

The background of the image shows a woman with long brown hair, seen from behind, standing at a wooden podium. She is wearing a light-colored, sleeveless dress and has her hands raised as if gesturing during a presentation. On the podium, there is a laptop with a blank screen, a microphone, and a clear water bottle. The setting appears to be a conference or lecture hall with large windows in the background.

A CLOSER LOOK AT THE SCIENCE BEHIND WHAT WE DO

HYPNOTHERAPY, SELF HYPNOSIS, NLP, SOMATIC EXERCISES, MEDITATIONS AND MINDFULNES TECHNIQUES.

OUR UNIQUE APPROACH

At the heart of our work is the belief that real, lasting change happens when you address both the mind and the body—and bridge insight with action. Our approach **integrates evidence-based techniques like self-hypnosis, NLP, somatic exercises, meditation, and mindfulness with practical coaching.** By combining these modalities, we help people not only understand why they feel stuck, but also experience a felt shift in how they think, feel, and show up every day. This blend of structured guidance and experiential practices creates a holistic path to clarity, confidence, and meaningful growth.

WHY IT WORKS

Most approaches focus on either mindset or behavior—but lasting transformation requires both. Techniques like self-hypnosis and NLP help rewire limiting beliefs at the subconscious level, while somatic practices, meditation, and mindfulness regulate the nervous system and create emotional balance. Coaching then anchors these shifts into real-life action. This layered approach addresses the **root causes of feeling stuck—unresolved patterns, chronic stress, and lack of clarity**—so clients can build sustainable change that **feels natural, not forced**.

HYPNOTHERAPY CITATIONS AND EXPLANATION

Hypnotherapy	<u>New directions in hypnosis research: strategies for advancing the cognitive and clinical neuroscience of hypnosis</u>
Sleep Improvements	<u>Source: Insomnia and hypnotherapy - Journal of the Royal Society of Medicine</u>
Self Hypnosis for Pain and anxiety	<u>Source: Clinical applications of self-hypnosis: A systematic review and meta-analysis of randomized controlled trials.</u>
Hypnotherapy for pain	<u>Source: Fibromyalgia pain and its modulation by hypnotic and non-hypnotic suggestion: an fMRI analysis</u>
Hypnosis for overall health	<u>Source: A Review of the Impact of Hypnosis, Relaxation, Guided Imagery and Individual Differences on Aspects of Immunity and Health</u>

MORE STUDIES ABOUT HYPNOTHERAPY

Behavior improvements	<u>Source: Strength of prefrontal activation predicts intensity of suggestion-induced pain</u>
Sleep Improvements	<u>Source: Insomnia and hypnotherapy - Journal of the Royal Society of Medicine</u>
Weightloss	<u>Source: The effectiveness of hypnosis as an intervention for obesity: A meta-analytic review.</u>
Quitting Smoking	<u>Hypnosis for Smoking Cessation: A Randomized Trial</u>

MORE STUDIES ABOUT HYPNOTHERAPY

1. Brain Activity and Functional Connectivity Associated with Hypnosis
2. The Effect of Hypnosis on the Intensity of Pain and Anxiety in Cancer Patients: A Systematic Review of Controlled Experimental Trials
3. Hypnotic ability and baseline attention: fMRI findings from Stroop interference
4. Adjunctive non-pharmacological analgesia for invasive medical procedures: a randomised trial
5. Hypnotherapy for insomnia: a systematic review and meta-analysis of randomized controlled trials
6. Mediators of a brief hypnosis intervention to control side effects in breast surgery patients: response expectancies and emotional distress

STUDIES ABOUT NEURO- LINGUISTIC PROGRAMMING (NLP) AND SOMATIC EXERCISES

Evidence-based Neuro Linguistic Psychotherapy: a meta-analysis

Neurolinguistic programming: Old wine in new glass

Somatic therapy explores how the body expresses deeply painful experiences, applying mind-body healing to aid with trauma recovery.

Research on somatic-experiencing

Effects of Exercise Training on the Autonomic Nervous System with a Focus on Anti-Inflammatory and Antioxidants Effects

STUDIES ABOUT NEURO-^{magicalaudios.com} MEDITATIONS AND MINDFULNES TECHNIQUES.

Meditation programs for psychological stress and well-being: a systematic review and meta-analysis

A 2018 PubMed meta-analysis demonstrated mindfulness meditation significantly improves sleep quality

Research shows meditation can reduce physiological stress markers—cortisol, blood pressure, heart rate, CRP (inflammation), triglycerides, and TNF- α —across multiple studies

Meta-analysis of 78 fMRI/PET studies shows meditation strengthens networks tied to emotional regulation and attentional control

Harvard Health reports meditation provides mental benefits comparable to antidepressants for depression,

WHY THIS MATTERS FOR OUR WORK

Meditation and mindfulness techniques provide foundational support for our holistic coaching approach:

- **Regulate the nervous system—reducing cortisol and tension.**
- **Improve emotional clarity and focus—through strengthened brain networks.**
- **Increase resilience, creativity, and presence—so leaders and teams can perform under pressure.**

Combined with NLP, somatic work, self-hypnosis, and guided visualization, these practices help us facilitate deeper, lasting transformation—not just temporary change.

FUTURE LIFE PROGRESSION — AND OUR FUTURE VISIONING COACHING

WE DIDN'T INVENT THIS — **BUT WE GAVE IT A HOME FOR FOUNDERS**

The methodology behind The Future Self experience has been developed and practiced for years — **created by Anne Jirsch.**

She is the best-selling author of six books. She has appeared on numerous radio and TV shows, including regular slots on BBC Radio, BBC morning news & This Morning.



THE EXPERT BEHIND FUTURE LIFE PROGRESSION

Anne Jirsch is a renowned hypnotherapist with decades of experience, known for working with some of the most respected names in the field. She also trains the next generation of practitioners, offering courses for both hypnotherapists and Future Life Progression (FLP) professionals.

futurevisiontraining.com



OUR UNIQUE APPROACH

What makes our approach unique is that **we've transformed it into a guided coaching experience** designed specifically for **founders**. We facilitate the space, mindset, and tools for them to access **their best self** — and help them bring that vision into the way they **build and shape their own path to success.**

WHY IT WORKS

FROM A SCIENTIFIC PERSPECTIVE:

It's similar to the psychology of **self-fulfilling prophecy**. When we vividly imagine a version of the future — especially one that feels personal and desirable — we begin to act in subtle ways that make it more likely to happen. Our brain becomes biased toward fulfilling that vision.

FROM AN ESOTERIC PERSPECTIVE:

Some call it manifesting. It's the idea that **energy follows attention** — and when we align our thoughts, emotions, and actions with a vision, we begin to shape reality around it.

THAT'S WHY THIS EXPERIENCE
RESONATES SO DEEPLY — IT
REVEALS A VERSION OF **SUCCESS**
THAT FEELS **TRULY PERSONAL.**



Participants leave with a sense of
emotional alignment, clarity, and a
clearer path forward.

TECHNIQUES SUPPORTING FLP

Hypnotherapy	https://www.psychologytoday.com/us/archive?search=hypnotherapy&op=Search
NLP (Neuro linguistic programming)	https://www.psychologytoday.com/us/therapy-types/neuro-linguistic-programming-therapy
Visualization	https://www.psychologytoday.com/us/blog/the-big-reframe/202502/the-4-types-of-visualization
Mindfulness	https://www.psychologytoday.com/us/basics/mindfulness
Timeline Therapy	https://timelinetherapy.com/scientific-study/

RESEARCH, RESEARCHERS, STUDIES, SCIENCE BEHIND FLP

Anne Jirsch	<u>Amazon Books</u>
Helen Wambach	https://regressionjournal.org/jrt_article/past-life-therapy-experiences-twenty-six-therapists-is-2/
Chet Snow	https://regressionjournal.org/jrt_author/chet-snow/
Dr.Bruce Goldberg	https://drbrucegoldberg.com/dr-goldbergs-bio/
Larry Dosey MD	https://www.dosseydossey.com/larry-dossey-md

RESEARCH, RESEARCHERS, STUDIES, SCIENCE BEHIND FLP

Dr. Dean Radin MS PhD	<u>https://noetic.org/science/experiments/</u>
Dr. Dick Bierman, Psychologist	https://www.researchgate.net/profile/Dick-Bierman
Professor Brian Josephson, Nobel Laureate	https://www.tcm.phy.cam.ac.uk/profiles/bdj10/
Ed Cox, Scientist	Cox, W. E. (1956). Precognition: An analysis, II. Journal of the American Society for Psychical Research, 50, 99-109. Photocopies on reserve in Psychology library. Available online at: https://jeksite.org/others/cox_1956_precognition.pdf
Dr. Jessica Utts, Statistician	https://ics.uci.edu/~jutts/

RESEARCH, RESEARCHERS, STUDIES, SCIENCE BEHIND FLP

Dr. Kary Mullis, Chemist, Nobel Laureate	<u>https://www.karymullis.com/biography.html</u>
E.D. Dean and J. Mihoalasky "Executive ESP"	<u>https://www.abebooks.com/first-edition/Executive-ESP-Proven-Links-Hunches-Success/31396009208/bd</u>
Gerd Gigerenzer, Psychology	<u>https://www.mpib-berlin.mpg.de/staff/gerd-gigerenzer</u>
Gerd Gigerenzer, Psychology	<u>https://www.amazon.com/Risk-Savvy-Make-Good-Decisions/dp/0143127101</u>

RESEARCH, RESEARCHERS, STUDIES, SCIENCE BEHIND FLP

Marvin Oka and Grant Soosalu	<u>https://mbraining.com/resources/publications/</u>
Channing Joseph for NY Times	https://archive.nytimes.com/atwar.blogs.nytimes.com/2012/03/27/navy-program-to-study-how-troops-use-intuition/

ABOUT US



Kax Uson
Product Leader, Career
& Leadership Coach.



Andrea Ramirez
Counselor, Life Coach, &
Hypnotherapist



Katherin Navarro
Startup Consultant &
Marketing Leader.

ARE YOU READY TO SEE YOUR BEST POSSIBLE FUTURE?

Contact us:
knavarro@ikarohealth.com

 **magicalminds**