Introduction to Spiritual Healing

Hey friends, I'm your host Dr. Elizabeth Samana, the intuitive psychiatrist. And today we are going to dwell into a subject that's near and dear to my heart.

For many of us, we know that we don't walk this path alone. Beyond the veil of what we see with our eyes, lies something vast and sacred. And many of us we sense it, we yearn for it.

And if we can open ourselves up to the unseen, there is the potential for healing and awakening. Our next guest is just extraordinary. She is a gifted medium, a spiritual hypnotherapist and founder of sensorium hypnosis.

And she had a near-death experience that really opened up the connection to the spirit world. Amy Marrone, it's such a blessing to have you here. Welcome to this show.

Oh, thank you, Dr. Samantha. So happy to be with you today, as well as with our listeners and viewers. Yes. Amy, your story is remarkable. Let's get into the heart of it.

Your journey into mediumship spiritual hypnotherapy began after a near-death experience. Can you take us back to that moment and share how it reshaped your path in life.

Sure, absolutely.

Near-Death Experience and Awakening

So I had been moving through quite the health storm with a lot of mystery symptoms and challenges that ended up being a pretty rare autoimmune condition which caused immune system issues.

Essentially, my immune wasn't functioning well. At the time, I didn't realize that I had a secondary condition that was interrupting the flow of blood to my digestive organs.

So, long story short, about over a decade now, I experienced a near-death experience, my soul left my body and I was asked this pretty profound question that I don't believe many of us are prepared for and that is, Amy, are you ready to leave the earth plane?

And in that moment, right? Extraordinary senses or spiritual senses that were most vivid were clear audience. So I am able to decode thoughts or ideas that are coming through to me, but also clear sentience.

Because before I could think or utter a word, wherever it was my soul had traveled, I was able feel the cumulative effect that my passing would have on my son who was quite young and also my elderly mom who lives with us.

And so even though my body was exhausted and I had really gone through a five-year period of pretty much losing everything. My career, friendships, I'd gone through a divorce or was in the process of moving through, a very painful divorce.

I realized in that moment, hmm, don't want to leave my son. It was a single parent. And perhaps there is more that my soul has been sent to do. So in I remember communicating via mental telepathy.

No, I'm not ready to go. I am not to let go." In that moment, another thought came through and that's that, Amy, if we send you back to the earth plane, you're going to live more intentionally.

Whew! I had no idea what that meant. back into my physical body, and it seemed to have lowered the veil. Within

several months time period, I was told by spirit I would go back to school, which was a very odd thought.

I knew it didn't come from me because again, at that time, i was very sick. i didn t question it. A few days later, Another message came through that I was going to get certified to be a hypnotist.

How strange that was. I had never known a hypnotist, I'd never been to see a hipnotists, and I never even entertained the idea. And again I didn't question it because of the juxtaposition of events unfolding in my life.

got certified as a hypnotherapist, opened the doors of my practice, so to speak. And here I am 10 years later. Hypnosis was just a springboard for discovering that I could tap in to these etheric energies and receive channeled messages from spirit through my work.

What Spiritual Hypnotherapy Is

So it's been over the last 10 years, just a gentle and gradual layering in of all these other gifts, which by the way, we all have access to that has shaped who I am in my current role as a spiritual hypnotherapist, channel and metaphysical healer.

That is such a profound experience. For those listening who are new to this, what exactly is spiritual hypnotherapy and how does it differ from traditional hypnosis that many people may be familiar with?

That's such beautiful question. And, you know, in the beginning, to be honest, I was practicing Hypnotherapy, much like other mainstream hypnotherapists.

And it can be a very powerful modality. But over time, I realized, hmm, what if I could help people tap in to the higher self? And what, if could I help my clients begin to look at themselves through a more spiritual lens, to understand how the lessons and teachings of their life create opportunities for personal transformation in ways that a lot of our mainstream modalities are less effective in doing.

And this was based on a few foundational principles. One, I believe the most powerful healer of all is you. right? Is each one of us, and we are the experts in our own healing journey.

Number two, I also believe the answers lie within each of one us. So I came to recognize in this journey as a helper healer, that my role was more that of a coach or a guide in essentially helping people dust off their souls and their wings to discover who they are most authentically, right?

Why is their soul here? So it was a deep dive into helping. People begin to answer those kinds of questions. Who am I as a soul? What are the themes, recurrent themes and patterns in my life?

And to begin to extrapolate the wisdom of that, what can we learn? I mean, the earth plane is just one big school, spiritual school. And so my job then became helping clients ignite the healer within themselves.

So it was less prescriptive, it's less one size fits all. And whereas I began to lean more on my intuitive abilities, I was inviting my clients to discover their own intuitive ability.

I love that. There's so many truths in this story that you shared, just how we are our own healers.

Lightworkers, Soul Contracts, and Family Patterns

And there's wisdom within us that we need to access. I wonder, as you've worked with Different clients. Is there like a story that really really touched you that that Really transformed the way that you heal?

The way you work with with others What I what I can say is that For some reason in my work. I think I see more lightworkers than any other population And even more so now than ever before.

One thing that I recognize with lightworkers is it seems to me that many light workers are born into families that create a lot of emotional inner stirrings.

Yeah. challenging patterns. And, you know, I, try to lean further away from more of the theoretical descriptions, but for lack of a better description, find that many female lightworkers in particular tend to have challenging moms, birth parents, But challenging moms, oftentimes with covert or overt narcissistic patterns.

And there's a lot of work that can be done in removing cords, breaking intergenerational patterns of trauma. A lot work around self-love and self forgiveness.

And so when I began to recognize this common pattern amongst lightworkers, most of whom are female, but I certainly do get my fair share of male light workers.

Also, I recognized how imperative it is that I help them understand the concept of soul contracts, that not just in terms of the sole contracts and relationships that they have with other people and how certain types of people are placed in our lives to help us evolve, but even taking a more macro look at the sole contract they have here on the earth plane.

What are the lessons and teachings and challenges within their own energetic patterns that they're here to release and free themselves from in order that that, they complete the tasks or be able to step in to the service work that called to do in this lifetime.

Can you go into a little more depth with that? How do you help people figure out what their sole contracts, first defined exactly what you mean by sole contract and how you helped them figure it out?

Okay, who do I have contracts with? Yeah, it's amazing. So sole-contract, the concept behind sole is that before we come to this lifetime, we agree to certain kinds of relationships with certain people.

They can't even be difficult or challenging relationships. Oftentimes they are. And the purpose of these relationships on the earth plane is to help us evolve or to climb out of a pattern.

So we're in these relationship for the lessons and teachings Right? Because it stretches us outside of our comfort zone and helps us achieve a higher version of ourselves.

Okay? So that would be a sole contract in relationships. But I believe there's other kinds of sole contracts. In other words, you could have a soul contract that has to do with your finding your career calling.

and achieve things within that framework. When I'm working with the client, we do a deep dive first at looking at the nuclear family and some of the challenges or inner angst, if you will, that has been created through a relationship with as a case may be a mother or a father or even a sibling.

Some of the struggles, some of challenges, and some hardships were dealing with the emotion. What energetic imprint did it create? What does it stir up for us emotionally?

And how do we begin to move past it? A lot of times it's a shift in perspective. Sometimes it is changing the nature of the relationship that we have with someone in our family of origin.

And it's looking at the themes and patterns. Are we recreating some of this unkeeled trauma in other relationships in life? Powerful, powerful. It is, like you said, a deep dive into ourselves.

Just the word that comes to mind for me is self-reflection, the power of that. Oh, completely. And you work with people, but then you also teach, you write, and there are two books, Whisper Beyond the Veil and Whispers Within.

Books, Mediumship, and Practical Spiritual Tools

If someone is just beginning their journey and you wanted to give them at least one teaching lesson from your books. Which would you recommend? Oh gosh, well, each chat, first of all, this was my first automatic writing piece.

So I say to the lightworkers out there, we are always continuing to evolve. We are Always upgrading energetically in terms of our frequency. The reason that spirit moved through me, I believe to write, to help me write this book, is that it is a spiritual curriculum that is the purpose of this is again to ignite the healer within and to strengthen one's connection to the higher self and the to higher realms.

So in each one of these chapters are some journal prompts. And in the first couple chapters of Whispers Beyond the Veil, I talk at length about sitting in the power.

This is a different kind of meditation that has to do with connecting with the etheric realm. And there's some exercises in Cure that walk people through the process of sitting and in power and connecting to the divine self in higher realms.

Talks about the practice of listening. right, and the listening prayer. It talks about a beginner's guide to sitting in the power. The power of the daily devotion and incorporating some of these simple practices into our lifestyle.

So I think The Whispers Within is a companion journal. it's a beautiful way of recording what comes through, answering some of the deeper metaphysical questions in terms of your core values, your lifestyle, and your spiritual practices.

And it's a very, very simple book. It talks about the art of reframing prayer. you know, how to invite in the spirit guide or higher power and allow these energies to begin to move through us.

So I hope that's helpful. Yeah. You know, it strikes me with your books. It's not just for mediums because in many ways we all channel, but it's very practical.

Like these are practical things that you can do to just strengthen that connection with their spirit. And I love it. Absolutely. And that's true. There's a whole chapter where I explore the topic of mediumship for all of us.

We're all mediums. Any time we're infusing our healing energy or intentions into something, even in mainstream settings, there's lot of lightworkers planted in corporate roles who work for the spirit world, whether they're aware of it or not.

They are administering light. They're, you know, raising the collective frequency. Their changing the corporate culture just by the frequency that they're carrying and the love that the bring into the systems they are working in.

Yes, yes. So it strikes me that there's a lot of great things that people can obtain from your books. And I love the practicality of it. But I wanted to ask a few questions because you've been doing this for some time.

You've just built up your toolbox of all the different things that you can do for yourself. What are the practices, the techniques that use to stay personally grounded and protected while you're channeling and you are working with spirit?

Great question, Dr. Samantha, thank you. And so first of all, at the beginning of my day, I always clear my space. I use Palo Santo wood, and I move around my Space and even my energy system.

The purpose of that ritual and intention is to release any lower frequency energies from me or my spacecraft and also help with the recalibration and to call in, you know, higher frequency energies.

So I set that intention. The other piece of it is the way that I start my day, I dedicate to my own downtime or quiet time through metaphysical meditation.

I share that on my YouTube station. There's a candle meditation that people can access that helps slow down the brain waves, quiet the primitive mind or the fight or flight tendency while activating the higher mind.

Grounding, Protection, and Daily Practice

And I think when we start our day with that strong intention and quieting the mind and asking for our spirit guide to come closer, then we're prepared to do some of the deeper work, whether we are working with clients or Just moving through our day, it's a great grounding practice, along with a grounding tool for keeping our energies more focused throughout our days, but also making sure we're tapping in to the intuitive part of our mind for guidance as we move through work.

It's an incredibly helpful, helpful and practical things that our audience can do on their own. I wonder where would you like to see the field of spiritual hypnotherapy go as we move into 2020? Yeah.

Yeah, well, I do believe there is an important role for this work in corporate settings. I already work with a lot of entrepreneurs and business leaders across many different fields, but I'm hoping that there is a greater awareness amongst leaders to work spiritual hypnotherapy because Essentially, when someone is willing to do the deeper work on a personal level and change their inner landscape, so to speak, I think they can be better leaders and come to understand their leadership roles as a sort of spiritual stewardship.

that it's not just all about the money and the metrics and attracting the best talent. It is about understanding who they are as a soul, what they bring to the table, and what their personal mission is in relationship to their roles they've been called.

to do in the corporate world. So I also think it plays an important role in helping people in leadership roles be able to move through major life transitions.

It's very, very challenging when we're in leadership roles to through unexpected loss, for example, a divorce, loss of a spouse or a child, chronic illness of their own, mystery symptoms.

Spiritual Hypnotherapy in Leadership and Youth

And to have a person to be able to, have more honest conversations and a greater level of transparency. So they don't have to feel like All of these feelings have to be stuffed down during the day.

It gives them a sacred space and a person to help them move through some of this really heavy moments in their personal lives so that they can lead with more grounding, more confidence, and more authenticity in there roles.

I love that. I'm a huge supporter of that for everyone, but especially as leaders, really connecting with another person, another professional to do the inner work.

And transitions are the hardest, and that's when people tend to have the most difficult times. When you're in that middle phase, middle ground, as we're moving into the next decade.

What about the young people? How do you feel this fits into working with kids? That's interesting. I work more with teenagers than young kids these days.

And it's simply because as I'm working with adults, sometimes they'll ask me if I can help their teenage kids move through something. Typically with the teenagers, the work we do has to do with relationship challenges, bad breakups.

challenges with their parents, challenges, with our friends, academic performance, sports performance those types of things. However, this new generation I believe has the potential for a lot more exposure to these alternative healing modalities, meditation, energy healing, skip puncture, yoga, because their parents are educated and are connoisseurs of these types of alternative, healing So for kids, I think it gives them yet again more tools to move

through the tumultuous years of being a teenager and young adult.

Through learning meditation and through learning to see themselves at a younger age through a spiritual lens, It just gives them more tools, a stronger framework for understanding some of the challenges that they're facing.

Yes, yes. More tools in their toolbox. And it sounds like a wonderful thing for humanity. As we move towards the end of our segment, I wonder if you could tell listeners how they can get in contact with you.

Sure, sure. Well, I have a website, sensoriumhypnosis.com. It's S-E-N-S-O-R-I-U-M, hypnosis dot com. They can also find me on YouTube. it's Amy the Hypnotist, higher self help.

Closing Remarks and Contact Information

And on Instagram, my website is probably the best resource, I have lots of blogs on spiritual topics. It will connect them to the social media of their choice if they want to hear more lengthier videos on various spiritual.

So that's the best way. Wonderful. Amy, thank you for sharing your light, your wisdom, and your heart with us today. Your journey reminds us that even though life presents us with great challenges, we can awaken to our higher purpose and connect with our soul.

Thank you so much. Well, Thank You, Dr. Samantha. I appreciate the beautiful light you bring to this earth plane. Thank you. If you haven't heard it yet today, I appreciate you, the soul in me honors the song in you if you want to see more episodes like this, please subscribe or click here.

And friends, if this spoke to you leave a comment below we would love to hear from you