

## What's So Significant about the Informing Soul Technique?

Let me ask you one very powerful question: What are the two most important days in your life? Most people might say that the day they were born is one of the most important days in their life.

Do you have any guesses as to what the second most important day is?

- No, it is not the day you die.
- No, it is not the day you get married, have a child, retire, or anything along those lines.
- The other most important day in your life is the day you learn WHY you were born! To learn why you came into this world is certainly the most important thing you could do now, because it will positively affect your whole life from this point onward!

Knowing why you were born can give you strength and purpose in life. It is a wonderful gift that you can give to yourself!

## Hypnosis Can Be Your Tool for Success!

I encourage you to call or email me to ask any questions about hypnosis, the Informing Soul Technique, or any of my other services. Answering questions is something that I enjoy!

Besides clarifying your life purpose, hypnosis can help you with the following issues and many more:

Stop Smoking	Weight Loss
Anxiety	Stress
Remove Fears	Relationships
Remove Habits	Alcohol Abuse
Drug Abuse	Motivation
Stage Fright	Public Speaking
Pain Management	Sexual Issues
Anger Issues	Self-Esteem
Abuse Issues	Self-Confidence
Concentration	Shyness
Test Anxiety	Improve Mood
Procrastination	Children's Issues
Improve Sports	And Much More...

Please feel free to contact me about any issues not listed here.

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Richard Blake, MIT, CHT  
1903 D Street, Suite #3  
Bellingham, WA 98225

(360) 778-3922  
[www.rootofhealing.com](http://www.rootofhealing.com)



## THE INFORMING SOUL TECHNIQUE: How to Learn about Your Life's Purpose

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Using Hypnosis and Hypnotherapy as  
a Bridge to Your Soul's Wisdom

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**root of healing**  
*naturopathic medicine, pllc*

creating wellness from within

**RICHARD BLAKE, MIT, CHT**  
1903 d street, suite #3  
bellingham, washington 98225

[www.rootofhealing.com](http://www.rootofhealing.com)  
360.778.3922

## What Is the Informing Soul Technique?

The Informing Soul Technique® is a safe, gentle, and fascinating way to use hypnosis. A hypnotherapist certified in the use of this technique can guide your subconscious mind to communicate directly with your soul before it incarnates. Once this pathway has been created, the hypnotherapist can speak to your soul and ask it important questions.

By working within the timeframe just prior to the soul's incarnation, we can learn about your soul's intentions for this lifetime, such as:

- Your role and purpose for this life
- How your major relationships are assisting in the achievement of your life's purpose
- How any special challenges or struggles in this life are serving your greater purpose

The Informing Soul Technique is not an out-of-body experience, but a process of accessing a more spiritual perspective through the power of your subconscious mind. It is an incredibly

moving experience for many people and always a profound one—and it certainly could be one of the most important days of your life!

The Informing Soul Technique can provide you with astounding wisdom about your life and your life purpose!

## How Does the Informing Soul Technique Work?

The Informing Soul Technique® is a remarkably logical application of hypnosis—a naturally-occurring state of focused awareness that allows you to move beyond your old limitations and assumptions. It occurs when a hypnotherapist uses a verbal, hypnotic induction to help you achieve this level of focus.

**You can gain profound insights about your life and life purpose!**

Once you consciously achieve a hypnotic state, you will then receive what are called hypnotic suggestions.

These suggestions will enable you to use the power of hypnosis and the abilities of your subconscious mind to gain conscious access to your soul's level of awareness.

During hypnosis, you remain aware of yourself and your body, but you also are able to tune into the soul's point of view. Because your subconscious mind can allow you to access this spiritual part of yourself, I am able to ask questions and receive answers through your subconscious mind. You will remember everything that occurs during the session.

## Is the Informing Soul Technique Safe?

The Informing Soul Technique® is an application of hypnosis; and hypnosis is completely safe. It is very similar to experiencing a daydream. People usually feel very relaxed during hypnosis.

Scientists, medical professionals, psychologists, and hypnotherapists have been using hypnosis for over 200 years, and no one has ever been harmed by going into hypnosis.