



SPIRITUAL HYPNOSIS

Rev. Janice Matturo on Spiritual Hypnosis, Part 1, Click here to watch - <https://youtu.be/y8dGyJ7bqlc>

Starting out with her own incredible story of how her life was transformed by hypnosis after nightmares which had plagued her since childhood, Rev. Janice held us in rapt attention and detailed many aspects and applications of how hypnosis can be used to not only relieve stress, but to get people more in touch with their own deeper more spiritual selves. Rev. Janice works clinically and has a huge "toolbox" of techniques and approaches that can help many people to achieve the goals many may set for themselves in therapy as well as in life in general.

Rev. Janice Matturo on Spiritual Hypnosis, Part 2, Click here to watch - <https://youtu.be/Csgd9-fGhmg>

Rev. Janice went into even further detail about the mechanisms involved in accessing and utilizing the enormous mental storehouse known as the unconscious or subconscious. She listed many situations for which hypnosis could be a healing and appropriate therapeutic modality, and how it can be combined with other methodologies as well. She also continued to be open to questions along the way from the class.

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