



THERAPY • SOL-HYPNOSIS®

Where patterns actually begin.

No suggestion, only precise questions: the subconscious initiates change itself. Regression and transformation open up new room to act.

[Book a free 30-minute call](#)

From your home? Yes. The same depth, the same result.

SOL-Hypnosis works through precise questions, not physical presence in the room – which is why the trance state, the depth, and the outcome are identical online. As far as we know, no other certified SOL-Hypnosis therapist worldwide offers it live-online at this depth.

2019

Founded

2022

Live-Online since

800+

Documented sessions

Available in English, French and German.

“Live-online, from home? That actually works?”

Yes – exactly the same way, protocol for protocol. The connection that matters happens in the subconscious, not in the room.

TWO DEPTHS OF WORK

From light trust-building to deep transformation.

Six SOL-Hypnosis sessions (H1–H6) – each working at a different depth of the theta state, building on one another.

LIGHT TO MEDIUM · H1–H2

Foundation & Trust

Arriving in the subconscious and building the safety needed for the deeper work ahead.

DEEP · H3–H6

Regression, Transformation & Integration

From dissolving old patterns at the root to anchoring new ones in daily life.

GO DEEPER

[→ Explore the SOL-Stillness Program \(PDF\)](#)

THE SIX SESSIONS

Each session builds on the last.

Named protocols such as Chakra-Cleansing and SOL-Stillness, applied session by session.

H1

LIGHT

Energetic Place

First hypnosis experience – arriving in the subconscious, building trust.

H2

LIGHT–MEDIUM

Energetic Place, Deepened

Consolidating the energetic foundation before deeper work begins.

H3

VERY DEEP

Regression & Transformation

The pivotal session: dissolving deep-rooted limiting patterns and beliefs.

H4

DEEP

Chakra Cleansing

Energetic opening and cleansing, preparing the shift toward manifestation.

H5

MEDIUM–DEEP

Suggestion Anchoring

Anchoring personal affirmations directly in the subconscious.

H6

MEDIUM

Self-Hypnosis Guidance

Learning to enter trance independently – daily autonomy from here on.

WHO WE WORK WITH

Not only the mind. More then often the body too.

Clients come to us for anxiety, limiting beliefs and life direction – but just as often for physical and even palliative concerns, including cancer support, where SOL-Hypnosis® is used alongside medical treatment, never in place of it.

A NOTE OF HONESTY

SOL-Hypnosis® makes no promises of a cure or a specific outcome. Every trance is individual, and so is every result.

BEFORE YOU BEGIN

→ [Self-Reflection: Inner Clarity & Orientation Test \(auto-result\)](#)

→ [Anamnesis Questionnaire \(PDF\)](#)

→ [Anamnesis Questionnaire \(online form\)](#)



**Real change doesn't need convincing –
only precise, honest work with what's
already there.**

Free. Confidential. No obligation. A first conversation makes clear
whether, and which, next step makes sense for you.

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SOL-HYPNOSIS® Palawan · for a better life