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THE SOUL CODE: Rewriting the Patterns That Run Your Life

Stop talking about your past. Start actually fixing it.

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1

Why You Picked Up This Book

Let's be honest: if the old ways were working, you wouldn't be reading this.

You've probably journaled, read the books, maybe sat on a therapist's couch for months or years. Maybe you've tried coaching, meditation, yoga retreats, or even medication. All of it helped — a bit. But the same pattern keeps coming back. The same emotional reactions. The same stuckness. The same inner voice that says, "I *know* better, so why do I still feel this way?"

That voice is exactly why this book exists.

Because insight isn't enough. You can't talk your way out of programming that was *installed* into you. Your mind is not broken — but it is *running code* you didn't write. And until you update it, no amount of logic or positivity will make the shift stick.

A New Paradigm, Not Just a New Technique

This isn't a "here's one more thing to try" kind of book. This is a map of the **actual structure of the mind** — how patterns form, why they resist change, and how we can finally rewire them where they live: in the subconscious.

I call it **The Soul Code**, because that's what it feels like we're working with. The lines of emotional programming that shaped who you believe you are. Not your conscious opinions, but your felt truths — the ones that live in your body, your triggers, your gut reactions.

This isn't talk therapy, mindset coaching, or self-help. It's **subconscious-level work**, and when done correctly, it changes everything.

> *"Until you make the unconscious conscious, it will direct your life and you will call it fate."*
> *— Carl Jung*

Who This Is For

This book is for smart, high-functioning people who feel stuck — not because they're weak or unmotivated, but because **the tools they've been given weren't designed to reach the place where the problem actually lives.**

It's for clients who want change that feels *real*, not rehearsed. And it's for professionals — coaches, therapists, guides — who sense that something's missing in the usual models, and want a deeper way to work.

Welcome. Let's get under the hood.

2

Hypnosis — Myths, Misfires, and Movie Nonsense

If the word "hypnosis" makes you picture swinging watches, blank stares, or someone clucking like a chicken, congratulations — you've been conditioned by Hollywood, stage shows, and pop culture nonsense.

Let's clear this up: **real therapeutic hypnosis has nothing to do with mind control, sleep, or surrendering your will.**

And it's definitely not about giving away your power.

In fact, if it's done right, hypnosis gives you *more* power — not less. It gives you access to parts of yourself that have been running the show from behind the scenes for decades.

What It's Not

Common myths about hypnosis usually fall into two types — both completely wrong, and both equally damaging:

Myth Type 1: The Manipulation Fantasy

These are the Hollywood-style myths that make people fear hypnosis — as if it's a tool of domination or mind theft:

> **"Will you make me do something I don't want to do?"**

Nope. That's called manipulation. And if I could do that, I'd be rich, famous, and probably in prison. Hypnosis isn't a way to override your values — it's a way to reconnect with your own deeper truth.

> **"Will I black out and not remember anything?"**

Also no. Hypnosis isn't unconsciousness. It's a state of relaxed, heightened focus — like being so absorbed in a movie or book that the rest of the world fades out. You're still present, you're just inwardly focused.

> **"Am I suggestible enough?"**

This one's a favorite. People think they need to be weak-willed or gullible to "go under." But therapeutic hypnosis isn't about being suggestible. It's about being *willing* — to focus, explore, and stay curious. That's it.

Myth Type 2: The Guided Nap Illusion

These are the myths that make hypnosis seem too soft to matter — like a pleasant but ultimately pointless relaxation exercise:

> **"Isn't hypnosis just relaxation and feel-good suggestions?"**

This is the soft-spoken cousin of mind control. You lie down, close your eyes, and someone tells you to imagine yourself on a beach while repeating, "You feel confident now." It's soothing — and mostly useless. If you wanted guided relaxation or self-hypnosis, you could get that on YouTube.

> **"Hypnosis is basically affirmations."**

This one sounds harmless — even helpful — but it leads people to expect surface-level results. Affirmations alone don't rewrite core identity beliefs. They bounce off unless the subconscious is actually engaged. Deep change requires internal processing, not passive listening.

The Reality

Real hypnosis isn't passive — and it's definitely not suppressive. It's neither comfort nor obedience. It's a structured, active dialogue with the subconscious that requires your participation and transforms emotional patterns at the source.

Why the Myths Persist

Two reasons: entertainment and ignorance.

Stage hypnosis is a performance. It selects extroverts who *want* to play along, and it creates the illusion of control. It's fascinating, dramatic, and completely irrelevant to real healing work.

Then there's the clinical world, which often avoids hypnosis altogether — not because it doesn't work (it absolutely does), but because most clinicians were never trained in it. They don't understand it, so they dismiss it.

Meanwhile, **over 200 peer-reviewed studies** show that hypnosis is effective for everything from chronic pain to anxiety, phobias, IBS, trauma recovery, and more.

What Actually Happens

In therapeutic hypnosis, we bypass the "critical factor" — that part of the mind that filters out anything unfamiliar — and access the emotional truth underneath. That's the level where core beliefs live. And that's where we can change them.

Often, your subconscious already knows the solution. It's been trying to help — sometimes in messy, outdated ways — but always with the goal of keeping you safe. Hypnosis helps you access that knowledge, not as abstract insight but as a *felt* emotional shift.

You Are Unique

Because every person's subconscious holds a different history, language, and logic, no session looks the same. There are no templates here. What heals one person might do nothing for another — and that's exactly why the work must be individualized, intuitive, and precise.

No scripts. No one-size-fits-all. Just a direct dialogue with your subconscious, guided safely and intentionally.

Welcome to the real work.

3

What Hypnotherapy Actually Is

Let's get clear on something right away: hypnotherapy isn't some exotic offshoot of psychology or spirituality. It's a practical method for accessing the part of your mind that actually runs your life — your subconscious.

Most people think their conscious mind is in charge. But if that were true, you wouldn't be stuck. You wouldn't keep repeating the same emotional reactions, self-doubt, avoidance, overthinking, or shutdown cycles. It would be enough to simply understand something, to fix it.

But you know very well that it doesn't work like this.

That's because the conscious mind — the part of you that reads books, reasons things out, and sets goals — is just the tip of the iceberg.

Meet Your Mind's Architecture

Let's break it down:

- The **conscious mind** is logical, verbal, analytical. It helps

you make decisions, plan, and reflect.
- The **subconscious mind** is emotional, symbolic, and pattern-based. It holds your habits, identity, memories, traumas, and deeply rooted beliefs.
- Between them sits the **critical faculty** (sometimes called the critical factor). Think of it as a mental gatekeeper — it filters out anything that doesn't fit your current self-image or worldview.

This is why positive thinking rarely works long-term. If you repeat fifty times every morning "I'm confident and worthy" but your subconscious still runs on "I'm not enough," the critical faculty throws that idea in the trash.

Hypnosis: The Gateway to Real Change

Hypnosis is simply a natural state where the critical faculty softens. You're not asleep. You're not out of control. You're just more inwardly focused, more receptive, and more connected to the inner material that usually hides behind defensiveness or distraction.

> *This actually resembles meditation — but with a very different purpose. While meditation often focuses on observing thoughts or cultivating calm, hypnosis uses that same focused state to* interact *with the subconscious and* reprogram *emotional patterns at their source.*

In that state, we can:

- Identify and access the subconscious patterns at the root

of the issue
- Reprocess painful or confusing emotional memories
- Install new beliefs that *feel* true — not just sound nice
- Align parts of you that have been in conflict for years

This is not surface-level suggestion work. This is **subconscious editing**, and when done skillfully, the results are fast, deep, and lasting.

Why It Feels So Familiar

If you've ever been fully absorbed in a book, movie, or creative flow, you've already been in a trance state. The difference here is that we're using it intentionally — not for escape, but for transformation.

Hypnotherapy isn't magic. It's not placebo. It's not an act of faith. It's a structured, focused conversation with the part of you that holds the key to change.

And the good news? That part of you is already trying to help. We're just giving it the microphone.

Who's Really Doing the Work?

One of the biggest misunderstandings about hypnosis is that the hypnotist "installs" beliefs into a passive mind — like loading files from a USB stick. That's not how it works — at least not here.

In this approach, **you are the one making the changes**. Your subconscious does the work. I don't decide what beliefs to give you. I don't impose scripts. I don't convince your mind of anything. Instead, I guide you to explore what *you* actually

need — and your system decides what fits.

> *That's what makes this work not just effective — but safe, sustainable, and ethical. The internal ecology is never violated. No part of you is forced to accept something it doesn't want.*

That's also why clients don't feel like someone "fixed them." They feel like they *found themselves*. And that feeling sticks.

4

Why Insight Isn't Enough

Let's say you've already done the work. You've read the books. You've journaled, meditated, talked it through in therapy. You *understand* your patterns. You know where they came from.

So why do they keep happening?

Why do you still freeze, fawn, shut down, sabotage — even though you *know* better?

Because the part of you that has insight *isn't the part running the pattern*.

Welcome to the Pyramid

One of the clearest models for understanding this is the **Dilts Pyramid** — also known as the Neurological Levels of Change. It shows us that change happens on different levels:

- **Environment** — where and when something happens
- **Behavior** — what you do
- **Capabilities** — what you're able to do

- **Beliefs and Values** — why you do it, what you think it means
- **Identity** — who you think you are
- **Purpose** — your reason for being

Most traditional change work — like coaching or CBT — happens on the first three levels. It's about behavior, thinking patterns, and learning new skills.

But the deepest blocks? They live higher up — in belief, identity, and purpose. And when the wound is at that level, talking about it can't fix it. Because *that* part of you doesn't speak the language of logic.

> *You can't rewire identity with insight alone. You have to go to the level where the programming lives — and speak its language.*

A Client You Might Recognize

Let me tell you about someone I'll call Anna.

> Anna was a high-achiever. Executive role. Therapy veteran. She could explain every childhood wound, every trigger. She had insight *for days.*
>
> But she still felt like an imposter. Every time she got praise, she panicked. She over-prepared, micromanaged, worked herself to exhaustion — then berated herself for not being more relaxed.
>
> We didn't work on her behavior. We didn't reframe her thoughts.

> We went to the root.
>
> In trance, we found a moment — not even a dramatic one — where little Anna had decided: "If I'm not perfect, I'll be abandoned."
>
> That decision had never been questioned. Her whole adult life was built around it.
>
> We didn't argue with that belief. We brought compassion to it. We enabled her adult mind to see that it was simply an error of perception of a little girl. This realization helped her feel safe enough to *update it.* And when she did — the shift was instant.
>
> Her outer life didn't change overnight. But something inside her did. The *urgency* dropped. The pressure eased. For the first time, she felt like she was allowed to be.
>
> And then a wonderful thing happened. *She stopped discussing her insights* — not because they were wrong or irrelevant, but because the issue simply stopped showing up. The emotional charge was gone. There was nothing left to manage or unpack. It had resolved where it lived — and no further conversation was necessary.

The Real Problem Isn't the Problem

When people come to me with procrastination, burnout, or "not knowing what I want," I don't treat those as problems. I treat them as **symptoms** of a deeper misalignment.

And the beautiful thing is: once you find the real issue — the

subconscious logic that made a bad pattern seem like the safest option — the whole system starts to change.

Not because you forced it. Not because you finally found the perfect affirmation. But because you *updated the code where it actually lives.* That's the essence of Soul Code work — not layering new ideas on top of old wounds, but helping the system rewire itself at its core, safely and in alignment with who you truly are.

5

Beyond Diagnosis

"Can you treat my anxiety?"

"Do you work with trauma?"

"Is this good for ADHD? For burnout? For depression?"

"Can it help with my pain, my allergy, my autoimmune disease?"

These are the kinds of questions I hear all the time. And they make total sense — because that's how we've been trained to think.

We're used to a model where you name a condition, then seek the professional who treats that condition.

But I don't treat conditions. I work with *people.*

The Problem With the Diagnostic Lens

Diagnosis can be useful — especially in crisis, or when organizing care across providers. But in the realm of deep personal change, diagnosis often gets in the way.

Why? Because it tells a story that freezes you in place.

"I have anxiety" becomes a self-definition. "I am bipolar" becomes an identity.

And worst of all: it leads people to outsource their inner work. They start looking for external treatments — tools, substances, systems — rather than turning inward to ask:

> *What's actually happening in me? What pattern is playing out? What is my subconscious trying to protect?*

This Work Doesn't Fit the Medical Model

Hypnotherapy doesn't diagnose. It doesn't label. It doesn't assume a protocol based on symptoms.

It investigates the *logic* of your inner world. The *story* beneath the symptom.

- Sometimes what's called "anxiety" is a child part terrified of rejection.
- Sometimes "depression" is a shutdown after years of over-adapting.
- Sometimes "burnout" is the result of subconscious loyalty to a parent who was never allowed to rest.

If I treated all of those with the same technique, I'd be ignoring the real intelligence of your system.

That's why I don't treat diagnoses. I work with your story, your experience, your needs.

And more often than not, what you think is the problem… isn't.

The Soul Code Perspective

In this work, your symptom isn't something to fight. It's a message — a form of communication from a deeper level of your mind.

And the goal isn't to "cure" you. It's to guide to towards *accepting yourself* so deeply that the system no longer needs to shout.

Once we do that, the label often falls away. Not because we "fixed the disorder," but because the system evolved — from the inside out.

That's the power of Soul Code work. We're not erasing diagnoses. We're outgrowing them.

Not by rejecting science — but by going where science often can't reach: into the deep, personal, symbolic logic of your inner world.

Listening to the Body

Can hypnosis help with a purely "somatic" disease?

(Whatever this definition actually means.)

The honest answer is: hypnosis is not intended to treat or cure somatic diseases. It can definitely help you manage symptoms and feel better, or stick with the treatment routine.

But sometimes interesting things may happen — not in the way people expect. I'm not treating the condition itself. I'm working with what the condition *means* to you. What it's protecting. What it's asking for. And very often, when we listen deeply enough, the body starts to shift — not because we forced it, but because we finally heard it.

6

How Programming Happens (and Why It Isn't Your Fault)

Let's drop the blame right now. If you're struggling with something — anxiety, self-doubt, perfectionism, burnout — it's not because you're broken. It's because your subconscious is doing *exactly* what it was taught to do.

The problem is, what it learned might be outdated. Or based on the emotional logic of a five-year-old. Or inherited from someone else's survival story altogether.

This isn't about weakness. It's about wiring.

Childhood Is a Programming Window

In early childhood, your subconscious is wide open. You don't have a critical faculty yet — that filter inside your mind that questions or rejects incoming information. So whatever happens around you, you absorb.

Not logically. Emotionally.

A parent scolds you when you cry? You learn: "My emotions aren't safe." A teacher mocks you in front of the class? You

encode: "Visibility is dangerous." You get love only when you succeed? That becomes: "I must achieve to be worthy."

None of these are conscious decisions. They're emotional impressions — and they turn into identity-level beliefs that shape how you move through the world.

It Was Never About the Facts

This is why trauma isn't always about *what* happened — it's about *how it was experienced.*

Two siblings can grow up in the same home, but walk away with different beliefs about love, safety, and worthiness — because their subconscious minds made meaning in different ways.

That's why we don't need to compare wounds. We just need to follow the thread of the belief.

> *If the subconscious believes "I'm unworthy of success," it doesn't matter how brilliant or capable you are — that belief will run your life.*

Case in Point: The Woman Who Couldn't Rest

A client I'll call Julia came in with chronic anxiety and adrenal fatigue.

> On paper, she was successful. Internally, she was burning out.
>
> She had done *everything* — supplements, meditation, breathwork, therapy. But she couldn't stop pushing

herself. She didn't know how to rest.

In trance, we found the root: a childhood memory where her mother had fallen apart, and Julia had stepped in to "take care" of everything at age six.

The subconscious belief? "If I stop, everything will collapse."

We didn't fight that belief. We met it with respect. We processed the fear underneath. And once her system understood that the crisis was over — that she was no longer six, and no longer responsible for saving the family — something shifted.

Her body exhaled.

She started resting. Not because she "should," but because it finally felt *safe.*

You Are Not the Pattern

What you're living now may have made perfect sense in the context where it formed. But you don't live in that context anymore.

That's what Soul Code work is about: tracing the pattern back to its origin, updating it with compassion, and letting your system *catch up* to the present.

Not because you forced it. But because it was finally safe to do so.

7

Inside a Hypnotherapy Session

By now, you might be wondering — *Okay, but what actually happens in a session? Do I lie on a couch? Do you wave something in front of my eyes? Will I remember it afterward?*

Let's demystify it.

It's Not What You Think

There are no swinging watches. No snapping fingers. No clucking like a chicken. (Unless you're working on a barnyard phobia — then we'll talk.)

What actually happens is this:

- We have a normal conversation — about what you want to change and how it shows up in your life.
- We look underneath the surface — not just the symptom, but the subconscious logic driving it.
- I help you enter a focused, relaxed state — one you've likely felt a hundred times before (ever driven on autopilot?

zoned out during a movie? That's trance.)
- From there, we begin the real work — interactive, focused, and always guided by *you.*

You're in Control the Whole Time

You'll hear everything I say. You'll remember most of it. You can talk, pause, ask questions. There's no mind control, and nothing happens without your permission.

In fact, the most common thing people say after their first session is: "That just felt like a deep, powerful conversation with my eyes closed."

And that's exactly what it is. A deep, powerful conversation with your own soul.

What We Actually Do

Depending on the person and the issue, we may use:

- **Regression** to find the root of a pattern and update the emotional imprint
- **Parts (or "ego states") work** to resolve inner conflicts between different drives or voices
- **Symbolic work** to shift internal landscapes or metaphors
- **Forgiveness and integration** to release stuck emotions or outdated roles

This is not hypnosis-as-relaxation. It's not someone reading a confidence script over spa music.

If that's all you wanted, YouTube has plenty.

This is you dialoguing with your own subconscious — the part of you that holds the original story — and rewriting it from the inside out.

What It Feels Like

You may feel light or heavy, warm or tingly, emotional or calm. You may laugh or cry. You may get vivid images, or just have a strong sense of something shifting.

But most of all, you'll feel **present.**

Like you're talking to a deeper part of yourself. And for many clients, that alone is life-changing.

Because once you realize that part of you has been there all along — waiting to be heard — everything else starts to make sense.

8

Are You a Fit?

Hypnotherapy isn't for everyone.

Not because it's mysterious or advanced, but because it poses the question most people are rarely asking themselves:

Am I willing *to let go of the story that's kept me safe?*

If you are, this work can change your life. If you're not — that's okay, too. Sometimes there's such thing as a secondary gain. Everyone has a sacred right to remain exactly where they are. But don't let the fear of change (of fear of hypnosis) prevent you from moving towards your goals.

You're Likely a Fit If…

- You've tried other things — therapy, coaching, self-help — and feel like something's still missing.
- You sense your issue is deeper than your thoughts — like it

lives in your body or identity.
- You're curious about your inner world and ready to explore it.
- You're not looking for someone to give you answers — you want a guide to help *you* uncover them.
- You're willing to feel discomfort in service of real transformation.
- You're ready to be done with the cycle — not just manage symptoms, but resolve them at the root.

You Might Not Be a Fit (Yet) If…

- You're hoping to be "fixed" without participating in the process.
- You're looking for a diagnosis, a label, or a quick hack.
- You're actively in crisis and need immediate stabilization or medical care.
- You're deeply resistant to looking inward or feeling emotion.
- You want to talk about the past endlessly, but not actually change the story.

A Quick Story

A client I'll call Mark came in skeptical.

> He was burned out, frustrated, and had been through four different therapists. He said, "Look, I just want to be functional again."

> By session two, he realized what he actually wanted was *to feel alive again.* And that meant facing some hard truths — a childhood dynamic he'd minimized for decades, and a part of him that still carried that emotional load.
>
> He didn't run from it. He met it. He did the work.
>
> And by week six, he wasn't just "functional." He was sleeping better, speaking up at work, reconnecting with his partner — and laughing. Genuinely laughing.
>
> He didn't get there because I gave him insight. He got there because he showed up for himself.

Readiness Over "Suggestibility"

You don't need to be "hypnotizable" in the TV-show sense. You don't need to go deep fast. You don't even need to believe in it.

What you need is *readiness.*

Not perfection. Not certainty. Just a willingness to go a little deeper than you've gone before — with someone who knows how to guide you safely there.

That's all it takes.

9

Speed vs Depth — Is Fast Too Good to Be True?

Let's address the elephant in the room.

If you've spent years struggling, the idea that real change can happen in a few sessions might sound suspicious. Unrealistic. Even dangerous.

But here's the truth: **when you work at the level where the problem lives, change doesn't have to take forever.**

Fast Isn't Superficial — It's Targeted

Most traditional approaches work through repetition. Talk it through. Build awareness. Try new habits. Wait for change to settle in.

But hypnosis isn't about repetition. It's about *precision.*

Sometimes I call my approach "surgery of the mind".

When you go straight to the root — to the exact moment the belief was formed or the part got stuck — you can shift it in

real time.

That's not a trick. That's **neuroplasticity**: the brain's ability to rewire itself when given the right context, focus, and emotional intensity.

> *Think of it like pulling a weed by the root instead of trimming the leaves week after week.*

A Case That Might Surprise You

I once worked with a man who had a lifelong phobia of flying.

> Panic attacks at the airport. Sweaty palms at the *idea* of booking a ticket.
>
> One session. That's all it took.
>
> Why? Because the fear wasn't about flying. It was about control — and the day he'd lost it as a child when his father got violent behind the wheel.
>
> Once his system made the link — and felt safe enough to *update* the emotional response — the flying fear vanished. Not reduced. Gone.
>
> He called me a month later from Paris.

The Right Change at the Right Level

This doesn't mean every issue resolves in one session. Some do. Many take a few. Some unfold in layers.

But what's consistent is this: **when we work at the identity and belief level, things move faster** — not because we're

rushing, but because we're finally in the right room.

If you've spent years trying to talk, think, or force your way out of a problem…

You don't need more willpower. You don't need more insight. You need access to the part of you that *actually holds the code.*

And when that part shifts? The change isn't just fast. It's real. It **sticks**.

10

Alternatives — and Why This Works Better

Let's be clear: therapy works. Coaching works. Medication can help. So can meditation, journaling, retreats, and even just a long walk in the woods.

But if you're reading this, chances are… something hasn't worked well *enough.*

Not because those tools are bad — but because they weren't built for the kind of change you actually need.

The Limits of the Conventional Options

- **Talk therapy** gives you insight. It helps you make connections, feel heard, and process the past. But insight doesn't reprogram identity-level beliefs. And it rarely touches the core emotional drivers.
- **Coaching** focuses on action, mindset, and goals. It works great at the level of capability. But it often bypasses the emotional wounds and subconscious loyalties that block action in the first place.

- **Medication** can stabilize symptoms. Sometimes that's necessary and lifesaving. But meds don't teach the nervous system how to feel safe again. And they don't resolve the root cause. (They can also come with side-effects, diminishing returns over time, and in some cases, dependency — especially when used as the only tool without addressing the underlying emotional root.)
- **Mindfulness & meditation** build awareness and self-regulation. Invaluable tools. But awareness alone doesn't always update the subconscious meaning-making system.
- **Somatic work** addresses the body — which is huge. But without the symbolic/emotional/identity layer, it sometimes stays at the physical expression of a deeper issue.
- **Doing nothing** is also an option. But the longer you wait, the more entrenched the pattern becomes — and the more time (and money) you lose to inaction, hesitation, and emotional fatigue.

What Makes Soul Code Work Different

- We don't treat the symptom — we *trace it to its source.*
- We don't give generic suggestions — we co-create transformation with your subconscious, using your system's own language.
- We don't manage — we *reprogram*.
- We don't guess — we dialogue.
- And we don't talk *about* change — we help it actually *happen.*

This is work that honors your internal ecology, respects your defenses, and *speaks to the level where the problem lives.*

No scripts. No shortcuts. No force. Just deep, custom transformation — from the inside out.

When to Choose This Work

- When you've tried other methods, but it still doesn't *feel* different
- When you keep looping through the same stuck pattern
- When you want deep change, not just better coping
- When you're ready to make your subconscious your ally — not your saboteur

If that's where you are… this may be the only thing that finally makes sense.

11

If You're a Professional Reading This

You might be a therapist, coach, medical provider, or mental health advocate. Maybe you're curious. Maybe you're skeptical. Maybe you've had clients ask about hypnosis and didn't know what to say.

Good. This chapter is for you.

We're on the Same Team

Let's start here: I don't see hypnotherapy as a replacement for your work. I see it as a complement — a specialized tool for a very specific layer of the psyche.

Because as you've probably noticed, some clients make progress… until they don't. They plateau. Or they "get it" intellectually, but still can't feel different.

That's usually when the subconscious is holding the brakes.

When to Refer

Clients often benefit from hypnotherapy when:

- They're looping in the same emotional pattern despite insight
- They're stuck in analysis paralysis, avoidance, or self-sabotage
- They're managing symptoms but not shifting identity-level beliefs
- They've done excellent work with you, but still feel something is missing

Hypnotherapy can help unlock the next layer — not by replacing your work, but by activating deeper structures that *help your work take root and resonate more deeply.*

What I Actually Do (and Don't Do)

I don't:

- Diagnose
- Prescribe
- Offer crisis stabilization
- Replace therapy or psychiatry

I do:

- Work at the identity, belief, and symbolic level of the mind
- Uncover and update subconscious programs
- Resolve emotional residues that keep clients looping

- Send clients back to you more integrated, open, and emotionally available

Why It Works So Well Together

Clients often return to therapy or coaching after a few hypnotherapy sessions and report:

- "Now I actually *get* what we were talking about."
- "That thing we explored for months finally *clicked.*"
- "I feel like I can go deeper now — it's not all stuck in my head."

You did good work. This just unlocked the next room.

Open to Collaboration

If you're curious about this work or have a client you think might benefit, I'm happy to connect. I offer consultations to explore whether hypnotherapy might be a good addition to your client's journey — with full respect for your role in their care.

We don't need more competition in healing. We need more bridges.

This work is one of them.

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Next Steps — Book, Ask, or Reflect

If you've made it this far, it means something in you is ready.

Maybe you're not 100% sure what you need. Maybe you still have questions. That's okay. You don't need clarity to take the first step. You just need curiosity — and a willingness to stop pretending you're fine when you know you're not.

The Strategy Call

This isn't a sales pitch. It's a real conversation.

We'll look together at where you are, where you want to be, and what subconscious patterns may be influencing your current reality. I'll be honest about whether I believe this work is a good fit — and if not, I'll do my best to point you in the right direction.

If we are a fit, I'll outline a few ways we might work together — including focused multi-session work (often 5–8 sessions is enough for lasting change), or more intensive formats for those wanting deep immersion. Some clients prefer to work

weekly; others benefit from exclusive, high-focus options over the course of one or two weeks — either online or in person, depending on circumstances.

No matter how we structure it, I tailor every session to your specific needs, patterns, and goals.

No fluff. No dragging things out. Just focused, effective work.

What You Can Expect

- A safe, nonjudgmental space where you're in control the entire time
- Real emotional shifts you can feel — not just intellectual insight
- Clarity on patterns that have haunted you for years
- A return of energy, confidence, and inner peace you thought were gone for good

I don't promise miracles. But I do promise to show up fully, work precisely, and meet you exactly where you are — without shame, without sugarcoating, and without wasting your time.

Your Move

Here's what I recommend:

1. **If you feel the pull — book a consultation.** It's 30 minutes. No pressure.
2. **If you're unsure — write me a question.** Let's talk about it. Also check out the reading list in the end of this book.
3. **If it's not the right time — that's okay too.** But please, don't go back to pretending your subconscious

programming is not affecting you.

Whatever you choose next, make it a *real* choice. Not a delay. Not a dodge.

The part of you that got you this far? It's trying to lead.

Listen to it.

That's where the work begins.

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Reading List, References, and How to Connect

This work stands on the shoulders of many brilliant thinkers, researchers, and practitioners who shaped the way we understand the subconscious, the nervous system, and human change.

Below is a short (and growing) list of recommended reading — some academic, some poetic, all meaningful.

📚 Clinical & Research-Based Works

- Kirsch et al., *"Hypnosis as an Adjunct to Cognitive-Behavioral Psychotherapy"* (1995)
- Yapko, Michael — *Trancework, Depression is Contagious, The Discriminating Therapist*
- Lynn & Kirsch — *Essentials of Clinical Hypnosis*
- Bessel van der Kolk — *The Body Keeps the Score*
- Gabor Maté — *When the Body Says No, In the Realm of Hungry Ghosts*
- Daniel Siegel — *The Developing Mind, Mindsight*

Symbolic, Philosophical, and Exploratory

- Milton Erickson — collected case studies and teaching tales
- Carl Jung — *Modern Man in Search of a Soul, Man and His Symbols*
- Michael Newton — *Journey of Souls, Destiny of Souls*
- Clarissa Pinkola Estés — *Women Who Run With the Wolves*
- Stephen Harrod Buhner — *The Secret Teachings of Plants*

For the Spiritually Curious

- Stanislav Grof — *The Holotropic Mind*
- Alan Watts — The Way of Zen
- Rupert Spira — *Being Aware of Being Aware*
- Ram Dass — *Be Here Now*
- Peter Levine — *Waking the Tiger*

About the Author

Dr. Sebastian Kristof is a certified hypnotherapist with a background in medicine and clinical research. Originally trained as a psychiatrist, he left conventional practice to pursue deeper methods of healing — ones that go beyond symptom management and help people rewire their lives from the inside out.

He has conducted postdoctoral work at Yale and UC San Diego, and brings together cutting-edge neuroscience, subconscious transformation, and a deep respect for human experience. He is also a musician, writer, and global traveler — and believes healing is a form of creativity.

"My job isn't to fix you. It's to help you remember how powerful you already are."

You can learn more or reach out at:

www.soulcode.pro

www.drkristof.com

info@drkristof.com

If you're still reading — thank you.

You're the kind of person this work was made for.

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Bonus FAQ: Quick Answers to Common Questions

Even though most of these topics are covered throughout the book, here's a quick recap in case you're looking for straight answers.

Do I have to believe in hypnosis for it to work?

No. This isn't faith-based. You don't have to believe in hypnosis any more than you believe in REM sleep. It's a natural state your mind already knows how to enter — we just use it purposefully.

Will I be unconscious or lose control?

Absolutely not. You stay fully aware and in control the entire time. You can speak, pause, shift position — it's like a deep internal focus, not sleep or mind control.

What if I can't be hypnotized?

You can. Everyone can — as long as you're willing and able to focus inward. You've already been in trance before: driving on autopilot, getting lost in music or a movie, daydreaming. We just use that state with intention.

How many sessions will I need?

Most people experience noticeable shifts within the first few sessions. A full transformation usually takes between 5–8 sessions. For some, less. For others, more. It depends on what we're working with and how deep it goes.

Do I have to talk about painful details?

Not if you don't want to. Many of my techniques allow you to work with emotions and memories symbolically — without rehashing or retraumatizing.

Is this like past life regression or spiritual hypnosis?

Only if you want it to be. While I'm trained in deep transpersonal techniques, I also work in a structured, pragmatic, and science-based way. We go wherever is most useful to *you.*

What if I've already done a lot of therapy?

Perfect. That usually means you have insight and language — but this work reaches places that talk therapy can't. You're not starting over. You're going deeper.

Can this help with physical issues?

Sometimes, yes — especially if the symptom has an emotional or symbolic component. We don't treat the condition. We explore what it *means* to your system and what might shift if it's truly heard.

Is this safe?

Yes. Hypnotherapy is a well-established, evidence-supported method when practiced responsibly. I work within ethical boundaries, and you're in charge at all times.

What if I don't even know what my problem is?

That's okay. We don't need a label to start. Often, what looks like "many problems" comes down to one deep-rooted pattern. Once we address it, the noise quiets down naturally.

Can I discuss my diagnosis or medications with you?

You're always welcome to share whatever feels relevant, but I don't offer medical advice. I don't diagnose, treat, or recommend changes to any prescriptions. If needed, I'm happy to collaborate with your provider.

What results can I expect?

Most clients notice shifts within the first few sessions — more emotional space, more clarity, more ability to act from choice instead of reactivity. Your results depend on your engagement

and willingness to do the work.

Do you provide support between sessions?

Yes. You'll have access to follow-up tools, recordings if needed, and email support during our work together.

I'm embarrassed about my issue. What if it's too weird?

I've worked with people on everything from obscure phobias to spiritual disturbances to shame that's decades old. There's no judgment here. And besides, it is entirely possible to work context-free, so you don't have to reveal the details.

What if nothing happens in the session?

Something always happens. Sometimes it's dramatic. Sometimes it's subtle. Sometimes it's the shift you notice that night, or the moment you realize you're reacting differently to something that used to spin you out. The work is happening, even if it's not flashy.

Is it possible to make things worse?

Not if done properly. I use trauma-informed and client-directed techniques, which means we move at your pace and respect your inner system. If something comes up that's intense, we pause, resource, and address it safely. This isn't about pushing — it's about integration.

Can I get stuck in hypnosis?

No. Hypnosis is a natural state, and you always come out of it — whether guided or on your own. In fact, many people pop out of trance spontaneously if their mind starts to wander or a loud noise interrupts them. You're not stuck — you're in a flexible, safe, focused state of awareness.

So what's next?

Close your eyes and ask your subconscious mind to guide you. It knows the way.