

# Beauty and the Beast



- ◆ **Overcome Emotional Fatigue**
- ◆ **Achieve more success in your Hypnotherapy Practice**
- ◆ **Stay Enthusiastic and Confident in your Unique Expression of Service**

Pamm Millage



There  
are  
Vital  
Hidden  
Influences



that can  
**Destroy**  
or  
**Enhance**

a  
**Hypnotherapist's Success**

# Beauty and The Beast

Pamm Millage

**HOW TO OVERCOME EMOTIONAL FATIGUE  
AND ACHIEVE MORE SUCCESS IN YOUR  
HYPNOTHERAPY PRACTICE  
WITHOUT LOSING YOUR ENTHUSIASM, CONFIDENCE  
AND UNIQUE EXPRESSION OF SERVICE**

The main focus of this presentation booklet is deemed by the highest consciousness or God-force to be one of most importance to modern hypnotherapists.

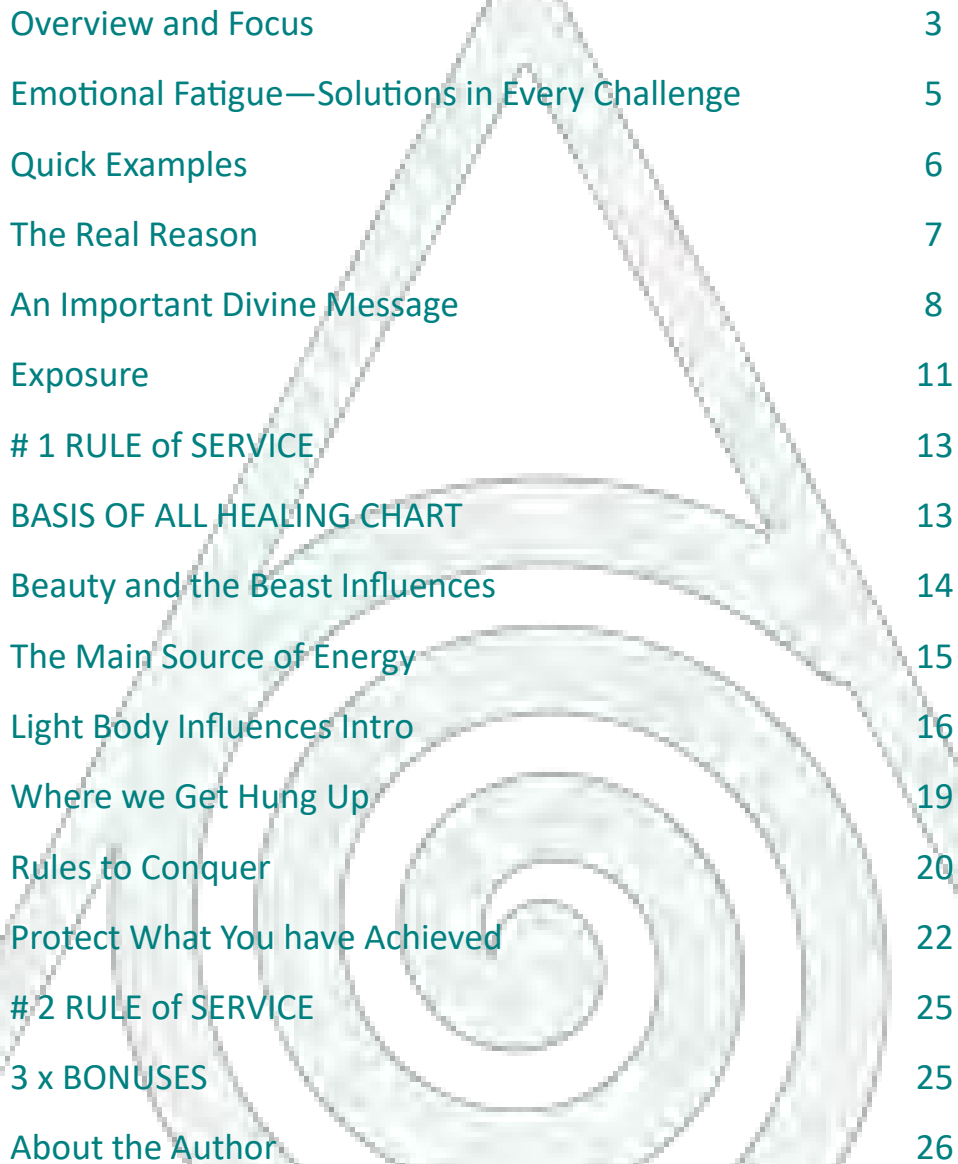
Read on for their message...

“If you want to find the secrets of the universe, think in terms of energy frequency and vibration”

N. Tesla



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# EMOTIONAL FATIGUE

Finding Solutions in all challenges

If you have NEVER reached the end of a day feeling exhausted, questioning your own confidence, and/or generally feeling out of sorts for apparently no reason **DO NOT READ FURTHER!**

- ◆ I know how it feels to be exhausted at the end of a hypnotherapy day with no apparent reason
- ◆ I know how it feels to doubt my own abilities, despite being in practice for 40 years
- ◆ I know how it feels when clients blame you for their lack of success
- ◆ I know how it feels to be undervalued and dismissed by suspicious traditionalists
- ◆ I know how it feels to confront the anger and darkness of some very sick minds



## Quick Examples you might resonate with:

1. I felt offended, undervalued and humiliated when the mother of a young girl who had been bullied at school and through a medley of hypnotic techniques, found her own powerful strategies to cope. Despite her daughter's success, her mother refused to pay my already discounted fee. In her view of the world a "spiritual" psychologist/hypnotherapist is not a 'real' psychologist, and she 'should not have to pay anywhere near as much – especially for a child.'

◆ I found that by 'walking my talk' and using visualisation with the help of my highest consciousness I was able to cut the energetic attachments to her judgements, my neural pathways lit back up and a new solution arose to help me restructure my future payment strategies to reflect the value I give.

2. I felt disempowered and undervalued again when my client, despite having signed a contract to work together and "do what it takes" refused to take responsibility for her homework and continually missed her sessions; I kept giving her the benefit of the doubt because I "cared". She began to badmouth me and blame her lack of success on me, the hypnotherapist.

◆ I found that by sacking her as a client I returned to my confidence. I realised I am not defined by other people's bad behaviours and that by keeping a detached involvement with my clients I am able to help them heal more profoundly.



## The Real Reason I work with the God-Force and ensure my clients and I are well protected from the negative influences that are around us:

I felt elated when my younger son returned from Amsterdam after working there for a number of years under their special knowledge programme. I had missed his creativity, intelligence and humour so much.

However, it wasn't long before I felt heart-broken. He had suffered a trauma and had returned home with unacknowledged post traumatic stress which had driven him to alcohol. He refused help from his loving family and remained in a fug of anger and victimhood. He was unrecognizable.

My once beautiful sensitive man soon denied me as his mother, verbally abused me and walked away from his entire family who haven't seen him since. That was about 5 years ago.

As I said, he was unrecognizable and it wasn't long before I realized he had opened his energy system through his dark emotions to influences that took him over.

Turning to the God Force, I received comfort and knowing that there is a reason for everything; I stopped worrying and starting envisaging him as safe and happy.

I returned to studying vibrational energy and the esoteric more in depth and began to live in my God space more and more.

This information is one of the reason's why I needed that event. There is always a gift in any challenge.

This message is an important one. It is not as if it hasn't been said before; but it is important to put things across in many ways so eventually it will reach many ears.



# AN IMPORTANT DIVINE MESSAGE

The enthusiasm of modern hypnotherapists demonstrating true service in assisting human evolution through these chaotic times is

**Acknowledged with love, gratitude, and support from the higher planes and cosmic multi-dimensions of enlightened consciousness; known to many as the Co-creative God Force...**

As hypnotherapists you are exposed to many dark influences daily; and in some cases, you are unintentionally exposing your clients too.

*“We are excited for change! Now more than any time in the history of the Planet, there is a plethora of ‘hidden influences’ on humankind, both dark and light.*

*To avoid being “hoodwinked” or worse, the discernment of these influences is important in the service work you do on the material, etheric, emotional, mental, and spiritual planes of human existence.*

*Taking mental/emotional health as the prime example; as hypnotherapists you are in the best position possible to empower your clients to take responsibility for their own natural holistic health by working within your unique delivery of the healing gift.*

***This is not a time of comparison with others; this is a time of expressing your own unique gift in its purist form. Success depends on it!***

*By this we expect you who have chosen to demonstrate your gifts for the good of humanity, to recognise and be open to receiving the love, support and higher wisdom that is available to you to from the God Force; to express yourself in authenticity, inspire others and co-create miracles in your everyday lives.*

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*We recognise that the School of Earth is a challenging one and remind you that it is only through these challenges, that the Soul, which is the intermediary (life force) between the physical vehicle and the blueprint of the ideal Spiritual Being, can spiral into its eternal beauty and eventually break the chains of karmic reincarnation.*

*Many of you will know through practicing past life therapy how many lifetimes of old patterns, dis-ease, and traumas are inherently trapped within the current vehicle – hence in these times of ascension, or “descension” of Heaven to Earth; you are seeing the emergence of soul-based DNA therapy, light and resonance therapies and more spiritually integrated and enlightened psychologists, hypnotherapists and coaches.*

***Meanwhile, the Soul (the life force or breath of life) evolving itself on Earth and having forgotten its previous incarnations; is influenced by many of the same unresolved challenges and emotional traumas that are not yet recognised as the opportunity to evolve.***

***Whether eventually transcending the challenges or not; with the influence of fear-based thoughts, inherent beliefs, behavioural patterns, trauma, and emotions; the Soul begins to INHIBIT or block the higher light bodies that provide the spiritual wisdom, power, creative abilities, unconditional love, and physical health that is the birth right of every human being.***



*Our purpose in this message and in our cherished colleague, Pamm's delivery of it is to:*

- ◆ *Bring forth the awareness from whence these influences come*
- ◆ *By discernment, lessen the incidents of "hoodwinking"*
- ◆ *Enhance and support in the pure delivery of your unique healing gifts*
- ◆ *Assist in the maintenance of your authentic service*
- ◆ *Introduce you to the influential higher light bodies of your spiritual Essence*

*We are aware that we have given Pamm a big task to undertake in 50 minutes; however, we also ask her to share with you as a **BONUS**, several charts, and chapters within the booklet and subsequent booklets to advance your wisdom further.*

***We are counting on leaders and healers  
such as yourselves to collaborate in  
establishing the Divine Master Plan on Earth.***

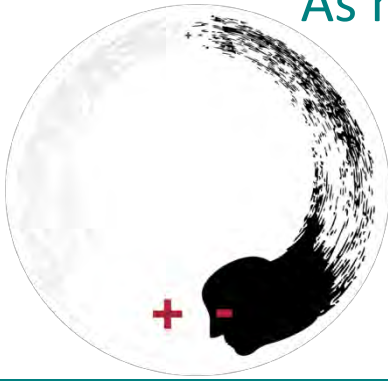
***Kodoish, Kodoish, Kodoish Adonais Tsebayoth"***

Holy, Holy, Holy Lord God of Hosts!





As hypnotherapists you are exposed  
daily to many hidden  
**ENERGY FREQUENCIES**  
both positive and negative.



Despite your best intentions  
if you are not

**AWARE** of and in **COMMAND** of these  
**INTERNAL AND EXTERNAL INFLUENCES...**

You may be exposing yourself and  
your clients  
to less than ideal outcomes.

- 1. Some of these influences can sap your confidence and leave you feeling exhausted.*
- 2. Others can be so uplifting that you know you rule the world!*
- 3. Conversely, if you remain unaware, you are almost certainly exposing yourself and your clients to less than ideal outcomes.*



**BEAUTY**  
 Positive Outcomes  
 HUES OF LIGHT

**THE BEAST**  
 Negative Outcomes  
 SHADES OF DARKNESS

There are many well known influences such as environmental and air pollutants that can have a profound effect on your health and wellbeing;

however there are many more **SUBTLE ENERGY FORCES** of which the majority of humans are unaware.

Some of them have the ability to **CREATE SUCCESS** and some have the ability to **DESTROY!**

# #1 Rule of Service

## PRACTICE HARMLESSNESS

Practicing Harmlessness involves constantly evolving your awareness or consciousness

1. **AWARENESS** evolves Knowledge
2. **KNOWLEDGE** evolves Choice
3. **CHOICE** evolves Power
4. **POWER** evolves either **FEAR** or **LOVE**  
- **BEAUTY** or **THE BEAST** -
5. **FEAR** devolves self, clients and humanity
6. **LOVE PRACTICED UNCONDITIONALLY**  
evolves Wisdom, Power, Integrated Self  
Actualisation, Divine Health and  
Enlightenment
7. **ENLIGHTENMENT PLUS RIGHT ACTION**  
**IS THE BASIS OF ALL HEALING**



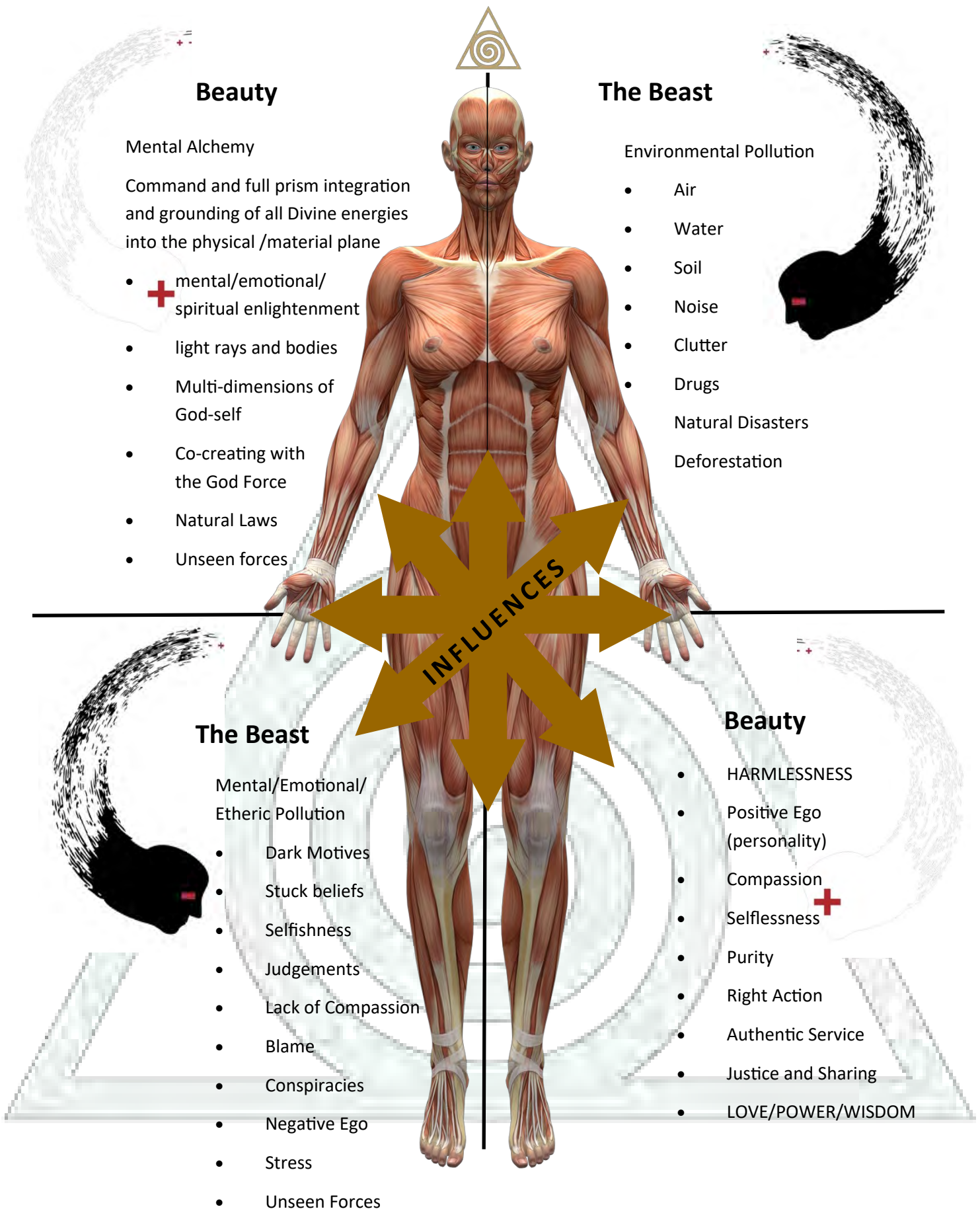
# CHOICE IS POWER

TO PRACTICE HARMLESSNESS AND  
BE AUTHENTIC IN YOUR PRACTICE  
BECOME AWARE OF AND LEARN HOW TO-

HARNESS THE POWER  
OF THE “BEAST” AND  
UNLEASH THE  
POWER OF THE “BEAUTY”

**THAT IS THE SECRET**  
TO MAINTAINING ENTHUSIASM,  
CONFIDENCE AND LASTING SUCCESS -  
PERSONALLY

WITH YOUR FAMILY  
WITH YOUR CLIENTS AND  
WITH YOUR TRIBE AND THE WIDER COMMUNITY



**As Within so Without - As Without so Within**  
**As Above so Below—As Below so Above**  
*Second Hermetic Principle—Correspondence*



## Light is the main source of energy, information and frequency—the basic nutrient for all Life

1. **Human thought processes are fed with light as the main energy source—hence the word “Enlightenment.”**
2. As hypnotherapists when we help someone transcend from “endarkenment” i.e. anxiety and fear based emotions into their own power and self-love, we are not only helping them turn on the light synapses in their neural pathways, we are also helping them return to health and clearer brain power.
3. Conversely, not enough light in thought processes causes mal-illumination, which takes the physical body out of homeostasis and eventually causes serious health issues.
4. **Light is the basic nutrient of all life—holistic health is our natural blue print.**

- ◆ You can see what quality of light we are currently allowing our global thought processes and unconscious minds to absorb through social media, news bulletins, conspiracy theories, negative expectations and judgements?
- ◆ It is manifesting in rage, riots, separatism and environmental disasters—just as it is raging in the physical health of our people.
- ◆ The Earth resonates to the hearts of the population.
- ◆ Can you see what a responsibility we have as therapists to keep our own emotions and thought processes as enlightened as possible?



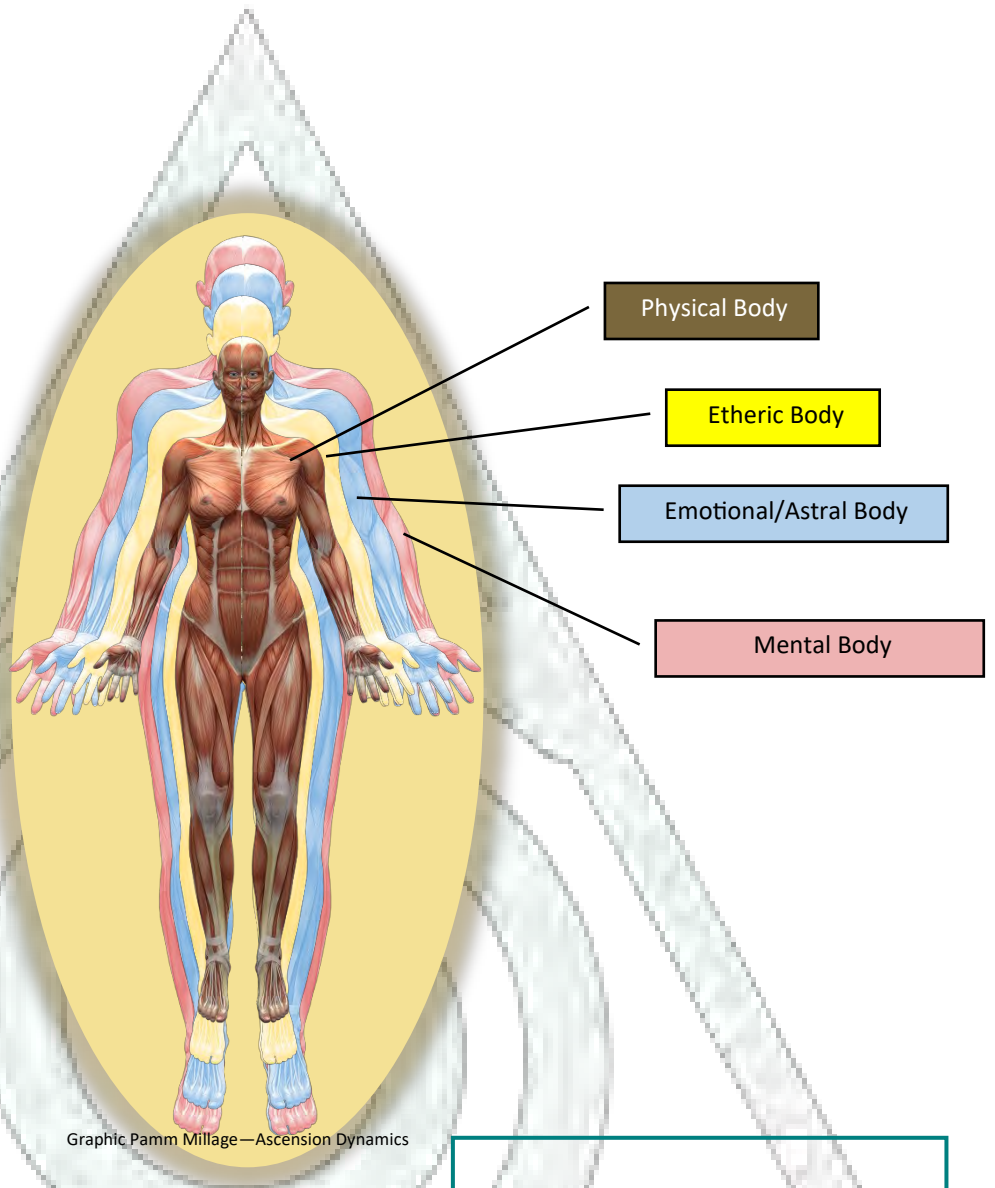




# Introducing The Influences of your Vibrating LIGHT BODIES

## A Touch of Science:

- Light is a fundamental part of our being
- Through evolution **we have become light bodies** or living photoreceptors
- We consume light (through food and photosynthesis processes)
- Our thoughts consist of light
- The nervous system, and even our DNA produce light:
- **Every cell in our body emits more than 100,000 light photon impulses per second, called biophotons, responsible for maintaining our good health.**
- This light emission is responsible for information and energy exchange and for the proper communication between adjacent cells, which is a crucial steering mechanism behind all biochemical reactions.



Graphic Pamm Millage—Ascension Dynamics

**There are many light bodies in your energy system.**

**Today we are looking at the one that has been overlooked in traditional therapies for far too long!**

**But first a quick look  
At the physical/etheric  
And the Mental bodies ...**

- Refs: Final page

**Acknowledgement: Dr Joshua David Stone—Founder of IAM University**

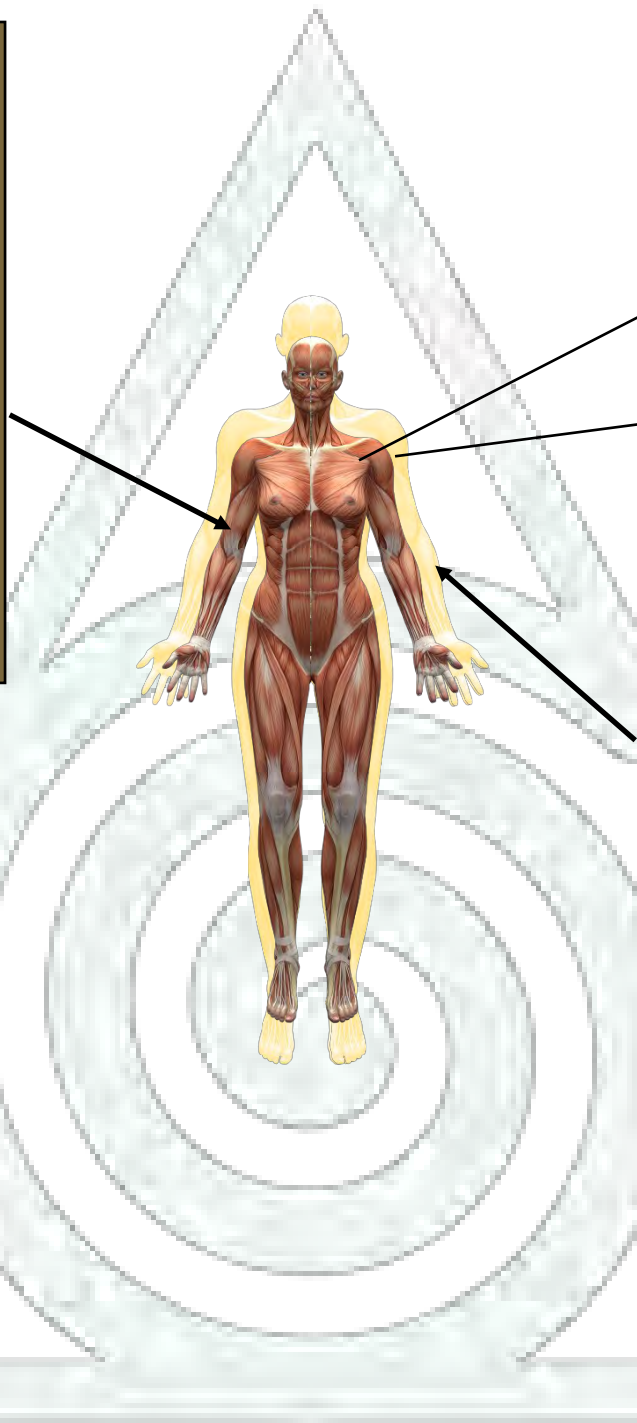
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## But First—Physical/Etheric Bodies Quick Description

### Physical Body:

- Base structure of light or vehicle which encases the Light of God within and from which all other Light bodies are constructed
- Constructed & created by God & the Elohim Masters
- Consists of DNA, RNA, electrons, neurons, atoms, cells, blood, tissue, intellect, consciousness
- Your Divine Blueprint as an individual



Physical Body

Etheric Body

### Etheric Body

- Protection for physical body
- Protects & holds the blueprint or grid work for the physical body
- Golden/white shimmering appearance with the grid lines for the physical body flowing through it
- This grid work is the foundation for electrical and Divine energy, impulse transmission and reception for the physical body
- Transducer station for creative light emanation

Acknowledgement: Dr Joshua David Stone—Founder of IAM University

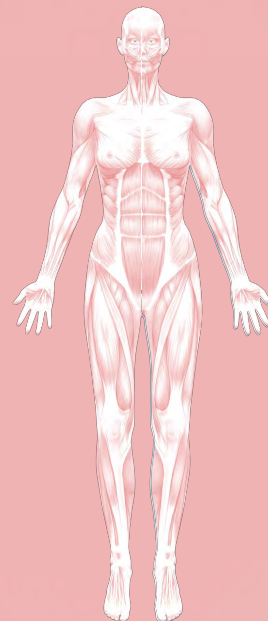
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## 2nd—Mental Body Quick Description

### MENTAL BODY

- Expands into infinitude
- The latitude of space the mental body has to work within is infinite
- Holds all thoughts one thinks
- Holds the highest vibratory rate in the lower base structure of Light bodies
- You are in control of your thought creating ability
- You are in control of mastering Spiritual / Christ / Buddha / Krishna / Moses / Mohammed / Mighty I AM Presence / God / Goddess Consciousness with every level of Light body
- Generally appears in Aura as red or ruby of the lightest hue
- The mental body's vibration takes your thoughts & transmits them through all other Light bodies and into the universe where they are manifested



Mental Body



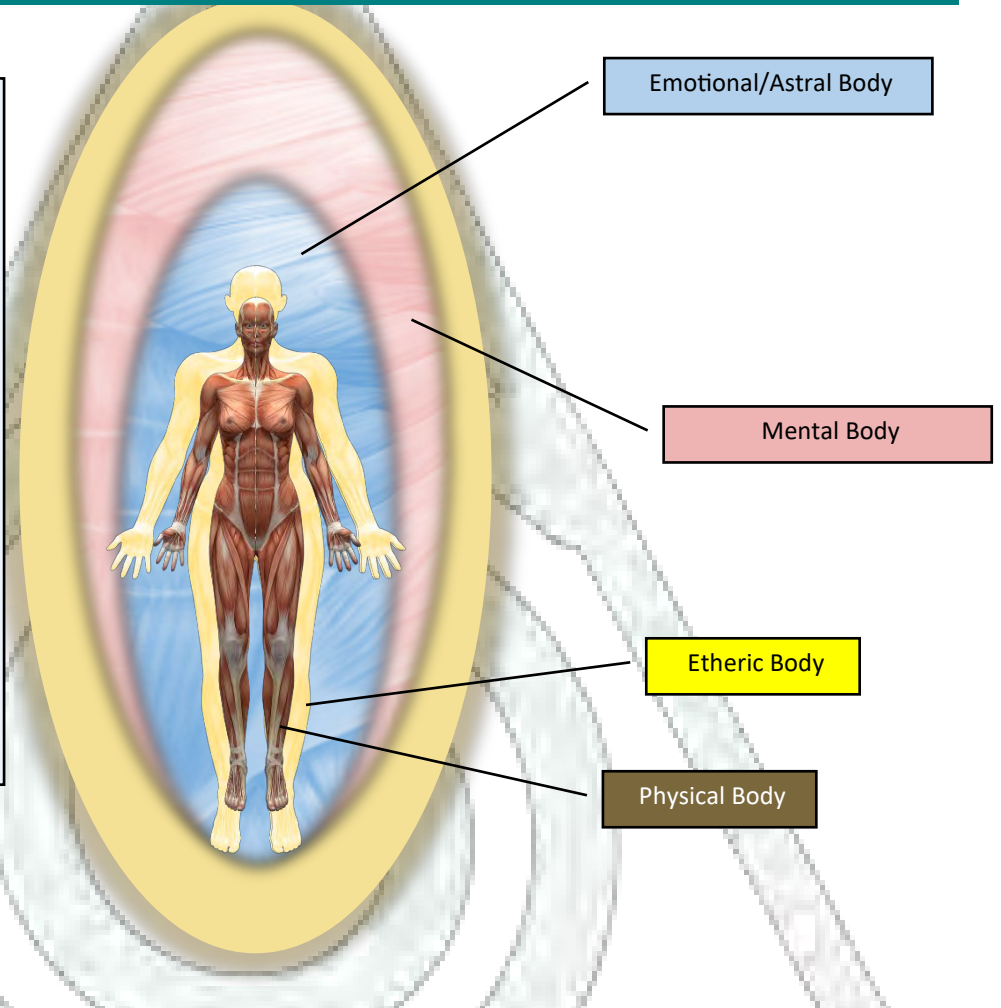
## The Emotional/Astral Body/Astral Plane Is Where we can Get Hung Up!

The Purpose of Life on Earth is to Evolve our Soul and Spiritualise or Enlighten Matter  
If you are operating from or absorbing any negative egoic judgements and emotions from self, others, world events, the inner child, media opinions, negative messages, you need to be aware of the Astral Plane and take steps to protect yourself and your clients... read on

### The Personal Astral body

is the emotional vehicle of an individual.

- It holds and manifests all emotional attributes
- Thought forms created by our mind emanate through the emotional body
- The emotional/astral body responds willy-nilly in the way our consciousness dictates
- Negative emotions colour our aura in blue and white clouds
- It resonates with the astral plane where all emotional forms exist.



### The Astral Plane

includes the polar opposites such as hope and fear; sentimental love and hate; happiness and suffering. It is the plane of illusion.

- **The Astral Plane and the Astral Body, from the point of view of the God-Force and Cosmic Hierarchy, are figments of the imagination created through the uncontrolled use of our creative fantasies.**
- **However the astral plane is very real when you are not on the path of enlightenment or discipleship. This is the place to encounter entities formed by evil and dark thoughts devoid of love.**



# The Emotional/ Astral Body Is a Place to Avoid if you are Operating From Negative Ego and/or Unawareness

## Rules to Conquer The Beast

*Astral Travelling from negative ego and lack of awareness can be dangerous!*

1. Develop your knowledge wisely and with discernment.

Remember any negative thought creates a negative emotion which enters the mass consciousness of humankind on the astral plane and contributes to world stress.

1. Any negative emotion whether yours or someone else's, that makes you feel and act badly is emanating from the astral plane; you can use these emotions as an NLP trigger to transcend them to higher consciousness and self-empowerment.
2. Work diligently on anchoring and integrating into your physical being, your higher light bodies, higher love energies, light rays and spiritual God-self or ideal blue print.

*Some spontaneously and some deliberately astral travel at night or contact entities that live on the astral realm of illusion; this is an invitation to contaminate your own and others energy systems. This warning applies to psychics and lightworkers as well.*



I have seen hypnotherapists take their unprotected and stressed clients out into the astral plane; and then conduct love and light work with them; all with good intentions.

**Being vulnerable in the astral plane is a recipe for disaster.**

Please, please if you find it necessary to escort your clients into other dimensions to work with them, call forth a huge bubble of golden protection from the highest light source of Archangel Michael, and/or the God-Force.

Better still call the highest light God consciousness in to cleanse your energy system and work with you in your clinic until your clients stress is transmuted or transcended.



## The Emotional/ Astral Body Is a Place to Avoid if you are Operating From Negative Ego and/or Unawareness

- If we continually live in God Consciousness, our astral emotional body will act, re-act and respond in the way our consciousness dictates
- When the negative ego / fear-based / separative / dualistic / illusionary / lower-self / materialistic consciousness is allowed to dominate because of lack of self-mastery over one's thinking, one's emotional state will become negative and destructive to one's emotional consciousness
- **All thought forms that are created emanate through the Chakra and meridian system of the body and cause a ripple effect throughout all Light bodies**
- Emotional responses can be seen by the trained eye in the Aura & Chakra System



*Hmmn! What if you were the client seeking help for anxiety? What criteria would your therapist have to meet for you to trust them? You just want to get rid of your anxiety. Do you find a qualified hypnotherapist with plenty of certificates and diplomas and some references?*

*As a client do you think of what energy vibration is being channelled or whether you will be taken into the astral plane? In most cases probably not. If you did, you possibly wouldn't be seeking a hypnotherapist in the first place.*

***This is why the God-Force want us to take responsibility and co-create with them. WE are working in the most vulnerable area of humanity! We can take right action. We are the ones who can shed light on and dissolve the Astral illusion of fear and co-create peace.***



## PROTECT WHAT YOU HAVE WORKED SO HARD TO ACHIEVE

**In truth Your Entire Energy Being is like a Crystal Prism  
Reflecting light from all aspects and dimensions**

**Your Astral Body or body of illusion has been programmed for aeons of time  
based on emotion responses to events, beliefs and traditional teachings.  
Clearing that core fear matrix is the work we do as hypnotherapists.**

**We are literally working with emotion stuck in the inner astral body.  
It is not part of anyone's ideal blue print to remain in judgement, duality  
and anger. When you dissolve the core fear matrix  
and shed light on your astral body, it no longer exists.**

**Similarly when we bring that light to our clients through our own willingness  
to work from the highest consciousness and not our ego and to lead by example  
We are co-creating a healed world.**

### Remember

To avoid being hoodwinked with false light, always ask for strong protection elicited from the Highest Sacred Light of God or Christ/Buddha/Maitreya consciousness or Archangel Michael; this is the realm where all emotions come from LOVE and ABOVE.

**Please note that you have to ask and it will be so.**

1. Learn how to put on your spiritual armour each morning and each night.
2. Protect yourself from other influences such as media, clutter, environmental toxins and conspiracies that arise from the Astral Plane, and from your own clients.
3. Ensure that your clinic is also cleansed and protected before you start the day.



## **Empowering Exercise to do at Home:**

Think about a time you were left feeling disempowered, fearful or lacking confidence by someone else's behaviour, the media; or after working with a particularly difficult client.

**How did it leave you feeling?**

**Were you able to return your feelings to the ideal?**

**If so, what action did you take?**

**What was the gift the challenge gave you?**



# #2 Rule of Service

KEEP YOUR MIND OPEN TO NEW AND  
LIMITLESS POSSIBILITIES

## 3 x BONUSES FOR YOU

As an attendee of the Australian Hypnotherapy Conference  
This E-Book is yours FREE  
for down loading and future reference

You are also invited to join my  
Private Facebook Group

## “Sacred Resonance Repair Shop”

A title given to me by the Hierarchy  
[Click here to find more solutions from the Hierarchy](#)

Feel free to ask questions in the Group—the Hierarchy will be helping answer them.  
Please note this is a new group and you will be founding members.

The Ultimate Protection Meditation  
from the Hierarchy is also FREE for you

Email me at [pamm@ascensiondynamics.co.nz](mailto:pamm@ascensiondynamics.co.nz) with PROTECT in the subject line

### Refs and Acknowledgements

Dr Joshua David Stone—Books, meditations and Counselling Manuals on Spiritual Psychology and the Ascension Process; Alice Bailey Writings on Esoteric Psychology; JJ Hurtak, The Academy of Future Science - “The Book of Knowledge: The Keys of Enoch” 2nd Edition; Share International—Ageless Wisdom; “The Laws of the Light” -New Age Light. And many more—  
For recommended reading contact [pamm@ascensiondynamics.co.nz](mailto:pamm@ascensiondynamics.co.nz)

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## About the Author—Pamm Millage

Pamm's life is focused on helping her patients experience their best integrated physical, mental, emotional and spiritual wellbeing. She was already an accomplished energy healer and spiritual psychotherapist when she established her first Professional Hypnotherapy Practice in Takapuna in 1992. Previous to that she had volunteered much of her time (in collaboration with a group of Auckland changemakers) to providing psychotherapy, counselling, and psychological support to several thousand people working on their own life transformations.

Pamm says, "The experiences of that time strengthened my own evolutionary journey; but best of all they inspired in me a deep passion for research into the workings of the mind, healing modalities and their practical applications."

After gaining her inaugural Hypnotherapy, NLP and Transpersonal Psychology Diploma with the internationally-recognized Osmosis Academy, Pamm continued to work on mastering her skills and practice across an array of psychology, scientific, technology and energy-based therapies including the esoteric.

She continued her full time corporate career in conference management whilst seeing patients at the end of a day and in the weekends. That formula stopped working for her when she went into major burnout after managing a big conference, experiencing a relationship breakup and organizing a house move which all occurred simultaneously.

"When you don't walk your talk, listen to the signs of stress, and carry on regardless, something has to give."  
"A silly accident in 2008 stripped me back to nothing; left me alone, in debt, homeless, jobless, lacking in confidence and unwell."

Recovery took time and dedication. In 2012 Ascension Dynamics was founded after an in depth exploration into spiritual psychology and attitudinal healing which has added even more value to the array of knowledge and skills Pamm brings to her patients today.

"I certainly learned the hard way, the meaning of listening to my emotions, my body, my intuition and my guidance and taking right actions. To practice my healing profession with authenticity, genuine service and unconditional love for my patients is an honor I believe came as the result of that big lesson in 2008."

Pamm has a winning formula for those wanting to experience their best mental, emotional, physical and spiritual health.

She offers supportive technologies such as Colour Light Therapy for a range of physical and emotional healing applications; hooking you up to Heart Math Technology before and after a hypnotherapy session demonstrates just how easy it is to bring your body back into homeostasis - giving you a powerful medication free technique to make a positive influence on your immune system and your life.

The real drive behind Ascension Dynamics is Pamm's care and concern for the Planet. Healing attitudes one by one or group by group not only brings individual holistic health but also empowers authenticity in relationships, careers, family.... bringing peace and wellbeing which influences all areas in life; and eventually helping in the co-creation and transformation necessary for global systemic transcendence.

Pamm is a Foundation member of the New Zealand Association of Professional Hypnotherapists and has been an active committee member since 2012. She is also a Registered professional member of Hypnosis New Zealand.

