

**IBRT Magic Mirror of Truth Presentation**  
**By Peter Wright, CPLT, CHT, LBLT**

- I have a rather unique metaphysical approach to Hypnotherapy.
- And I've been truly surprised and pleased with the success I've had from using the Magic Mirror of Truth that I will be describing today.
- My clients have been able to come to closure with some very complicated issues in just one two-hour session.
- Throughout we have been inspired by the loving and wise Guidance that partners with us to lead the session.

**Email Link**

- I'll ask Paul, the IBRT webmaster, to post a link so you can download a complete printed transcript of this presentation from the IBRT website.
- Plus the video of this Gathering will be available on the website in the coming week.

**Now I'd Like to Set the Stage Before I talk About the Magic Mirror of Truth**

- Several years ago I was at a workshop as a participant. There was another hypnotherapist present also as a participant. We engaged and idle chatter before the workshop began.
- During one of the breaks, he shared with me on his cell phone part of a video that he made of one of his client sessions.
- Now his client was in hypnosis and they had invited the client's Uncle Harold to join them for the session in the imagination of the client.
- Uncle Harold had passed on years before -- but in the video you could see a little photograph of Uncle Harold dancing right next to the client's face. There was no photograph of Uncle Harold actually in the session room. But Uncle Harold was present -- thank you very much.
- So this proved to me that *everybody is available to us in the trance state.*
- That means If they are currently alive in physical body, we can invite them to join us through the client's imagination
- Or if they have passed on, we can ask them to join us from the spirit realm.
- Or --if it is someone who played a key role in a past life -- We can invite that past life personality to come forth so that the client can speak her truth and come to closure with them.
- Or we can ask the client's Spirit Guides or Archangel Michael or an Ascended Master or Jesus or God to be present as well.
- In other words, everybody is available to us from the Light -- and they are eager to come forth and partner with us to help you and the client resolve the issues we're focusing on.

**So as the Client Session Begins:**

- I first protect the client in a shield of white crystalline light and then guide her into Hypnosis and on a guided visualization up into the 5<sup>th</sup> Dimension.
- This visualization involves slowly counting from 1 to 10 three times as we take the client higher and higher into the Light.

## What is the 5<sup>th</sup> Dimension?

- For me the 5th Dimension is where all the answers can be found. We can go anywhere/ any how/ any why and any when.
- in this higher vibration, it's very easy to connect with **all** the Guidance available to both of us from the Light.
- This Guidance knows everything there is to know about my client -- from this life and past lives.

## Arriving in the 5<sup>th</sup> Dimension

- When we arrive there, I'll ask the client, "*What does this place look like, feel like, seem like to you? What are you aware of up in the Light? First thought...*"
- My client and I then form an Inner Wisdom Team of key players channeled by the client. This Team can include the client's Heart, Higher Self, Archangel Michael and other resources who we invite to join us from the Light to assist us.
- We partner with this Inner Wisdom Team to resolve, heal or come to closure with the Goals that we've set for our session – so the client can quickly move forward in her life.
- In fact, this Guidance brings their To Do List to the session -- and their To Do List takes precedence over my client's list of goals – because this Guidance knows exactly where we need to go first – and they will take us there.

## So Now let's focus on the Magic Mirror of Truth

- I use a *Magic Mirror of Truth* with almost all my clients to help us resolve their key issues.
- Throughout I take careful notes of most everything that the client says and I also record the session via Zoom or a recording device on my desk. I then email a link so the client can download the recording.

## Here's the Wording for the Magic Mirror of Truth Protocol

- I invite the client to imagine herself standing in front of a Magic Mirror of Truth.
- I then ask her to describe the frame – "*Is it made out of wood, metal or glass or something else?*" Any frame is fine.
- *As you easily look into the mirror, I want you to note your own reflected energy or body. Now describe whatever shows up -- Whatever you see, sense or feel in that mirror?*
- Ideally, it should be my client as she is today with a big smile on her face.
- That rarely happens.
- Instead, it could be the client as a child or as a teenager or it could be the client's Inner Child or a past life personality or a spirit guide or a positive emotion of the client.
- Or the image could be of an earthbound spirit or ghost – or negative energy or simply colors moving across the mirror or nothing at all.
- Whatever shows up – I draw a picture of it in my notes and write down the words my client uses to describe it.
- From my perspective, the energetic image in the Magic Mirror is the metaphor of where we need to begin our session.

- At the end of the session, we may return to the Magic Mirror of Truth whereupon the client often sees a reflected image of herself smiling as she is today -- free of anything that looks out of place.

### **Here's How I Work with Whatever Shows Up in the Mirror**

- My goal is to find out what kind of energy has come forth and how it's affecting my client.
- In other words, I want to determine, *"Are you a good witch or a bad witch and how are you helping or hindering my client?"*
- So I ask that energy to come forth through my client's voice and announce its presence with words like *"I'm here."*
- The client then responds as the energy and says *"I'm here."*
- I then ask the energy, *Are you a part of Mary or something else? Truth and nothing but the truth.*
- There are three possible answers:
- The first could be, *"I'm a part of Mary."*
- If so, it could be part of the client such as a positive emotion, an inner child, a spirit guide or a past life personality or some other positive part of the client.
- In response to my question, *"Are you a part of Mary or something else?"* -- The second possible answer is *"I'm something else,"*
- If I hear that response, I ask, *"Have you ever had your own human body? Truth and nothing but the truth. Yes or No?"*
- If Yes, then *this Intruder could be an earthbound spirit* – in other words -- a ghost.
- Or if the answer is NO – then the energy perhaps has never had its own human body, and therefore *this Intruder could be negative energy that is here to stop the client from moving forward on her own soul's journey.*

### **Please Note:**

- I am assuming that those of you attending today's workshop have some background in working with Earthbound Spirits and Negative Entities.
- If you want more information on how to deal with Earthbound Spirits or Negative Entities, please go to the IBRT website and watch two presentations by IBRT Board Member Greg McHugh. Greg is an expert in how to release these kinds of intruders from your clients.

### **Possible Client Stories for the Magic Mirror of Truth Presentation**

**Now I'd like to share some examples drawn from my client files to give you a better understanding of how I work with whatever shows up in the Magic Mirror of Truth.**

#### **#1 Client Example – Let's Call Her Janet – she's 66 years old**

Janet's goals included:

- To release feelings of sadness and anger towards her ex-husband who treated her poorly
- To get unstuck – discover new motivation and purpose and joy in life

- To clear the pathway to finding true and long-lasting love

Up in the Light, we:

- Met her Heart who told us – “I keep Janet alive, give her hope and protect her.”
- We met her Higher Self who told us – “I watch over Janet, protect her and encourage her.”

In our first visit to the Magic Mirror of Truth

- Janet saw a silhouette – it was like a dark shadow in the mirror
- On either side of the shadow was white light
- I invited that Shadow energy to come forth through Janet with words like, “I’m here.”
- I asked it, How do you affect Janet?
- *“I protect Janet – I prevent her from getting into trouble or from getting hurt. I hold her back and don’t let her take risks.”*
- Who hired you? The Shadow said, *“Janet hired me.”* When? *“When she got married to her abusive ex-husband.”*
- How old is she right now, from your perspective Shadow Energy? *“20 years old,”* said the Shadow.
- I asked Janet if she felt the need for this continued protection – since she is now 66 years old. Janet said *No*.
- I then asked her how she could use this energy in a more positive way to help her move forward.
- So, we gave the shadow energy a new job – to motivate Janet and help her move forward in her life. To help her be more playful, see what’s ahead and be a magnet to help her find true and long lasting love.

Next, I asked Janet’s abusive Ex-Husband to Join Us in the imagination of the client.

- I encouraged a dialogue back and forth – heart to heart -- where she spoke her truth to him and shared his responses with me.
- It soon became clear that Janet’s ex-husband was not going to take responsibility for his abusive actions during their marriage.
- So I asked her ex-husband’s Higher Self to join us with words like “I’m here.” And Janet started channeling her ex-husband’s Higher Self.
- That Higher Self came forth and apologized to Janet for the way her ex had treated her. His Higher Self went on to say that her ex-husband would have to learn the lesson of his abusive actions later in this life or in an upcoming lifetime. That is part of his soul’s journey. But that Janet was now free to release all that sadness and anger and move on.
- I then helped Janet release the frozen blocks of anger and sadness towards her ex-husband – helping her to come to closure with him.

Next, we returned to the Magic Mirror of Truth a second time.

- This time Janet reported seeing a female figure with a big disco ball hanging above her.
- The reflected energy of that female looked like Janet as she is today – bright, shining, sparkly and playful.

We invited that female energy to come forth with words like, *I'm here*. And it said to us, *I'm Janet and I am now free to be me!!!*

And then her Higher Self and Heart joined us and said to Janet: *You can now find your purpose, your sense of self and love. You can do this!! And we will be there to help you!!*

In our Follow-up Session a week later, my client reported to me that she no longer had negative repetitive thoughts about her ex-husband. *"I'm now back on the path,"* she told me.

## **#2 Client –Let's call her Alice**

- My Client's Goal was to release the guilt and anxiety caused by volunteering to be the caretaker for those dealing with illness in her life.
- Looking into the Magic Mirror of Truth, Alice described seeing a slouching, drooping, bent forward image, She realized it was defeated, depressed, exhausted and tired of trying so hard.
- The image told us that it was a part of the client.
- I asked it, *"How did this energy affect Alice?"*
- "I hold her up, I push her forward."
- We brought in her Higher Self and Heart from her Inner Wisdom Team to advise us
- They took us back into a scene from earlier in the client's present life.
- Her older sister had been hospitalized with Crone's disease and Alice took on too much responsibility in her desire to make her sister well.
- I invited the Higher Self of the ill older sister to join us with words like, "I'm here."
- Her sister's Higher Self told us that it wasn't Alice's job to take care of her because my client was too young.
- Rather it was part of the soul's journey of her older sister to experience this disease.
- So Alice's Heart and Higher Self told my client to release her guilt and anxiety caused by taking on those caretaking responsibilities.
- This led us into other memories in Alice's current life where she took on the caretaking responsibility for the illnesses of other people she knew.
- Again my client was told to release that guilt. It was not her role other than to be supportive of what the sick person was going through.
- So with the help of her Inner Wisdom Team, we released the guilt that was being held in the client's heart.
- Next my client's Higher Self suggested steps for Alice to follow:
  - Pause, observe and determine what is really needed instead of jumping in to fix the situation.
  - Send that person love.
  - Let go of the fear for the other person – it is part of their soul's journey
  - Continue to send love and support to the person who is ill and ask her own Higher Self and Heart to do what is for the Highest Good for herself and others.

- This helped the client release the weight of guilt and not take on mistaken responsibility for the illness of family members and friends.
- At the end of the session, my client returned to the Magic Mirror of Truth a second time.
- Looking into the mirror, she saw a reflected image of herself that she described as brilliant, shining and vivid.

*Thank you for your attention. I am eager to respond to any questions that you may have about the Magic Mirror of Truth. Feel free to contact me through my email listing on the IBRT website. This Operator is standing by....*

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