

STRENGTHEN YOUR HEALING POWER

TRANCE HEALING

VOLUME 2

THE SUPERNATURAL DEVELOPMENT



HAMPI VAN DE VELDE

This book contains techniques, exercises and meditations

SPIRIT BALANCE 
Indie Publishing

Hampi van de Velde

Trance Healing 2

The supernatural development

AUTHOR

Hampi van de Velde, 6060 Sarnen, Switzerland

COVER DESIGN

Ganahl, Communication & Design, 6858 Bildstein, Austria

COVER PICTURE

Samuel Büttler, Photography, 6060 Sarnen, Switzerland

PROOFREADING, EDITING

Daniela Bernet, Dada Chi, 6006 Luzern, Switzerland

© 2022 Hampi van de Velde, 6060 Sarnen, Switzerland

Publishing label: SPIRIT BALANCE Indie Publishing

ISBN Softcover: 978-3-907195-25-3

ISBN E-Book: 978-3-907195-26-0

Printing and distribution on behalf of the publisher:

SPIRIT BALANCE Indie Publishing

The work, including its parts, is protected by copyright. The publisher is responsible for the contents. Any exploitation is prohibited without the consent of the publisher. Publication and distribution are carried out on behalf of the publisher, who can be contacted at: tredition GmbH, "Imprint Service" Department, Halenreihe 40-44, 22359 Hamburg, Germany.

Hampi van de Velde

Trance Healing 2

Supernatural development

Visit me online:
www.trance-healing.com

© 2022 Hampi van de Velde, 6060 Sarnen, Switzerland All rights reserved.

Contents

INTRODUCTION

Preparation and grounding

Exercise 1

What is a morphogenetic field?

THE EXPERIENCE OF TRANCE

Let your spirit lead you

Exercise 2

While we are sleeping

THE STAGES OF TRANCE

Stage 1: Preparation

Stage 2: Deep relaxation

Stage 3: Trance

Stage 4: Trance control

Stage 5: Mind control

Stage 6: Complete control

Playing Yo-Yo

Exercise 3

SMALL STEPS

Courage to change

SUCCESSFULLY PRACTICE TRANCE HEALING

The three phases

Phase 1

Phase 2

Phase 3

Distance healing

Booster

Exercise 4

Time is a gift

With united forces

Proxyhealing

Another break

THANK YOU

Prayer

INTRODUCTION

Dear reader

Welcome to Part 2. I'm so glad you're back in the game. How have you been since reading Part 1? Have some things changed in your life since then? Or has your everyday life changed completely?

Sometimes we are completely out of track and live a life that is alien to us, which corresponds neither to our nature nor to our dreams. Of course we want to change that. But we don't want to tear down walls by force and by that accidentally fill up a beautiful garden, which is hidden behind the facade, with rubble. For most people, life does not need to be completely renovated. It is small changes that set the big stone rolling. Like the woman who visited me recently in my studio. I call her Barbara. Which, of course, is not her real name.

Barbara called and asked me to help her. She felt alone and unhappy. She told me she'd been ready for a new relationship for a long time. The last relationship with a man was three years ago. She assured me that she had digested the separation and had worked out the reasons for it. But unfortunately she suffered from relationship anxiety and didn't dare to approach people. We made an appointment for a Trance Healing. I hoped that this would give her a little more stability and security.

Barbara is a pretty woman of around 40, talkative and pleasant in her manner. At the time of our meeting she was very much focused on her

fears. She completely ignored her positive qualities. Her fear literally radiated out into the world. It was not surprising that no man was attracted to her. She was looking for a relationship like the devil is after a poor soul and put herself in the background.

My Trance Healing had no effect at all. Therefore I stopped the treatment after half an hour and took time for a conversation. In this case, the conversation was the actual treatment. Barbara could get everything off her chest. Thank God she was also willing to listen.

When she left my studio, she was still the same person. Nothing had changed. Except for one small detail: She had become aware that "being alone" is not an illness, but a decision. If Barbara suffers because of being alone, she suffers because of her own choices. Barbara had decided to break up with her former partner. And it was Barbara's decision not to approach people.

My wish for her in the future is that she will stop to always question her own decisions. What happens to her can be seen as an event of life, as luck or bad luck. But decisions are part of life – they are life. At every moment we make decisions. That's why it's hard for me to understand why we often have a drama about or because of our decisions. For example, you have to decide at this moment whether you want to continue reading or finish reading. I would be happy if you would read on. That is why I have chosen to write.

Our decisions lead to our experiences and our experiences draw our reality. Therefore it is important to me to let you gain experience through practical exercises. Good experiences help to transform your reality. To change. Our reality is the effect of our own energy.

If you were a participant in a seminar, I would let you tell me what has changed in your life since the last seminar weekend. And whether these changes, if you look at them from a distance, were directly or indirectly related to Trance Healing. Of course you cannot tell me that now. But you can think about it for a moment.

Often it is the perspective that needs to change in order to see the meaning of life. If, for example, a "I have to go to work all the time and I'm sick of it"-feeling changes, due to a changed perspective, into a "I'm grateful for having a job and making a living"-feeling, this is a quantum leap in the quality of life. This does not mean that you have to do the job you do all your life just because you are grateful for it.

A lot has changed for me since the release of Part 1. I have met many people. Some of them have become friends. Others have moved on. New opportunities have opened up for me. Some I have accepted. Some I rejected. I have made many decisions and gained experience.

My experiences in the different areas of life confirm that Trance Healing works – if I allow it. Therefore it is my reality. Of course I could also be of the opinion that everything is just coincidence. The occurrences of life are nothing more than a logical sequence of events that we cannot influence. I have little to counter that. Except that it happens to me suspiciously often that everything fits together perfectly – "as if by magic".

Which does not mean that I am permanently calm in the time between "it is no longer" and "it is not here yet". Just like you, I'm an impatient person who always wants things to happen a little faster than they can. What prevents me from letting my impatience run free and driving me crazy, or even messing with my helper being, is the equal connection with Mother Earth and the spiritual world.