



# NATURAL WELLNESS ACADEMY

Established 2013

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COURSE SYLLABUS: PAST LIFE REGRESSIONIST  
DUAL CERTIFICATION PROGRAM: INCLUDES  
ESSENTIAL HYPNOTHERAPY SKILLS

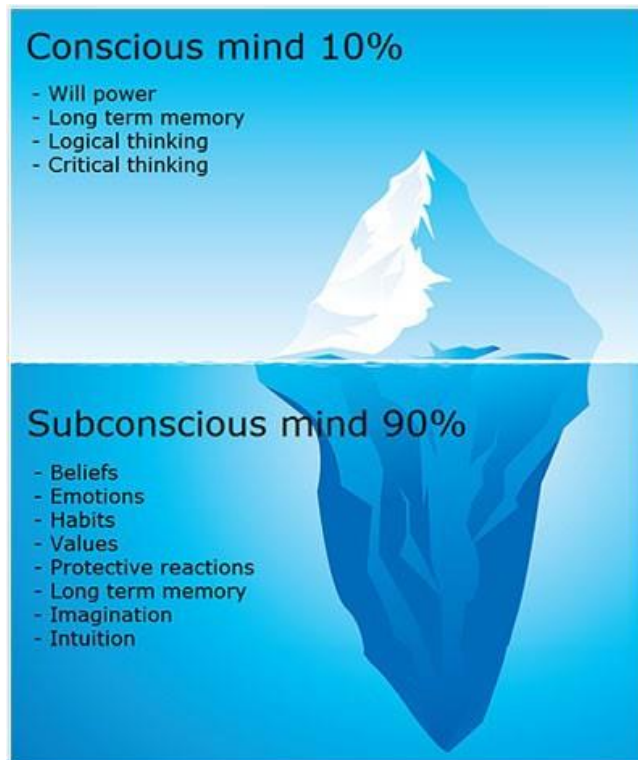
## COURSE DESCRIPTION



This fascinating dual certification will help your clients build positive, life-affirming habits and behaviors, natural pain management, reduce stress and increase motivation and gain valuable self-knowledge -- all through the easy-to-learn skills of Self-Hypnosis, Clinical Hypnotherapy and Past Life Regression.

About a third of American adults believe in reincarnation or the continued existence of the soul beyond physical life. Many religions and philosophies around the world and throughout the ages have reincarnation as part of their foundational beliefs. While the application of Past Life Regression in no way proves the existence of an Afterlife, it does provide a glimpse into the incredible potential of tapping into the subconscious mind. Many individuals report increased self-awareness and less fear of loss or death after undergoing PLR. There are even documented cases of physical and emotional improvement after undergoing this type of therapy. Graduates of this program will be able to

conduct past life regressions on self, individuals, and groups in addition to offering their services in basic behavioral modification. There is a constant supply of individuals who want to improve their habits and lifestyle behaviors.



What happens before we take on physical form? What happens when we complete a lifetime? In the Past Life Regression portion of this course, we will explore multiple theories of what happens when we die, the Bardo state, Soul Contracts, Soulmates, “Life between Life” Reincarnation, Mediumship, Disembodied Spirits and Astral Planes, Parallel Universes and the Seven Rays An illuminated understanding of Heaven, Purgatory and Hell — from a spiritual perspective, is also explored.

As a prequel to this training, each student will be trained in basic hypnotherapy skills and receive a dual certification that will add tremendous value to their skills in tapping into the subconscious mind so that clients can improve their lifestyle habits, self-confidence and gain clarity into the programming that compels behavior.

## WELCOME TO THE NATURAL WELLNESS ACADEMY!

After registering for the class, you will receive an email with your log-in information.

- \* Orientation Course
- \* Introduction to Mind Dynamics
- \* Essential Hypnotherapy Skills for PLR (Hypnotherapy Certification)
- \* Past Life Regressionist
- \* Webinar Library
- \* Essential Effective Coaching

*PLEASE NOTE: Periodically, you will need to log in again, as the LMS (Learning Management System) may end your session after a few days of inactivity. If you are on the course page but cannot access any of the materials, that should alert you to log out and then in again (we have all been through this).*

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### Learning Experiences

Each **assignment** will consist of approximately **6-12 questions** and may require some online research and practicum. For the most part these are FUN, and there are no wrong answers. The Learning Experiences are designed to challenge and enlighten you by putting you in scenarios where you will have a chance to share your knowledge and passion for this subject. Having actionable assignments will help you build confidence in your ability to assist others as well as practice-building skills.

## OBJECTIVES OF THE PAST LIFE REGRESSIONIST &

- Create a valuable income stream by offering hypnotherapy sessions to your clients for behavioral modification (instilling positive habits) natural stress and pain management, and self-discovery through past life regression
- Learn the Laws of the Mind and the Rules of Suggestion for helping clients improve their lifestyle and self-image by tapping into the subconscious mind
- Understand the concept of a neural hijacking and how to control panic, pain and stress through post-hypnotic suggestions, cues, and keys
- Develop a hypnotic presence and learn how to modulate your voice to discover your own hypnotic style and rapport
- Gain confidence in your skills through practicum and online workshops
- Explore a variety of theories and philosophies about reincarnation, including Jungian Archetypal theory, Consecutive and Simultaneous Time Theory and Oversoul Theory
- Understand the concepts of Karma, Samskaras, Astral Planes and Soul Groups
- Assist clients in gaining self-knowledge through experiencing a series of past-life regressions and overcoming fear of loss and death.
- Improve your self-understanding by learning how to self-regress and participating in a “Karma Workshop”
- Discover a technique for exploring parallel existences to comprehend the power of choice
- Learn about the *Interlife* and how tapping into this “life between life” state can bring higher perspectives and healing
- Soulmates and Soul Contacts
- Communication from the Beyond
- Past life regression through hypnosis (Self, Individuals and Groups)

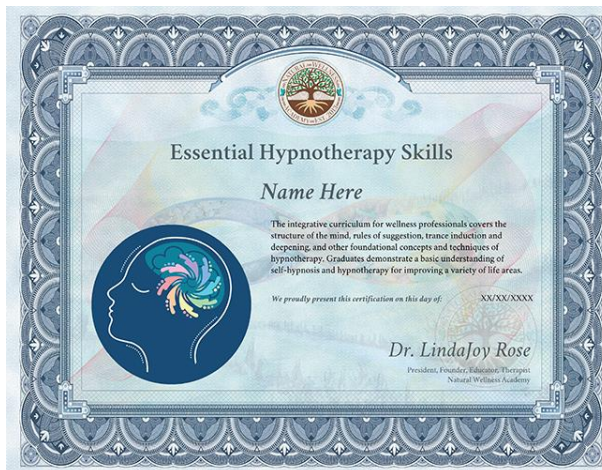
## TOPICS COVERED IN THIS CERTIFICATION

- Structure of the mind and levels of consciousness
- Laws of the Mind and Rules of Suggestion
- Induction and Guided Imagery
- Raising Permission Levels for higher levels of achievement
- Anatomy of a Neural Hijacking History of Hypnosis and its Evolution throughout the past centuries
- Reincarnation Theories (Archetypal, Consecutive/Simultaneous Time, Oversoul)
- Evolution of the Soul
- Near Death Experiences

- Samskaras, Bardo State
- *The Interlife*
- Physical and emotional conditions related to past lives/deaths
- Spirit Guides and Soul Teachers
- Communication from the beyond
- Karma Workshop
- Quantum Selves Therapy
- Future-mapping



DUAL CERTIFICATION – You will earn both of these certificates



# THE PROGRAM:

## MODULE 1 --INTRODUCTION TO MIND DYNAMICS



This valuable module will provide outstanding skills in understanding the workings of the subconscious mind so that you can help your clients create positive, life-affirming habits to support their lifestyle changes. You will gain tremendous self-knowledge and confidence as you establish your own series of positive habits in a 3-week experiential journey, using self-hypnosis and mind-focused activities.

## MODULE 2 – ESSENTIAL HYPNOTHERAPY SKILLS & HYPNOTHERAPY PRACTICUM



This is your training in basic hypnotherapy skills, including the history and application of hypnotherapy through the past three centuries. There are 5 Learning Experiences and conferences/classes that teach you the Laws of the Mind, Rules of Suggestion, Guided Imagery, and Induction-building. You will learn the Krasner Method of Behavioral modification and how to test and deepen the trance state, using self-hypnosis to record experiences and have various practice sessions with volunteers in order

to increase confidence in the ability to induce trance. The mentor will also work with the student to develop more of their hypnotic voice, presence and rapport-enhancing skills.

## MODULE 3 – QUANTUM SELVES THEORY



A fascinating and easy-to-apply therapeutic modality created by Dr. L J Rose explores the concepts of Simultaneous Time Theory, Quantum Mechanics, Parallel Universes and the Oversoul. Each of your crucial life decisions has influenced your particular life path, leaving the alternate choices behind. According to simultaneous time theory, another aspect of your

Self explored the non-chosen path. Help your clients achieve resolution about past issues and discover traits and solutions to help them better navigate their lives.

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## MODULE 4 – REINCARNATION HISTORY AND THEORY



Reincarnation has been the cornerstone of many Eastern philosophies and religions and was even prevalent in early Judaism and first centuries' Christianity. Explore different theories on how past life regression works, whether one believes in the concept or not.

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## MODULE 5 – AFTERLIFE



In this module we will delve into the beyond – beginning with transition and the bardo state, students will learn about astral planes, life review, interlife experiences, samskaras, karma and what happens in the death to rebirth process. Discussion about Near-Death Experiences and the current technology to study possible reasons behind them.

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## MODULE 6 – PAST LIFE REGRESSION STRATEGIES



Now time to put the theory into practice; The student begins by practicing self-regression and recording the experiences, comparing and contrasting in order to find the threads and lessons (Karma Workshop.) We will explore the bardo state or “life between life” and how one may gain further knowledge. Various inductions, scripts and techniques for performing the regressions will be covered.



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## MODULE 7 – HIGHER OCTAVE APPLICATIONS

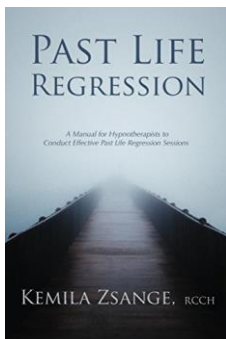
Exploring some of the more spiritual aspects of PLR, including Life Review, communication from the beyond and spiritual release techniques.

Students will also delve into the simultaneous time theory principle and discover a few techniques that they can also use in their practice, including future-mapping.

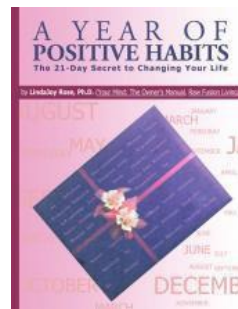
## COURSE TEXTBOOK AND RESOURCES

All of the textbooks are included in your course.

You will also be sent a copy of this for the Essential Hypnotherapy Skills along with a variety of resources for the Past life regressions, since this is a vast subject of exploration.

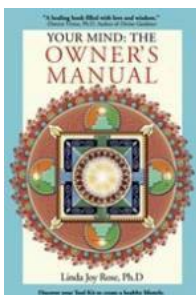


*Past Life Regression*  
Kemila Zsange, RCCH



*A Year of Positive Habits: The 21-Day Secret to Changing Your Life*

Linda Joy Rose, Ph.D.

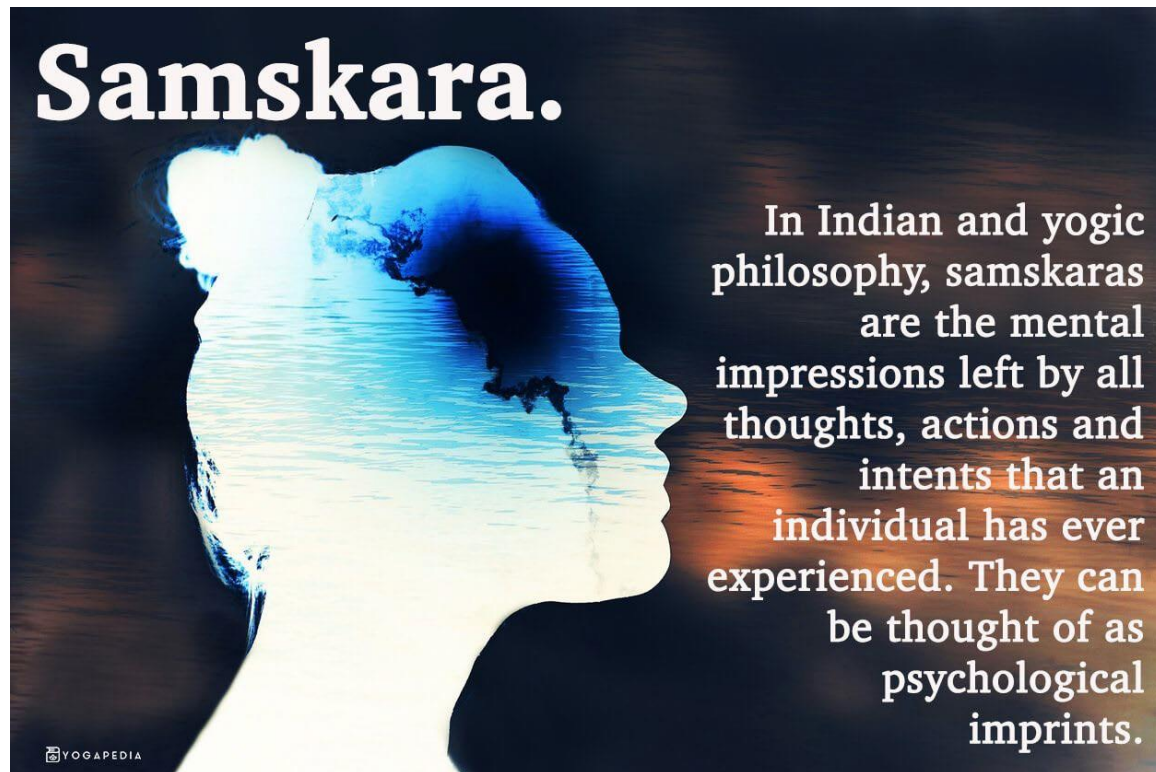


*Your Mind: The Owner's Manual*  
Linda Joy Rose, Ph.D.



*Parallel Lives: Exploring Your Quantum Selves*  
Linda Joy Rose, Ph.D.





THIS CONCLUDES THE PAST LIFE REGRESSIONIST AND ESSENTIAL HYPNOTHERAPY SKILLS PORTION OF THE DUAL CERTIFICATION PROCESS

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## BONUS STEP: BUILDING YOUR BUSINESS VIA ESSENTIAL EFFECTIVE COACHING

All students of the Natural Wellness Academy are invited to take our cutting-edge **business-building module** that will help you:

- define your niche and your avatar (ideal client)
- build your business plan
- design your marketing
- learn how to attract clients

If it is not open yet on your dashboard and you are nearing the end of your Spiritual Wellness Specialist modules, request from the Admin that Essential Effective Coaching be opened for you. you be added to that course.

### ESSENTIAL EFFECTIVE COACHING

**Essential Effective Coaching** is an extra module that will



be opened for you as you near completion of your SJF modules. This course is designed to help you launch your coaching practice and will give you practical information about starting your own business, social media marketing, finding your niche/specialization, and how to work with your clients. We provide loads of downloadable resources, including forms and documents that you can use in your practice.

There are assignments in EEC but these are entirely optional and are not turned in for review.

## STUDENT AND ALUMNI FORUMS

We also have an active Facebook student forum only open to NWA candidates, grads and mentors so that you have a sense of belonging and interacting at our “virtual campus” and a separate one for the SWS students where they can exchange ideas about spirituality and divinatory tools.

It is in the forums that we announce our upcoming events. If you have not already joined, go to and request to join (no need to answer the questions).

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## MAIN FORUM

<https://www.facebook.com/groups/177711222415128>