the ceiling. Floating outside. And feel yourself floating amongst the buildings. Slowly drifting upwards now. Above the trees. And you are slowly moving upwards. Safe and secure. Warm and comfortable. Drifting upwards. Past the rooftops. And now you can begin to see the whole area. Streets and houses, and rooms. It's fun to explore; to tour the earth wherever you want to go. My voice will pause, as you have fun exploring the Earth. Going wherever you want to go. (long pause – couple minutes)

[Exploration of physical locations]

Hypnotist: And are you ready to bring that peace back with you? Or do you want to explore a little bit longer?

[Participant responds]

Hypnotist: So floating on back now, floating back to 101

San Antonio Rd. Petaluma. Coming back into the building, into the box. Into your body with ease, and grace, and love. Smoothly. Breathing into your body. Fully connected to your body, to Mother Earth, and the divine. Clearing any energy that does not belong to you, or does not serve you, returning it back to Source. Calling back all your energy cleansed and purified. For your highest good. And the highest good of all. Feeling joyful, light and free. Feeling good in your body. Feeling connected to Source, and light in your body.

Feeling safe and secure. Peaceful. (pause)

Hypnotist: Now I'm going to count from the number one to the number five. And when I reach the number five, you're going to feel wonderful, refreshed and relaxed. Just as if you had a full night's sleep, feeling full of life and energy with a sense of vitality, peacefulness and joy. So coming on back now, one full of life. Two, full of energy. Three, stretching or wiggling your toes and fingers feeling a wonderful sense of well-being. Four feeling happy and free. And five, feeling joyful, and love, safe and secure. Feeling wonderful. Feels wonderful, doesn't it? That's right. You're doing perfectly. Thank you.

### Script 5

Hypnotist: Hello, {Participant's name}. This is {Hypnotist's name}. Go ahead, make yourself comfortable. You may let yourself relax completely and get comfortable. This place is anchored and protected by our guides. When you're ready, take a deep breath in. And exhale slowly. And as you do, you can just let go and relax. Let your mind relax. And let your body relax. There's no place you need to be. This is your time. Take another deep breath in. And exhale once again. And let a peaceful wave, a relaxing energy wash over your body and mind. Just like a waterfall of relaxation from your head all the way down to your feet. Pay attention to your breathing, and as you do, just allow yourself to relax even more deeply. And as you pay attention to your breathing, I'm going to count. From 10 down to 1. And you just allow yourself to relax even more. Ten... nine.... eight.... seven... six... five... four... three... two... and one. Just let your mind relax and your body relax. And go even deeper now. Very, very relaxed. Just let yourself go even deeper now. That's right. Relax deeper now. I'm going to count from 5 to 1. And as I do, you relax even more. Five, going much deeper now. Four, relaxing more and more. Three, very, very peaceful and deep. Two, very relaxed. One, nice and comfortable and deep. Very peaceful and deep, very comfortable and relaxed. That's great. Thank you.

Now you can go even deeper. You may be able to double or triple the level of your relaxation. Let's go from level A, to level B, to level C. Level C is the deepest. From level A, down to level B. From level B, down to level C. Very, very relaxed. Safe and secure. (pause) A deep sense of inner peace and well-being.

Now send a grounding cord, beautiful golden cord, down through the floor. Through the floor down to the ground, continuing down the center of the Earth's crystal. Wrapping your cord around the beautiful Earth's crystal. You are grounded to Mother Earth. Breathing in deeply. And exhaling slowly. Relaxing, grounded to Mother Earth. You're safe. Grounded to Mother Earth.

Now that you are grounded, imagine another chord, a beautiful white chord going up, up and out the top of your head, to your home star. You are securely tethered to your body. And your guides watch over this tethering and protect it. You are safe and secure. And you could return to your body anytime you choose. Connecting to Divine Mother, Father God, Source of all that is. Sweet guides and angels and your loving spiritual team. You are connected to Divine Mother, Father, God, Source of all that he is. Sweet guides and angels and your loving spiritual team.

As you leave your body, it's just like falling asleep. You are safe and protected as you journey now. Imagine a part of you is floating above your head, floating to the white cord. You are now connected to the white cord floating towards the ceiling, hovering. You look down and notice your body. Your body relaxing there, safe and secure. This space is anchored and protected by your guides. Your body is safe and secure. And you may return at any time. And you notice your body relaxing deeper and deeper, safe and secure.

And continue on your journey. Going through the ceiling, floating outside. Safe and secure. Let me know when you're floating above the buildings. (pause) That's right, taking all the time you need to float above the buildings. You are securely tethered to your body. And your guides watch over this tethering and protect it. You are safe and secure, as you fully experience out of body travel with ease. (pause) Feel yourself floating amongst the buildings. Slowly drifting upwards now. Above the trees. Above the buildings. You are slowly moving upwards. Safe and secure. Warm and comfortable. Somehow supported as you drift upwards past the rooftops. And now you begin to see the whole area; streets, houses and roads.

And you float or fly higher still. And soon you are among the clouds. Soft white fleecy clouds. Rolling around you

like warm soft air. Taking you upwards, lifting you upwards. And then you pass the clouds, looking down on them. And they are getting further and further away. As you go ever upwards. Rising on and on. You become aware of a gentle sound, like angel's breath. And you look up at the stars high above, pure and clear. Flying amongst the stars now. You fly or float to your home star. And when you're in your home star, give me a 'yes' response so that I know please. That's right. Have fun on your home star. Explore. And my voice will pause as you have fun and explore your home star. (pause)

What do you notice about your home star? When you're ready, go ahead and verbally tell me what you're noticing.

[Participant responds]

Hypnotist: Do they have a message for you?

[Participant responds]

Hypnotist: And giving gratitude for their time and for what you've experienced. And then flying or floating off the star. Floating or flying amongst the stars. The planets. And exploring any other star or any other planet. And again, my voice will pause as you just explore and have fun. Only next time you hear my voice it will allow you to be fully in your experience. Safe, and comfortable, and calm. (pause) And what are you noticing on your out of body travels in the universe?

[Participant responds]

Hypnotist: Wonderful. (pause) And are you being shown what you need to see next? Or is there a message on the sister Earth?

[Participant responds]

Hypnotist: Wonderful. And is there another Galaxy that you wish to go to? Or if you're already there? (long pause) With love ease can flow. The universe. The galaxies. The omniverse.

[Participant responds]

Hypnotist: What are you noticing on the 5D planet?

[Participant responds]

Hypnotist: Did you want to hang out there for a while? Are you ready to journey to continue on your journey?

[Participant responds]

Hypnotist: Great. So take your time. And when you're complete, just let me know.

[Participant responds]

Hypnotist: And can you ask the beings, what does the earth need? Or if there's anything we can do to make the Earth's evolution more smooth, loving with ease and grace?

[Participant responds]

Hypnotist: Wonderful. Thank you.

[Participant responds]

Hypnotist: OK, so next time fast. And I thank them for that information as well. So thank you. And is it OK if you travel back to the Earth and back to the exploration?

[Participant responds]

Hypnotist: And let me know when you're there. Taking all the time you need. (pause)

[Participant responds]

Hypnotist: Are you ready to come back into the box?

[Participant responds]

Hypnotist: So coming in, however, before you enter your body, just hovering above the ceiling. Noticing your body relaxed. Safe and secure. And then you shift in whatever way you need to make this easy and smooth on your body, as you come back into your body now. Breathing fully and gently with love, ease and grace. Clearing any energy that does not belong to you or does not serve you. Returning it back to Source. For your highest good, and the highest good of all. Calling back and welcoming all your energy, cleansed and purified. For your highest good, and the highest good of all. You're safe. Cleansed and purified.

You are worthy and deserving. You're valuable. You belong. Thank you for the great service you do to the Earth. For the community. For your family. Your friends. You are a bright, shining star. Thank you for your courage, and exploring, and allowing the visions, allowing clarity and wisdom, to come to you. So that you move forward with love, ease and grace. Holding the vision of the Earth's evolution. A love expanding, healing, rejuvenating. More peace. A deeper sense of love. Rippling outward. Going to the Earth. To the people. The love and light Beings. And expanding outward from this Earth to the stars, to the moon, and to the sun. Throughout different realms, known or unknown to us.

Love knows no boundaries. And it becomes stronger; the flow, the expansion. It's safe to be a part of the expansion. It's safe to be in your power, to see clearly, to help, to guide, to hold the space. And also to get what you need what your body needs. Nurturing your body, mind and spirit. Honoring and respecting emotions and allowing them to flow. Allowing you to feel more love in your body, your mind and spirit, with ease and grace. You are loved and supported. Relaxing deeper and deeper into this body in this time. Knowing you have everything that you need. Allowing more abundance to flow to you. Whatever you need, ask and you shall receive. And you naturally give gratitude. Thank you for being you. For your love, your kindness, your intelligence and your creativity. Your joy, your enthusiasm, your clarity and discernment. Thank you. Thank you. Thank you.

And I'm going to count from the number one to the number five and when I reach the number five, you're going to feel wonderful, fresh and relaxed, just as if you had a full night's sleep. Feeling full of life and energy, with a sense of vitality, peacefulness and joy. So coming back now; one full of life. Two, full of energy. Three, wiggling your toes or fingers, feeling a wonderful sense of wellbeing. Four, feeling free and happy. And five, joy, coming back, opening your eyes when you're ready. Feels wonderful, doesn't it? That's right. Thank you.

### Script 6

Hypnotist: Hello, {Participant's name}. This is {Hypnotist's name}. Go ahead and make yourself comfortable. This space is anchored and protected by our guides. The intention of this session is to travel to the highest realms of Source, channeling a divine love and light being. Feeling relaxed, calm. Trance channeling with ease and flow and fun. Knowing we are guided and protected every step of the way. Thank you, Divine Mother, Father God, Source of all that is, sweet guides and angels, and our loving spiritual team for guiding and protecting us on today's channeling journey with ease, flow and fun. You may let yourself relax completely. Just take a deep breath in and exhale. And as you do, just let go and relax. Let your mind relax and let your body relax. Take another deep breath in. And exhale slowly. And let a peaceful wave of energy washing over your body and mind, just like a waterfall of relaxation from your head all the way down to your feet. Pay attention to your breathing. And as you do, just allow yourself to relax even more deeply. And you pay attention to your breathing. I'm going to count from ten to one, and you can just feel and allow yourself to relax even more.

Ten... nine.... eight.... seven... six... five... four... three... two... one. Just let your mind relax, and your body relax, and go even deeper now. Very, very relaxed. Just let yourself go even deeper now. That's right. Relax more deeply now. I'm going to count from 5 to 1, and as I do, you'll relax even more. Five, going much deeper now. Four, relaxing more and more. Three, very, very peaceful indeed. Two, you're very relaxed. One, nice and comfortable and deep. That's great. Thank you.

Now you can go even deeper. You may be able to double or triple the level of your relaxation. Let's go from level A, to level B, to level C. Level C is the deepest. From level A, down to level B. From level B down to level C. Very relaxed. This space is anchored and protected by our guides. You

shift in whatever way you need to make this easy and smooth on your body. You may relax even deeper now, deeper and deeper. Relaxed. And now sending a grounding cord, a beautiful golden cord down to the floor. Through the floor down to the ground. Continuing down to the center of the Earth's crystal. Wrapping your cord around the beautiful Earth's crystal. You are grounded to Mother Earth. Breathing in deeply. And you're feeling grounded to Mother Earth. You are safe, grounded to Mother Earth.

Now that you are grounded, imagine another chord, a beautiful white chord going up, up and out the top of your head. To your home star. You are securely tethered to your body. And your guides watch over this tethering and protect it. That's right, you are securely tethered to your body. And your guides watch over this tethering and protect it. You are safe and secure. And you can return to your body any time you choose. Connecting to Divine Mother, Father God, Source of all that is. Sweet guides and angels and your loving spiritual team. You are connected to Divine Mother, Father God, Source of all that is, sweet guides and angels, and your loving spiritual team. You are safe and protected as you journey now.

As you leave your body, it's just like falling asleep. You are safe and protected. Imagine a part of you is floating above your head. Floating to the white cord. And you are now connected to the white cord. Floating towards the ceiling, hovering at the ceiling. You look down and notice your body. Your body relaxing there, safe and secure. That's right. Your body relaxing there, safe and secure. As a part of you is hovering at the ceiling. You are safe and secure. You continue on your journey, going through the ceiling, floating outside. Floating above the buildings. Safe and secure. You may feel yourself floating amongst the buildings, slowly drifting upwards now. Above the buildings, above the trees, and you are slowly moving upwards, safe and secure. Warm and comfortable. Somehow supported, as you drift upwards past the rooftops. And higher still, you are among the clouds. Soft white fleecy clouds. Rolling around you like warm, soft air wafting upwards. Then you're past the clouds. Looking down on them. They are getting further and further away as you go ever upwards, rising on and on.

And you become aware of the gentle sound. Like angel's breath. And you look up at the stars high above. Glittering, twinkling, pure and clear. Divine Mother, Father God, Source of all that is, sweet guides and angels, and loving spiritual team are guiding and protecting you on today's journey. And you find yourself drifting, floating, flying, or instantaneously

among the stars. All around you, you can feel or sense the vastness of space. The majesty of the heavens. Floating flying or instantaneously arriving at Source. Pure divine love. Instantaneously where you need to be. For the highest channeling. Trance channeling with ease and flow and fun.

{Name of Participant} has given her (/his/their) permission for her (/his/their) body to be used by a higher love and light dimensional being, to communicate directly. The channel is now welcome to enter. {Name of Participant}'s body. With ease and flow. The highest love and light dimensional being, can enter {Name of Participant}'s body with ease and flow. (pause) You may speak, as the highest love and light dimensional being now. Can you identify yourself? (pause)

[Participant responds - Hypnotist works with Participant through trance channeling experience]

Hypnotist: The body relaxes, the mind relaxes. As we give thanks, and gratitude, with divine love and being. And flying back, into this realm, into this Earth. Your body is safe. Just taking your time, flying back. Flying amongst stars, and then instantaneously above the buildings. Coming inside the box. Hovering above your body. Seeing that your body is safe and secure. And with ease and grace and flow, sink back into your body. Gently entering your body. You shift in whatever way you need to, to make this easy and smooth on your body. Clearing any energy that does not belong to you or does not serve you, and returning it back to Source, cleansed and purified. You may imagine it leaving out the top of your head through the Golden Orb. Releasing and clearing any energy that does not belong to you or serve you. Returning it back to Source, cleansed and purified. Calling back all your energy cleansed and purified, for your highest good, and the highest good of all. (pause)

And as you relax, staying in your body. Safe and secure. I invite you to welcome in the belief that meditating is easeful. And nourishes and fills you with energy and joy. And you may notice it is now easy for you to find a few minutes, or moments, of meditating. With ease and joy, it nourishes you, and fills you with energy and joy.

And I'm going to count from the number one to the number five and I reach when I reach the number five, you're going to feel wonderful; refreshed and relaxed. Just as if you had a full night's sleep. Feeling full of life and energy with a sense of vitality, peacefulness, and joy. So coming on back now. One, full of life. Two full of energy. Three, wiggling your toes your fingers; and a wonderful sense of well-being. Four feeling happy and free. And five, feeling excited. In joy. Feels wonderful, doesn't it? And when you're ready, taking all the time, you need to just be.