

Resolve the issues; move on with your life

By Judy Sharp

Judy blends psychotherapy and hypnotherapy with past life, spirit release and soul retrieval work. She has worked with and been inspired by, among others, Keith Hearne, Roger Woolger, Mark Wentworth and Eamonn Downey. She specialises in working with seriously obese people but her innovative, intuitive approach has been successfully applied to issues ranging from pain control, fears and phobias to relationships and anxiety, always finding and resolving the real emotional root cause - wherever that may be! www.effective-hypnotherapy.co.uk



I was around five years old when my mother, an Austrian descended from true gypsy stock, gave me my first lesson in spirit rescue, although it was many years before I recognised it as such. In exactly the same matter-of-fact tones in which she told me not to get into a car with a stranger she said that, should I see a ghost, I shouldn't be afraid of it because it was just a lost soul. "Say a prayer for it," she said. "Bless it and tell it to go home, where it belongs."

Little did I know that more than 50 years later I would be blessing lost souls and sending them home as part of my everyday working life!

The mantra for my work is 'Find the root causes. Resolve the issues. Move on with your life.' This has taken those I work with back to past lives, it has released spirit 'passengers' and it has involved what the Shamanic tradition calls *soul retrieval*. Many of those I help have never come across these concepts before and yet, after a powerful session that provides valuable insights, shifts and healing, they all acknowledge that something happened - and the positive feedback confirms it.

A man in his early fifties came to see me. "You know I think this is a load of old rubbish," he said, "I'm only here because it's you and I trust you."

I smiled. We went through the basics of his case - serious psoriasis almost all over his body, including some very delicate areas, he told me, for more than 10 years. No conventional treatments worked and he still sometimes had to pull over when driving, take off his shoes and socks, and scratch his feet until they bled.

In a deep state of relaxation, he found a past life as a young child in the 19th century who had disobeyed his parents and sneaked out of the house to watch a big bonfire. The bonfire was in the town square - the 'town' he described had wooden houses close together, with dirt streets. ▶

In the crush of the crowd, someone pushed the boy into the bonfire, and by the time he was pulled out his little body was covered with burns. We moved forward in that lifetime and saw that he married his nurse and had a quiet, uneventful life, with a body disfigured by the burns. That persona was laid to rest, with all the emotions and symptoms that went with it.

Within just a few days, he reported that the itching was down, on a scale of 1 to 10, from 7-8 to 2-3, and the redness was also vanishing.

A woman in her mid-fifties had a series of powerful sessions. In the first, half a dozen spirits were released. They had highly individual characteristics, mannerisms and ways of speaking, and the client's body movements changed with each one. In the second session, she found a past life as a young queen in ancient Grecian times who was taken prisoner by invading forces and repeatedly stabbed in the stomach, killing not only her but the baby in her womb. That made perfect sense to her, as in this life she has been unable to conceive, and has had ongoing medical problems in and around her womb. When she returned for the third session the client said she wanted to tackle specific issues in her childhood. Her father died, she was sexually abused, and her mother relocated to a different country, all within 18 months when she was less than eight years old. Regressing to that period, she was able to find and reintegrate those parts of her that had splintered off with the traumas of the time. The outstanding issue was forgiveness of her abuser who had passed over many years before. *I called on the soul of her abuser to come and be present and it came, bringing a chill to the air and a distinct sense of dread and nervousness. I then invited the client - who was in a deep state of relaxation - to mentally forgive that soul, to actually say, "I forgive you, I love you." Not an easy thing to do, but she did it, and her unconscious confirmed to me when the process was complete.*

By now the chill had gone, the soul of the abuser was calmer and as it returned to the light, it was at peace. When the client came back from that deep state of relaxation, she said it had been a very powerful experience; she had seen her abuser's face very clearly and felt as though a huge weight had been lifted.

I do a lot of work with people who are seriously obese. While conventional wisdom recommends diet and exercise, my approach is to explore the underlying emotional reasons for holding onto the excess weight. This could be physical or sexual abuse in childhood; broken relationships; loss of a loved one - or even trauma carried over from a previous life. The physical flab is a form of comfort or protection, and will only leave when the situation has been resolved. It is always fascinating to follow the trail, to talk to the excess weight and to understand what is really going on.

I have watched TV programmes where obese people are taken on NHS obesity programmes up to and through bariatric surgery, or where they are coached by a personal trainer to get them physically fit. The emotional root causes are never tackled, even when the subjects themselves clearly identify the point at which they started to pile on the weight.

A 31-year-old lady - let's call her Trish - weighed 18 stone when she first came to see me, asking me to fit a *hypnotic* gastric band. She had never come across concepts such as spirit release, past lives or soul retrieval, but was open-minded enough to 'give it a go'. In session one, we released a spirit that had been lodging with her for some time.▶

Trish said she physically felt it leave her shoulders and felt able to move her neck and shoulders far more freely than before. Walking home after the session, she said she felt so light, "it was like walking on the moon" and a couple of days later she sent me a text message to say she had lost her craving for cakes and biscuits. She had, in fact, been feeding a spirit passenger with a sweet tooth! In the second session, we found a past life as a young woman in England whose husband had died of a painful fever. She was forced to forage for and steal food and she starved to death, cold and alone. Her thought as her soul left her body was, "I will never go hungry again". After that session, Trish lost her obsession for food and was able to go for more than an hour without eating.

The third session was very emotional as we went back in Trish's current life to find parts of her splintered off by traumas over the years. Leaving the negative emotions behind and bringing home the parts that were left out in the cold, and doing healing and balancing work around that, left her with a feeling of wholeness she had never before experienced - this is the Shamanic soul retrieval. By the time of the fourth and final session, Trish had completely changed her eating habits and work colleagues were commenting on her weight loss and how well she looked. She had gone from four chocolate bars a day to one a week, and was snacking on carrot and celery sticks instead of buns from the tea trolley. At that final session, we discussed the massive changes the work had triggered - did she really need a gastric band? Trish decided she wanted to take the 'belt and braces' approach, so I fitted a hypnotic gastric band and she has been losing weight at a steady rate that her body can deal with since then.

Ancient cultures

Often, people who have gone through the NHS obesity programme are refused bariatric surgery because they are still too fat and the operation would be too risky - a classic Catch 22 situation. Hypnotic gastric banding, a relatively new technique, is non-invasive and therefore much safer - and much more cost-effective. NHS figures show that 1 in 100 patients die following a gastric by-pass operation and 1 in 200 die following gastric band surgery. Weight loss is drastic, particularly with a by-pass, often leading to health complications and the need for further surgery to remove unsightly and unhealthy rolls of drooping skin.

The procedure to "fit" a hypnotic gastric band takes place while the client is in a state of deep relaxation. I talk them through the whole process, from being in a private hospital ward, being briefed, going to the operating theatre, and then the surgeon performing the operation itself. At the end, back in their rooms and fully recovered (and still in a state of deep relaxation), I give strong suggestions about what has just taken place, and the positive effects that it will have. Weight loss is slower and steadier, at a pace the body can cope with: one lady lost 6lbs in the first week and continued to lose even though she went on holiday. The client is free to eat whatever they wish - but because the stomach has been divided to create a smaller 'sack', far less food is needed to create the feeling of being full. This, along with the positive suggestions put in place, give control to the client and his / her unconscious to reach a sensible, healthy weight. And, of course, it works because all of the underlying emotional reasons for holding onto the excess weight in the first place have been dealt with!

Skeptics love to rubbish this type of work and yet quantum physics is providing increasing proof to support what ancient cultures have known since time began and what healers of all



Dr. Rupert Sheldrake

disciplines know today - that we are all connected, that it is all to do with energy, and that consciousness, the mind, is not just in the brain.

I work with the unconscious mind - as opposed to the conscious mind. The conscious mind is that part that filters and rationalises, whereas the unconscious may be said to be consciousness itself. Scientists have long been gnawing on the bone of 'what is consciousness?' In *'The Science Delusion'*, Rupert Sheldrake explains how, in the 17th century, matter was defined as unconscious, and conscious minds were confined to human beings, along with spirits, angels and God. He suggests the relationship of minds to bodies is more to do with time than space.

David Wilcock goes one further and suggests that three-dimensional time and space are flip sides of the same coin, one being still and the other in motion. For him consciousness is beyond time, and all of space and time is the emanation of a single geometric form, which in turn leads to the fascinating theory of the Universe being a hologram, and each of us being a hologram of the Universe as a whole . . .

Personally, I don't need a scientific equation to validate what happens when I am working with someone's unconscious, or their consciousness. It is certainly the part that provides answers to questions the client could not or would not answer from their rational mind, and it has no difficulty in guiding the client back to the most relevant past life; to the specific years in which there were traumas; and to identifying spirit 'passengers'.

The concept of spirit 'passengers' is off-limits to some - far too spooky. When I was learning the techniques of spirit release with my mentor, Dr Keith Hearne, he said that more than 95 per cent of people I would see in any supermarket would have at least a couple of spirit passengers. I thought that sounded rather extreme, but my own experience has proved him right. And, of course, put into context - as my mother did all those years ago - spirit passengers are no more than lost souls, totally natural and nothing to get in a lather about. As I see it, when a physical body dies, the soul survives and 'goes home' to re-join its soul group, take a rest, undergo a de-brief and then, if appropriate, prepare for another incarnation. Usually the soul is aware that life in the physical body is coming to an end, and prepares for the transition, easing the ties to the physical world and opening the channels back to the non-physical. Indeed, how many times do visitors say of an elderly person, "she's not all here"? That's because the soul is paving the way for the return home: she is only partly here because she's already partly there! When death of the physical body is not natural or through illness, but is sudden and traumatic - a car accident or a shooting, say - the soul has not had time to ease those ties to the physical world. It is forced out of the physical body and, with nowhere to go, looks for a safe haven. Generally, souls will be drawn to a warm, welcoming light (energy field or aura) or to a similar vibration. Having made its choice, the soul may either settle down like the proverbial dormouse in a teapot or, in some cases, it will make its influence felt. Alternatively, the soul may wish to remain earthbound to clear up what it perceives as 'unfinished business'.

In my work, I always give the spirit the opportunity to engage, communicate and explain what ▶

is happening. Honouring them, giving them the love and respect they deserve is, I feel, as important as sending them to where they need to go to continue their own journey. Each spirit has its own clear characteristics and attributes that come through clearly when sessions are recorded. Some are very happy to leave, others are fearful of what is waiting for them, while yet others enjoy the mischief they have been causing. In my experience, with love, light and reassurance, they all go home.

It is perhaps in the field of past life work that increasing amounts of solid evidence are emerging to confound the skeptics. Researchers such as Dr Ian Stevenson and Roy Stemman looked to Eastern countries for case studies that could be verified, in cultures with long histories of a belief in and understanding of reincarnation. Records were usually scarce and unreliable, supported only by heresay and word of mouth. It made their work very hard indeed. Pioneers in past life work for healing such as Roger Woolger, Brian Weiss and Michael Newton were all themselves skeptics until their own experiences led them to record, research and see for themselves the powerful results that were achieved by inviting their patients to "go back to where it started" or "let's find the source of your illness".

Nowadays, even in Western countries with no history or culture of reincarnation, people being regressed are providing detailed information that can be verified in accurate official records including, for instance, many who fought in World War I. Faced with such facts and figures - and often with photos or film footage too - skeptics are forced to admit that there is something in it!

Hypnotherapy, past life, spirit release and soul retrieval work. To me – and to my lovely mother before me - it is totally natural. To the skeptics it's a load of rubbish. To the scientists it's baffling. But the last word goes to Trish, the text-book perfect overweight client, who recorded a testimonial for me. "The sessions were all strange, Jude, so strange", she laughed, "it was really weird – but it worked!" ▢

