

SEPTEMBER 2025

HYPNOSIS

INTROSPECTIVE HYPNOSIS
THERAPY FOR THE SOUL

STORIES BEYOND
THE GRAVE

A soul that was not
ready to let go.

THE LEGACY OF
DIVALDO FRANCO

MNI BEYOND
A NEW BREED OF
PRACTITIONERS

WHAT IS THE
SUBCONSCIOUS
REALLY?

FROM TRAINING
TO TRANSFORMATION

INTROSPECTIVE HYPNOSIS THERAPY FOR THE SOUL

In a world where traditional therapy often focuses only on the mind, Introspective Hypnosis offers a unique and profound approach: it treats the soul. Rooted in the principles of transpersonal psychology, this therapeutic method recognizes that healing goes beyond the conscious and subconscious mind—it extends into the timeless essence of who we are.



THERAPY THROUGH INTROSPECTION

In a typical Introspective Hypnosis session, the client is gently guided into a deep state of relaxation. From this space, the conscious barriers dissolve, allowing the therapist and client to explore hidden layers of the psyche and the soul. The aim is not only to understand where the symptom comes from but to release the unresolved emotion that keeps it alive.

The process is both investigative and healing. Clients often report experiencing catharsis, profound insights, and a renewed sense of peace. Rather than simply analyzing behavior or thought patterns, the therapy works by going directly to the origin of suffering—whether in this life or beyond.



TRANSPERSONAL HEALING

The foundation of Introspective Hypnosis is transpersonal psychology, which studies experiences that transcend the personal self. It embraces spirituality, consciousness, and the possibility that the human experience extends beyond one physical lifetime. By honoring these dimensions, this method bridges science and spirituality, creating a holistic path to healing.

This integrative perspective reminds us that symptoms are not enemies to be suppressed but messages from the soul, pointing toward unfinished business that longs for resolution. When those messages are heard and acknowledged, transformation happens.

WHY IT MATTERS TODAY

In an age where stress, anxiety, and disconnection are widespread, therapies that address only the surface may not be enough. Introspective Hypnosis resonates with those seeking a deeper, more spiritual approach to healing—people who sense that their challenges are not merely psychological but existential.

By working with the soul, this therapy helps individuals not only overcome symptoms but also discover a greater sense of purpose, connection, and inner freedom. It is, ultimately, a path back to wholeness.



“Introspective Hypnosis is not just therapy for the mind—it is therapy for the soul, uncovering the hidden roots of suffering that may span lifetimes.”

DIVALDO FRANCO:

A Life Dedicated to Service, Spirit, and Love

Few figures in the modern spiritual world embody compassion, wisdom, and service as profoundly as Divaldo Pereira Franco. Known internationally as one of the greatest Spiritist mediums and humanitarians of our time, his life's mission has been defined by tireless dedication to the teachings of Spiritism, to the care of abandoned children, and to spreading messages of hope and love across the globe.



EARLY CALL TO SPIRITISM

Born in Feira de Santana, Brazil, in 1927, Divaldo Franco experienced spiritual phenomena from a young age. Guided by the works of Allan Kardec and strengthened by his faith, he embraced the path of Spiritism—a philosophy and spiritual doctrine that blends science, philosophy, and religion, centered on the immortality of the soul and the law of reincarnation.

Over the decades, he became renowned as a medium, channeling teachings from the spirit world, especially from his spiritual mentor Joanna de Ângelis. His mediumship, marked by clarity, compassion, and profound insight, positioned him as a beacon for millions seeking answers to life's greatest questions.

Perhaps Divaldo's most tangible legacy is the *Mansão do Caminho* (Mansion of the Way), a charitable educational center he co-founded in Salvador, Bahia, in 1952 alongside Nilson de Souza Pereira. What began as a small effort to care for a handful of orphaned and abandoned children blossomed into a vast institution that has served tens of thousands over the years.

The *Mansão do Caminho* provides education, medical care, vocational training, and spiritual guidance, transforming lives by giving children and families not only shelter but also dignity, opportunity, and hope. For Divaldo, the work was never just about charity; it was about love in action, embodying the Spiritist principle that true faith is demonstrated through works.



Beyond Brazil, Divaldo Franco became an international ambassador of Spiritism, delivering lectures and seminars in over 60 countries. His talks, always imbued with simplicity, humor, and profound wisdom, reached audiences far beyond Spiritist circles. He spoke about reincarnation, the survival of the soul, the importance of charity, and the need for spiritual awakening in a world increasingly absorbed by materialism.

As a prolific writer and medium, he authored and psychographed over 250 books, many translated into multiple languages. The royalties from these works have consistently been directed to charitable causes, reinforcing his lifelong commitment to service.

Divaldo Franco's legacy is twofold: one of words and one of deeds. Through his teachings, he expanded awareness of Spiritism, helping millions understand life's spiritual dimension. Through his humanitarian work, he demonstrated that spiritual ideals must be lived, not merely preached.

Today, as his physical presence gracefully retreats with age, the seeds he planted continue to flourish. to service, compassion, and the pursuit of inner growth.

MORE THAN A MEDIUM

Ultimately, Divaldo Franco will be remembered not only as one of the greatest mediums of modern history but also as a true apostle of love. His life reminds us that spirituality is not about escaping the world but about transforming it—with kindness, with service, and with an unshakable commitment to the well-being of others.

A GLOBAL MESSENGER

MNI CAREER PARTNER

The Newton Institute Launches a New Educational Initiative

The Newton Institute has embarked on a groundbreaking educational initiative inspired by discoveries made during hypnosis sessions facilitated by both certified graduates and members of its own administrative team. These sessions revealed new phenomena not previously documented by Dr. Michael Newton in his pioneering work—perhaps reflecting a new level of consciousness humanity is now reaching.

This development seems to affirm Dr. Newton's prediction that his role was to open the path, while future practitioners would carry the technique to new heights.

Recognizing the need to prepare hypnotherapists to handle a broader range of experiences, the Institute set out to train professionals not only in the "Life Between Lives" state but also in all stages of spiritual regression therapy. This includes therapeutic work with past lives, managing death experiences to desensitize trauma, guiding regressions to the womb and birth, addressing traumas from the current lifetime, and even helping lost souls attached to the vibrational field of clients.



DR. MICHAEL NEWTON



The answer to these emerging needs came in the form of the MNI Beyond Program. The Institute invited proposals from schools and certified LBL educators worldwide for a comprehensive training course of at least 200 hours, designed to cover this expanded curriculum. The goal: to ensure that graduates leave with both the knowledge and the practical experience required to address the full spectrum of spiritual hypnotherapy.

This initiative marks the birth of a new kind of hypnotherapist—one trained to work with the soul across the many phases of reincarnation.

Among the 13 schools worldwide certified to deliver this advanced training is Sangio Hypnosis Solutions LLC, with its Master Practitioner Program. This program blends Introspective Hypnosis and Past Life Therapy with extensive study, hands-on practice, and supervised therapeutic work, setting a new benchmark for excellence in spiritual hypnotherapy education.



Dr. Michael Newton forever changed the field of spiritual hypnotherapy with his groundbreaking work exploring the Life Between Lives (LBL). A counseling psychologist and master hypnotherapist, Newton developed regression techniques that guided thousands of clients beyond past lives into the spiritual realm where souls rest, learn, and prepare for new incarnations.

His books, beginning with *Journey of Souls* (1994), became international bestsellers and offered readers a rare glimpse into the continuity of consciousness. Through meticulously documented case studies, Newton revealed consistent patterns—souls meeting with guides, reconnecting with soul groups, and reviewing lessons from previous lives.

Beyond the scientific rigor, Newton's work carried a profound human impact: bringing comfort to those grieving loved ones, providing purpose to seekers, and offering a framework of healing that transcended traditional psychotherapy.

WHAT IS THE SUBCONSCIOUS MIND REALLY?

For centuries, science and psychology have taught us that the subconscious mind lives within the brain—an invisible archive of memories, instincts, and emotions stored in our neural pathways. But according to spirituality, the subconscious extends far beyond biology. It is not confined to the brain at all. Rather, it travels with the soul, accompanying us from one incarnation to the next.

In Spiritism, the soul is the eternal essence of the individual, and the subconscious is its living memory. Every life, every lesson, and every emotion is imprinted on this subtle layer of consciousness. When we reincarnate, we may not consciously recall past experiences, yet their echoes influence our fears, habits, and affinities. The subconscious mind becomes a kind of spiritual ledger—holding the wisdom and wounds of the soul's long journey.

BEYOND THE BRAIN

This perspective reshapes how we understand personal growth. Traumas we cannot explain in this lifetime may originate in previous incarnations. Likewise, unexplained talents, deep connections with certain people, or even instinctive moral inclinations may arise from memories carried within the subconscious mind of the soul. Healing, then, becomes not only a psychological process but also a spiritual one—an integration of the soul's vast history.

By viewing the subconscious through the lens of Spiritist doctrine, we discover that it is not merely a hidden compartment of the brain but a timeless companion of the soul. Each life adds new layers, and with every incarnation, the subconscious mind helps shape who we are and who we are becoming. In this way, self-knowledge and spiritual growth walk hand in hand, guiding us toward the greater purpose of our eternal evolution.

THE SHADOW WITHIN When the Subconscious Speaks

If the subconscious mind is the soul's archive, then the shadow can be understood as one of its most hidden chambers. First described in depth by Carl Jung, the shadow represents the aspects of ourselves we deny, repress, or simply fail to recognize—our fears, impulses, and unresolved wounds. According to spirituality, these shadows often stem not only from the present lifetime but also from experiences carried over from past incarnations.

When left unacknowledged, the shadow influences our choices unconsciously, manifesting in recurring patterns of conflict, anxiety, or self-sabotage. Yet, when brought into the light of awareness, the shadow becomes a source of transformation. It teaches us compassion, resilience, and acceptance of our full humanity and spirituality.

Where Spiritism Meets Transpersonal Psychology

This is where transpersonal psychology enters the conversation. Emerging in the 20th century as a bridge between psychology and spirituality, transpersonal psychology expands the study of the mind beyond the ego to include mystical experiences, altered states of consciousness, and the continuity of the soul.

From a transpersonal perspective, the subconscious mind is not just a storehouse of forgotten memories but a dynamic field through which the soul expresses its evolution. Practices such as meditation, regression therapy, or holotropic breathwork allow individuals to access subconscious material, confront their shadows, and integrate these discoveries into conscious living.

Spiritism and transpersonal psychology share common ground in their understanding of the human being as more than a body and brain. Both affirm that healing requires us to look inward—into the subconscious, into the shadow, and ultimately into the soul's eternal journey. By embracing this multidimensional view, we begin to see our challenges not as obstacles, but as opportunities for spiritual growth and self-realization.

ALLAN KARDEC



A SOUL THAT WAS NOT READY TO LET

Carmen arrived at her hypnosis session seeking relief from several troubling symptoms. Yet, she also carried a deeper concern: an inexplicable struggle to sell her late father's farmland. Despite completing all the legal paperwork to have the property transferred to herself and her siblings, new obstacles always seemed to arise. Even when the land was officially in her name, every potential sale mysteriously fell through. Carmen began to suspect there was more to this story than simple bureaucracy.

Once in a hypnotic trance, Carmen revisited the moment of her father's passing. Using a role-reversal technique, the therapist guided her into a dialogue with him. As he offered his children advice before departing, the therapist raised the issue of the property and asked why selling it had proven so difficult.

With firm conviction, her father responded: "I want my children to keep that piece of land, to work it and move forward. I don't want them to sell it." When asked what would happen if his daughters preferred a different life for themselves and their families, he grew emotional, insisting: "They are going to need that land one day. They must keep it. They cannot sell it."

Even beyond death, Carmen's father remained bound to his earthly possessions. His attachment to the land not only trapped him but also entangled his children in legal and emotional struggles they did not choose.

Through compassionate dialogue, the therapist helped him understand that his will was not necessarily the best path for his children. Holding on so tightly risked creating further legal complications in the future. Slowly, he recognized that his insistence had become the very cause of his children's difficulties. In that moment of clarity, he chose to release them from his expectations and let go of the land.

This session highlights a profound truth: our attachments to material possessions can follow us beyond the grave. They may anchor us to unfinished desires and, in doing so, burden the loved ones we leave behind. True liberation—for both the soul and those who survive us—comes from learning to release, to detach, and to understand that our essence is never defined by what we own.



FROM TRAINING TO TRANSFORMATION

Empowering Practitioners with Tools for Soul Healing and

Our programs are designed not only to educate but to awaken profound inner change. Through Introspective Hypnosis, students learn techniques to uncover hidden emotions, release subconscious blockages, and promote deep healing. Complementing this is Past Life Therapy (Terapia de Vidas Pasadas by Dr. Cabouli), which guides participants in exploring reincarnational memories to resolve present-life challenges and gain spiritual insight. Together, these courses provide a unique path from training to transformation, preparing practitioners to support others on their journeys of self-discovery and soul healing.

SCHEDULED COURSES

SEP 18

THE ENTRAPPED SOUL
PAST LIVES - TRANSITION - THE WOMB - CHILDHOOD

FOUR-DAY WORKSHOP
Marriottsville, MD

SEP 18-21 2025
CONTACT: info@antoniosangio.com

Dr. JOSÉ LUIS CABOULI

FEB 2

ANTONIO SANGIO

PAST LIFE THERAPY
LIVE-ONLINE INTENSIVE COURSE

MODULE 1 - 6 DAYS - 48 HOURS
MODULE 2 - 5 DAYS - 40 HOURS

FEB 2-7
APR 13-17 2026

LEARN HOW TO HELP OTHERS END
THE ENTRAPMENT OF THEIR SOUL

WWW.ANTONIOSANGIO.COM

MAY 17

INTROSPECTIVE HYPNOSIS
7-DAY COURSE / RETREAT
MARIOTTSTVILLE, MD

MAY 17-23 2026

ANTONIO SANGIO & ALBA WEINMAN
WWW.ANTONIOSANGIO.COM

NOV 4

INTROSPECTIVE HYPNOSIS
6-DAY COURSE LIVE-ONLINE

9:30 a.m. - 5 p.m.

NOV 4-9 2025

ANTONIO SANGIO
WWW.ANTONIOSANGIO.COM

FEB 24

INTROSPECTIVE HYPNOSIS COURSE
Australia!
Melbourne
February 24th - March 1st 2026

Intensive 6-Day Course

Alba Weinman & Antonio Sangio

Early Bird Special! \$300 Off

WWW.ANTONIOSANGIO.COM

MAY 27

Dr. José Luis Cabouli

THE WOUNDED FEMININE EXPERIENTIAL WORKSHOP

Reconnect with your divinity and creative abilities

Learn - Heal Free Yourself!

Netherlands
MAY 27-30 2026

Email: info@antoniosangio.com
antoniosangio.com

ELEVATING CONSCIOUSNESS

The Mission of Our Magazine



The mission of this magazine is clear and profound: to elevate the state of consciousness from a spiritual perspective, offering readers tools and resources that support the journey of self-discovery and self-healing. In a world where speed, noise, and external demands often disconnect us from our essence, we aim to create a space for deep reflection, practical guidance, and inner transformation.

This magazine is not only for spiritual seekers but also for hypnotherapists and wellness professionals, who will find it an invaluable resource to enrich their practice. We understand that during a therapeutic session, the soul will always go exactly where it needs to go in order to heal. For that reason, the therapist must be equipped with a wide range of tools, insights, and approaches to accompany the process with respect, sensitivity, and effectiveness.

Through articles, testimonies, interviews, and educational resources, we offer an integral vision that connects the science of hypnosis with spiritual wisdom—showing that therapeutic work goes beyond the mind and touches the heart of being. Our purpose is to inspire each reader to look inward, release the burdens of the past, embrace the present, and trust the soul's healing process.

Ultimately, this magazine is more than a publication: it is a bridge between knowledge and experience, between learning and transformation. It is a constant invitation to remember who we are at our core and to live with greater wholeness, purpose, and love.

CONTACT US

Web:

www.antoniosangio.com

Email:

info@antoniosangio.com

Practitioner Directory:

directory.antoniosangio.com