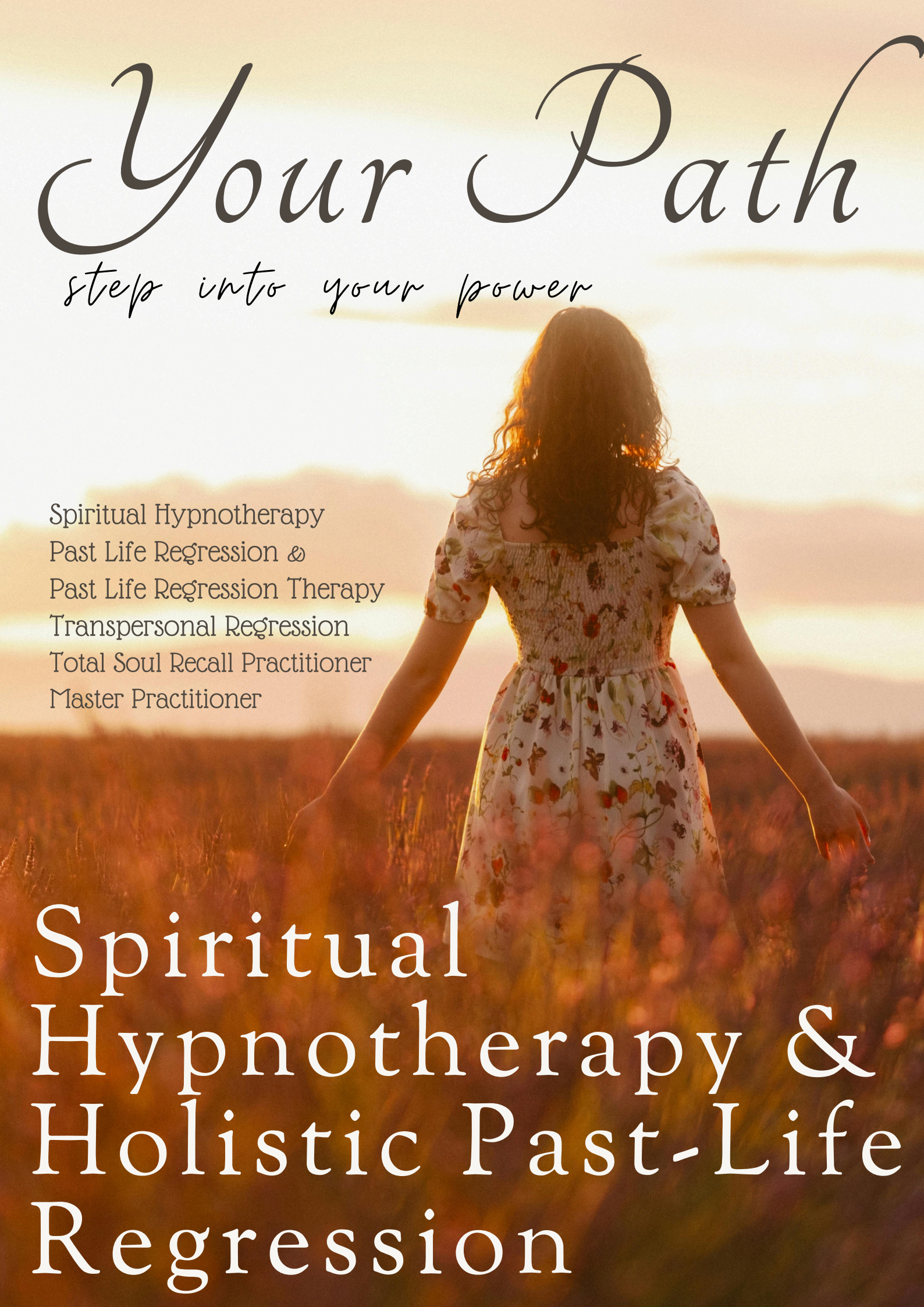
Your Path

step into your power



Spiritual Hypnotherapy
Past Life Regression &
Past Life Regression Therapy
Transpersonal Regression
Total Soul Recall Practitioner
Master Practitioner

Spiritual Hypnotherapy & Holistic Past-Life Regression

European Academy of Integrative Hypnosis

About the Founder & Trainer

Stinne Erlandsen

- Certified Master Hypnosis Trainer (IACT)
- Advanced Clinical Resource Trainer & Trainer
- Trainer for Foreign Energies and Clearing
- Accredited Career Partner of the Michael Newton Institute
- Certified Life and Social Counselor
- Certified Hypnotherapist, LBL Facilitator & Past Life Regression Therapist
- Advanced and specialized training in hypnosis, regression, transpersonal regression, Resource Therapy, spiritual hypnosis & parts therapy

With years of experience, deep expertise, and a genuine, caring presence, Stinne Erlandsen helps people become professional and empathetic practitioners. Her integrative approach combines solid, practical tools with a clear, safe mindset—for work that truly strengthens and transforms people.

Contact & Academy

- Website: www.integrative-hypnose-akademie.eu
- Email: info@integrative-hypnose-akademie.eu
- Location / Address: Au 39, 5090 Lofer, Austria & Online

Important Note Regarding the Training

Our training and continuing education courses are designed for professional guidance, coaching, personal growth, and transformation.

- *No Substitute for Psychotherapy Training: This training does not replace medical, psychological, or psychotherapeutic training.*
- *No Trauma Therapy & No Medical Treatment: The methods taught do not authorize or qualify graduates to diagnose, treat, or manage trauma, psychological disorders, or medical conditions. Neither the academy nor our graduates make any promises of transformation or medical results.*
- *Clear Professional Scope: Our graduates work as qualified coaches and guides in the preventive, supportive, and advisory fields outside of traditional medicine (unless they hold a state-approved license, such as a state-certified psychotherapeutic practitioner).*
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Note: All training courses and content are intended for professional education, advanced training, and personal development. No medical or health promises are made.

Training Brochure

1 Why Take This Path?

2 Your Training Path

3 What Awaits You in the Training

4 Why Spiritual Hypnosis?

5 Flexible Learning: Online or On-Site

6 Science Meets Spirituality

7 External Certifications

8 Succes Stories



WHY DEPTH MATTERS

Anyone can learn hypnosis, and anyone can teach it – but not everyone does it equally well. Behind every program is a person whose worldview should resonate with yours, ensuring that your own values are clearly reflected throughout your training.

For me, this means one thing above all: a training program needs genuine substance. I walked this path intensively myself, because the idea of turning around to teach others after only 100 practical sessions went completely against my grain. Therefore, my most important piece of advice to you: always check the qualifications of your future trainers very carefully! It makes a massive difference whether someone draws from the depth of years of practice or merely stays on the surface. My foundation is built on the full distance: over 1,000 client sessions, more than 1,000 hours of personal training and continuing education in hypnosis, my degree as a certified life and social counselor, my ongoing psychotherapy studies, and numerous trainer qualifications from globally recognized associations.

And now? Out of all this profound practice, this one-of-a-kind training path was born. Step by step, I guide you through multi-level programs that build seamlessly on one another, starting right after your basic training. Above all, we combine spirituality with modern science and neurobiology. All of this is filled with precisely the content I searched for myself along my own path, but could never find anywhere else – tailor-made to make you absolutely unique in your work, step by step.

Be among the best, set out on your path.

MY PATH

Following a near-death experience during the birth of my second daughter, I suddenly saw the world through entirely new eyes. Nothing was as it had been before, and for a long time I searched until anything made sense to me again. It took a lot of time, strength, and overcoming to walk this path and make sense of what had happened.

Only by looking into my own past – and through the insight that it reaches far beyond a single earthly life – did the circle close for me. The books by Brian Weiss, Michael Newton, and Robert Schwartz felt like an inner awakening during that time: they helped me remember. Through this knowledge and deep reconnection, I found my way back to myself.

At the same time, my search was strongly driven by the desire to find genuine knowledge and profound content – far away from superficial fluff. Today, I walk my path full of gratitude for everything that was and all that is yet to come.

You, too, carry your very own story within you. All the turning points and special moments of your life have led you precisely here – to this point where you feel that your next steps are calling. If you like: come, walk a piece of the way with me.

Stinne Erlandsen



WELCOME TO YOUR PATH!

You haven't been guided here by chance. Perhaps you have felt for a long time that your calling reaches deeper than what is graspable in everyday consciousness. When the moment has come to follow that quiet inner call, to accompany people into their past and open the gates of previous lives, then your path has led you precisely to this place. Here, you will learn how to safely navigate searching souls through the veils of time. With a deep, grounded presence, you will become a guide who opens spaces filled with trust – so that what was once hidden may arrive in the light of the present and undergo transformation.

Are you ready?

***A final little request**: Please read through this brochure at your leisure to get a clear picture of what we will do together in this training.*

WHY WALK THIS PATH?

Practicing hypnosis & gathering experiences

Stepping into self-employment as a spiritual guide is far more than just a new professional path – it is the fulfillment of a deep soul calling. It is the conscious decision for sacred work in which you remind, accompany, and enable true transformation for people on their deepest level.

As a trained practitioner, you open a sacred space where transformation is allowed to happen. Your daily work consists of taking people by the hand in their darkest or most confusing moments, opening their eyes to their inner light, and reminding them of who they truly are beyond all conditioning. It is a deeply fulfilling and soulful path where you live your own creative power, create your own heart-centered business, and witness souls awakening and flourishing.

With us, you do not learn dry theory from dusty textbooks. You receive the deep, alchemical craftsmanship for your very own practice. You are trained to become a powerful, present guide who works in deep connection and with crystal-clear intuition. From the first energetic session to your manifested heart-centered project, you are supported and held by a radiant, international community.

If you feel the call within you to support others on their soul path, to bring your own light into the world, and to live your calling as a true practitioner, then you have arrived here.



The key to the soul level

Why Spiritual Hypnosis?

The perfect preparation for regression work

You are prepared step by step for the deep, subtle processes so that you can guide later soul journeys with absolute safety, confidence, and intuition.

Opening a completely new space

You leave behind the narrow limits of the pure intellect and enter a subtle dimension where true soul wisdom and genuine transformation become possible.

The bridge to the soul

You learn how to gently quiet the mind to open a direct line to karmic questions, the inner self, and subtle guides.

The leap into intuitive practice

Thanks to clear, proven structures and sensitive methods, you lose any insecurity before your very first session and start out completely confident from day one



When Science Meets Spirituality

When neurobiology opens spiritual doors

This might sound a little strange at first. But precisely this knowledge helps you understand which methods are truly effective and what is pure hokum.

Why our techniques simply work

You don't have to worry or doubt whether it will work for the client this time. When you understand how the brain ticks, you lose all uncertainty in your work.

Neuroplasticity & neuronal relearning

Your brain is malleable – for a lifetime. Through targeted neuronal processes, we support the client in literally rewiring and relearning old, stuck patterns.

The reframing of past lives

Translated very practically: When we dive into the past, we use neurological mechanisms for deep reframing. Old blockages and belief systems receive a completely new framework in the mind and lose their burden.



Easy to understand for everyone

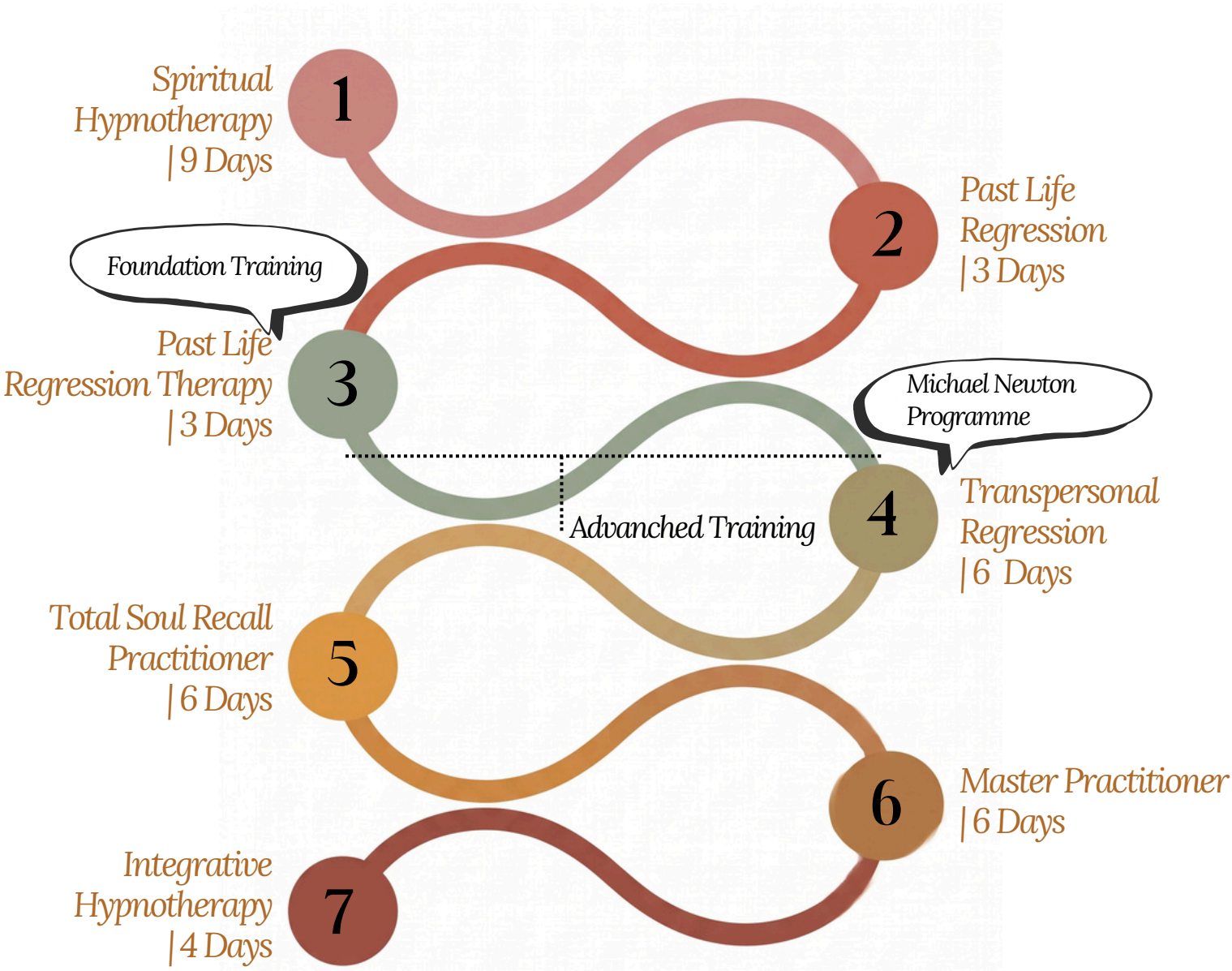
No complicated technical jargon. We translate complex neurological connections into a language that everyone immediately understands and can apply directly in practice.

How brain and spirituality work together

We combine spirituality with modern brain research. Through targeted relearning in the brain, we alter old patterns so profoundly that lasting transformation can occur.

“Y”our Path

Stop & Go - your path, your rhythm



Continuing education

Group Hypnotherapy | 3 Tage

Spirit Releasment | 9 Tage

Parts Therapy | 9 Days

Why Online?

... can't imagine!

I completely understand—I felt the exact same way at first!

But one thing is certain: online works just as well as on-site. We work with the exact same intensity, and you can join from anywhere in the world.

So far, we have had students from all over the world join us via Zoom—from Norway, Poland, Ukraine, Spain, England, the Netherlands, many US states, Moldova, Switzerland, Germany, and of course Austria!

Our participants love joining online: no commute, getting cozy at home, being right there for yourself during breaks, and easily joining even when you're feeling a bit under the weather—even snuggled up under a blanket with your camera off.

The picture shows our international English-speaking group from Fall 2026.



ONLINE

Location-Independent
Learn comfortably from home —completely without travel time or travel costs.

Live Connection
Benefit from direct real-time exchange and build valuable connections in the digital classroom.

Undisturbed Deepening
Learn in a relaxed way in your familiar, comfortable environment.

More Than Just Lessons

Handpicked Book List
You receive a personal selection of books to accompany your journey and deepen your knowledge in a targeted way.

Active Peergroups
Between modules, you meet with your fellow students. You practice what you have learned together, discuss the literature, dive deeper into the topics, or catch up on missed material.

Monthly Supervision
In cross-group monthly meetings, you discuss real case studies and challenges from your sessions. You benefit from sharing experiences and receiving clear professional guidance.

Real Client Practice
You apply the knowledge you have learned directly with your own clients between modules. This allows you to gain valuable practical experience from day one and build genuine confidence.

Personal Feedback on Your Sessions
You submit sessions as case studies via audio or video recording. Through constructive feedback, you recognize your strengths, refine the details, and purposefully develop your work.

Certification as a Transpersonal Regression Therapist
After completing further training modules, you submit your final case studies. This proves your practical competence and earns you your certificate.



„The book list was a particularly valuable companion for me during the training. Unlike other programs, I found it extraordinary to receive so many helpful reading recommendations. These works opened up new professional perspectives for me and enriched my personal and spiritual development. I am very grateful for this versatile foundation of knowledge, which will continue to accompany me on my path.“

You might start off hesitantly and face a few hurdles, but module by module, you will grow into your role as a strong practitioner.



Answering the Call of Your Soul: The Spiritual World

When your soul calls you to look deeper, a new path reveals itself.

The spiritual world accompanies you every day. By following this impulse, you open yourself up to new possibilities beyond logic. You learn to consciously align with your Higher Self and recognize your true greatness, independent of your past.

Daring & Trusting: Your Inner Growth

The bravest step on your path is the willingness to truly open up.

Daring means deeply trusting your intuition and your own process. When you turn toward your inner world, you naturally expand your awareness. You get to know yourself in all your facets, completely free of judgment. Later on, this exact strong trust in yourself becomes the foundation for holding space for your clients in absolute safety.

What Awaits You in the Training

Practice, practice and more practice

Brain & Neuroplasticity

Understand how the brain rewires itself and how to use natural processes for lasting change.

History, Myths & Ethics

Learn the background of hypnosis, clear up misconceptions, and act safely and ethically in your practice.

Structured Process Flows

Master the complete path, from the professional intake conversation and suggestibility tests to handling resistance.

Trauma Sensitivity & Legal Boundaries

Gain the necessary expertise for sensitive processes and clear boundaries regarding psychotherapy.

Language & Suggestion

Use words, metaphors, and targeted suggestions to trigger transformation processes.

Real Clients in Class

You see up close in the classroom how a real session unfolds. Through live demonstrations and guided work with real people from everyday practice, you immediately understand how the methods work in reality.

Intensive Peer Group Practice

You deepen what you have learned in fixed small groups with your fellow students. In this safe setting, you practice intensively with and on each other, repeat the processes, and gain valuable routine for your own work.

Practice Setup & Marketing

From the very beginning, you are supported step by step in building your own practice. You learn how to attract clients, present yourself professionally, and handle the organizational essentials so that you are ready to start right after graduation.

Our Community

A Space to Grow and Unfold

Your Safe Place for Curiosity and Growth

Once you start your training, you become part of our growing and vibrant community. Here, you find the space and the perfect place to grow, try things out, and unfold your curiosity—and you decide for yourself how actively you want to participate.

Benefiting From One Another

Our WhatsApp group connects graduates, current participants, and new students so that everyone benefits: advanced students can solidify their knowledge together, while beginners gain valuable practical experience.

Firsthand Participation: From Practice for Your Own Learning

We also regularly invite you to participate as a client in practice sessions for advanced modules. Later on your path, when you take the next step and learn these new techniques yourself, you will have already gone through the process multiple times. This makes understanding effortless and sharpens your senses for the entire flow.

Join as a Supervisor & Assistant – Dive Even Deeper

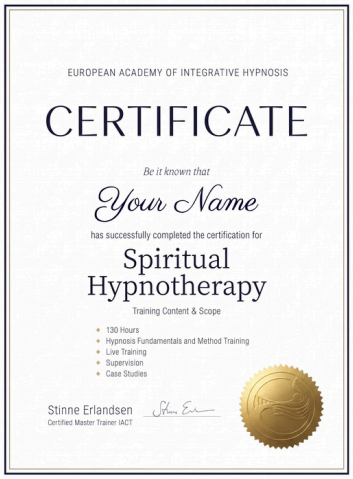
If you join again after completing the full training, dive even deeper, and act as a supervisor while new students practice, you gain a completely new and valuable perspective on the process.



We meet online once a month for supervision, work together on student case studies, and use the space for valuable exchange.

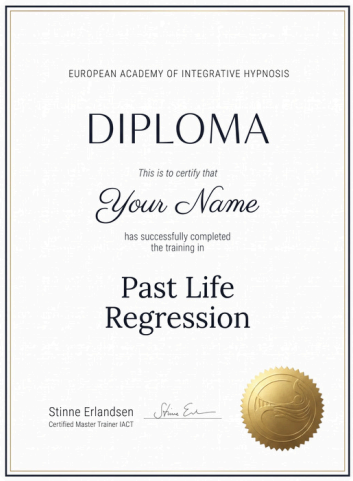
Zertifizierung

Die Grundausbildung Modul 1 | 2 | 3



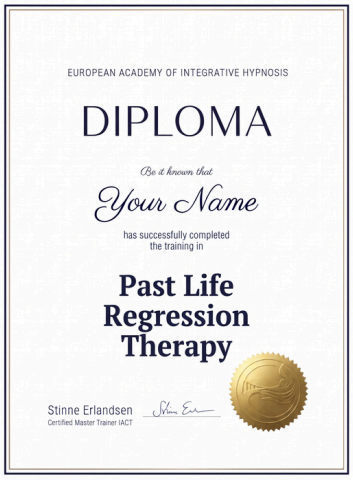
MODULE 1 SPIRITUELLE HYPNOSE

- **Certificate of Attendance:** You get this automatically without having to submit any case studies.
- **Diploma Requirement:** Practical work with test clients (10 sessions in total).
- **Supervision:** After the 9th training day, you pick 3 of these case studies and submit them for review.
- **Accompanying Requirements:** Joining peer groups and reading the books from the recommended reading list.
- **Completion:** Once your review passes successfully, you receive your official diploma.



MODULE 2 PAST LIFE REGRESSION

- **Certificate of Attendance:** You take part in the module and receive your official confirmation right after.
- **Practice & Exercise:** Right after the weekend, you practice and work with clients.
- **Supervision:** You can submit the experiences you gather as a case for supervision.



MODULE 3 PAST LIFE REGRESSION THERAPY

- **Certificate of Attendance:** You take part in the module and receive your official confirmation right after.
- **Practice & Exercise:** Following the weekend, you practice and work with clients.
- **Supervision:** You can submit your experiences as a case for supervision.
- **Advanced Training & Deepening:** Afterward, you can join the advanced training once you've gained enough experience—though we don't recommend this path for everyone.

External Certifications & Accreditations

Globally connected and certified!

Our training stands for top-tier content and the highest quality. The program is internationally accredited, and as a trainer, I am fully certified. This combination means you get your international certificates right upon completion—depending on the modules you've finished and your specific focus.
Your certification is tailored precisely to your progress: for instance, right after Module 1, you can directly trigger your certification with the IHA (International Hypnosis Association). Plus, you get access to further accreditations to expand your expertise modularly and flexibly. This shows your clients right away that you work with absolute professionalism and real standards. Proof of quality like this belongs in any professional training—if these recognitions are missing, there's usually a reason for it.

IHA – International Hypnosis Association

Our integrative hypnosis program is fully accredited. Membership gives your practice extra visibility, free continuing education, and valuable support for successfully launching your business.

NGH – National Guild of Hypnotists

You can get certified directly because our training already fulfills all of the association's requirements completely. You receive an official diploma straight from the NGH, the association seal for your website, and the professional hypnosis magazine four times a year.

IACT – International Association of Counselors & Therapists

You get a free 6-month student membership. Since our foundational training already meets all requirements, you can apply for your Certified status right away, receive your certificate straight from the IACT, and use the official association seal on your website.

IBRT – International Board for Regression Therapy

The world's only organization for certifications in regression therapy. Our program meets all requirements. The certification process takes place after the training via your own case studies, setting you apart among the best worldwide.

EARTh - European Association for Regression Therapy

Stepping up to the EARTh level means entering the circle of absolute leading experts in this field. EARTh stands for uncompromisingly high standards, strict ethical guidelines, and grounded, in-depth training that is second to none in the European therapy landscape.

Your Training in Detail

Foundation Training 1 | 2 | 3



TOTAL WORKLOAD: APPROX. 170 TO 190 HOURS

- **Live instruction: 110 hours**
- **Independent study & professional literature:** 20 to 40 hours
- **Peer group meetings:** 20 hours
- **Practical client sessions (at least 10 sessions between M 1–3):** approx. 25 hours
- **Session prep and follow-up:** approx. 20 hours
- **Individual supervision:** 4 hours
- **Group supervision:** 2 evenings



SELF-EXPERIENCE

Your own transformation comes first with us. Before you guide others, you'll go through your very own personal self-experience sessions: you will complete two regressions as well as an LBL (Life Between Lives) session.

Plus, you always have the opportunity to experience practice firsthand: in later modules, you can volunteer as a client right there in live instruction. For example, if you are currently in Module 2, you can participate as a client for advanced students from Modules 4, 5, or 6. This gives you early, deep insights into upcoming topics and valuable practice for your own path.



YOU ARE NOT ALONE: OUR COMMUNITY

You aren't walking this path alone: in our WhatsApp group, you connect with your classmates, graduates, and students from all cohorts. Here you can arrange practice sessions at any time, ask your questions, and exchange ideas continuously.
The special part: you can connect flexibly and across all groups. This gives you the chance to invite experienced students who are already much further along in the program to practice together and benefit directly from their hands-on experience.

YOUR PATH

Foundation Training 1 | 2 | 3

1

Spiritual Hypnotherapy

In this module, you will learn the basics of trance and refine your skills for fluent, intuitive guidance through a direct dialogue with the soul. You will learn how to intentionally activate inner resources and subtle energies, and how to safely hold space for transformation processes.

2

Past Life Regression

You will learn the exact structure and methods to safely guide people into past lives. You will consciously work with positive experiences from past times and sensitively incorporate spiritual guidance as well.

3

Past Life Regression Therapy

Here you dive deeper into guiding through past lives and soul realms. You recognize overarching life patterns as well as soul contracts, and you guide the resolution of deeply rooted themes beyond the boundaries of a single lifetime.

Prerequisites for Advanced Training

If you want to go even deeper after the three modules and take the advanced courses, a solid practice phase is the prerequisite:

- 15 Hypnotherapy Sessions with clients
- 15 Past Life Regressions with Clients

Once you have completed this practice, all advanced paths are open to you.

YOUR PATH

Advanched Training Modul 4 | 5 | 6

4

Transpersonal Regression Therapy

Here you dive deep into original age regression according to Michael Newton. You sensitively guide clients through their time in the womb as well as through childhood, and you learn how to mindfully support inner children along their path.

5

Total Soul Recall Practitioner

This module brings ease and joy into your practice. You expand your repertoire to include working with the ancestral lineage, the Higher Self, animal communication, and afterlife contacts—a week full of new possibilities and offerings for your clients.

6

Master Practitioner

Here you will learn professional work with emotion-focused regressions and master a rapid 30-second past-life induction. You will open your work up to journeys to other planets and elevate your skills to the highest level.

Continuing Education

If you want to expand your offerings even more specifically, you can complement your training with individual specializations:

- **Integrative Hypnotherapy:** Expand your practice with integrative and interactive hypnosis, discover entirely new methods, and guide your clients completely freely in a living dialogue.
- **Group Hypnotherapy:** Design trance work for groups and safely hold dynamic spaces.
- **Parts Therapy / Resource Therapy:** Targeted parts work to reconcile inner aspects with one another and activate hidden resources.

YOUR QUESTIONS ABOUT THE TRAINING (FAQ)

Do I need prior therapeutic experience?

No, you don't. What matters are your motivation and the deep, inner feeling that there is more between heaven and earth.

Can I balance the training with my job?

Yes, absolutely. The training is structured around weekend blocks with time in between to practice, allowing you to easily integrate it into your work schedule.

Why do I need to experience sessions myself?

Only those who have walked the path through their own inner world can guide other people there safely and with genuine sensitivity.

How do I learn to work without a script?

Through a great deal of practical exercise during the training. We break the methods down into tangible building blocks that you can combine intuitively and flexibly.

Is there a possibility for installment payments?

Yes, we offer individual payment options. Just feel free to talk to me about it openly during our initial consultation.

Advanced Training in Transpersonal Regression

Modul 4 Certification

Quality at the highest international level forms the foundation for excellent work with past lives.

Our modules 1 through 4 are officially accredited by the world-renowned Michael Newton Institute (MNI). We are proud to be the world's only German-speaking Career Partner authorized to offer this exclusive training. With this, we stand for the absolute gold standard in regression and past-life work.

Module 4 – The Crown Jewel of Your Training

The fourth module teaches you original Newton age regression and unites everything you have learned in the previous modules into a powerful, holistic whole. You can look forward to 6 comprehensive days full of practical application, intensive exchange sessions, and genuine realization.

The Path to Certification: Demanding & Consistent

For this module, a simple certificate of attendance is not issued. This is a deliberate, demanding path that requires your commitment, your motivation, and your true skills:

- **Case Studies:** Following the training, you will submit two detailed case studies.
- **Evaluation:** These case studies are carefully reviewed.
- **Certificate:** Upon successful completion, you will receive the official certificate as a transpersonal regression therapist.
- **The Gateway to the MNI:** This renowned certificate officially qualifies you to apply directly to the Michael Newton Institute for the world-renowned Life Between Lives (LBL) training.

MNI Career Partner

The Michael Newton Institute (MNI)

... is the world's only training institute for Life Between Lives (LBL) work—founded directly by Dr. Michael Newton himself. With a precise method, he revolutionized soul research. The MNI preserves this unique heritage and trains therapists according to strict original standards. This direct connection to Newton's pioneering work makes the institute the global gold standard for this deep transformation work.



One sees clearly only with the heart. What is essential is invisible to the eye.

Antoine de Saint-Exupéry

It is truly important to me to accompany you individually. That is precisely why I consciously avoid working with huge groups. With me, you will find intentionally small circles where we can share personally and grow together in a protected setting.

“

What happens when our students follow their own path?

Be inspired by their wonderful stories.



Why I chose this training...

Sonja Gruber

Sonjas Path

Following a profound personal loss, I began an intensive exploration of the big questions surrounding life, consciousness, and what might exist beyond our earthly existence.

Especially the books by Michael Newton and Brian Weiss opened up new perspectives for me back then. They gave me back something I thought I had lost: a foundation I could stand on once again.

These topics have never let go of me since.

Over a long period, my personal search grew into a deep interest in working with the subconscious, human behavioral patterns, and above all, regression work.

When I finally came across Stinne's website, it felt like arriving at the right place at the right time. I didn't want to learn hypnosis simply by using pre-written scripts.

I didn't want to learn hypnosis simply by using pre-written scripts.

It was important to me to understand the underlying connections, to be able to apply different methods with confidence, and to guide people individually. That is precisely the depth I found in Stinne's training.



success story

What I appreciate most...

...is the combination of well-founded knowledge, intensive practice, self-exploration, and personal guidance. We don't just learn individual techniques; we develop an understanding of how to meaningfully combine different methods.

Regression work in particular opens up possibilities that go far beyond standard hypnotherapy training.

I am still right in the middle of the training and am already gathering a wealth of valuable insights through my own practice sessions. It is becoming increasingly clear to me just how important careful preparation, a strong sense of responsibility, and a solid professional foundation truly are.

In the long run, I want to build my own independent practice on this foundation. I'm in no rush. What matters to me is walking my path with the necessary experience and confidence.

What originally grew out of a very personal search has today become an integral part of my life.

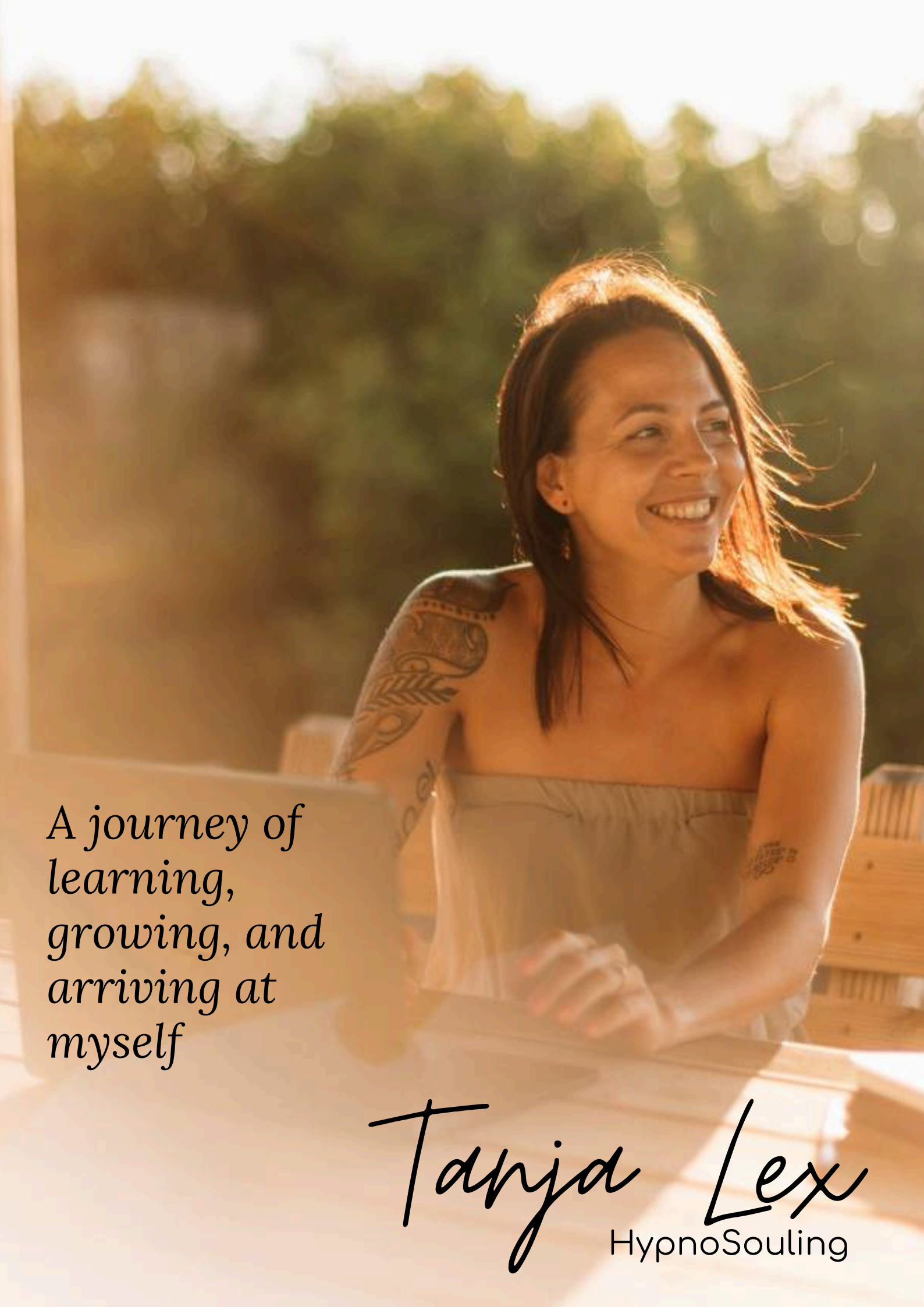
I can wholeheartedly recommend this training—especially to anyone who is curious, truly wants to understand underlying connections, and is ready to engage deeply with themselves and others.

Work with me

In training - practice sessions available by appointment

sonja.gr.hypnose@gmail.com





A journey of learning, growing, and arriving at myself

Tanja Lex

HypnoSouling

My training journey

From doubt to trust

MY JOURNEY BEGAN WITH A SOUL LECTURE

...which awakened a deep fascination within me for the world of the soul and our inner pathways. Following that, I completed a weekend training course to become a regression guide. As enthusiastic as I was about this work, my uncertainty was just as great. I wanted to accompany people on their inner journeys, but at the same time I was afraid of doing something wrong. I lacked a deeper understanding and, above all, the confidence to handle different situations.

The only person you should try to be better than is the person you were yesterday.

Driven by this desire to truly understand what I was doing, I set out in search of a well-founded training program and found my way to Stinne.
What touched me most about this training was the openness with which Stinne shared all her knowledge and experiences with us.

Without holding anything back, we were allowed to learn everything step by step —from the fundamentals of hypnosis and a wide variety of methods to handling emotional reactions and abreactions—and to discover it firsthand.

My very own heart-centered brand: HypnoSouling – YOUR path is WITHIN you

During this intensive training period, something emerged that I never planned for at the beginning: my very own heart-centered brand, HypnoSouling – YOUR path is WITHIN you.
It combines hypnosis, regressions, and soul work with my conviction that many of the answers we seek are already carried within us.





Tanja Lex

Founder & Owner of HypnoSouling
Integrative Hypnosis Coach, Past Life Regression Therapist in Training

Today, I look forward above all to accompanying people ONLINE on their very personal path, giving them space for their insights, and supporting them in recognizing themselves more deeply and finding their own inner path.

My journey is far from over.

Driven by the desire to develop further, particularly in the field of Life Between Lives, I look forward to everything yet to come.
I am deeply grateful to Stinne from the bottom of my heart for sharing her knowledge, experiences, and methods so openly with us, and for giving us the space to find our own path.

> *The most valuable thing I take away from this training is not just the knowledge of how to accompany other people, but also the trust to walk my own path.*

HypnoSouling

YOUR path is WITHIN you



Your Soul-Business

& your inner calling

After completing their training, our students and graduates often connect everything they already know and bring to the table. Many come with previously completed courses and prior knowledge—and this is precisely where our integrative approach comes in: during and after the training, the puzzle pieces fall into place, and completely natural ideas for your own soul business begin to emerge.

This is exactly what we hope for: that you step into self-employment, launch your true passion project, bring your own "baby" out into the world, and begin to accompany and support people on the deepest level.
We do not offer dry business training. We train practitioners with authentic presence who step fully into their abundance, simply show up, and naturally grow into their new role while still going through the training program.



Thanks for being here,
Stinne Erlandsen

My Path



Sonia Clemente Guerreiro

success story

Sometimes we must first encounter ourselves to truly find our own path.

Sonia



Through the loss of my twin sister, I set out in search of answers.

I wanted to better understand why certain things happen in our lives and what deeper meaning some experiences might hold. During this time, Dr. Michael Newton's book was recommended to me. The possibility of diving into the soul plan through hypnosis and getting a glimpse of the "Life Between Lives" fascinated and touched me deeply from the very beginning.

Currently, I am offering practice sessions as part of my training. In doing so, I want to gather practical insights and deepen what I have learned. If you are curious and would like to engage in such a shared process, I look forward to your message.

After a bit of a detour, my path finally led me to Stinne.

Her empathetic, warm, and personal approach left a deep impression on me. I found it particularly fascinating that she works without a fixed script during her regressions.

Instead of following a predetermined procedure,

she leaves space for whatever unfolds in the respective moment and is truly aligned for the individual. I found this free and intuitive approach particularly valuable. The opportunity to fully surrender to one's own inner journey in this way touched me deeply and reinforced my desire to continue walking this path myself.

Alongside my work in Pilates, I had long felt that something was still missing.

I felt a strong desire to support people not only on a physical level, but also along their personal and inner path. As a result, I have now completed my training as an integrative hypnosis coach and am currently training in past life regression and reincarnation therapy. The training in the field of "Life Between Lives" (LBL) will complete my path at a later stage.



This time has also shaped me a great deal personally.
During my training, I was able to grow, gain new perspectives, and gather valuable experiences. Not only did I learn a great deal professionally, but I also broadened my own outlook on myself and on life.

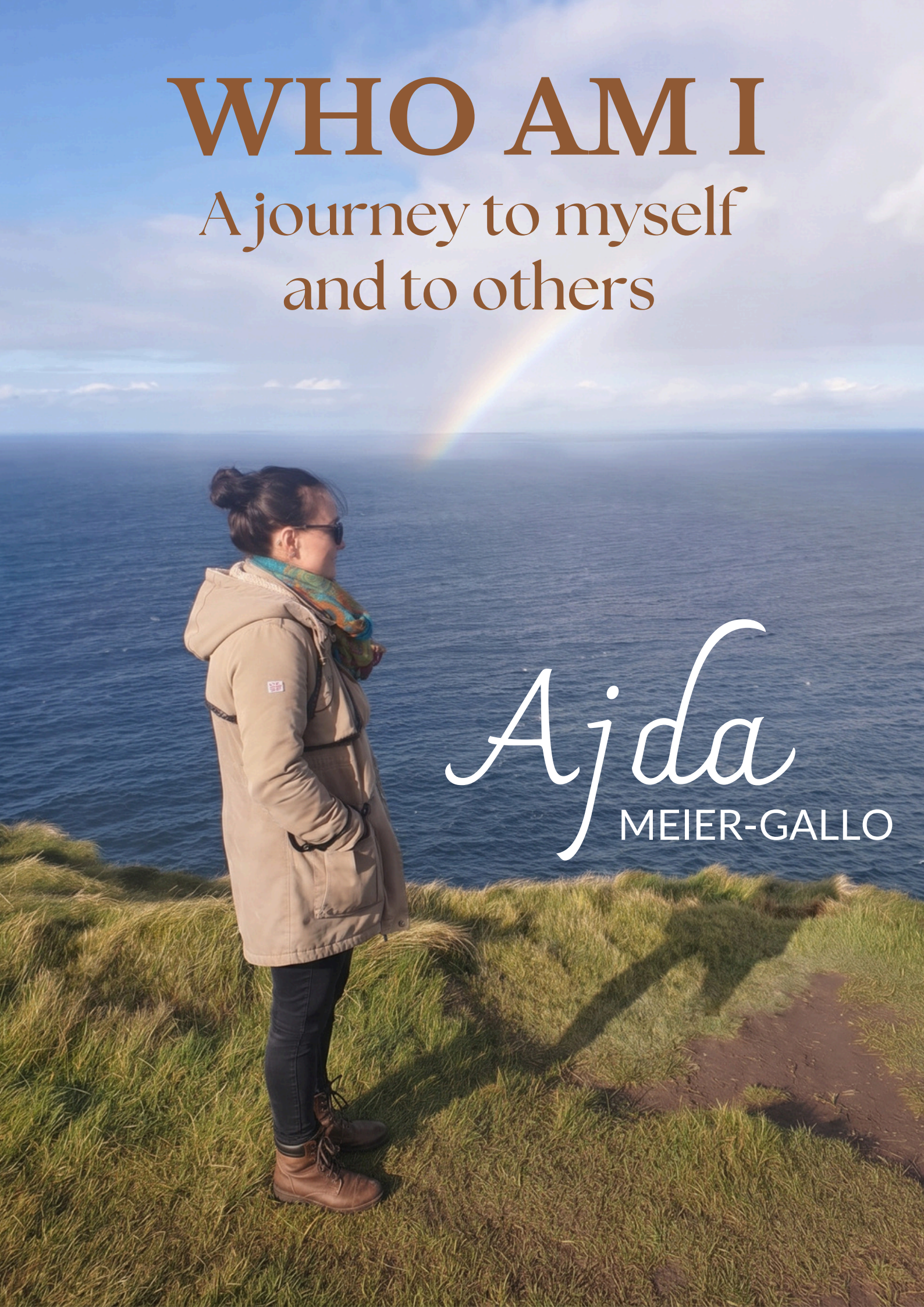
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“

A student currently in the first module shares her story

WHO AM I

A journey to myself and to others



Ajda

MEIER-GALLO

My personal path

There was a time in my life when much of what I had previously taken for granted began to waver. Events and decisions shook me deeply and pushed me to my limits, both physically and emotionally.

The medical and therapeutic support I received during that time was important and necessary. It helped me regain stability, and I am very grateful for that. At the same time, I began to understand that the body and soul are inextricably linked. Perhaps it was this newly found security that allowed me to confront things that had long remained hidden within me. I sensed that there was something else inside me that I hadn't truly been able to grasp or understand until then.



Along my further path, I met special people who accompanied me in completely different ways and opened up new avenues for me—emotionally, inwardly, and also on an energetic level. Old wounds, painful experiences, forgiveness, and letting go gradually took on a different space.

How it all began

WITH EVERY EXPERIENCE, I BECAME MORE AWARE

Transformation is not a linear path. It has many facets and sometimes leads to places you didn't even know existed. Eventually, one of my companions was to open a whole new door for me.

She recommended Michael Newton's books. The recommendation came at exactly the right time for me. I started reading the first book and ordered the next one shortly after. Something about it touched me so deeply that I wanted to learn more.

My first impulse wasn't to book a session myself, but to learn this work. I searched for the Michael Newton Institute and for ways to complete the training near me. That was when I came across Stinne.

Even during our first phone call, I told her that I wanted to do the training—even though I didn't yet know what such a session feels like or whether regressions are even for me. My rational mind chimed in after all. So I decided to first go through two regressions and an LBL session myself.

MY SOUL IS FROM ELSEWHERE,
I'M SURE OF THAT,
AND I INTEND TO END UP THERE.
— Rumi (attributed)
After Coleman Barks, The Essential Rumi

LOOKING BACK, I WOULD SAY

A part of me may have known for a long time where the journey was supposed to lead. My mind just needed its own experiences to catch up.
After these experiences, my decision was set. I didn't know where this path would lead me, but I knew I wanted to walk it.

LEARN, EXPERIENCE, AND GROW

Because I don't live nearby, I chose the online training. At first, I definitely wondered whether the same quality and intensity could develop this way as with an in-person program. Today, I can state: in terms of professional and practical work, I see no difference.

What I do miss, however, is personal contact. I would love to have Stinne and the other participants directly in front of me more often. I find our group constellation to be something special, and I believe we came together in this exact composition for a reason.

I find the small group to be a huge advantage. Every single person gets a turn, can contribute, and receives space for their questions and insights. Furthermore, the selected literature that Stinne gives us along the way constantly opens up new perspectives and brings me plenty of aha and wow moments. And yet, I am still at the very beginning of my reading list.

Learn, experience, and grow

PARTICULARLY EXCITING, YET CHALLENGING AT FIRST,

was the practical work for me. Working freely and without a pre-made script unsettled me at first. I asked myself whether I could even manage this and where I was supposed to find people to practice with.

The initial exercises were very bumpy and still do not feel completely secure today. But I have learned to handle it differently. I do not have to be perfect at the start.

I am allowed to experiment, make mistakes, ask questions, and grow a bit more confident with each exercise. Stinne accompanies us along the way with feedback, encouragement, and plenty of practical impulses.

I also find the exchange with the previous training cohort particularly wonderful. We are allowed to participate as clients in their practice sessions, benefiting from their experiences while the advanced students gain further practical practice opportunities. It is a mutual give-and-take from which everyone can take something away.

The peer groups and the exchange among one another are also valuable to me. You can ask questions, support each other, and even spontaneously arrange a practice session. And even though Stinne guides several groups, she remains accessible to us and supports us.

I WAS ALREADY PRIVILEGED TO COMPLETE THE TRAINING IN CLEARING AND AFTERLIFE CONTACT WITH STINNE

– two areas that I really enjoy working with. With the hypnotherapy training, an entirely new field is opening up for me once again, one that I am allowed to immerse myself in further and further.

I am glad that I trusted myself and took this step. With respect for everything that still lies ahead of me, and at the same time with great anticipation for what may develop from it.

LEARNING FROM BOTH PERSPECTIVES

Experiencing it yourself and guiding others

A very special part of the training for me is not only getting to know the work theoretically, but also being able to experience it myself repeatedly from the perspective of a client.

Learning from both perspectives

WHEN THE PREVIOUS TRAINING COHORT WORKED THROUGH THE MODULE ON TRANSPERSONAL REGRESSION,

...I was invited to participate as a practice client. This involves a regression where you are gently guided through your own childhood and time in the womb, and can subsequently dive into a past life.

Stinne accompanied me through this process. I was able to experience various memories from my childhood, was guided through my time in the womb, and finally reached a past life that held important connections and messages for my life today.

Although I had already experienced several regressions and an LBL session, this experience was once again something very special. I had already experienced wonderful journeys, full of love, touching insights, and sometimes painful experiences that were allowed to resolve and reframe themselves in the course of the process.

Yet this session opened up another depth for me. Especially the experience of being guided through my own childhood and time in the womb, perceiving sensations, thoughts, and connections so directly, was something I can hardly put into words.

It had something almost magical about it. Not because it was beyond my imagination, but because I was allowed to perceive things in a way that went far beyond what I could have imagined beforehand.

It was a journey full of insights, profound touching moments, and surprising connections—an experience that connected me with myself in an entirely new way.

What moved me particularly deeply was being able to perceive my parents in a completely new way. In the childhood memories, I could sense my father—with his own thoughts, feelings, and personal history. And during the time in the womb, it was my mother who became perceptible to me in this way. I could experience her as a young woman, with her own thoughts, fears, feelings, and history.

This changed my view of my parents. Suddenly, I could no longer look at them solely from the perspective of a daughter, but also as two human beings who were walking their own paths back then and could only act within the limits of their possibilities at that time.

This perspective changed something within me. It helped me view connections with more compassion, develop understanding, and let go of certain things. Vulnerability and forgiveness also took on a different meaning as a result.

"Ah, so that's where that comes from!"

As I mentioned, I have already had the opportunity to participate as a practice client several times. Through these experiences, new connections have continually revealed themselves to me. And then there are those special aha moments where something suddenly falls into place.

An inner "Ah, so that's where that comes from!"

For me, it sometimes feels as though a green checkmark is being set—in the head, in the body, somehow in every cell. As if something has finally been recognized and understood. And with this recognition, something is allowed to resolve and leave. Sometimes an issue that may have accompanied you for a long time is simply no longer there afterward. It is hard to describe, but precisely these moments are something very special to me.

Exactly what makes this work so valuable for me. It is not about every session having to be extraordinary. Sometimes a single realization is enough to reframe something in your own life and view it with different eyes.

And I find it truly special to get to know both sides: being guided yourself while step by step learning to accompany other people through their very personal experiences.

I hope that many more people find the courage to embark on such an experience. Sometimes along the way, you encounter not only new perspectives, but also a bit more of yourself.

I just woke up after having visited the French Revolution in a past life, where I died for my conviction; I didn't expect that.



LETS CONNECT

Sometimes something beautiful begins with an encounter. Perhaps we meet at precisely the right time, and out of that something arises that continues to resonate within us. As part of my training, I look forward to your message if you feel like having a joint practice session."

Ajda Meier-Gallo

itsamg@icloud.com

How to register

01 | **Registration form**

Fill out the contact form on our website – that is your first step

02 | **Secure your spot**

You receive your invoice, pay the amount, and your spot in the training is locked in

03 | **Welcome**

DYou get invited to our WhatsApp group, receive all important starting information, and start your preparation stress-free.

04 | **Training begin**

You are ready and kick off your first training weekend right away!

And, are you in?



If you feel the call and want to walk this path with us, get in touch with me directly. Send me a quick message so we can discuss the next steps and any open questions.

Stinne Erlandsen

You can register directly here via the link or through your browser.

www.integrative-hypnose-akademie.eu/anmeldung


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