

Dennis Sheppard - Synopsis

I see hypnosis as an all-encompassing part of the human condition. We are all conditioned by a similar hypnotic process! I have been experimenting with hypnosis for many years with a view to see how it works in the context of my personal meditation practice — to notice Hypnosis and its Dissociation juxtaposed with Meditation and Unification. I would like to explore with you:

- The method I employ to uncover past lives, and an explanation of why I developed this method out of the range of techniques on offer.
- To explain the positive and negative power of our subconscious mind and look at the unresolved patterns that drive us.
- To look at the balancing required between the intellect and emotions in order to make a subconscious story real enough for catharsis and letting go.
- I will look at some of the generic themes encountered and illustrate these themes with relevant past life stories from some of my clients and teachers.
- How hypnotic suggestion can help illustrate the still conscious field. (fifth aggregate) and promote wisdom and mindfulness around the stillness of the present moment. (essential for understanding and resolving conflict).
- The strong role of children in Professor Stevenson's past life work, and why?
- The angst and believability of past lives against subjects whose stories agree with the written record!