

HYPNOSIS

WHY HYPNOSIS WORKS
THE SCIENCE & THE MYTHS

**INTROSPECTIVE
HYPNOSIS**
A JOURNEY INTO THE SOUL

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Growth Doesn't
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**EXPLORING THE SOUL'S
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WHY HYPNOSIS WORKS:

The Science, the Myths & the Modern Applications

Hypnosis has long stood at the crossroads of science and spirituality—part neuroscience, part inner journey. While modern research explains how hypnosis works within the brain, spiritual traditions recognise it as a pathway to deeper awareness, inner alignment, and personal transformation. At Sangio Hypnosis Solutions, we embrace both perspectives, because together they paint a fuller and far more empowering picture of what hypnosis truly is.

THE SCIENCE BEHIND HYPNOSIS: A GATEWAY TO FOCUSED CONSCIOUS-

Hypnosis is not sleep, mind control, or loss of awareness—far from it.

Modern brain imaging studies show that hypnosis:

- Reduces activity in the default mode network, which is responsible for self-criticism, overthinking, and mental clutter.
- Enhances connectivity in regions linked to imagination and sensory processing, allowing suggestions to be experienced more vividly.
- Activates the theta brainwave state, the same state associated with meditation, intuition, and deep spiritual insight.

In simpler terms:

Hypnosis opens the doorway between conscious intention and subconscious acceptance.

Science calls it focused attention, spirituality calls it expanded awareness, but in practice, the two experiences are remarkably similar.

The Spiritual Truth: Hypnosis as an Inner Journey

Beyond its measurable neurological effects, hypnosis has a profound spiritual dimension. Many describe it as a state where:

- The ego softens
- The intuition strengthens
- The inner voice becomes clearer
- The soul feels heard again

This is why hypnosis feels like returning to a familiar place you somehow forgot. It is not an escape from reality, but a reunion with your deeper self.



For spiritually-minded students, hypnosis becomes a tool to:

- Access higher levels of consciousness
- Connect with inner guidance
- Connect with inner guidance
- Release energetic blockages
- Repattern beliefs inherited from past experiences or generations
- Align mind, body, and spirit with intention

While science explains the mechanics, spirituality explains the meaning.

HYPNOSIS IS A BRIDGE

Where Science, Spirit, and Human Potential Meet

Hypnosis is often misunderstood as a technique or a trick, but at its core, it is something far more profound: a bridge.

A bridge between the conscious mind and the subconscious mind,
between logic and intuition,
between the physical brain and the energetic self,
between the stories we tell and the truths we hold,
between who we were and who we are becoming.

Understanding hypnosis as a bridge helps students, practitioners, and clients appreciate its role not just as a method of change—but as a pathway of inner integration.

BEYOND THE VEIL

What Hypnosis Really Is—and Isn't

Hypnosis has been practiced for centuries, yet few subjects carry as many misconceptions. Some imagine it as mind control. Others think it's a magic trick. Still others believe it's simply relaxation with a fancy name.

The truth is far more fascinating—and far more empowering.

Hypnosis is not a performance or a manipulation. It is a natural, measurable, and spiritually meaningful state of consciousness that every human experiences daily. Understanding what hypnosis really is—and isn't—helps students approach it with clarity, confidence, and an open heart.

Let's separate fact from fiction.

What Hypnosis Really Is

1. A Natural State of Focused Awareness

We enter hypnotic states every day:

- while reading a book and losing track of time
- during meditation
- while driving and arriving without remembering each turn
- when deeply immersed in creativity or prayer

Hypnosis is simply this natural state—used intentionally.

It is focus, absorption, and openness, combined in a way that allows the mind to shift from analysis to connection.

2. A Gateway to the Subconscious Mind

Science shows that hypnosis activates brainwave states similar to deep meditation and REM sleep—where the subconscious is most accessible.

In this state, people can:

- release old emotional patterns
- install empowering beliefs
- change habits
- experience deep inner peace
- tap into intuition

From a spiritual perspective, this is the moment when the busy outer mind becomes quiet, allowing the inner wisdom to speak.

HYPNOSIS AS A SACRED INNER MEETING POINT

4. A Tool for Healing, Growth, and Transformation

Modern uses of hypnosis include:

- anxiety reduction
- trauma processing
- habit change
- pain management
- confidence building
- spiritual exploration

It's a universal tool that works because it's built on how the mind naturally functions—both psychologically and spiritually.

WHAT HYPNOSIS ISN'T

1. Hypnosis Is NOT Mind Control

A hypnotized person does not lose willpower or morals.

They can reject any suggestion.
They can open their eyes.
They can stop at any time.

Hypnosis strengthens autonomy—it doesn't remove it.

2. Hypnosis Is NOT Sleep

Although it may look restful from the outside, hypnosis is a state of heightened inner awareness, not unconsciousness.

People often say:

"I felt awake, but in a deeper place within myself."

That's hypnosis.

3. Hypnosis Is NOT Only Relaxation

Relaxation helps people enter hypnosis, but it is not the hypnotic state itself.

Hypnosis works even in:

- spiritual focus
- emotional processing
- cognitive clarity
- active alertness

It is not the body that becomes hypnotized—it is the mind.

MODERN APPLICATIONS

Where Science Meets the Soul

Hypnosis is now used in areas that blend practicality with personal evolution.

1. Emotional Healing & Inner Transformation

People use hypnosis to overcome anxiety, trauma, fear, and self-doubt.

The subconscious stores emotional residues, and hypnosis helps release them gently.

2. Habit Change & Personal Empowerment

Whether shifting behaviours, building confidence, or aligning with healthier choices, hypnosis enables individuals to rewrite their internal script.

3. Spiritual Growth & Intuitive Development

Hypnosis aids in:

- Deep meditation
- Past experience reconstruction
- Inner-child integration
- Higher-self communication
- Strengthening intuition

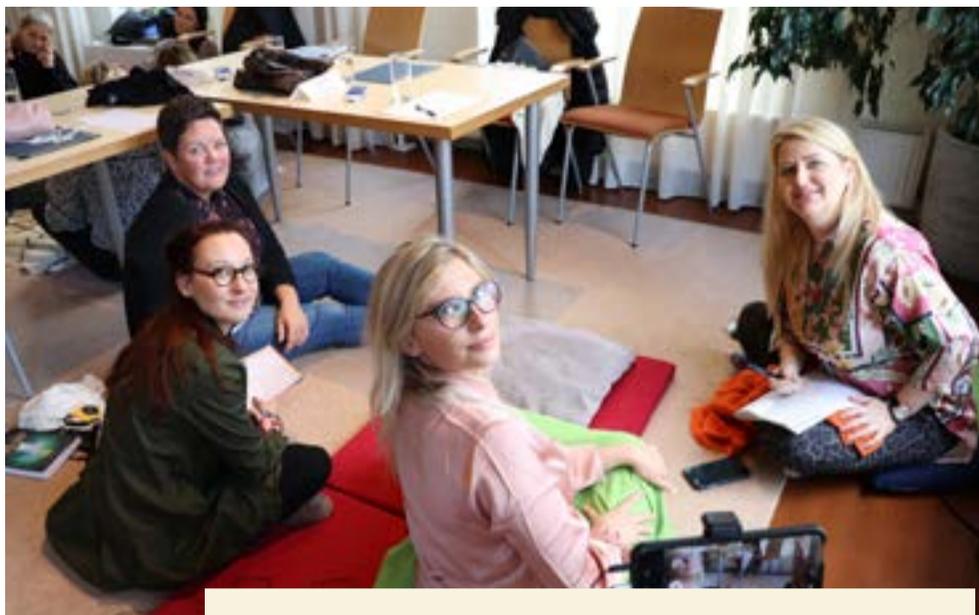
Many describe hypnosis as the most efficient path to inner clarity they've ever found.

4. Mind–Body Wellness

Studies show hypnosis can reduce pain, support healing, improve sleep, and regulate stress—effects that both science and spirituality recognize.

5. Professional Practice & Conscious Coaching

More coaches, therapists, and holistic practitioners are integrating hypnosis to help clients reach deeper levels of transformation.



At **Sangio Hypnosis Solutions**, we teach hypnosis through a unique blend of:

- Scientific methodology
- Skill-based practice
- Spiritual awareness
- Ethical empowerment
- Inner-growth philosophy

Students don't just learn techniques—they experience profound shifts in themselves. They feel more grounded, more intuitive, and more aligned with their purpose.

WHY THIS MATTERS FOR OUR STUDENTS

What We Do

We guide you in releasing blockages, beliefs, and emotional wounds that have led your soul away from its purpose. Our work helps you remember what your spirit chose to learn before incarnating, so you can return to the truth of who you really are.

What Is Required?

Through expanded states of consciousness, we guide you beyond the ego and the layers of human conditioning. From this space of clarity, you can connect with your soul — your eternal essence — which knows every experience you have lived in this and other incarnations.

To do this, we accompany you through the moments where emotional burdens originated: youth, childhood, gestation, or past-life experiences.

How Do We Do It?

Our courses — Introspective Hypnosis, Past Life Therapy, and Master Practitioner — are designed to support the soul on its journey of self-discovery, liberation, and healing. Each technique provides sacred tools to understand, integrate, and transcend the experiences that have shaped you.

WHAT WE OFFER

Techniques for Working with the Soul

Your Path to Success: 

- 01 Introspective Hypnosis**
Gain the tools you need to facilitate soul-focused hypnosis sessions. 
- 02 Past Life Therapy**
Considered by many as the second level, learn to go deeper into traumatic events recorded by the soul. 
- 03 Master Practitioner Program**
A 200-hour program certified by the Newton Institute that combines LH, and PLT, with supervised practice. 

INTROSPECTIVE HYPNOSIS

A Deep Journey into the Soul's Hidden Language

In an age where people are seeking not just healing, but understanding, integration, and spiritual clarity, Introspective Hypnosis has emerged as one of the most profound modalities available today. Developed by Aurelio Mejía and further developed by Antonio Sangio, this method goes beyond symptom relief and surface-level change. It is a doorway into the subconscious, the emotional body, and the soul's own narrative—a path where psychology, spirituality, and energy work blend seamlessly.

More than a technique, Introspective Hypnosis is a transformational journey that helps clients explore the inner dimensions of memory, emotion, and soul experience with compassion, clarity, and purpose.

What Is Introspective Hypnosis?

Introspective Hypnosis is a client-centered, spiritually-informed therapeutic method designed to access and resolve unresolved emotional conflicts, subconscious programs, and energetic imprints that influence a person's life, patterns, and wellbeing.

Unlike traditional analytical approaches, Introspective Hypnosis works through:

- Emotional discovery
- Symbolic exploration
- Past memory reconstruction
- Inner dialogue
- Soul-level understanding
- Energetic release

This technique acknowledges that not all issues originate in the present life. Some may arise from childhood, generational patterns, or emotionally charged symbolic memories the subconscious uses to communicate truth.

The Origins: Antonio Sangio's Unique Contribution

Honoring the Foundations While Expanding the Method for the Modern Practitioner

Introspective Hypnosis has evolved into one of the most multidimensional and spiritually attuned therapeutic modalities available today. While its roots trace back to the work of Aurelio Mejía, who initially shaped the method, it was Antonio Sangio who expanded and systematized it into the comprehensive approach practitioners recognize now.

Antonio's contribution goes far beyond refining techniques—he brought structure, clarity, therapeutic depth, and a sophisticated understanding of the soul's dynamics. His work made it possible for students around the world to learn, practice, and successfully apply this method with confidence and precision.

EXPANDING THE THERAPEUTIC TOOLBOX

Antonio incorporated additional elements that were not part of the original method, including:

- womb regression
- inner child communication
- soul fragmentation and recovery
- advanced past life navigation
- understanding soul entrapment
- trauma-informed dialogue
- spiritual discernment

These additions transformed Introspective Hypnosis into a holistic modality capable of addressing psychological, emotional, and spiritual layers.

What Introspective Hypnosis Helps With

Clients seek this modality to resolve:

- anxiety
- fears and phobias
- recurring emotional patterns
- physical symptoms with emotional roots
- grief, guilt, and unresolved conflict
- identity confusion or spiritual disconnection
- subconscious self-sabotage
- inner shame or fragmentation

Whether the origin is known or hidden, the subconscious reveals the story—and the solution.



A MODERN PATH OF INNER HEALING

Antonio Sangio's Introspective Hypnosis is more than a modality—it is a philosophy. It teaches that behind every fear, conflict, or symptom is a part of the self longing to be understood. When approached with patience, respect, and curiosity, that part reveals the gateway to healing.

In a world longing for meaning, connection, and authentic transformation, Introspective Hypnosis stands as one of the most powerful bridges between the human mind and the deeper spiritual truth within.

PAST LIFE THERAPY

Exploring the Soul's Memories to Heal the Present

Past Life Therapy (Terapia de Vidas Pasadas, TVP) is one of the most profound therapeutic and spiritual methods available today. Developed by Dr. José Luis Cabouli, a surgeon who left medicine to dedicate his life to soul-level healing, TVP is founded on the understanding that the soul carries unresolved emotional experiences from lifetime to lifetime.

Through the teaching and guidance of Antonio Sangio, this method continues expanding around the world, helping students and practitioners work directly with the deepest layers of human consciousness.

In this article we explore the foundations of TVP, how it operates, and a crucial principle within it: soul entrapment, a phenomenon that explains many emotional, physical, and psychological symptoms people struggle with in their present life.

What Is Past Life Therapy?

Past Life Therapy is a psychospiritual therapeutic method that allows individuals to access, relive, and heal traumatic experiences originating not only in past lives, but also in this current lifetime—including childhood memories, experiences in the womb, and even events that occurred after death in a previous incarnation.

The method is based on three core premises established by Dr. Cabouli:

1. Past-life experiences must be included in therapeutic work.

Many present-day emotional conflicts originate in events prior to the current incarnation.

2. There is a direct relationship between current symptoms and unresolved traumatic experiences of the soul.

These traumas do not disappear with death; they leave emotional residues that influence subsequent lives.

3. Human beings have a natural ability to remember their past lives.

These memories are stored at the deepest level of our being—available when consciousness expands.

TVP helps access these memories to transform the emotional energy that keeps us trapped.

THE SOUL REMEMBERS EVERYTHING

According to Dr. Cabouli, our present struggles often stem from experiences we have not fully processed:

- fears
- phobias
- recurring emotional patterns
- sudden panic
- unexplained sadness
- compulsive behaviour
- physical symptoms with no medical origin

These conflicts arise because the soul carries unprocessed emotional energy from past experiences, which continues to act within us as if it were still happening.

When the emotion has never been resolved, integrated, or understood, the soul does not move on—it becomes trapped.

SOUL ENTRAPMENT When Part of Us Remains Stuck in the Trauma

One of the most essential—and often misunderstood—concepts in Past Life Therapy is soul entrapment.

Soul entrapment occurs when, during a traumatic event, we are unable to fully process what is happening at a physical, emotional, or mental level.

When this integration does not occur, a fragment of the soul's energy remains anchored to that experience, frozen in time.

This trapped part continues:

- feeling the emotions of that moment
- reliving the sensations
- responding as though the event is still happening influencing our present behaviours and reactions

For the soul, time does not exist.

If an event has not been processed, it continues to exist simultaneously with the present moment.

The result is symptoms that appear “irrational,” “disproportionate,” or “without explanation”—but make perfect sense when seen at the soul level.

How Past Life Therapy Works

Past Life Therapy operates through the reliving of the original trauma—not just remembering it intellectually.

This is achieved through entering an expanded state of consciousness, not hypnosis.

Expanded Consciousness

In this state:

- the person remains aware of the present
- while simultaneously accessing another dimension
- the soul presents the memory that needs healing
- time ceases to exist
- the client meets their own soul

This state allows the traumatic experience to emerge organically, without suggestion.



A Therapy for the Soul's Liberation

Past Life Therapy is, at its heart, a method of freeing the soul.

It honors our multidimensional nature and our capacity to heal across lifetimes.

Whether trauma was created in this life or another, whether the entrapment happened at birth or during the agony of death, the soul carries these emotional imprints until we face and release them.

Through regression, expanded consciousness, and the reliving of forgotten experiences, TVP helps:

- restore wholeness
- free trapped energy
- dissolve symptoms
- return power to the individual
- bring peace to the soul

This is the legacy of Dr. José Luis Cabouli, preserved and taught today with clarity and devotion by Antonio Sangio.

THE MASTER PRACTITIONER PROGRAM

A 200-Hour Journey Into Advanced Hypnosis, Regression, and Soul Healing

The Master Practitioner Program is a transformative, 200-hour advanced-level training that goes far beyond traditional hypnosis education. This immersive program—designed for dedicated hypnotherapists, regressionists, and spiritual practitioners—combines Introspective Hypnosis and Past Life Therapy into a single, comprehensive path of mastery.

It is not simply a certification. It is a full initiation into understanding the soul's journey across time, lifetimes, dimensions, and states of consciousness.

By the end of this program, practitioners are fully equipped to guide clients through the deepest layers of emotional, psychological, and spiritual healing with clarity, compassion, and confidence.

A TRAINING THAT GOES BEYOND TECHNIQUES

Most hypnosis programs focus on scripts, inductions, and surface-level methods.

This training goes much further.

The Master Practitioner Program teaches practitioners to work with the soul in all its forms:

Past lives

Unresolved emotional imprints, death experiences, karmic patterns, and uncompleted lessons.

The present life

Traumas, memories, early childhood programming, and the internal conflicts shaping identity and behaviour.

The womb

Pre-birth programming, emotional imprints from the mother, birth experiences, cord complications, and incubator trauma.

Soul entrapment and spiritual interference

Lost souls, spiritual attachments, energetic intrusions, fragmentation, oaths, vows, psychic attacks, and multidimensional influences.



MNI
Career
Partner

MNI CAREER PARTNER

Mastering the Art of Soul Healing

Throughout the program, students learn to:

Identify root causes of suffering

- Decode the emotional meaning of symptoms
- Facilitate expanded states of consciousness
- Navigate memories across time and dimensions
- Handle trauma with precision and care
- Work safely with spiritual interference
- Release attachments and lost souls
- Recover fragmented or trapped soul energy
- Guide deep forgiveness, closure, and integration

Practitioners emerge with the ability to handle any scenario that may arise in a hypnosis session—psychological, emotional, or spiritual.

SANGIO
HYPNOSIS SOLUTIONS

ONGOING SUPPORT

Because Your Growth Doesn't Stop in the Classroom

T rue excellence in hypnosis and regression work doesn't end when a certification is earned—it deepens through experience, reflection, mentorship, and community. This is why our ongoing support programs were created: to ensure that every practitioner continues to grow confidently, ethically, and skillfully long after their training is complete.

Whether you're refining techniques, learning to navigate complex cases, or expanding your spiritual awareness, these programs offer the guidance, structure, and support that transform theory into true mastery.

Below, we explore the three pillars of our ongoing practitioner support: Monthly Mentoring, From Theory to Mastery, and The Shadow Mentor Experience.

1. Monthly Mentoring

Consistent Guidance for Confident Practitioners

The Monthly Mentoring Program provides a safe, structured environment where practitioners can ask questions, review cases, share challenges, and receive professional supervision.

Each month includes:

- **Live Q&A sessions**
Where you can bring real cases, doubts, blocks, or areas where you feel stuck.
- **Technique refinement**
Deepening your understanding of methods like regression, soul fragmentation work, lost souls, forgiveness therapy, and hypnotic dialogue.
- **Case discussion & supervision**
Learning from others' experiences while receiving feedback on your own.
- **Exploration of advanced topics**
Spiritual interference, soul entrapment, ethical dilemmas, and navigating multidimensional experiences.

The result?

You stay connected, supported, and fully empowered as your professional practice grows.

2. From Theory to Mastery

Knowledge is important—but experience is transformative.

This 3-day supervised practice immersion is designed to take everything you've studied and turn it into instinctive, confident skill.

Over three intensive days, you will:

- Practice hypnosis, regression, and therapeutic dialogue with real partners
- Perform supervised sessions and receive individualized feedback
- Learn how to adapt techniques on the spot
- Navigate unexpected developments in session
- Strengthen your intuition and therapeutic presence
- Develop fluency with complex processes like
 - past life regression
 - womb regression
 - soul fragmentation
 - lost soul release
 - forgiveness work
 - trauma navigation
 - role change and metaphors

This environment is supportive, safe, and built for growth. Practitioners leave this experience saying they feel ten times more confident and finally understand how to bring every technique together seamlessly.

Ongoing Support:

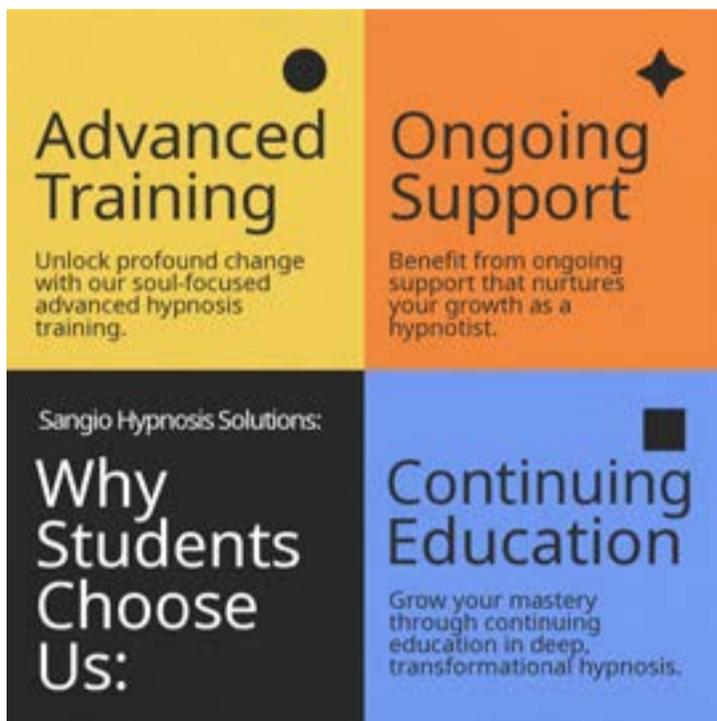
- 04 Monthly Mentoring**
Monthly live Zoom meeting and access to our support platform. 
- 05 Shadow Mentor Experience**
Observe real hypnosis sessions with volunteers while you analyze, ask questions, and learn. 
- 06 From Theory to Mastery**
Supervised practice with real clients where you will receive the support and feedback you need. 

3. Shadow Mentor Experience

The Shadow Mentor Experience is an advanced observational learning opportunity in which students shadow the trainer during real, live hypnosis and regression sessions. This experience allows practitioners to witness genuine therapeutic dynamics as they unfold—moment by moment—providing insights that cannot be fully accessed through theory or practice alone.

During these live observations, students learn to:

- Watch how the trainer navigates complex cases
- Observe therapeutic dialogue in real time
- See how resistance, trauma, and emotional release are handled
- Understand how decisions are made during a session
- Notice subtle cues in the client's language, body, and energy
- Witness techniques being applied fluidly and intuitively
- Understand how to maintain presence, stability, and ethics in challenging scenarios



A COMMUNITY FOR LIFE

Ongoing support is more than training—it is a lifelong connection to a community of practitioners who share your values, your passion, and your commitment to healing the soul.

Together, we grow.
Together, we heal.
Together, we master the art of hypnosis and regression therapy.

Whether you choose monthly mentoring, the supervised practice immersion, or the Shadow Mentor Experience, you're stepping into a continuum of growth that strengthens both your skill and your spirit.

Why Ongoing Support Matters

Advanced hypnosis and regression work can bring up complex questions.

You may encounter cases involving:

- multi-layered trauma
- spiritual attachments
- intrusions
- difficult past-life memories
- soul entrapment
- strong emotional release
- unusual or multidimensional experiences

Without ongoing guidance, practitioners often feel isolated or unsure.

With ongoing support, you feel:

- supported
- grounded
- prepared
- ethica
- aligned
- and confident in your abilities

These programs ensure that you never have to navigate this profound work alone.



THREE WAYS TO LEARN One Transformational Journey

In-Person • Live Online • On-Demand Learning

Different Formats—Same Depth, Same Content, Same Soul-Level Transformation

Every student has a unique lifestyle, learning style, and personal rhythm—and your hypnosis and regression training should fit naturally into your life, not the other way around.

That's why our courses are offered in **three flexible formats**: In-Person, Live Online, and On-Demand.

Regardless of how you choose to train, **the curriculum, techniques, demonstrations, and level of depth are the same** across all formats.

What changes is the experience—and each format includes advantages designed to support your success.

Below is a full overview to help you choose the path that best aligns with your needs and personal learning style.

1. In-Person Training

Immersive, experiential, and deeply connective

In-person training offers the most immersive learning environment. These events gather students into a shared space where the energy, focus, and group dynamics amplify the experience.

Advantages of In-Person Learning:

- **Deep energetic connection with the trainer**, the group, and the work
- **Hands-on, facilitated practice** with real-time feedback
- **Stronger group cohesion**, which often enhances emotional safety and transformation
- **Immediate adjustments and guided support** during exercises
- **Ideal for experiential learners** who thrive in a classroom environment

In-person training is especially powerful for students who value physical presence, community energy, and face-to-face interaction.



2. Live Online Training

Interactive, global, and as powerful as being in the room

For students who want the energy of real-time interaction but cannot attend in person, live online courses offer the perfect balance of flexibility and connection.

Advantages of Live Online Learning:

- **Attend from anywhere in the world**—no travel required
- **Real-time instruction**, demonstrations, and Q&A
- **Breakout sessions for supervised practice**
- **Ongoing interaction** with the trainer and peers
- **A structured schedule** that keeps you motivated and on track

Live online events recreate the in-person dynamic while giving you comfort, convenience, and accessibility.

3. On-Demand Training

Self-paced, flexible, and available anytime

For those who need maximum flexibility, the on-demand format allows you to move through the training on your own schedule without sacrificing depth or quality.

Advantages of On-Demand Learning:

- **100% flexible**, designed to fit any lifestyle
- **Pause, rewind, or review lessons anytime**
- **Perfect for busy students** or those who prefer learning privately
- **Ideal for students who learn best at their own rhythm**

CONTACT US

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